



## **Gemmojis™**

**Along with continued support and input from my loyal students of Gemmotherapy I've discovered a method of stabilizing emotional health with specific extracts.**

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A microdose (1-2 drops) directly on the tongue, of one of these particular extracts, offers the support to process and resolve an acute emotional state and over time address emotional states that have become chronic.

The achieved results are only possible with a microdose, otherwise, the extract will activate actions on other organs or organ systems.

Up to 3 extracts can be combined at one time to support complex emotional states.

**Extracts most suitable for Morning and**

**Midday:**



Silver Birch Seed



Silver Lime



Sea Buckthorn



Almond



Common Fig



Giant Redwood



Dog Rose



Oak

**Extracts most suitable for Evening:  
(minimum of 2 hours prior to bedtime)**



Hazel



Field Maple



Hawthorn



White Willow



Black Honeysuckle





Lithy

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