

Sweet Potatoes with Coconut and Macadamia Nuts

We have all observed a steady evolution of holiday side dishes over the past decades, and sweet potatoes are no exception to the rule. For good reason, most of these evolutions have cut out the refined sugars and dairy products, increasing the use of whole, fresh vegetables. Especially if your holiday memories are of sweet potato pie, spoon bread and baked canned “yams” with marshmallows (like mine are), the recipes were certainly well deserving of a healthy makeover.

Today I’ll be sharing a yummy replacement for sweet potato casseroles, but first, let’s take a look at what you might encounter in the produce section while shopping this season.

No longer just a seasonal vegetable that makes its appearance each fall, sweet potatoes have become a staple in many plant-based kitchens, including mine. If you are shopping at a Whole Foods, farmers market or local co-op you will surely come across a nice variety of options. Like all root vegetables, I suggest you go for organic, but when it comes to color the choice it is up to you!

Here is Saveur magazine’s shopping guide to 16 shades of sweet potato. As quite the fan of this humble veg, I have tried nearly all of the 16 and certainly have my favorites. Top of my shopping list would be Hannah’s, Garnets, Okinawa and Stokes Purple, but trust me all are worth a try and delicious!

Heidi Swanson has never failed me with her 101 Cookbook blog when it comes to top notch recipes, and this simple, seven-ingredient version of whipped, baked sweet potatoes is a crowd-pleaser for sure.

Ingredients

- 2 1/2 pounds sweet potatoes (of course I tried many varieties, and the purple is both eye-catching and yummy)
- 1/3 cup coconut milk
- 1 tablespoon fresh ginger, grated
- 1 tablespoon maple syrup
- 1/2 teaspoon fine-grain sea salt
- 1/3 cup raw, unsweetened grated coconut
- 2 tablespoons olive oil or melted butter
- 1/3 cup toasted macadamia nuts, chopped

Directions

1. Preheat oven to 400 F. Coat 6 ramekins or a single medium-sized casserole dish with oil.
2. Scrub each potato, rub with a bit of salt and place directly in the oven for 60-90 minutes, until baked through. Remove from the oven, let cool for a few minutes, and cut each sweet potato in half. Scrape the flesh into a medium mixing bowl. You should have about three cups of sweet potatoes. Mash the sweet potatoes with coconut milk. If your sweet potatoes are on the fibrous side, puree them. Stir in ginger, maple syrup and salt. Let sit for a few minutes, stir again and taste, adjusting seasoning as desired.
3. Spoon the sweet potato mixture into dishes, sprinkle with coconut, drizzle with olive oil and bake uncovered until warm and golden, about 25 – 35 minutes. Remove and sprinkle with toasted macadamia nuts.

Enjoy!

Adapted from 101 Cookbooks

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Harmonizing the Nervous System to Restore Sleep

Help your child ease from the stress-filled sympathetic state to the rest and digest, parasympathetic state, Harmonizing the nervous system's ability to switch gears offers many benefits and today we discuss what it can do for sleep. In this episode, learn which Gemmotherapy extracts given in micro-doses can best support your child's nervous system and begin to see immediate benefits.

Coaching Stories: Frances

by Frances Lord, LPN, LMT

As a massage therapist, helping others is important to me. I practice in Smyrna Beach, Florida, and I had taken Gemmotherapy classes with Lauren in the past. Recently, I chose to seek help using Gemmos for my health issues and did a coaching series with Lauren.

I had realized my issues weren't getting better from my efforts to resolve them myself. My shoulder and arm pain, along with my tremors of the right foot and hand, were keeping me from working. I was anticipating Gemmotherapy could prove to be helpful.

Now, I can go to sleep without tremors. I also have more control of the tremors and pain. My anxiety level was also an issue, and that is somewhat resolved. I feel better about

myself and don't feel so tired. I learned that support is very necessary to one's healing process. Following protocols as directed becomes important. Taking charge of your life is necessary. I still need direction at this point and will be following up with next steps to complete the healing process,

Coaching sessions allowed me to tell about myself without having feelings of fear come up. Previously, I was taught to keep any problems to myself, so there wasn't anyone to confide in. I can also see a more balanced approach to health that I can share with others. Stay the course, you might say. I have counseled others and better understand the direction they need to go. It's like putting pieces together to find the whole person.

My advice to others would be to really be able to talk to a live person who is listening and helpful in the discussion. We are social beings, and much of our sharing requires that we have someone we can count on. I was taught to only trust myself, but we need to trust others also. That takes courage. When we lose that courage, we lose ourselves and that connection to life. Stay connected.

Compassionate Care Retreat in Foix

How does a four-day retreat in the French Pyrenees sound? I would love nothing more than to share a few days with you this coming February. We will be guests at La Ciboulette, a tranquil inn with lovely en-suite double bedrooms, a welcoming dining room with an open fireplace and a gorgeous meditation room. We will have the entire property to ourselves and be

graciously cared for by Leela, who owns and manages this center, **February 17-20, 2020.**

If you have had dreams of the French countryside and time connecting with other like-minded women, please consider my invitation. Over four days together, our activities will provide time for compassionate self-care and developing your thoughts on how you may offer this care to others. We will take time for daily meditation, yoga, walks and rich discussions on healing and the role of Gemmos – and be nourished by lovingly prepared meals.

Dates: Monday, Feb. 17, starting at 5 p.m. (you may arrive as early as 3 p.m.) to Thursday, Feb. 20, at 2 p.m.

Place: La Ciboulette, Foix, France

Accommodations: Shared double rooms with en-suite full bath

Meals: Plant-based, gluten-free meals, beginning with an evening meal Feb. 17 and ending with lunch Feb. 20

Pricing:

- **Full retreat price**, including three overnights and meals (Monday dinner – Thursday lunch): \$350 USD, 315 Euro
- **Full retreat, day price**, no overnight accommodation, including meals (Monday dinner – Thursday lunch): \$285 USD, 255 Euro
- **Extra nights** in your assigned room, with breakfast and dinner *or* lunch before Feb. 17: 40 Euro per night, arranged directly with Leela, La Ciboulette at laciboulette-foix@outlook.com
- Alternative lodging after Feb. 20 is readily available in Foix or Toulouse.

Travel: Travel arrangements are not included in these prices. Flights should be arranged into the Toulouse airport. Options for travel between Toulouse and Foix include car rental and a

1.5-hour easy drive into Foix on the motorway. Once you leave Toulouse, there are no major cities, and directions are quite simple into the village.

Alternatively, there is a direct express shuttle bus every twenty minutes from the front of the airport to the Montabiau train station in central Toulouse. Direct trains run between Montabiau station and Foix approximately every hour. Arrangements can be made with Leela for pickup at the train station in Foix. There is an excellent train app, Trainline EU, to view train schedules, purchase and save your tickets.

If traveling internationally, I would advise planning to arrive no later than Sunday to give yourself time to make the necessary connections.

There is a newly-built, good-quality NH hotel adjoining the Toulouse airport if you prefer staying there overnight on your arrival or departure date. The entrance is at the end of the terminal.

Please note: English is spoken at the car rental, bus terminal, train station and hotel. You can also communicate with Leela in English.

Photo by Tournasol7

Roasted Delicata Squash Salad

The months of November and December are a perfect time for sharing with others the goodness of plant-based eating. Trust me, your gorgeous veggies will always be the first to go, hands down, at every holiday gathering, whether it is at your aunt's house or the office. So don't be shy! Show your stuff this season, and who knows who you might influence in a

positive way. I mean, if I can get my brothers to eat kale salad, anything is possible right?

This is a superb starter recipe for those inclined to skip all veggies apart from potatoes, partly because it includes potatoes and also because it happens to be delicious. It's a great introduction to the mild and sweet delicata squash. If you have not fallen in love with it yet, this will surely win you over.

Ingredients

- 1/2 pound small fingerling potatoes, washed and dried
- 3/4 pound delicata squash
- 1/4 cup extra virgin olive oil
- 1/4 cup white miso
- 1 tablespoon harissa paste or $\frac{1}{2}$ tablespoon powder
- 3 tablespoons freshly squeezed lemon juice
- 1 1/2 ounce kale, de-stemmed and finely chopped
- 4 radishes, very thinly sliced
- 1 1/2 ounces almonds, toasted pepitas or other toasted nuts

Directions

1. Preheat the oven to 400 F. Cut the delicata squash in half lengthwise, and use a spoon to clear out all seeds. Cut into 1/2-inch wide half-moons. You can leave the peel on these squash.
2. In a small bowl whisk together olive oil, miso, harissa. Place the potatoes and squash in a large bowl with 1/3 cup of the miso-harissa oil. Use your hands to toss well, then turn everything onto a baking sheet. Bake until everything is cooked through and browned, about 25-30 minutes. Toss once or twice along the way.
3. Meanwhile, whisk lemon juice into the remaining miso-harissa oil.
4. Place the warm roasted vegetables in a bowl and toss

with the kale mixture, radishes, and almonds.

Enjoy!

Adapted from 101 Cookbooks

Photo by Harald Bischoff

Why I Study Gemmotherapy: Chris Wahl

by Chris Wahl

I study Gemmotherapy because I've gotten great results from it! I'm a U.S. Air Force veteran and former Licensed Vocational Nurse who fell down the rabbit hole of natural health in 2004 after seeing the damage that conventional medicine can do when used unwisely. I decided to take responsibility for my family's health using safe, gentle, but effective natural medicines and only use allopathic medicine when absolutely necessary. As a Holistic Life Coach, Flower Essence Practitioner and student homeopath, my mission is to help motivated families achieve health and wellness in all aspects of their lives.

With my family, I begin with Gemmotherapy extracts. I was taught by Lauren and it's been my experience that beginning an acute illness with the indicated Gemmotherapy extracts right away can have an immediate effect on how the body responds. If needed, I add a homeopathic remedy when the symptom picture becomes clearer and if things are not progressing. I've found this to be extremely effective.

Because Gemmotherapy is still an emerging modality, educating

people and letting them have an experience with it are the first steps I see in the future. The potential Gemmotherapy has to restore immunity in a time when so many people's immune systems are not working properly is so incredibly powerful. I wish more people knew about this! New information is always coming out so it's exciting to see what comes next! I love learning more about each of the extracts and the effects they have on organ systems, the mental/emotional levels, as well as well as how to use them in practice.

I would love to learn more about restoring and supporting immunity. I'm also very intrigued at the potential in fertility and pregnancy. The United States has one of the worst maternal and infant mortality rates in the developed world. Children and young adults are suffering from diseases that we used to only see in the older population. Autism rates are climbing. Our children are the sickest generation of children, and I want to learn everything I can to help turn that around. I know we can do better than this. Using Gemmotherapy and Homeopathy together is also something else I'm very interested in.

If you're interested in Gemmotherapy, you won't be sorry! Lauren's classes are amazing, and I can't recommend them highly enough. If you want to dip your toe in, pick up one of her books. The absolute best advice I can give is to get your hands on the extracts! Order the Black Currant and Oak to start. I'm always telling people to get those two extracts so they have them when they need them.

Vegan Daḷ Makhani

Ingredients

- 1 cup dry whole urad dal (black lentils), debris removed and soaked in plenty of water overnight or for at least six hours
- 4 cups water
- 15 oz can kidney beans (1 1/2 cups), drained and rinsed
- 3 tbsp coconut oil or vegan butter
- 1 tsp cumin seed
- 1 small bay leaf
- 4-6 cloves garlic, minced
- 1 tsp minced ginger
- 1-2 chiles, minced with seeds removed if desired
- 1 small onion, finely chopped (1 cup)
- 1 cup tomato puree or strained tomatoes
- 1 1/2 cups water (including water reserved from cooking urad dal)
- 1-1 1/2 tsp salt, to taste
- 1/2 tsp garam masala
- 1/2 tsp ground coriander
- 1/2 tsp cayenne, optional, more or less to taste
- 1/4 tsp turmeric
- 1 tbsp kasoori methi, crushed (optional)
- 1/4-1/3 cup coconut cream or coconut milk

Directions

1. Add the soaked urad dal to 4 cups of water. Bring it to a boil, then lower the heat to simmer. Cook covered for 30-40 minutes or until dal is very tender. Turn off heat and strain the lentils, reserving any leftover cooking water.
2. In a large pot, heat the coconut oil or vegan butter over medium. Add the cumin and bay leaf and fry until they crackle and turn a shade darker. Add the garlic, ginger and chiles and cook about 30 seconds to 1 minute. Add the onion and fry until golden and soft, 4-6

minutes.

3. Add the tomato puree (watch for splattering), the reserved dal cooking water plus fresh water to equal 1 1/2 cups of water, 1 teaspoon of salt, garam masala, coriander, cayenne if using, and turmeric. Crush the kasoori methi between your hands into the pot. Simmer for 3-5 minutes.
4. Add the urad dal and the kidney beans. Cover and simmer over low heat for 30 minutes, stirring occasionally so the lentils don't stick and burn on the bottom of the pan. Taste and adjust salt if desired, add more salt if the dish tastes flat.
5. Stir in the coconut cream and simmer for 5 minutes.
6. Garnish finished dish with a swirl of coconut milk and minced cilantro. Serve with basmati rice.

Enjoy!

Adapted from The Curious Chickpea

What Gemmotherapy Can Do for Coughs

During cold and flu season, you or someone in your family will develop an acute cough. Coughs are symptoms with a real purpose, one greater than to just be annoying. A series of actions that begin in your brain lead to your cough, whether it is to clear thick mucus, respond to an allergen or was just a false message that causes a dry, irritating cough. Because coughs are clearing, suppressing them can cause acute symptoms to linger and lead to chronic inflammation. Is there another way to reduce a cough rather than suppress it?

Absolutely! Depending on the cough that is occurring, there is one of five Gemmotherapy extracts that will resolve rather than suppress it.

What should make Gemmotherapy extracts your first choice, over over-the-counter or herbal cough syrups, is their ability to clean, feed and fortify cellular tissue. Because Gemmotherapy extracts contain the meristem cells of the tree or shrub used, there is cell-to-cell communication. The extract promotes actions that leave the upper respiratory system and immune system more resilient at the end of treatment. Since Gemmotherapy extracts lend themselves to home care in a variety of acute conditions, you will find protocols that can virtually replace all the supplements, herbal remedies and OTC medications you have on hand to care for yourself and family members.

Below, I will describe three general categories of coughs that can be cleared with the use of Gemmotherapy. Please keep in mind this article is referring to an acute cough, one that comes on suddenly or accompanies other upper respiratory symptoms. This article does not address chronic, long-standing coughs that require a different protocol. Here's an article that helps explain the difference between acute and chronic symptoms.

1. Postnasal drainage of mucus often leads to an irritated, inflamed throat that can produce an infrequent, dry and scratchy cough to clear. This particular symptom of the throat and the small cough responds very well to the Gemmotherapy extract Black Honeysuckle. Known for its ability to reduce inflammation by thinning mucus and increasing its fluidity, Black Honeysuckle calms and soothes while boosting the immune response. While often the first extract to be used in an acute inflammation, it is also used at the end of an acute cycle to thin the lingering mucus and prevent the build-up of scar tissue.
2. There are times, however, when that sore throat

progresses to a persistent, deeper cough, dry or wet. Then it is time for a new extract. Hornbeam Gemmotherapy extract supports the effectiveness of a mucus-clearing cough and resolves the dry irritable cough. As it works, Hornbeam extract addresses the upper respiratory inflammation, cleans and strengthens the bronchi and lungs, and boosts immunity.

3. A spasmodic cough, one that leads to pulmonary spasms like asthma or croup, needs the soothing qualities of Lithy Gemmotherapy extract. These coughs appear “unproductive,” often accompanied by tightness in the chest, making an in-breath and out-breath feel challenged.
4. Sometimes there is an acute cough that develops for completely different reasons. This is a dry, nervous cough that may show up at inopportune times, such as before a presentation or important conversation. This cough actually responds quite well to Silver Lime extract.
5. Finally, once a virus with a cough has run its course and the acute symptoms have improved, some convalescence time is called for to improve and strengthen the bronchi and lungs. An evening dose of Hazel Gemmotherapy extract to support a return to health of the respiratory system will protect against future recurrences.

Each of these cough-specific Gemmotherapy extracts performs best in a protocol that supports the work of the immune system during this acute period. Combining the appropriate cough extract with Common Alder and Black Currant will provide the very best results.

If you want to know more about Gemmotherapy for coughs and other acute symptoms, be sure to subscribe to my Restoring Immunity podcast. Find it on Spotify, Apple Podcasts, Radio Public, Google Podcasts and Anchor.

Find all of my acute protocols using Gemmotherapy extracts in

Best Ever Black Bean Soup

This week I am happy to share a recipe from an Austin friend and outstanding vegan chef, Anna Fry. Anna passed along this recipe ages ago when our then-preteens enjoyed this soup for lunch at her home during a school holiday. It still a top request at the Hubele home when soup season rolls around.

What's great about this soup is, you are sure to have most if not all of the ingredients on hand, and prep time is minimal.

Ingredients

- 2-3 T olive oil
- 1 T fresh ginger grated
- 1-2 garlic cloves, peeled and minced
- 1 small onion, peeled and diced
- 2-3 fresh tomatoes diced
- 2 cans rinsed and drained black beans, or fresh cooked
- 1 can full-fat coconut milk
- 1-2 cups vegetable broth
- 1 tsp cumin
- 1 tsp smoked paprika
- Dash cayenne pepper
- Juice from one orange and one lime
- Salt and pepper to taste
- Serve with fresh cilantro and lime wedges

Directions

In a heavy soup pan over low heat, warm olive oil, adding onion, garlic and ginger. Saute over low heat until items are

soft and onions become translucent. Add tomatoes and spices, cooking for a few more minutes. Add beans, coconut milk and one cup vegetable broth. Simmer for 10 minutes to blend flavors, adding more broth if desired and citrus juices. Season to taste. You can choose to serve soup as is or divide in half, blending one portion of the soup with an immersion blender and combining with remaining unblended soup.

Enjoy!

Photo by J Doll

Playing with Fears

I am just back from my morning swim, and I have to tell you what happened. I was presented with a writing prompt too perfect to pass over. That topic would be fear. What makes it even more interesting is that the topic of fear has come up several times in different ways this week. I would like to explore with you the idea that facing our fears must be really daunting and oppressive. Is that really true? Are there ever times when facing your fears wasn't a negative experience? Might it be possible to reframe that story? Is it possible you could lean into your fears in a playful way? That's a good question that I had been pondering when along came this experience. Of course, it would happen while I was engaged in one of my most favorite ever activities, swimming.

So what was the scary challenge? It had to do with a five-letter word that begins with S.

Living in Texas has forced me to come to terms with the snake population that I happen to share this beautiful region with. I get it. If I am going to engage with nature here, I am

probably going to see some snakes... sometimes more, depending on the time of year. This is all fine and well, but swimming with snakes does push me out of my comfort zone in a big way.

What I find interesting is how my deep relationship with the San Marcos River has helped me take my fears down a notch at a time. The first fear being that I would end up being carried away to the Gulf of Mexico! Back to the snakes.

It is actually pretty cool to watch a snake move down the river when I am sitting on a rock watching. It is also fine to encounter one up ahead of me. Today however, was a new twist. As I hit the midpoint on my journey upstream, swimming under a series of low hanging pecan tree limbs, I caught a glimpse of a 6-foot long ribbon snake uncoiling from a high branch and slithering into the water just an arm's distance away. Ha! What to do? Well, there actually was part of me that was a bit mesmerized by its graceful beauty. Then there was the other part that really did not want to share my water space with this guy, especially now that I knew he was there. So I had a choice, to turn back and miss my swim or keep going. That's when I had a little talk with myself. That talk addressed the fact that I know that this river has snakes in it and yet I swim in it every single day. So clearly I've been playing a game called "what I don't see can't hurt me." That's a mental game that doesn't really work with my belief systems I apply to other areas of my life. So now that the snake has shown itself, what has changed? Not a thing.

Please know this isn't to encourage you to jump into a river of snakes, but rather to spark your reflecting on your own fears. Is there anything you love doing with all your heart, but you have allowed your fears to limit your enjoyment? Play with completing this statement, I love _____ as long as _____ doesn't happen. How many of those statements can you write about different activities? What might it be like for you to play with just one, letting that limit or restriction you have set crumble away?

Oh, and in case you are wondering what I did? After a few moments of consideration, I continued on upstream with my newly acknowledged swim partner.

Black Bean and Butternut Squash Stew

Is it simmering stew season yet? Just to be clear, that means a veggie-full stew, and this one totally fits the bill. Not only is it packed with fall harvest vegetables, the spice combination is divine.

I brought this along to a house concert potluck, and I had to think twice if I really wanted to share. ☐ It was a such a hit, and so easy to prepare I made it again the same weekend! Serve it alongside rice or quinoa and a green salad and dinner is complete. And don't forget the toppings! They really make it special.

Ingredients

- 4 tablespoons olive oil
- 2 medium butternut squash peeled, seeded and diced in bite-size chunks
- 1 medium onion, peeled and diced
- 2 red or yellow bell peppers, cored, seeded and diced
- 1 heaping tablespoon smoked paprika
- 2 teaspoons cumin
- Dash or two of cayenne pepper
- 1 teaspoon cinnamon
- 2 cans (15 oz) black beans, drained and rinsed, **or** 3 cups home-cooked black beans
- 1 can (15 oz) diced tomatoes

- 2 cups water with 2 veggie broth cubes or vegetable broth
- Himalayan salt, to taste

Directions

1. If you are cooking your own black beans, as I did, get those started in the pressure cooker after soaking them overnight.
2. In a heavy dutch oven, saute onions and pepper, adding spices. When onions are translucent, add chopped butternut squash, tomatoes and broth.
3. Simmer until veggies are nearly tender. Add beans and bring back to a simmer for 15- 20 minutes, just enough for the flavors to blend but not too much so the squash loses its shape.
4. Salt to taste and adjust seasonings if desired.
5. Serve over rice or quinoa, and have these yummy toppings handy:
 - diced avocado
 - cilantro
 - diced onions
 - lime wedges
 - my all-time favorite vegan sour cream by Simple Veganista

Enjoy!

Adapted from Simple Veginista

What Gemmotherapy can do for

your Acute Symptoms

When you face a cold or flu there are a number of options to choose from that are readily available to address your symptoms. I'm sure at one time or another you have experimented with each of these. As a child, the choices for your acute care were based on your parents' understanding of health, but as an adult, you have more than likely adopted a method of your own. What you might not realize is that how you respond to simple symptoms has a profound impact on your immune system.

For instance, taking over-the-counter medications to thin mucus or to quiet a cough or congestion can prolong the presence of symptoms. Why might that be? The release of discharge whether it be from your nose, ears, eyes, or bronchial area is just the body cleaning. When this cleaning process is suppressed you are working against your own immune response and re-routing that discharge. Have you given consideration to where it might go? Discharge that's not eliminated will search for another outlet and when not found lead to chronic inflammatory states.

Taking antibiotics produces a similar challenge as the use of over the counter medications. Antibiotics, however, come with the added disadvantage of disrupting the bacterial balance that's necessary to maintain your immunity. This disruption takes considerably longer to restore than one would expect. To learn more about this topic in particular, I highly suggest reading Dr. Martin Blaser's book *Missing Microbes*.

Doing nothing and riding it out also has its disadvantages, particularly if these types of symptoms occur more than once or twice a year. Unless you happen to be the proud owner of a body with perfect immunity and optimal elimination, your organs could use some support, and with the right support they improve their function.

The answer I propose to you is to provide your organs the support of meristem cells in the form of Gemmotherapy extracts. Meristem cells are the plant equivalent to human stem cells and contain all the growth material for the entire plant. It's the presence of meristem cells that makes Gemmotherapy extracts unique. When it comes to acute support, there is nothing Plant-based or pharmaceutical that is currently comparable.

Learning to use Gemmotherapy extracts for acute symptoms is pretty straightforward. You'll find proven protocols for common acute symptoms in my books *Introduction to Acute Care* and *Restoring Immunity in Babies and Children*. Your success with addressing acute symptoms will, however, be improved by becoming familiar with the effect of each extract allowing you to adjust the protocols according to specific needs.

Keep in mind that the protocols shared have been successful because of the synergistic effect of the combined extracts. So when making modifications, be sure to substitute extracts that offer a similar action.

Before we get into the specifics of extracts, I'd like to share with you an acute care plan for successful restoration of your health that I recommend to my clients. This plan is based on the assumption that you'll begin caring for yourself upon the first symptom and not wait until you have worn down your vital force and immune system. This may be a brand new concept to many; however, if we provide ourselves with the proper support from the start, symptoms will have a shorter duration.



The plan

Acute Dosage Guidelines

Below you will find a list of suggested dosages. These are the amounts I have found to be successful for the majority of my clients. There are some who are extremely sensitive who will need a lower dosage. If you are one of these individuals then begin with a few drops and find a dosage that's enough to support your symptoms but not so much that it produces or aggravates other symptoms.

General Maximum Dosage:

10 yrs old to Adult: 25 Drops per extract (up to 3x daily)

5 to 10 yrs old: 15 drops per extract (up to 3x daily)

3 to 6 yrs old: 10 drops per extract (up to 3x daily)

This information is not to replace a consultation with your health practitioner to determine the correct dosage for you.

Precautions

The following extracts for acute symptoms should not be used by women who are pregnant or breastfeeding.

- *Common Alder*
- *Mistletoe*

Individuals taking steroids and/or heart medications should consult with their health practitioner before beginning a Gemmotherapy protocol for acute support. Both of these types of medications are suppressing a natural organ rhythm and Gemmotherapy works to restore harmony to organ function. Due to the opposing actions, the supervision of your health practitioner is necessary.

The Acute Care Extracts

Descriptions of each of these extracts can be found in the resource section at the back of my Introduction to Acute Care book as well as symptom-specific acute protocols.

Adrenals

Black Currant

Oak

Digestive/Elimination

Common Fig

Lingonberry

Lithy Tree

Silver Birch Sap

Walnut

Upper Respiratory

Black Honeysuckle

Dog Rose

Sea Buckthorn

Bronchi and Lungs

Black Honeysuckle

Hazel

Hornbeam

Lithy Tree

Musculoskeletal

Silver Fir

Giant Redwood

Immune System

Common Alder

Blackthorn

Field Maple

Hazel

Sea Buckthorn

Nervous System

Sea Buckthorn

Silver Lime

Lithy Tree

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.