

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.