

# Gemmo Memo: Sea Buckthorn

The shrub *Hippophae rhamnoides*, also known as Sea Buckthorn, is a deciduous shrub native to Mongolia, Russia and Northern Europe. Unless you have traveled to those areas, it is unlikely you would encounter it unless you come across one that has been cultivated. Sea Buckthorn grows in diverse locations: along sea coasts, tolerating salt spray; in Central Asia in desert-like conditions; in Europe above the tree line. It has an extensive and aggressive root system and can be considered invasive in some situations. It is frequently used for land reclamation, to inhibit soil erosion, and for wildlife habitat. Sea Buckthorn is an exceptionally hardy plant, and it tolerates poor soils and temperatures to -45 F. Although it can stand up to the cold weather, it must have good drainage and sunshine. The plant itself, with stiff, thorny branches, sends a clear message to back off. This alludes to its gift to us, protection from unwanted pathogens.

The essence of this shrub is to defend. The benefits of Sea Buckthorn Gemmotherapy extract are best received by honoring the order in which the body heals. Sea Buckthorn is a primary extract for harmonizing the nervous system, where it is used in micro-doses. As a superb tonic for the immune system, it is often used in acute situations to protect individuals from the spread of flu and viruses. It also offers many benefits for long term use to support overall immunity and ease the aging process.

Although at one time or another we all can benefit from Sea Buckthorn extract, in general, this person may exhibit some or all of the following:

- Child or adult as immune support
  - As protection against infectious states
  - As early support during infectious states

- To prevent relapses of infectious states
- Aging adults (in micro-doses)
  - To slow the aging process, improve mood, memory, and cognitive functions

There is much more to learn about Sea Buckthorn as a Gemmotherapy extract, so be sure to listen to this 15-minute podcast. You will discover the primary and secondary actions of the extract and gain a clear picture of the various use cases. 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 Sea Buckthorn, as well as other single extracts, for purchase in my Immunity store.