

Today I want to inspire you to clean out your go-to stashes whether they be filled with nutritional supplements and immune support or over the counter medications. This should help you simplify your acute care strategy as well as create a long term advantage by supporting your body to clean while treating those symptoms. You might want to read more about acute care treatment here.

OTC Medications

There are **two basic problems with Over The Counter medications** whether it is for pain relief or something like a nagging cough.

1. These medications are designed to suppress symptoms. While you may get some immediate relief, you are adding to your inflammatory state and delaying the natural healing process.
2. These medications are laden with ingredients your body was never designed to digest.

It has become increasingly clear that what we put into our bodies matters. If you have taken steps to rid your diet of processed foods and switched to organic ingredients, clearing out OTC medications is the next step. Fortunately, there are replacements for all of them and I'm happy to guide you through the process.

Natural Supplements

Natural supplements like Echinacea or Oil of Oregano certainly are a better option over chemical filled OTCs and are not likely to do your body any harm, they still do not perform as well as a Gemmotherapy protocol. While they are designed to either support the immune system or fill a deficiency the body is experiencing they do not have the capability of addressing and repairing the root of the problem. Here are two reasons Gemmotherapy extracts have more to offer:

1. Whole plant supplements do not contain the meristem

tissue of the plant like Gemmotherapy extracts, so while they can feed the body they cannot clean and support drainage or rejuvenate. If the buildup of inflammation that occurs in acute situations cannot be eliminated efficiently by the body, the symptoms linger and the healing process is slowed.

2. Supplements, while they are *natural* (derived from natural sources), when taken for symptom relief are not *holistic* and that means the root cause is not being addressed. Something you may not want to think about when your head is pounding but you need to consider for your long term health.

Learn More

I'd love nothing more than the opportunity to teach you how to use Gemmotherapy in your home for acute care and help you support your body for the long term. To help you get started I have created a short introductory course available at no cost throughout the month of April. This course is hosted by Pathwright and you can take a look here. Know someone in your circle who might be interested as well? Please share this article with the course link.

The Introduction to Home Acute Care with Gemmotherapy applies the 7 gemmos every household should have on hand. Do you have the 7 gemmos? Right now we are offering a sweet deal with all seven in a handy container and instruction booklet for \$75 in the Vital Extract store. This makes a wonderful gift for a friend or family member you'd like to introduce to Gemmotherapy.



Challenge Me

While cleaning out your stash, no doubt you will come across a favorite OTC or supplement you cannot part with—challenge me to find a Gemmotherapy replacement. Post a photo this month on

my Facebook wall and I'll respond with a healthier protocol for you to follow using gemmotherapy extracts. While you are hanging out on Facebook be sure to like our page and share it with some of your friends.

Check back next week when I begin a series of Gemmotherapy Answers specifically for women's health.