

Taking the Extracts

Gemmotherapy extracts are available in either a concentrate (the liquid extract from the maceration of the buds) or a D1 dilution (a dilution of the concentrate, equivalent to a 1X potency in homeopathic terms). I prefer the D1 dilutions, as I find they allow greater control in dosing babies and sensitive adults. The following suggested dosages are for D1 dilutions. (If you are using a concentrate, adjust the dosage by considering that one drop of concentrate is equivalent to about eight drops of D1.)

To take a dose, put the appropriate number of drops into 4 to 6 ounces of water. Babies can be given drops directly in the mouth, followed by breast milk or bottle.

For Acute Protocols, in general: During the first 24 hours, dose every 1 to 3 hours. Reduce the frequency to 4x daily as symptoms improve. Continue dosing for 2 days after all symptoms have cleared.

For Acute Vomiting, Fever, or Allergic Reaction: Dose every 15 minutes until improvement, then twice daily for the next 3 days.

For Acute Topical Application (for stings, hives, infected wound): Apply with a clean fingertip, up to 4 times daily.

A General Guideline for dosage amounts of D1 Gemmotherapy Extract Dilutions:

Age 11 years to adult: 25 drops per extract (up to 3 times daily)

Age 5 to 10 years: 15 drops per extract (up to 3 times daily)

Age 3 to 6 years: 10 drops per extract (up to 3 times daily)

Age 0 to 3 years: 5 to 10 drops per extract (up to 3 times daily)

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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.

