

Gemmo Memo: Common Birch

The tree *Betula pubescens*, also known as *Betula alba*, has many common names, including downy birch, moor birch, white birch, European white birch or hairy birch. Common Birch, as we refer to it in Gemmotherapy, is native to and found abundantly throughout northern Europe and northern Asia. Relatively short-lived, it grows to nearly 100 feet (30 meters) in height and is a pioneering species, colonizing on cleared land. It thrives further north and in higher elevations than any broad-leaved species, preferring damper soils than other birch and even tolerating peat bogs and clay soils.

Often confused with *Betula verrucosa*, *Betula pubescens* can be recognized by its smooth, downy shoots and dull, grayish-white bark. The growth pattern is also different as the heavily leaved branches of the *Betula verrucosa* droop downward and the branches in the crown of *Betula pubescens* reach upward to the heavens.

Interestingly, the bark can be stripped without weakening this hardy tree, and the bark has been used for a variety of purposes throughout history, from lining coffins to covering canoes. Both the leaves and the bark have been used medicinally across a variety of cultures.

It is the pioneering quality of this tree, thriving in poorly drained soils, that hints at its usefulness as a Gemmotherapy extract, acting as a diuretic, resolving edema and states of acidosis. The essence of this tree is strength in the face of poor conditions.

The benefits of Common Birch Gemmotherapy extract are best received by honoring the order in which the body heals. Common Birch is a primary extract for optimizing elimination in the second stage of restoring immunity. It can be added to a protocol for chronic symptoms once the nervous system extracts

have been established. It also offers many benefits for long term use to support immunity and the aging process.

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

- Male or female adult over 40 years of age
- History of any diet that did not promote optimal elimination, usually high in animal protein (dairy products or meats) or processed foods
- Moderately inactive physically (no daily exercise)
- Less than optimal stool or urine elimination
- Weakened immunity, physical or emotional

There is much more to learn about Common Birch as a Gemmotherapy extract, so be sure to listen to this 15-minute podcast. You will discover the primary and secondary actions of Common Birch Gemmotherapy extract and gain a clear picture of the various use cases of this extract. Consider subscribing now to my Restoring Immunity podcast on Spotify or ApplePodcast/iTunes, Or if you prefer to watch videos, subscribe to my YouTube channel.

You can find Common Birch as well as other single extracts for purchase on my Immunity store.

Gemmo Memo: Common Alder

Native to Europe, Russia, Turkey and Iran, *Alnus glutinosa* grows up to 70' (21 meters) in height, always near or in water. Classified as an invasive species in the United States, it was originally planted for erosion control. It's quite easy to recognize because Common Alder is the only broad-leaved

plant to produce cones. Each spring when the new leaf buds appear, you will also see last year's cones and this year's catkins.

Common Alder, a pioneer species, is known to improve the fertility of the soil where it grows, which has made it an excellent tree for reclaiming degraded soils and industrial wastelands.

The wood from Common Alder can harden to the strength of stone when in water, so it was commonly used to build foundations, bridges and dikes in the cities of Venice and Amsterdam. The essence of Alder is associated with releases, such as stress, anxiety, nervousness and increasing life energy.

All of this gives us much insight into what Common Alder Gemmotherapy extract can offer the body. Like the tree itself that grows well in water, the extract harmonizes the fluids of the body and strengthens one's ability to withstand disease. Always used as partnering extract, it promotes the transportation of inflammation, clearing waste and allowing for the rejuvenation and strengthening of tissue.

In practice, the benefits of Common Alder Gemmotherapy extract are best received by honoring the order in which the body heals. As a primary acute extract, Common Alder may be used at any time. However, because it is so deep acting, it should not be used in a protocol for chronic symptoms until stool elimination is optimized and vitality improved. The powerful harmonizing actions prompt considerable movement of degenerative waste, and an optimized elimination system is absolutely necessary to prevent aggravated symptoms, which could include a variety of inflammatory conditions as well as headaches, digestive disturbances or joint stiffness.

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

- Male or female
- All ages
- Localized inflammatory states, acute or chronic

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Gemmo Memo: Black Honeysuckle

The shrub *Lonicera nigra*, commonly known as black honeysuckle or black berried honeysuckle, is most likely to be discovered under the canopy of a coniferous or mixed forest, where it would bask in the filtered sunlight.

Unlike the cultivated honeysuckle vine, this honeysuckle shrub only grows to a height of 4-5 feet tall. Not widespread or cultivated for any particular purpose, you would most likely come across this species of honeysuckle in its native state throughout mountainous regions of South and Central Europe.

There is a long history of using black honeysuckle leaves and flowers medicinally. The Gemmotherapy extract, however, is made from the young shoots of the plant. A hint to its potential contribution as an extract can be found when viewing the long flexible stems, twin spurred pink and white flowers,

and black colored berries. With a bit of imagination, the double blossoms can represent the sinus region, and the long stem the throat and bronchi, primarily where black honeysuckle Gemmotherapy so effectively thins mucus to promote drainage.

The benefits of black honeysuckle Gemmotherapy extract are best received by honoring the order in which the body heals. For acute symptoms, it can be added immediately to a protocol and it can be used in micro-doses at the start of building a chronic protocol. However, before including black honeysuckle in full doses for chronic symptoms, stool elimination must be optimized and vitality improved. The powerful tonifying actions on the liver and intestines prompt considerable drainage of degenerative waste, and an optimized elimination system is necessary to prevent aggravated symptoms.

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

- Be male or female of any age
- an acute sore throat or inflamed tonsils
- a history of respiratory or intestinal inflammation
- have sleep disturbances between the hours of 1 and 5 a.m.
- Mild depression, pessimistic outlook, a tendency toward resentment or worry

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

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here to my YouTube channel.

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

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.

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

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: 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.

Wouldn't 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 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.

What Gemmotherapy Can Do for Winter Blues

The days are shorter, and the skies are darker, and possibly this is not your favorite season. Perhaps if you told the truth, you'd like to skip the next months altogether. Well, one option is for you to curl up in a ball like my calico cat, Ruby (pictured below :). Or, you could try something completely different this year and take a proactive approach to your winter blues.

I am going to assume that you voted for a different approach, so I will share some of my latest learnings. It turns out that a **microdose (1-3 drops of a D1 extract)** of specific Gemmotherapy extracts each morning can offer prevention and reduction of your symptoms. Those extracts are actually tonics for the brain. The tonifying action supports the production and protection of important neurotransmitters that improve your moods, such as serotonin and dopamine.

The first extract I would suggest to my clients experiencing depressive symptoms at any time, but particularly those that

are limited to the winter season, would be Silver Birch Seeds. The Gemmotherapy extract produced from the seed of the Silver Birch tree supports the healthy function of the Central Nervous System, specifically the brain. The other extract that should be considered as an alternative if Silver Birch Seed did not produce the desired effects, or in addition, is Sea Buckthorn. The Gemmotherapy extract made from the bud of the Sea Buckthorn shrub is another tonic that also supports the healthy function of the Central Nervous System, protecting the main neurotransmitters for the parasympathetic state and harmonizing circadian rhythms. The actions of Silver Birch Seed and Sea Buckthorn on the Central Nervous System can improve brain functions, maintaining memory and improving mood (SECONDARY ACTION: As a powerful antioxidant, Sea Buckthorn protects the brain from degeneration. There is no contraindication for taking this extract long term).

When looking at Gemmotherapy extracts, there are two qualities that help us classify their actions: a tonifying or tonic-like action, or a harmonizing action. Tonics build strength and improve performance and efficiency in the organ, much like a personal trainer or coach might do for an athlete. Harmonizers, on the other hand, bring balance to the action of the organ, perhaps slowing or balancing its actions. Harmonizers adjust to what is needed. Some extracts are both tonifying and harmonizing. They might have a tonifying effect on one organ or system and a harmonizing effect on another.

Now, in addition to taking an extract or two each morning, there are two other important activities to add to your self-care plan for winter. The first is to get yourself outdoors in the sunshine every single day and move. And when the sun doesn't shine, get yourself out in the fresh air anyway and move in whatever way works for your body. Perhaps for you, that would be walking at a brisk pace, jogging or riding a bike. It's the fresh air, sunshine and trees that are as helpful as the moving, so going to the gym just isn't going to

give you the same lift.

And then, take care of your diet. Take care of yourself with every bite you eat. Eat to boost your mood rather than bring it down. There is clear evidence that what goes in your mouth directly affects your brain and mood, so make a wise choice. Here's a list of accessible resources from Dr. Michael Greger. And if it's recipes you need, you have come to the right place. I'm delighted to share my favorite plant-based options, all personally tested and approved.

Interested in learning more about specific Gemmotherapy extracts and their actions? Join me in January for my exciting new series, Gemmo Study. If you want to learn my system to restore your immunity using Gemmotherapy extracts, please consider enrolling in Foundations of Gemmotherapy, also beginning in January.



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

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.

Introducing the Restoring Immunity Podcast

Today I am so excited to announce my latest project. With the help and inspiration of one of my new interns and Gemmo Moms, Megan Ethridge, I have created the Restoring Immunity podcast!

This first series with Megan is geared particularly to moms. Each 20-30 minute episode covers a common acute issue and how to resolve symptoms using Gemmotherapy. Listen now to our first episodes on fevers, colds and virus support.

Once this series is complete, I will partner with other co-hosts to dive into topics of emotional immunity, fertility,

aging and more. Follow my podcasts on Spotify, Radio Public or Google Podcasts and receive a new episode each Tuesday (coming soon to iTunes). If you like what you hear, please share a link with your family and friends.

Passing along knowledge and wisdom on the subject of restoring immunity is my life passion. Although I'm a writer at heart, publishing takes time. Podcasting, however, offers an opportunity for me to share new insights in a quick and accessible manner. Let's see where this takes us!

Where Does Gemmotherapy Fit in the World of Herbal Medicine?

It isn't often that my schedule permits me to offer a live class in the U.S., but I cleared the weekend of Nov. 9 when an invitation to teach at AOMA Graduate School for Integrative Medicine arrived. If you are looking for an opportunity to study with me directly, here is your personal invitation! (Register online)

Meanwhile, you may enjoy this interview with AOMA, where I discuss my approach to Gemmotherapy and its place among other therapies.

What Gemmotherapy Can Do for Emotional Immunity

No doubt you are familiar with your physical immunity, but what about your emotional immunity? A sister of physical immunity, your emotional immunity also acts as a filter between you and the outside world. While your physical immunity is filtering tangible substances, your emotional immunity processes your day-to-day experiences.

Both immune systems have a 24/7 built-in discerning process. It is the job of our physical immune system to determine whether substances will fortify your body and should be integrated OR neutralized and eliminated. The same is true for experiences and your emotional immunity.

Here are two simple examples:

1. You give a presentation at work about a project near and dear to your heart, and you walk away feeling strong and confident. Later, a colleague makes a slightly passive-aggressive comment.

Whether that comment is internalized and allowed to take root depends on the health of your emotional immunity at that moment. In this case, because you walked away from your talk feeling strong and confident, the likelihood you can shake it off (neutralize and eliminate) is quite strong. However, had you been feeling emotionally unstable and vulnerable about your talk, that comment might well make it past your filter.

2. As a child, did you ever get lost? Maybe you were separated from your mother for a few minutes in a store, or for hours during a family hike! Your response to that event would have been determined by your emotional immunity. Perhaps you were feeling resilient and experienced it as an adventure. Or, if the opposite were

true, it likely registered as trauma.

Just like physical immunity, there are times our emotional immunity functions at a high level, and there are times it isn't up to the task (neutralizing and eliminating harmful pathogens). It is during these weakened states that you may enter a toxic relationship or make choices that don't support your health and well-being.

So, what makes emotional immunity strong, and what weakens it?

Answering that question has become the focus of my recent work. Over the past year, I have been observing what Gemmotherapy can do to build emotional immunity, and the results are intriguing. This is an evolving topic. However, here are some of my observations:

- There is a direct link between emotional and physical immunity. When one is weak, the other is more vulnerable. And when one is strong, it supports the other. Two examples I've seen include: A woman plagued with chronic physical exhaustion improves, and then she is able to see and address toxicity in the relationship with her partner. A mother struggling with feelings of overwhelm and anxiety improves, and then she is able to make lifestyle changes to support her physical health.
- When the nervous system is supported in its ability to regulate between the parasympathetic state (rest and digest) and sympathetic (flight or flight) states, emotional and physical immunity improve.
- Micro-doses (1-6 drops) rather than conventional dosing (12-24 drops) of a D1 dilution Gemmotherapy extract seems to be more effective in supporting the nervous system. The smaller doses appear to interact with the body in a way that cannot be achieved with standard amounts.

I am excited to share my current theories about this topic

during my talk in Cluj, Romania, later this month. While I have isolated a dozen or so extracts that interact with the central and peripheral nervous system, there are several I have found to be the most gentle-acting. Those include:

- Silver Lime, *Tilia tomentosa*
- Common Fig, *Ficus carica*
- White Willow, *Salix alba*
- Field Maple, *Acer campestre*
- Hazel, *Corylus avellana*
- Sea Buckthorn, *Hippophae rhamnoides*

If you would like further information on Gemmotherapy extracts, you'll want to read my Beginner's Guide to Gemmotherapy. Specific information on dosing Gemmotherapy extracts can be found in my books, "An Introduction to Acute Care" and "Building Immunity in Babies and Children."

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.

The information above is for educational purposes and not meant to replace the care and guidance of your health care practitioner.