

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.

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