

# 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.

Consider subscribing now to my Restoring Immunity podcast on Spotify or ApplePodcast/iTunes and you won't miss an episode of Gemmo Memos. Or if you prefer to watch videos, subscribe here to my YouTube channel.

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