

# Eight Essential Extracts

One of the best ways to familiarize yourself with Gemmotherapy extracts is to use them at home for acute ailments. With a small set of only eight extracts, you can care for a wide range of acute symptoms.



While there are another 20-plus extracts known for addressing acute symptoms that you may wish to later explore, the following eight will provide you an opportunity to build your confidence and appreciate the results:

- Common Alder\*, *Alnus glutinosa*
- Black Currant, *Ribes nigrum*
- Dog Rose, *Rosa canina*
- European Blueberry, *Vaccinium myrtillus*
- Common Fig, *Ficus carica*
- Hornbeam, *Carpinus betulus*
- Silver Lime, *Tilia tomentosa*
- Walnut, *Juglans regia*

*Gemmotherapy extracts can actually correct the function of organs so that, over time, your body is once again able to*

*produce exactly what is required.*

*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.*

