

# Start Here

**New to Gemmotherapy  
but not sure where to begin?**

**Rest easy, dear one. This is  
the place to start.**



**All healing begins with your nervous  
system.**

Finding a solution to resolve the dis-ease and discomfort can be all-consuming. I get it. I cannot tell you the number of clients I have seen and heard from who have tried all the things to no avail and then they find their way to Gemmotherapy. What is it that calls them in? Whether

conventional or natural, it is the approach to healing that matters. In our Western culture, we are accustomed to reductive medicine, and it simply isn't working. Isn't it time to take a step back and see the larger picture? Whether your symptoms are in your digestive or respiratory system, all healing begins with your nervous system. The nervous system is command central. To initiate effective healing responses, you need effective communication with all of your organ systems. If this is new for you, please peruse either (or both!) of the resources below before you go any further. They're a helpful introduction to what comes next.



Grab your headphones and tune in to learn about the foundations of healing.



Want to get started with Gemmotherapy ASAP?  
Try these extracts first.



## **Start building your Gemmo collection.**

When you're first getting started, it can be a challenge to decide which extracts to purchase. That's precisely why I created Gemmo Kits! These two kits include carefully curated extracts that address the needs of your nervous system.



# CONNECT

Central Nervous System Support

**Gemmos**  
LAUREN HUBELE



# HARMONIZE

Autonomic Nervous System Support

**Gemmos**  
LAUREN HUBELE



## **Need some 1-on-1 advice? Connect with a practitioner.**

Even with all of this information, making decisions for yourself can be overwhelming. Sometimes what's needed is someone to listen and help you sort through your unique experience. I have a team of seasoned professionals who can hold that space and support you in a 1-on-1 capacity.



**Schedule a consultation today!**





# 4

## **Get to know me.**

If you'd like to know more about me, how I came to believe what I do, and move through my own healing process, I share openly with my newsletter community a Letter from Lauren every Saturday. Sign up to receive a copy in your inbox. (I'm already envisioning you cozying up with a warm cup of tea to read at your leisure) or you can read the latest editions over on my Journal.

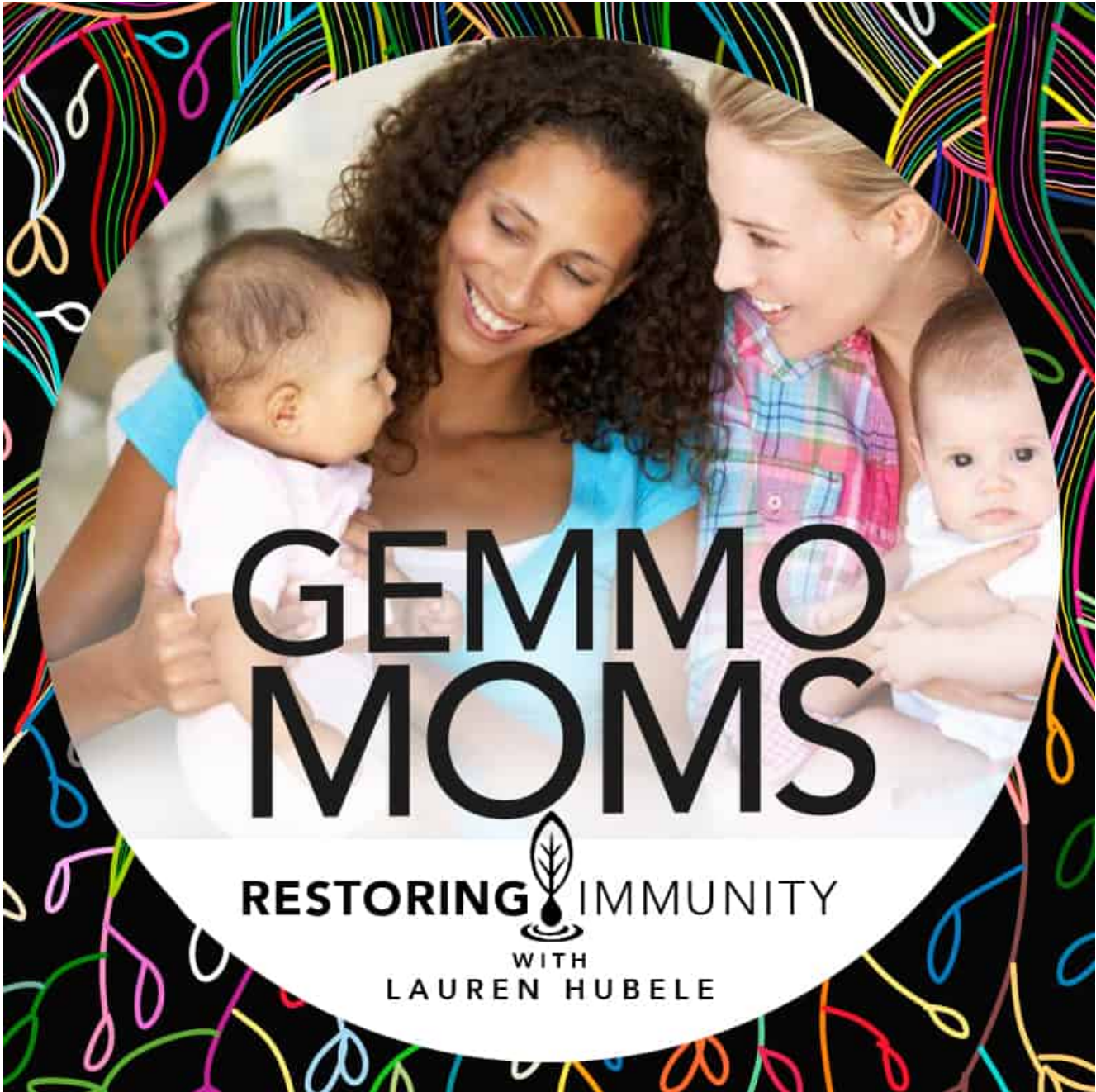


## Letters from Lauren



### **Deepen your relationship.**

If you've done all of the above, then you may be interested to learn even more. If so, my podcast series are great to expand your knowledge of Gemmotherapy and extend what you've learned to support your loved ones-human babes and fur babes alike!**Here are two more podcast series I think you might like...**



# GEMMO MOMS

RESTORING  IMMUNITY

WITH  
LAUREN HUBELE



# GEMMOS FOR PETS

**RESTORING**  **IMMUNITY**  
WITH  
LAUREN HUBELE



## **Connect in community.**

There is only so much healing that can be done alone-we are communal beings after all. That's why I absolutely love what we are co-creating in the International Gemmo Community. Join other Gemmo enthusiasts from around the globe to learn together and grow in community.



**Join us!**