

# Beginner's Guide to Gemmotherapy



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### Are you new to Gemmotherapy?

You are in the right place if you're interested in learning about the health benefits provided by these natural, plant-based extracts. This beginner's guide will introduce you to nature's powerful healing compounds-gemmos-and their ability to restore your immunity, the single most important pillar of your health.

Please note that this guide only scratches the surface of all there is to know about Gemmotherapy so don't miss the opportunity to visit my blog archive, listen to a few podcast check out my books and if you get hooked consider some classes. There is just so much to share!

A handwritten signature in black ink that reads "Lauren". The script is fluid and cursive, with a large, decorative initial 'L'.

## **Why Use Gemmotherapy?**

**Most of us struggle with lowered immunity and the wide range of chronic symptoms that come with it.**

When our immune system is compromised, our bodies are unable to optimally remove waste produced from food consumption and metabolic action. This puts a lot of stress on the kidneys. If this state is prolonged, the liver, lymphatic and circulatory systems become congested and the entire immune system suffers, leaving us more susceptible to illness.

# The Physical Immune System in Action

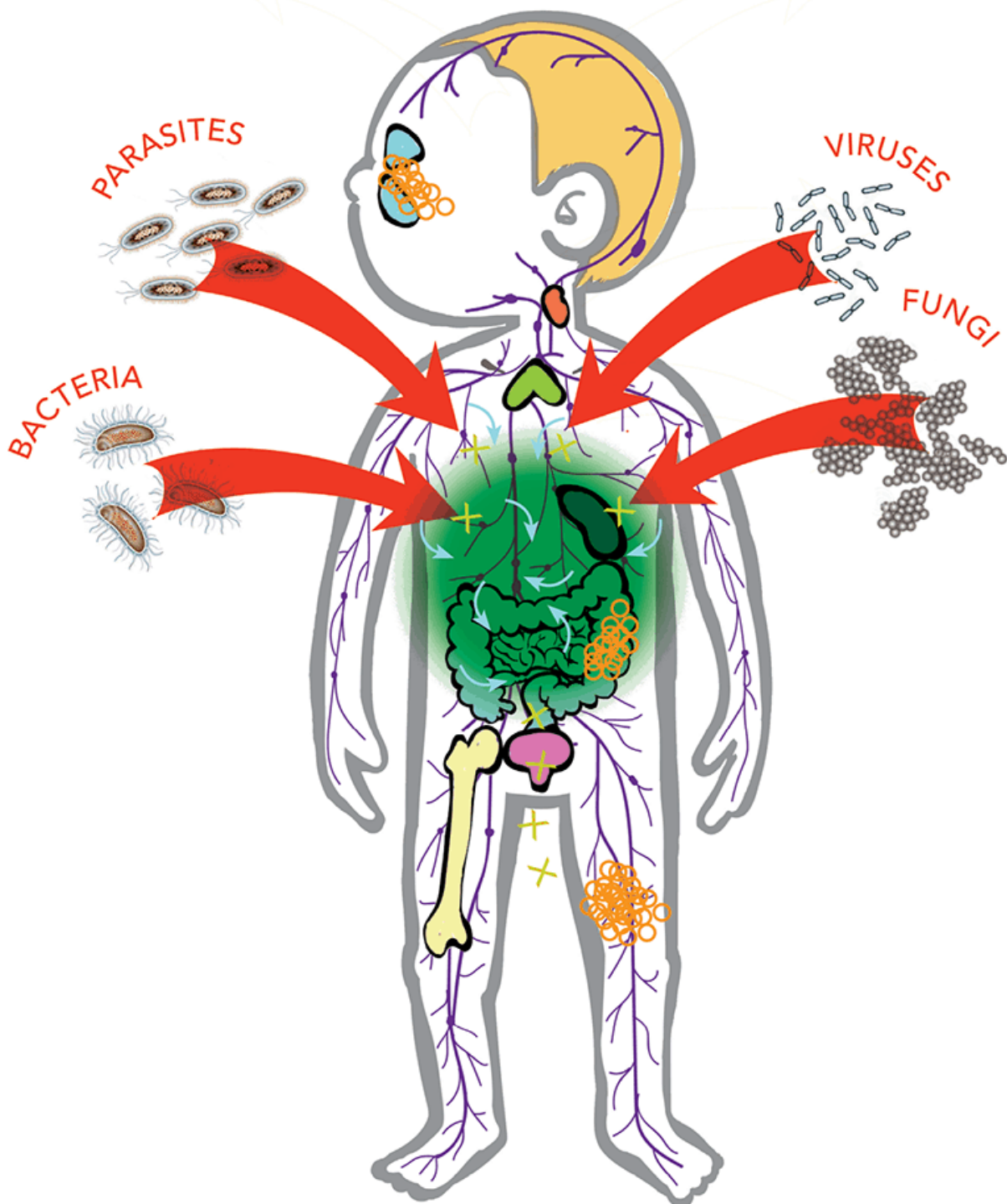
A healthy physical immune system either:

Neutralizes and eliminates pathogens like bacteria, viruses, parasites or fungi that have entered the body

OR

integrates pathogens to strengthen immunity.

it builds up as inflammation.



As miserable as that sounds, the damage doesn't end there.

In this state of poor elimination, the pH of the body can no longer remain neutral.

States of acidosis develop and tissues begin to deteriorate. Healthy cell production cannot occur in a state of acidosis. This degeneration reduces the performance of any organ or glands in the affected areas.

What this boils down to: our bodies cannot fight off or recover from illnesses in this state.

To return our bodies to health, we have to find our way back to healthy cell production.

And here is the beauty of Gemmotherapy! When used holistically and systematically, it excels at shifting states of acidosis and healing the immune system from that cellular level. This is one of the many reasons why I love Gemmotherapy-its power lies in its effectiveness at reminding the body of what it can do when it's operating at its optimum capacity.

**More than anything, here's what I want you to know:**

**You are not defective.**

**You were not born unlucky.**

**You do not have to continue to suffer through this alone.**

When we can turn to healthy habits that support proper immune function, we can find our way back to vitality. I've seen it for myself and for hundreds of clients. Let's see what it can do for you and your family!

# Who Can Benefit from Gemmotherapy?



## Support for All Ages

This gentle, yet powerful medicine can benefit everyone, from newborns to geriatric patients. Gemmotherapy provides immediate support for acute illness and infections, leaving the affected organs clean and fortified at the end of treatment. Not only that, but Gemmotherapy supports and heals the immune system while resolving chronic symptoms the patient may have experienced for years.

## Get the Most Out of Gemmotherapy

To restore your immune system Gemmotherapy extracts also need the support of a healthy lifestyle enhanced with a plant-based diet, daily movement, and restorative sleep to be successful. So if you're looking for a quick-fix solution, this is not for you.

But if you're ready to make wide-sweeping lifestyle changes in

the name of health,  
then keep on reading to see how Gemmotherapy works in tandem with a multi-faceted approach to physical, mental, and emotional wellbeing to restore health.

### **Gemmotherapy vs. Herbal Extracts**

On the surface, Gemmotherapy extracts look very similar to the liquid herbal tinctures

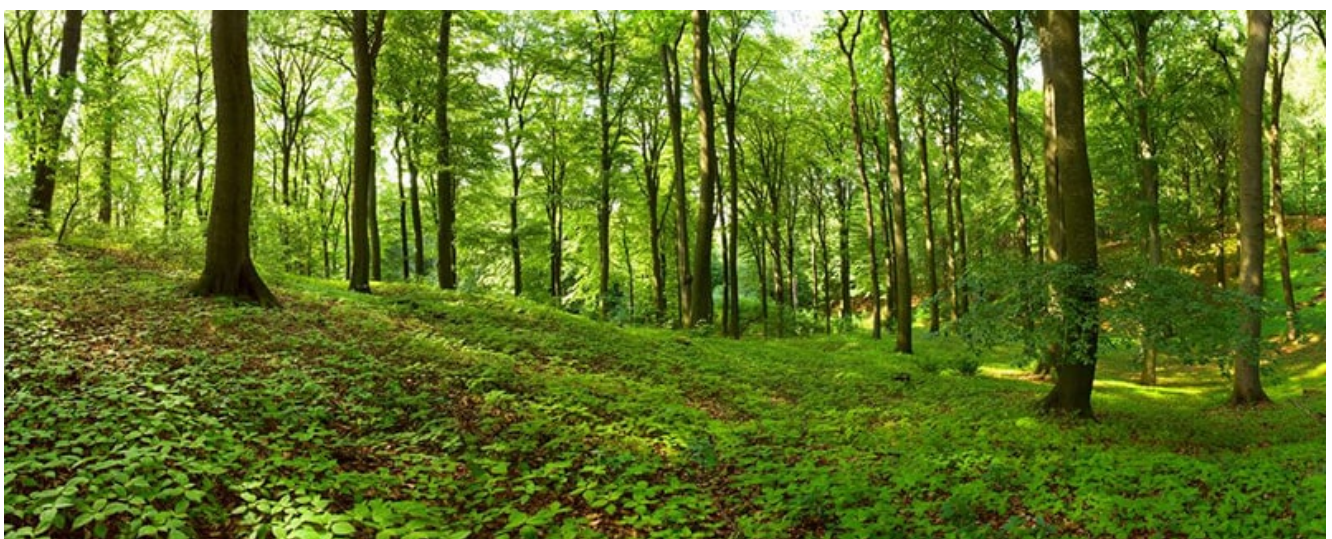
you might get from a health practitioner or purchase for self care. However, it's this specific type of plant material utilized that sets Gemmotherapy apart from plant derived extracts.

The difference lies in the meristem cells of the buds and shoots used to make gemmos.

These cells contain all the growth material of the plant, similar to stem cells in humans. These embryonic cells engage organs and organ systems on a cellular level to improve their function and simultaneously clean, feed, and restore organ tissue.

Gemmotherapy extracts deliver the potential of the entire tree or shrub from which the bud is selected rather than the benefits of a specific part as in an herbal extract.

## **The Path for Restoring Immunity**



**Gemmotherapy makes its greatest contribution to health in protocols focused on building immunity in babies and children and restoring immunity in adults.**

Immunity-boosting protocols work to harmonize the nervous system, optimize bowel and kidney elimination, and support adrenal function leading to restored organ function.

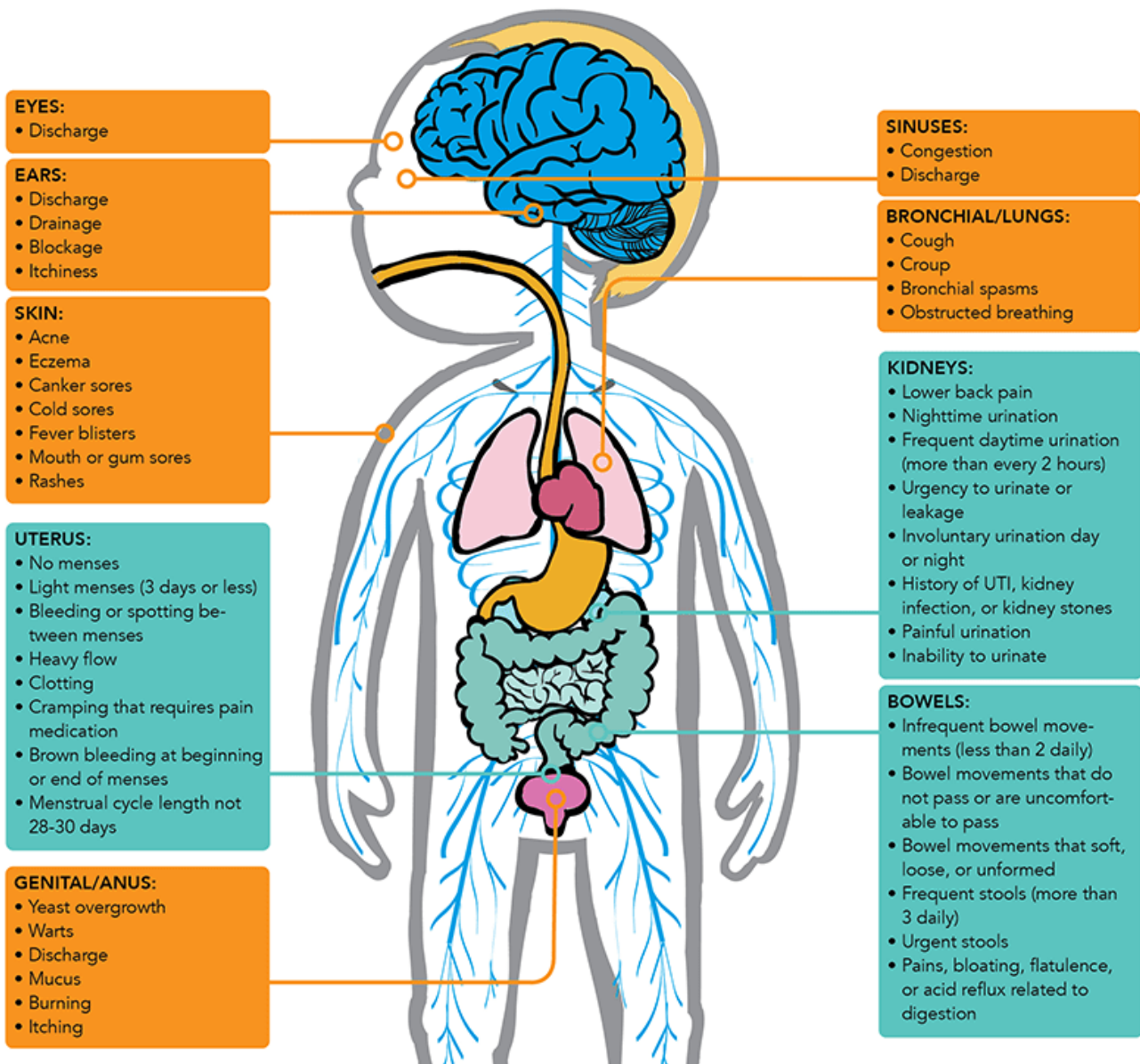
A first Gemmotherapy protocol to begin the process of Restoring Immunity will include the following:

1. One or more extracts, taken as a micro-dose to support the Central and Autonomic Nervous systems.
2. One extract to support the adrenal gland, the conductor for our immune responses.

Once elimination is optimized, the next Gemmotherapy protocols will support circulation and the lymphatic system along with continued support for the kidneys and adrenals.

# Signs of Poor Elimination

The body exhibits a variety of signs and symptoms that are indicative of poorly functioning elimination. Primary symptoms show up in the body first and are indicated here in aqua. Secondary symptoms arise when primary symptoms are left unresolved. Those are indicated here in orange.



## Waste elimination and immunity

The healthy elimination of waste is crucial for a strong immune response. Once the immune system has targeted a pathogen as detrimental it will be neutralized and eliminated. When elimination is not optimal the immune process is obstructed.

When bowel elimination is less frequent than twice daily or is unformed, urgent, or painful, the daily cleaning necessary to establish or restore a healthy immune response is diminished.

The effects of poor elimination are clearest when observing a



baby or young child.

The most common chronic symptoms in children-colic, ear inflammation, sinus congestion, croup, inflamed bronchi, or asthmatic coughing, skin conditions such as eczema-all begin with suboptimal bowel elimination.

The correct Gemmotherapy protocol and a plant-based diet can restore healthy elimination and heal the immune system.

## **What Exactly Is Gemmotherapy?**

Gemmotherapy extracts, or gemmos, are the newest and most potent addition to the field of plant-based therapies.



Gemmotherapy extracts are produced from select plant embryonic tissues, most often

the tree branch buds, for health restoration and maintenance.

The tree buds contain the growth material of the entire plant and are the most nutrient dense part of the plant.

The action of these extracts on a cellular level promote drainage, tonification, and rejuvenation of organs. The use of Gemmotherapy extracts for acute and chronic symptoms leads to a restoration of immunity, which is the foundation for health.

## **What does this mean for you?**

I believe you were born to be your own healer. However, many of us have been led astray from this truth by reductionist medicine. If you believe in a holistic approach to health, in looking at the entire being rather than singling out specific symptoms, then Gemmotherapy is a healing modality for you.

# Where it all started

## The Origins of Gemmotherapy

While the original concept can be dated back to the ancient Egyptians, the first research-supported documentation of gemmos began in 1959. Since then, the Gemmotherapy materia medica has grown exponentially with contributions by numerous European scholars, physicians, and biochemists.

Gemmotherapy was first introduced in Romania in the late 1970's in a book written by Homeopath, Dr. Teodor Caba. His book about Homeopathy also presented a new detoxification method using Gemmotherapeutic extracts. Homeopathic doctors were very excited about this new approach, but at the time the extracts were not available in Romania. Plantextrakt Laboratories, a Romanian pharmaceutical company, finally began production of the extracts in 1990 started to produce these extracts.



But the spread of Gemmotherapy among doctors and pharmacists did not occur until late 1990. The impetus for this was the arrival of Dr. Pitera's recently translated book "Compendium of Clinical Gemmotherapy". From that point an important and impressive movement of promoting Gemmotherapy to medical doctors, pharmacists and the general public began. Along with that was also the beginning of the mutually beneficial collaboration with Dr. Fernando Pitera di Clima.

Gemmotherapy has undergone over 50 years of university-level

biochemical and clinical studies in Europe to determine the individual properties and actions each extract has on particular organs and organ systems.

Through these studies and the collection of empirical data, Gemmotherapy was granted the status of an approved medicine by the European Union and the making of the extracts is outlined in the European Pharmacopoeia. In the United States, however, it's classified as an herbal supplement by the FDA and therefore, for the most part, it's referred to as an extract.

Today, Gemmotherapy has started to catch the attention of those seeking natural methods to improve their immunity as well as healthcare providers such as homeopaths, naturopaths, chiropractors, acupuncturists, midwives, nurse practitioners, pediatricians, and family practice doctors.

## **Let me introduce you to some of the key players.**

POL HENRY

PHILIPPE ANDRIANNE

GÉRARD GUÉNIOT

FRANK LEDOUX

MAX TETAU

FERNANDO PITERÀ

THE ROMANIAN ASSOCIATION OF GEMMOTHERAPY AND HOMEOPATHY

**Pol Henry**, an MD Homeopath in Belgium is considered the grandfather of Gemmotherapy.

His first research and published findings date back to 1959, Bases Biologiques de la

Gemmotherapie, formed the foundation for Gemmotherapy today.

Henry conducted the first known comprehensive research on the therapeutic

qualities of plant buds along with colleagues. He furthered the studies of roots, shoots, and bark of plants that had been

used in traditional plant therapies over the centuries dating to the Egyptians and later Hildegard of Bingen. His discoveries were that the greatest healing potential could be found within meristem tissue, the embryonic cells of the plant. In his published studies and book, Henry called his medicine Gemmotherapie after the “gem” of the plant.

**Philippe Andrienne** is a Belgian botanist. After a job experience in a homeopathic laboratory and then in a dietary supplements firm, he decided to dedicate himself to gemmotherapy and founded his own laboratory. He is the author of several books on gemmotherapy, as well as on clay, birch and blackcurrant. Currently, he is the president of the European Federation of Herbalism and advises clients in his herbalist’s shop located in the Belgian Ardennes. With the participation of Jean-Claude Leunis, a former collaborator of Pol Henry, he continues his research on buds in order to deepen his knowledge. He shares his knowledge during training courses, internships, conferences and specialized seminars that he organizes in Europe.

**Gérard Guéniot**, French doctor (deceased in 2009), homeopath and acupuncturist, promoter of a unique concept in natural medicine, that of synthesizing all existing notions and federating all natural health practices by giving them a common basis. In 2001, he became interested in gemmotherapy and, during the last years of his career, immersed himself in the work of Pol Henry, Max Tétau and Philippe Andrienne, and proposed a personal interpretation of it. In 2004, he began teaching his vision of phytembryotherapy.

**Frank Ledoux**, a French doctor, practices global medicine, inspired by acupuncture, homeopathy, phyto-aromatherapy and nutritherapy. He teaches these different disciplines by defending the concept of natural and global medicine adapted to each individual. Friend and collaborator of Gérard Guéniot, he has continued and

completed his work on phytembryotherapy, and has continued his teaching. In 2012, he published with Gérard Guéniot (posthumously for the latter) a book entitled “La Phytembryothérapie” synthesizing their work.

**Max Tetau**, a French MD, was a collaborator with Pol Henry from the early 1960's.

He and his team continued on after Henry's passing. Tetau was able to expand the findings of Henry throughout his professional career right up to his own passing in 2012. Tetau believed that what we see as chronic dis-ease today is due to an accumulation of toxins from within the body. It was these deep-seated beliefs that drove Tetau to study further with Henry and bring forth a therapy that could successfully drain toxins and heal tissue on a cellular level.

Professor **Fernando Piterà** is the guiding force behind the spread of Gemmotherapy

research to Italy. As a leading physician, Homeopath, and scientist at the University of Genoa, Piterà has emerged as the next academic voice in the study of Gemmotherapy. Dr. Piterà published the first complete exposition on Gemmotherapy in 1994, *Compendio di Gemmotherapia Clinica*. Piterà's work has proven that Gemmotherapy, based on meristems, is able to extend its action beyond to the organic and cellular levels while classical herbal therapy works only at the functional and metabolic level. He has dedicated his life's work to Gemmotherapy and its combined use with Homeopathy, and still gives lectures and seminars throughout Europe on his latest findings. At this moment in history, beyond Dr. Piterà's work in Italy, the most cutting-edge research in Gemmotherapy is occurring in Romania. The growing integrated use of Gemmotherapy in the daily clinical work of Romanian family practice physicians and specialists has contributed greatly to their lead.

### **The Romanian Association Of Gemmotherapy And Homeopathy**

The Romanian Association of Gemmotherapy and Homeopathy (ARGH) serves as a European forum to collect and present the most current discoveries. The association, founded in 2010,

publishes an annual journal Acta gemmotherapeutica et homeopathica and sponsors a lively, well-attended conference at the start of each summer. Member physicians, pharmacists, therapists, and scientists gather to share the results of their work with Gemmotherapy. They are joined by Dr. Fernando Pitera' who has historically been the keynote speaker and honorary member Association.

## **Ready to explore Gemmotherapy extracts for yourself?**

### **The Nine Essential Extracts**

While healing your immune system is our overarching goal, protecting your immune system is also important. Gemmotherapy extracts offer a natural and restorative approach for situations requiring first aid and for cold, flu, and allergy symptoms. These nine extracts, will have you well prepared to resolve, rather than suppress, symptoms for yourself, your child, and your pets.







**COMMON FIG**



**HORNBEAM**



**SILVER  
LIME**

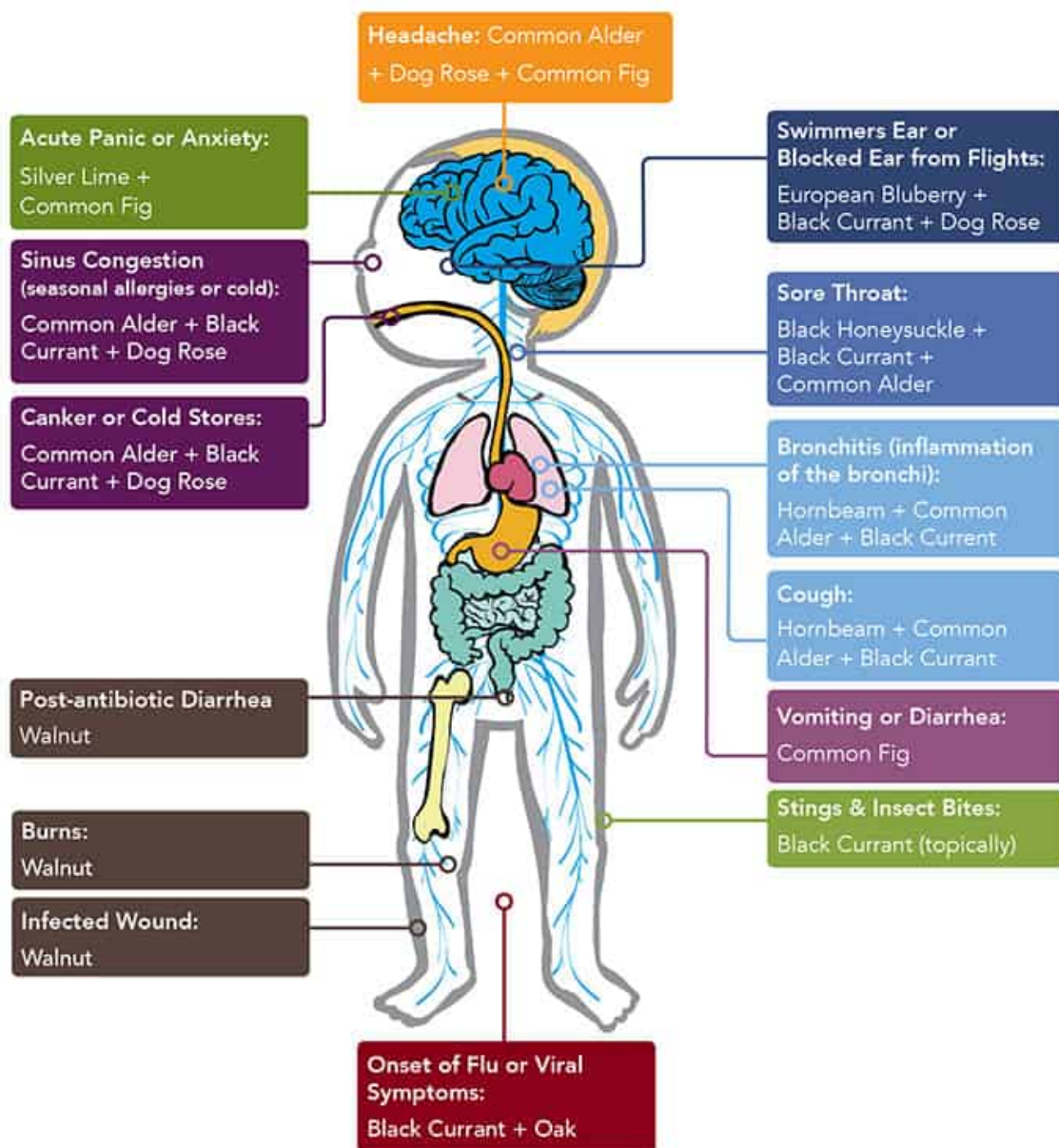


**WALNUT**



# The Nine Essential Extracts and Some Protocols

Here is a sample of just a few of the many acute protocols that can be created with the Nine Essential extracts for yourself:



## DOSAGE GUIDELINES

For Acute Care Extracts: Acute symptoms are symptoms that have come on suddenly due to an illness or accident.

10 yrs to Adult: 3-24 drops per extract | 5 to 10 yrs: 3-12 drops per extract | 3 to 6 yrs: 1-6 drops per extract | Infants-Toddlers: 1-3 drops per extract.

Acute Dosing Frequency: First 24 Hours: Every 1-3 hours, reducing as symptoms improve

Acute Vomiting, Fever, or Allergic Reaction: Every 15 minutes until improved

Acute Topical (for stings, hives, abscess): Up to 4x daily

Want a copy of this to print and keep handy in your medicine cabinet? [Download here.](#)

And yes-Gemmotherapy is also safe and effective to use on your pets

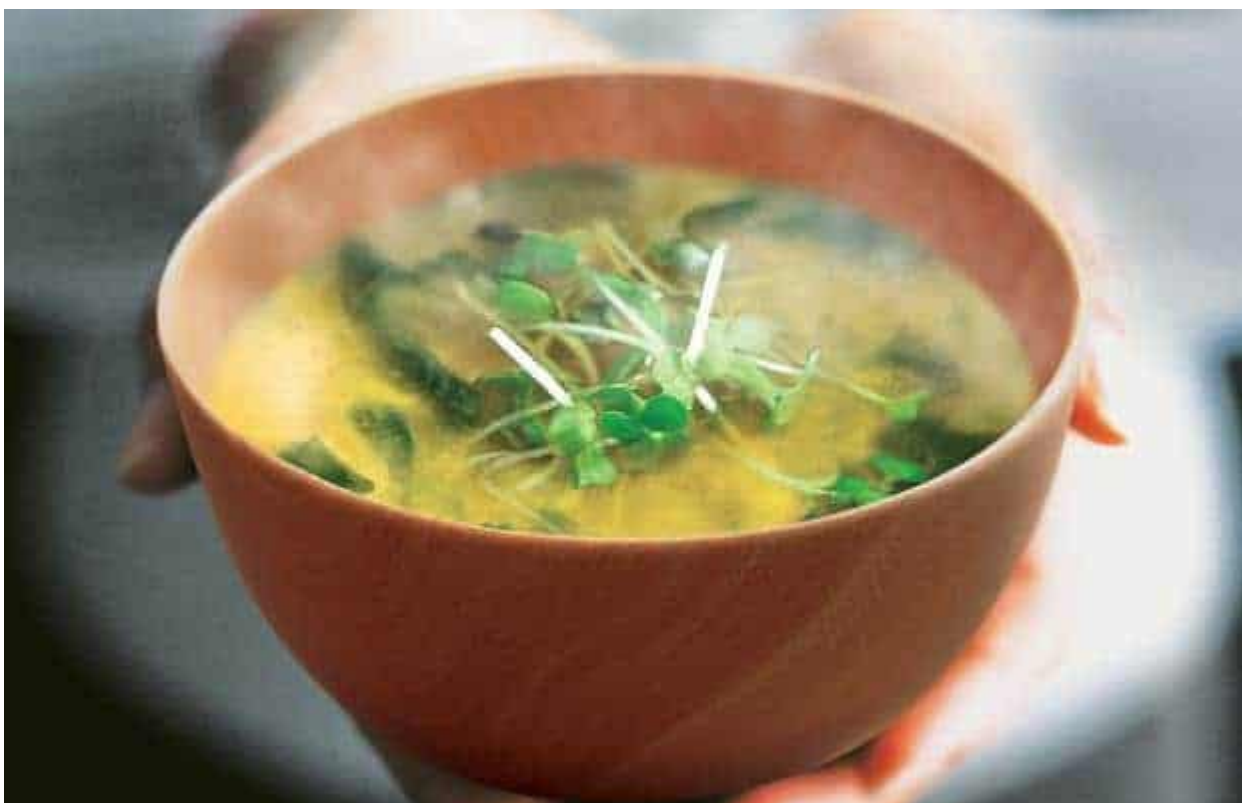
Print and keep this guide handy in your medicine cabinet.Want a copy of this to print and keep handy in your medicine cabinet? Download here.

**Eager to learn more?** Listen to my Restoring Immunity podcast, or pick up a copy of my book Gemmotherapy For Everyone: An Introduction to Acute Care.

**Please note: This information is not meant to replace the care and advice of your medical provider. Juniper and Common Alder are two extracts that must be avoided during pregnancy and breastfeeding.**

## **There is so much more to learn!**

If this is resonating with you, and you're feeling called to explore even more, here are some of the most popular topics that I've written extensively about:



## Get started with Acute Care Solutions



## For New Moms



## New to plant based eating



## **Support Healthy Fertility: The Inside Scoop on Birth Control**



## **Study With Me: Resoring Immunity 1**

ANGRY	OVERWHELMED	WORRIED
		

**Find your Gemmoji™: Stabilize your emotional health using specific extracts**