

What Gemmotherapy can do for Skin Issues

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Skin issues are challenging because we see them everyday when we look in the mirror. Our skin is constantly on “display,” and conditions such as acne, eczema, psoriasis, etc. can be a source of shame and embarrassment. While topical creams and ointments may offer relief, they aren’t addressing the root of the problem.

All inflammatory skin issues are a sign the body is not cleaning optimally, and the longer that has been true the more complex the symptoms become. Using gemmotherapy to support elimination is the first step in paving the way for healthy, balanced skin.



Your diet also has a massive impact on the health of your skin. A plant-based diet rich in hydrating, vitamin-packed produce improves the way your body cleans and can do wonders for your skin. A diet free of animal products (especially dairy) supports healthy digestion and elimination and leads to skin you no longer feel a need to hide.

Learn more about starting a plant-based diet that supports healthy skin [here](#).

Gemmotherapy Extracts to Resolve Skin Symptoms



Silver Birch



Sap



Blackthorn
Blueberry

European





Lithy

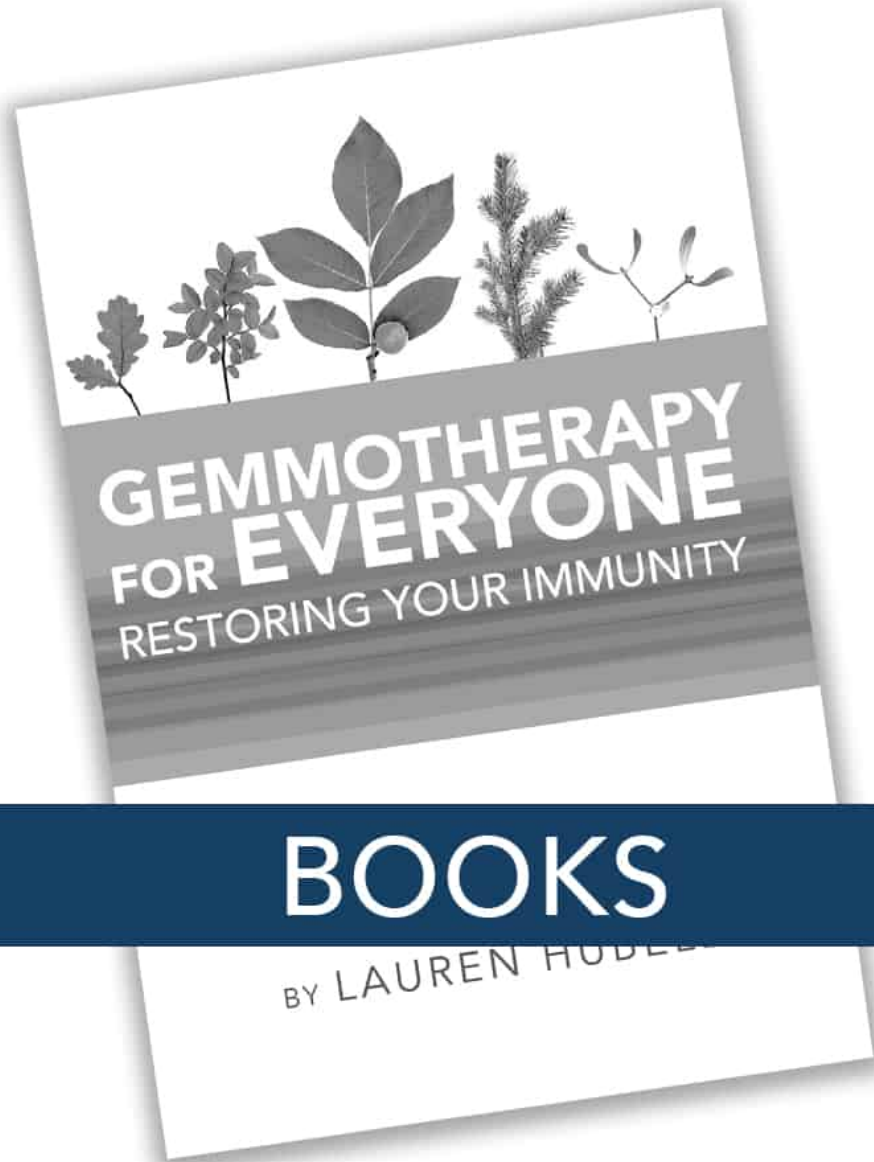
Walnut

Each extract is intended to be one part of an individualized protocol to restore immunity.

Want to learn even more?



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