

A Crash Course in Gemmotherapy

Gemmotherapy is a cleansing protocol for the body that utilizes extracts from individual trees and shrubs. Because the extracts are made each spring from the first buds and shoots of the season, this botanical medicine has a potency and healing capability that far exceeds any current phytotherapy. The meristems within each bud or shoot contain tremendous regenerative properties much like human stem cells.



The power of Gemmotherapy lies in the fact that it's the only medicine which simultaneously nourishes and cleans cells. Each Gemmotherapy extract is based on a single tree or shrub and addresses individual organ systems. Some extracts are polychrests and have multiple actions while others have very specific uses.

As the youngest researched and practiced plant-based medicine, the full potential is still emerging. I am fortunate as a practitioner to benefit from the results of international laboratory, university level and clinical research that is being conducted daily.

What we know now is this gentle yet powerful medicine can be used on newborns to geriatric patients. It provides immediate

support for acute illness and infections, leaving the affected organs clean and fortified at the end of treatment.

Our knowledge of treating chronic conditions with Gemmotherapy is quickly expanding as a clear linear process takes shape.

We have found that the body heals best from chronic conditions when specific Gemmotherapy protocols are applied in a sequential order to address each of the following stages:

1. Opening elimination
2. Resolving acidosis and inflammation
3. Restoring and harmonizing normal organ function

Particular Gemmotherapy extracts are best applied at different stages in the process. By watching for very specific signs the body produces the practitioner can adjust the protocols gradually, preventing symptom aggravations and/or setbacks and creating at the end a lasting cure of chronic conditions.

The most effective and efficient results can only occur when the Gemmotherapy protocols are complemented by a diet that is whole food and plant based and is combined with a well matched Homeopathic remedy.

Check back next Friday to learn more about acute care protocols using Gemmotherapy.