

# Gemmo Memo: Oak

*Quercus pedunculata* or *Quercus robur*, commonly known as English Oak, is a species of flowering plant in the beech and oak family *Fagaceae*. It is native to most of Europe west of the Caucasus. The tree is widely cultivated in temperate regions and has escaped into the wild into scattered parts of China and North America. In North America, it is most commonly seen in the eastern and northwestern parts of the United States and in southeastern and southwestern Canada, where it tolerates a wide array of conditions and is extremely hardy.

*Quercus pedunculata* or *Quercus robur* is one of the oaks most widely celebrated in literature; it has wood of exceptionally high quality for the manufacture of furniture, and it previously was the most important wood used in the manufacture of wooden sailing vessels in Europe.

Those who could benefit from Oak Bud extract may exhibit some or all of the following:

## Women

- During pregnancy
- During the postpartum period
- During perimenopause, with afternoon exhaustion and mild depression
- Low blood pressure
- Upon early signs of mental or physical aging

## Men

- With exhaustion from physical or mental overwork
- Over 50 with afternoon exhaustion and mild depression
- Low blood pressure
- Upon early signs of mental or physical aging

**PRECAUTIONS:** *If taking medication to lower blood pressure, be aware that Oak can influence and increase blood pressure.*

There is much more to learn about Oak as a Gemmotherapy extract, so be sure to listen to this 20-minute podcast. You will discover the primary and secondary actions of Oak 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 Oak as well as other single extracts for purchase on my Immunity store.