

# Gemmo Memo: Black Poplar

*Populus nigra*, commonly known as Black Poplar, is a deciduous tree that can grow up to 100' tall in sun to part shade. It is in the same family as the Willow. This pioneer tree is fast growing and covers open ground quickly, preferring moist ground. It is a short-lived tree, only living 60-70 years, and is native to Europe, North Africa, Asia and the Middle East. Black Poplar is a food plant for many caterpillars and moths and is an early source of nectar for bees and insects. Black Poplar's love for wet soil gives us an indication of one of its important actions as a Gemmotherapy extract, as a fluid harmonizer.

The benefits of Black Poplar Gemmotherapy extract are best received by honoring the order in which the body heals. Black Poplar is quite useful in resolving acute respiratory symptoms along with other partnering extracts. Later in the healing process, once elimination is optimized, it can be used to resolve chronic symptoms involving the lower body arteries or respiratory inflammation.

Those who could benefit from Black Poplar extract may exhibit some or all of the following:

- Male and female over 25 years of age (without an allergy to aspirin)
- In need of strong immune protection (with Walnut)
- In the later stage of acute inflammation of the bronchi (with Black Currant and alternated with other respiratory extracts)
- With recurring Bronchitis (alternated or paired with Hornbeam)
- To prevent possible thrombosis

There is much more to learn about Black Poplar as a Gemmotherapy extract, so be sure to listen to this 20-minute

podcast. You will discover the primary and secondary actions of Black Poplar 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 Black Poplar, as well as other single extracts, for purchase on my Immunity store.