

# Gemmo Memo: Silver Fir

*Abies Alba*, commonly known as Silver Fir, is a towering coniferous tree growing 130–160 ft tall at altitudes of 300–1,700 m (980–5,580 ft). It is native to the mountains of Europe, from the Pyrenees north to Normandy, east to the Alps and the Carpathians, Slovenia, Croatia, Bosnia and Herzegovina, Montenegro, Serbia, and south to Italy, Bulgaria, Albania and northern Greece. In North America, it is best known in its cultivated form and found on Christmas tree plantations in the North East. The leaves are needle-like, flattened, thick, glossy dark green above, and with greenish-white bands below.

Those who could benefit from Silver Fir extract would be male or female, children to young adults, who exhibit one or more of these symptoms:

- Acute bone fractures
- Acute dental decay
- Chronic susceptibility to viruses and colds
- Rapid growth spurt
- Symptoms of anemia

**PRECAUTIONS:** As like all conifers, Silver Fir is a stimulating extract which can negatively impact sleep when taken after 12 noon. If sleep is disrupted by a midday dose, then consider taking it first thing in the morning.

There is much more to learn about Silver Fir as a Gemmotherapy extract, so be sure to listen to this podcast with my colleagues, herbalist Teri Brooks and acupuncturist Maegan Lemp. You will discover its historical uses, the primary and secondary actions of Silver Fir Gemmotherapy extract, and insight to how it is viewed through the Asian medicine lens.

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 Silver Fir as well as other single extracts for purchase on my Immunity store.