

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 dis-ease. 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

There is much more to learn about Common Alder as a Gemmotherapy extract, so be sure to listen to this 15-minute podcast. You will discover the primary and secondary actions of Common Alder Gemmotherapy extract and 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 here to my YouTube channel.

You can find Common Alder and other single extracts for purchase on my Immunity Store.