

# Gemmo Memo: Field Maple

*Acer campestre*, also known as Field or Hedge Maple, is a fast growing, medium tree maturing to 30-50'. Widespread in its natural state, Field Maple can be found across Europe and as far east as the Caspian Sea. Quite tolerant of most soil types, this tree is best known for its showy autumn color and the sweet syrup produced from the boiled-down sap of the tree. It was widely used by the indigenous tribes throughout America as both a medicinal and food source.

The benefits of Field Maple Gemmotherapy extract are best received by honoring the order in which the body heals. Field Maple in micro-doses is a primary extract for harmonizing the nervous system and in larger doses for supporting chronic symptoms of the liver and gall bladder once elimination has been optimized.

Although there are many variations to the individual who could benefit from Field Maple extract, in general, this person may exhibit some or all of the following:

- Male or female adult
- A child over six years of age who has experienced medications in utero or in early childhood, or diets high in fat, resulting in congestion of the liver
- Adults who consume or have a history of consuming diets high in fat, animal protein or processed foods, which can inhibit liver function
- Adults or children over six years of age who experience evening ruminations, negative thoughts and emotions
- Adults or children over six years of age who experience sleep challenges 11 p.m.- 3 p.m., most often unable to fall soundly asleep until after 1 a.m.

- Adults who experience gall bladder colic or gall stones
- Adults with long-standing viruses such as shingles, herpes or Epstein-Barr

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

You can find Field Maple, as well as other single extracts, for purchase on my Immunity store.