

Gemmo Memo: Blackthorn

Blackthorn, *Prunus spinosa*, is a shrub native to Europe and Western Asia. Growing 6-10 feet in height, it was commonly used throughout history along with Hawthorn to border fields as a protection from animals. Its creamy white flowers, which appear before the leaves, were a signal of the arrival of spring.

Blackthorn shrubs appear in the text of many European fairy tales with themes of life, death and protection. The spur-like shoots off the stems have an intense, foreboding nature, alluding to the protection it provides both physically and medicinally. Historically, all parts of this plant (the flowers, bark, leaves and sloe berries) were widely used across many cultures to boost immunity, our body's source of protection.

The benefits of blackthorn Gemmotherapy extract, a tonic for the hypothalamic/pituitary/adrenal axis, are best received by honoring the order in which the body heals. In acute states, it can be used as part of a recovery protocol to restore strength and stamina. It is also a primary extract for aiding the optimization of stool elimination.

Although there are many variations to the individual who could benefit from the benefits of blackthorn extract, in general, this person may exhibit some or all of the following:

- Any age, baby to adult
- A need to restore or build vitality
- A need to optimize elimination
- In a current state of recovery from physical or emotional trauma, or period of high stress
- A need for harmonizing mental and physical development of the entire body.

There is so much more to learn about blackthorn Gemmotherapy

extract, so be sure to listen to this 15-minute podcast. You will discover the primary and secondary actions of blackthorn Gemmotherapy extract, and so much more, from the perspectives of an Herbalist, a Gemmotherapist and an Acupuncturist.

Consider subscribing now to my Restoring Immunity podcast on Spotify or ApplePodcast/iTunes and you won't miss an episode of Gemmo Memos. Or if you prefer to watch videos, subscribe here to my YouTube channel.

You can find blackthorn as well as other single extracts for purchase on my immunity store.

Gemmo Memo: Blackthorn

Learn about the Blackthorn Shrub, the potential healing actions of the Gemmotherapy extract made from Blackthorn Shoots, and how this extract can be viewed through the lens of Asian medicine.

Gemmotherapy extracts are a unique botanical therapy, originating in Belgium, that utilizes the meristem cells of trees to restore immunity. Discover the healing potential of these individual extracts through the lenses of your hosts, herbalist Teri Brooks, Gemmotherapy expert and health coach Lauren Hubele, and acupuncturist Maegan Lemp.

Gemmo Memo: Black Honeysuckle

Learn about Black Honeysuckle shrub, the potential healing actions of the Gemmotherapy Extract, and how it is viewed through the lens of Asian Medicine. Discover the healing potential of these individual extracts through the perspectives of your three co-hosts herbalist Teri Brooks, Gemmotherapy expert and health coach Lauren Hubele, and Japanese acupuncturist Maegan Lemp.

Saffron Fennel

Whether you are a fennel fan or not, this recipe is a must for veggie lovers. Enjoy this dish warm, right out of the oven, or at room temperature.

Ingredients

- 2 large or 4 small fennel bulbs
- 1.5 cube of vegetable bouillon dissolved in 3/4 C boiling water
- 3 large pinches saffron strands
- 1 Tbsp extra virgin olive oil
- Large handful parsley
- Rosemary sprig, leaves stripped
- Sea salt
- 4 oz. pistachios
- 1 tsp orange zest

Directions

1. Preheat the oven to 425 F.
2. Place vegetable bouillon cubes in a glass bowl with

boiling water. Once dissolved, add saffron threads to “bloom.” Allow to sit for at least 10 minutes.

3. Trim off the darker green stems of the fennel bulbs and reserve any fronds. Slice the bulb from top to base, cutting crossways through the row of stems, into slices 1 cm thick. You should have about eight slices. Lay the slices in one layer, covering the bottom of the baking dish.
4. Add olive oil to bouillon and saffron mix and pour over the fennel. Cover the dish with foil and bake for 20 minutes.
5. While baking, prepare the nut and herb crumb mixture. Chop the parsley, rosemary, orange zest and pistachios with a pinch of salt in a food processor until very finely chopped.
6. After fennel has baked for 20 minutes, take the dish from the oven and carefully remove the foil. Baste the fennel with the cooking liquid. Return the dish to the oven without the foil and reduce the liquid for about 10 minutes more, until it is almost gone.
7. Remove the dish again and spoon the nut and herb mixture on top of each slice of fennel. Return to the top rack of the oven and cook for another 5 to 10 minutes, until the crumb is lightly browned and the liquid is completely reduced.
8. Serve warm, garnished with any reserved fronds alongside mashed potatoes, rice pilaf or quinoa.

Enjoy!

Adapted from SuperVeg by Celia Brooks

Gemmo Memo: Black Currant

Native to Europe and Asia, black currant shrubs grow well in damp, fertile (but not waterlogged) ground and are intolerant of drought. This moderate-size shrub develops as wide as it is tall, which is about 5 feet (1.5 meters). The broad, long aromatic leaves, with five lobes stemming from the leaf base and serrated margins, make this shrub easy to identify. The pale flowers that appear in spring ripen in midsummer into dark berries. The intensely flavored, tart berries, with a wine-like yet earthy taste, hint at the potential capabilities of the extract itself.

By the 11th century, it was cultivated in Russia and was most often found in monastery gardens as the leaves, bark or roots were used medicinally. It later spread to Europe and eventually North America. Interestingly, the growing and importation of currants was banned in New York and other parts of the United States for more than half a century because they were thought to help spread a fungus that threatened the timber industry. Proven untrue over recent years, the bans have been repealed state by state, and black currants again grow in the northeast and -west of the country.

The benefits of black currant Gemmotherapy extract, a tonic for the adrenal glands, are best received by honoring the order in which the body heals. In acute states, it can be added to protocols immediately, when its ability to resolve inflammation is most useful. However, for protocols addressing elimination and various chronic conditions, black currant should only be added to the protocol once the partnering extracts have proven to be well tolerated. Black currant extract can be used topically but is most often taken orally like all other extracts.

Although there are many variations to the individual who could benefit from black currant extract, in general, this person

may exhibit some or all of the following:

- Any age, baby to adult
- Any inflammatory symptoms

Would you like to learn more? You can hear, in this 15-minute podcast, the perspectives of three subject matter experts to include an Herbalist, a Gemmotherapist and an Acupuncturist. You will discover the primary and secondary actions of black currant Gemmotherapy extract and who might benefit from this diverse extract. Subscribe to my Restoring Immunity podcast on Spotify or Apple Podcast/iTunes and catch a new episode of Gemmo Memos each week, or subscribe to my YouTube channel if you prefer to watch the videos.

Gemmo Memo: Black Currant

Learn about the Black Currant Shrub, the potential healing actions of the Gemmotherapy extract made from Black Currant buds, and how this extract can be viewed through the lens of Asian medicine.

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Gemmo Memo: Almond, Prunus amygdalus

Known for their beautiful pale blossoms, welcoming the early days of spring, almond trees are native to the geographic region known as Iran and its surroundings. Almond trees are actually among the earliest domesticated fruit trees (3000-2000 BC), and it is in an orchard where you are most likely to encounter one.

A relatively small deciduous tree, almond grows to a height of 13- 30 feet (4-10 meters). It thrives in warm climates with mild, wet winters. Tolerant of all pH types, root development is restricted, and growth and productivity inhibited when planted in heavy, clay-based soil. Similar challenges can be seen in the human body when circulation is inhibited. Correcting slowed circulation is the action of almond Gemmotherapy extract. When circulation is improved blood flows, protecting the transportation of essential fatty acids and oxygen to the brain.

In practice, the benefits of almond Gemmotherapy extract are best received by honoring the order in which the body heals. Almond can be used with good success in microdoses at the start of a case to harmonize the nervous system. Later, once stool elimination has been optimized and vitality improved, it can be used in higher doses as a tonic for the circulatory system. The tonifying actions prompt drainage, which will require an optimized elimination system to prevent aggravated symptoms that could include headaches, digestive disturbances, joint stiffness or skin inflammation.

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actions of almond Gemmotherapy extract and who might benefit from this diverse extract. Subscribe to my Restoring Immunity podcast on Spotify, Radio Public, Apple or Google Podcasts and catch a new episode of Gemmo Memos each week.

Gemmo Memo: Almond Extract

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Gemmo Memo: An Introduction

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