

# Gemmotherapy and Acute Support

If you need stitches or a bone set, I'll have to admit I don't have a Gemmotherapy protocol to help, BUT if you have an attack of seasonal allergies, a stomach bug, a headache, a staph infection or similar malady, then Gemmotherapy provides the cure you need and more.



Why more? Over the counter medications and herbal supplements for acute symptoms may offer symptomatic relief, but they don't even come close to what Gemmotherapy can provide the body during an acute episode. While each Gemmotherapy remedy provides organ specific support, each also cleans AND feeds that organ's cells and tissues. So when you are taking an acute Gemmotherapy protocol you are not only helping your body for the moment, but also strengthening it for the future. That is why it is important to continue the acute protocol until all symptoms are gone and in some cases even longer to help with recuperation. Now that is just smart medicine – and not possible with any allopathic or other plant based medicines at this time.

So what does this look like practically? Let's take a case of

an acute virus with vomiting. To settle the digestive tract the Gemmotherapy best applied would be Common Fig (*Ficus carica*) because of its ability to normalize gastric secretions, heal mucus membranes, and calm spasmodic conditions. While normally Gemmo extracts are diluted in a glass of water this is especially problematic with a vomiting child or adult, so I recommend 12 drops in a teaspoon with a few drops of water every 15 minutes. In most cases the action is immediate and by the second dose the vomiting has subsided. Keeping up with the dosing of Fig every few hours will extend the benefit by utilizing the unique Gemmotherapeutic actions of cleaning and feeding the affected organ tissues, in this case the digestive tract.

Should a fever follow this episode, the Gemmo to utilize would be Black Currant (*Ribes nigrum*). As a powerful immune system stimulator, Black Currant's effect on the adrenal gland and anti-inflammatory properties make it ideal for supporting the body in a feverish state. While fever is part of the body's natural healing process and should not be suppressed, the use of Black Currant will help maintain the fever in a safe range, reduce the aches and pains associated with fever, and feed the adrenal glands which produce the hormone that regulate immune system vital to fight infection.

Black Currant should be dosed every fifteen minutes in the case of an escalating fever (5 drops in 4 ounces of water for children under 2 years, 12 drops for those 2-8 years, 25 drops for all others)

Once reduced to 102 degrees the dosing can be reduced to every 1-2 hours while awake until the fever has subsided.



If you are interested in more specific acute care protocols please consider my newly released book, Gemmotherapy for Everyone: An Introduction to Acute Care. Written for both home users of natural therapies and as a desktop companion for practitioners, this beautifully illustrated guide will be your go-to resource for 36 acute symptoms. Additionally, you will gain a glimpse into what Gemmotherapy offers those with chronic symptoms as well as learn a bit of history.

While Gemmotherapy alone can take on most acute situations, I often add a Homeopathic remedy to the protocol. Why is that needed? Gemmotherapy is a master at cleaning and feeding organ cells and tissues, but it is Homeopathy that supports the vital force of an individual. When the vital force is depleted, then Gemmotherapy is just not enough on it's own. Next week I'll share more on why Homeopathy and Gemmotherapy are wonderful complementary medicines and the differences between the two.

