

What Gemmotherapy Can Do For Insomnia

If you or a loved one is dealing with night after night of sleeplessness, you know what a challenge this can be. Most who suffer from insomnia would do anything for a good night's rest. If those interruptions have been going on for some time now, the chances are that you've tried everything, or at least everything you know.

There's a huge market for sleep aids, and whether they're prescription or supplements most provide some relief. The problem is the comfort doesn't seem to last, and that is incredibly frustrating. So after a while you're not only sleep deprived, but also feeling hopeless. It's in this state I meet many new clients; sleepless, exhausted from the search for a cure and more than a little hopeless.

Are there steps you can personally take to return a sense of ownership of your health? Absolutely. To find your way you must first be looking in the right place for the answer. Not being able to fall asleep or stay asleep is deeply connected to the regulation of your nervous system, your adrenals, and digestion.

It's Actually Not About the Sleep

Our ability to sleep is something we all take for granted until we can't. Restoring restful nights long term requires going to the root of the problem. A first step in the right direction is to harmonize the nervous system, and there are specific Gemmotherapy extracts precisely for that purpose. Some common extracts used for the nervous system when sleep is an issue include Silver Lime, Hazel, Hawthorn and Black Honeysuckle. One of these extracts is best taken in the morning, not the evening, in small amounts.

The next step towards a good night's sleep is supporting digestion and healthy stool elimination. Gemmotherapy extracts to optimize stool elimination in combination with a dairy-free, plant-laden diet is an excellent answer. There are a number of extracts to consider, and consulting with a practitioner trained in Gemmotherapy will provide the most reliable results.

If you tend to wake during particular periods each night, it's likely that the related organ is working hard to clean. This extra work can produce mild heat leading to restlessness.

Understanding that several major organs related to your digestion clean during the night will help you gain insight into your sleep disturbances. Below is an example of the Traditional Chinese Medicine organ clock for your reference.



Another reason for poor sleep can be related to the adrenals. You have depended on them to get you through each day after a restless night. Supporting them with a Gemmotherapy extract such as Black Currant or Oak will be beneficial.

Restored Sleep Restores Immunity

Nights on end without sleep takes a toll on your immune system. Dr. Michael Greger discusses this link in this informative video. Sleep is essential for healing, and without it our very system for self-healing is compromised. Insomnia is more than just exhausting and annoying. It takes a toll on your overall state of health and wellbeing. Supporting yourself with Gemmotherapy extracts systematically applied – as described above – along with a plant-based diet supports the restoration of healthy immune function.

The holistic path for restoring immunity is one I teach and practice. For more information on the path, I propose you read my blog posts on Influencing Immunity and Rethinking

Elimination.

If you would like further information on Gemmotherapy extracts you'll want to read my Beginner's Guide on Gemmotherapy. For individualized support, I recommend you consult with a practitioner trained in Gemmotherapy to restore immunity or consider working directly with me. Looking for a deeper understanding? Consider taking my next Foundations of Gemmotherapy series.

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Bitchin' Brussels Sprout Tacos

Yes, you read that right. Stop the eye rolling right now. Seriously. These are amazing, and if you're as big a fan of Brussels Sprouts as I am, you will thank me. Truthfully I can't really call this a recipe. It's more like a list of ingredients because they go together so easily. Depending on what part of the world you are reading this post, the ingredient Bitchin' Sauce may sound pretty strange. Don't despair as I have included a link to make your own. Be sure to make plenty as this spicy almond sauce tastes good on literally everything (except possibly chocolate).

Ingredients

- Olive oil – enough to cover the bottom of the skillet
- Brussels Sprouts – cut off ends and cut in half, place

in heavy skillet with olive oil over medium heat. Give them a good shake once the cut side is seared and cover. Cook until just fork tender being careful not to overcook. Season with salt, pepper, and smoked paprika if you have some on hand.

- One ripe avocado – cut in half, peeled and sliced For cutting tips, check out this guide.
- Salsa – storebought or homemade
- Original Flavor Bitchin' Sauce (or even better make your own)
- The best non-GMO, lard-free corn tortillas you can find (another shout out for Chepos in SMTX)

I assemble mine by mashing the avocado on the tortillas, topping it with a teaspoon of salsa, then the brussels sprouts and finally a drizzle of Bitchin' Sauce.

I'm looking forward to your comments on this one!

What Gemmotherapy can do for Crohn's

Perhaps you or a loved one has faced a diagnosis of Crohn's. Following the diagnosis, you were told there is no cure for Crohn's, but the inflammatory symptoms can be controlled with a combination of medications. The plan then is for you to follow this prescribed route of treatment and live a life of managed symptoms. Since the majority of those diagnosed with Crohn's are between the ages of 15-30, that leaves a long life ahead of management.

While the control of symptoms can be a welcome relief, management is not healing. Beyond that, when you become

dependent on medication for a lifetime, you give away the power over your health. So is there a middle ground? A way to manage the acute flares of Crohn's while healing the chronic underlying condition? The answer is a resounding yes. If you're interested in reclaiming the ownership of your health and reducing your dependence on medication, read on.

Research shows that making specific lifestyle changes will do more than promote a sense of well-being; these changes will restore your immunity. Shifting focus from your Crohn's symptoms to the restoration of your immunity is a big step emotionally and a great service in the case of autoimmune conditions. What factors are the most likely to restore immunity? Improving the quality of your sleep, engaging in daily exercise, eating a plant-laden diet, and maintaining optimal stool elimination can enhance your immunity and promote longevity.

In the conventional medical arena, the inflammation in the colon quickly becomes the arch enemy. A common treatment of Crohn's includes the surgical removal of affected sections of the colon. Further efforts are then made to prevent inflammation by suppressing the malfunctioning immune system. In most cases, patients are monitored with an annual colonoscopy and blood test to check inflammation levels. But does any of this address why Crohn's occurred in the first place?

It's actually not about Crohn's

While there has been considerable research on the causes behind the onset of Crohn's, there is still no definitive answer. The attention, however, continues to be placed on the role of the colon and the overactive immune system that attacks the intestines, while little emphasis is placed on possible lifestyle influences. In this video, Dr. Michael Greger explores the role diet has in preventing Crohn's. It seems pretty clear to me that if there are accessible

lifestyle changes available not only can we prevent development in the first place, but we can resolve acute flare-ups among those already diagnosed. It's just a thought, but instead of doing battle with the dis-ease, you might want to support your body's ability to heal itself by restoring the immune system.

Your immune system is designed to neutralize and eliminate pathogens, but in the case of Crohn's and other autoimmune diseases healthy tissue is attacked. The conventional method is to suppress that behavior. Alternatively, Gemmotherapy extracts can be used in a systematic way in tandem with a plant-based diet to support the restoration of healthy immune function.

The holistic path for restoring immunity is one I teach and practice, and it begins with optimizing elimination. For more information on the path, please read my blog posts on [Influencing Immunity](#) and [Rethinking Elimination](#).

What you can do if you are taking medication for Crohn's

Gemmotherapy protocols can be used in an adjunct fashion with Crohn's medication to begin the restoration of your immune systems. My colleagues and I have found that individualized protocols aligned with your specific symptoms can be quite useful. These protocols have the ability to resolve symptoms not covered by the medication and reduce any side effects or toxic load on your liver and kidneys. I have a wonderful blog series co-authored with my niece Molly that documents her journey with Crohn's which you may find inspiring. By using Gemmotherapy protocols and implementing a plant-based diet, Molly was able to reduce symptoms and the amount of medication she needs to prevent flares dramatically.

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Gemmotherapy. For individualized support, I recommend you consult with a practitioner trained in Gemmotherapy to restore immunity or consider working directly with me. Looking for a deeper understanding? Consider taking my next Foundations of Gemmotherapy series.

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Vegan Enchiladas

I'm feeling pretty proud. Just three weeks into the new house and kitchen and I am rockin' my favorite vegan enchiladas to feed the whole family for Sunday lunch. Now that's 7 hungry family members so we are talking 21+ enchiladas!

You are going to love this filling and if you can't make it to San Marcos, Texas, to buy Chepo's handmade corn tortillas, I am just sorry because they are remarkable. You'll just need to find a substitute. In the meantime, I am addicted because they are just the best.

The thing I love about vegan enchiladas is that you literally can make them with any veggies you have around. I filled mine this weekend with onion, spinach, mushroom, sweet pepper and zucchini. If I wasn't married to my favorite German who is not wild about spicy foods I would have added a few jalapenos. Just something to think about when you make these for yourself.

Ingredients for Filling

- 1 medium onion, peeled and finely chopped
- 1 large sweet pepper, peeled and diced
- 1.5 lbs of mushrooms sliced thin, drain very well after cooking
- 2 zucchini, diced
- 2 bags of chopped frozen spinach, thawed and very well drained
- Salt and Pepper to taste
- 1 teaspoon each of powdered cumin, coriander, Mexican oregano
- A pinch of cayenne pepper
- About 2 Tbsp Olive Oil, for sauteing vegetables

Preparation

I saute each vegetable one at a time, in a large heavy skillet with olive oil. As each one is finished it is added to a large bowl which holds the spinach. Season the mixture with salt and pepper to taste. Add 1 tsp each of cumin, coriander, oregano, and just a pinch of cayenne pepper.

- 24 Lard Free, Gluten Free, Organic Corn Tortillas
- Enchilada Sauce I like to make my own, but you can also find canned green or red enchilada sauce at the grocery store
- Toppings: Cashew Cream, Sliced Avocado, Guacamole or Salsa

Preheat oven to 350 degrees. Tortillas can be warmed gently in a skillet with or without oil. Fill each warmed tortilla with a spoonful or two of filling, roll, placing seam side down in a well-oiled baking dish. Continue until all tortillas are filled. Cover with enchilada sauce and tinfoil. Place in oven for 15-20 minutes. Be prepared to serve immediately with suggested toppings.

Enjoy!!!

What Gemmotherapy Can Do for Breast Cancer

Perhaps you or a loved one has faced a breast cancer diagnosis. Following the diagnosis, you are immediately directed down a well-paved and intricate path of treatment. At a time where there is a great need to feel powerful, this path can evoke just the opposite feeling. Tests and treatments are accumulating, but what about steps that you can take for yourself? What can you or your loved one do to restore a sense of ownership in your health?

There is actually quite a bit that can be done, and research shows that making specific lifestyle changes will do more than promote a sense of well-being. Improving the quality of your sleep, engaging in daily exercise, eating a plant laden diet, and restoring optimal stool elimination can actually enhance your immunity and promote longevity.

In the conventional medical arena cancer quickly becomes the arch enemy. Today's "war" on breast cancer is carried out with an attack against the diseased cells themselves beginning with surgical removal of affected and surrounding tissue. Further efforts are then made to prevent recurrence through chemotherapy, radiation and medicinally suppressing the malfunctioning immune system. In many cases, patients are monitored after remission for any return of the cells. But does any of this address why breast cancer occurred in the first place?

It's Actually Not About the Cancer

While there is considerable genetic research about the strains of breast cancer and the genetic causes, breast cancer is still considered to be one of several modern lifestyle diseases. If that is true then perhaps the emphasis should be placed on the lifestyle that led to its development in the first place? Instead of 100% of the effort going toward doing battle, why not put equal emphasis on the prevention of recurrence.

This website run by Dr. Greger is an excellent resource that's full of evidence-backed steps you can take to prevent recurrence of diseases caused by an unhealthy lifestyle.

Restoring the immune system that allowed cancer cells to multiply is another consideration. Our immune system is designed to neutralize and eliminate pathogens. Gemmotherapy extracts applied systematically in tandem with a plant-based diet can support the restoration of healthy immune function.

The holistic path for restoring immunity is one I teach and practice and it begins with optimizing elimination. For more information on the path, I propose you read my blog posts on [Influencing Immunity](#) and [Rethinking Elimination](#).

What you can do during treatment

There happens to be a few specific Gemmotherapy protocols my colleagues and I have found to be supportive during stages of cancer treatment. While I teach and practice from a holistic view on dis-ease and chronic conditions there are times general protocols are useful.

These particular protocols have proven to be extremely helpful during acute stages described below.

As support **during chemotherapy** for all cancers except for kidney:

AM *Juniper* and *Black Currant* – supporting kidney and adrenal function

Before Dinner *Hazel* – supporting immune function

For acute nausea and **symptoms associated with chemotherapy**

Common Fig and *Silver Lime* – supporting a healthy nervous system and digestive function and the emotional processing required during cancer treatment.

Post Surgery (for up to four weeks) supporting the restoration of a healthy elimination function

A combination of *Silver Birch Sap*, *Black Currant* and *Lingonberry* – 3x daily

What you can do the rest of your life

Restoring immunity is key for preventing recurrence. Committing to essential lifestyle changes that support your immunity is the first step. Combining those changes with a systematic approach to optimize elimination and restore your immunity with Gemmotherapy extracts will support your health over time.

In cases of hormone-receptor-positive breast cancers, the medication Tamoxifen is often prescribed. While Tamoxifen is an estrogen inhibitor it has also proven to be an immune modulator. The use of Tamoxifen must be taken into consideration when considering adjunct support to restore immunity.

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Warming Veggie Soup

Well it was back to work for me last week, with the unpacking of boxes and phone calls to settle into our new community pushed to the end of each day. With my cooking time cut down to whatever minutes I could spare, this warming veggie soup was perfect. It goes together in minutes and tastes divine. The secret to this soup is the spice mix. I will admit to stocking up on a special blend each summer in Germany, but you can easily create your own in advance or add a pinch or two of each of the ingredients while cooking. There is no wrong way to season this soup, so use what you have and enjoy experimenting. Aside from the spices, this soup goes together with ease with a handful of veggies from your fridge and a can of chickpeas from your pantry. If you happen to have a cup of leftover rice, pasta or quinoa it would make a welcome addition.

Ingredients

- 1 medium onion, peeled and finely diced
- 2 teaspoons of Sonnentor's Sunkiss Blossom Blend, or a blend of any of 1 teaspoon of turmeric, 1 bay leaf, $\frac{1}{2}$ teaspoon of grated fresh ginger along with a pinch of all or any of the following: cardamon, nutmeg, cumin, coriander, fenugreek, mustard seed, thyme, and cayenne pepper.
- 4 carrots, diced
- 1 large sweet pepper, diced
- 1 head of cauliflower, broken into bite-sized pieces,

dicing the stem as well

- 1 bunch of kale, stripped from the stem and sliced into thin strips
- 1 can of chickpeas, rinsed and drained
- 2 veggie bouillon cubes (I prefer Rapunzel)
- Coconut Oil
- Optional: 1 cup of leftover Basmati rice, quinoa, or gluten free pasta

Prepare

Over medium heat, melt coconut oil in a pressure cooker or heavy soup pot. Add onions, as they soften sprinkle in spice mix or individual spices, mixing well. Toss in sweet pepper and cauliflower, stirring quite well to coat in oil and spices. Cover with water and cook until vegetables are fork tender yet still hold their shape. Add bouillon cubes, another two cups or so of water, kale strips and chickpeas. Cover, simmering another 10 minutes until kale is tender. If available add pre-cooked grain to each bowl and ladle soup over the top.

Enjoy!

Welcome, Alicia!

Last week I shared my humbling experience of being caught off guard by all of the newness I encountered following our long-awaited move. To make it all the more challenging, at the very same time there were three exciting changes underway in my business. While each was planned to be rolled out sequentially over time, somehow the stars aligned with a different plan. Please allow me to introduce you to each of the changes for 2019.

Alicia Philley

After nearly a year of support and easing me into the idea and value of a remote office assistant, Alyssa Johnson will be moving on to dedicate herself to her own growing business. Alyssa came on board just before all of the months of house moves. During this period she offered incredible stability through my professional and personal transitions. Thank you Alyssa!

Training with Alyssa the past weeks is Alicia Philley, pictured above with her family. Alicia will be taking on Alyssa's duties and more, stepping into the expanded role of my executive assistant. Her time will be spent supporting clients and store customers, and as project manager for my training programs and speaking events. She will be available to you by phone (512-956-2206) or email (office@laurenhubele.com) 8:30 AM – 12 PM CST, Monday – Thursday

While new to the position, Alicia is not new to me or my practice. Her family members have been long-time clients and she has had a front row seat as my practice has evolved. Alicia comes well-prepared for the work ahead with a background of serving as an executive assistant in New York while she pursued her degree in painting. After taking several years off from her art career to focus on her children's health, Alicia returned to painting and showing her art two years ago. (www.aliciaphilley.com)

She has resided in South Austin now for ten years with her husband and two daughters. When not working for me and taking care of her family, Alicia paints, take greenbelt walks with her dog Auggie and reads.

Gemmotherapy with Lauren Hubele

You may have already paid a visit to our new store platform

but if you haven't please have a look! While in the planning for well over a year, our life circumstances just didn't allow for all that was involved to test and implement new software for extract sales. Although there is still some work to be done, the all new Gemmotherapy with Lauren Hubele is up and running. Those of you with a tech background will note it is directly embedded in my website and runs on WooCommerce, which offers us considerable more flexibility than the former platform.

Online Scheduling

And just a head's up. If you are a client and book your appointments online you will soon notice a new look to our scheduling software. This update has been on my to do list for the past year and will be launched by the weekend. You will find the tasks of paying for appointments, managing time zones and rescheduling to be much easier.

So, if it's alright with you, I am going to take a breather from all of this change and adjusting to new. I think I am good on change for quite some time. While change can be exhilarating, it takes energy – and winter is not typically the season for expending it. Winter is for building our store of energy in preparation for the burst of new growth in spring. Although I won't have the luxury of hibernating these final weeks of winter I will be treasuring the opportunity, when possible, to turn my energy inward, nesting into my new home, teaming up with Alicia to plan the year ahead and re-establishing some grounding daily routines.

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