

Restoring Immunity: Gemmo Stories

Stories offer us an opportunity to tap into someone else's journey that may not be unlike ours. By listening we learn a bit more about ourselves and when we learn more about ourselves we grow. I experience growth through each unique and intimate conversation about health and healing. You never know what lesson each hero's journey holds, from fear to resilience and challenge to triumph.

Today I welcome Shanna Boatler, wife, mother of one teen-aged daughter, Certified Nutritional Coach and serious Gemmo fan. Listen in to discover where Shanna's journey led her.

Learn more about Gemmotherapy [here](#).

Find Gemmo extracts [here](#).

Reach out to a Gemmo Practitioner [here](#).

New to Gemmotherapy? Here's a [Beginner's Guide](#) to get you started.