

# Gemmotherapy Answers: Why Go Plant-Based?

Wouldn't you like this to be the year that you resolved your seasonal allergies? Or possibly it's that painful menses that gets in your way each month or chronic headaches? Whatever the symptom, the very reason you struggle with it is because the organs and systems designed to resolve it are not functioning at their best. This poor function directly impacts your immunity, your body's ability to distinguish self from nonself.

Throughout the early years of my trainings and clinical practice I discovered that immunity can begin to restore and symptoms can be resolved when these two steps are followed:

1. Optimize Elimination, specifically bowel and kidney function
2. Clean and Fortify Organs, engaging with the lymphatic and circulatory systems

These steps are best achieved with a plant-based diet and an individualized Gemmotherapy protocol based to support the organs that will be doing the work.

What I have discovered after the first 100 cases testing my method was that individuals who did not make the needed shift in their daily diet, continued to deal with symptoms.

Let's look at it this way. There is not a parent I know who can't identify with the never ending chore of decluttering the house. You get things just where you want them, and then in come all those people you love, with all your heart, leaving a trail of their "stuff" right through what you tidied up. Urgh! Now you've got to start the chore of cleaning all over again!

The same is true in your body. You make all the effort to clean and support healing of your symptoms by taking Gemmotherapy and homeopathic protocols and yet on a daily basis add to the "clutter" by eating foods that cause inflammation—even in small amounts as a *treat*! Not only does this keep your body in a constant state of inflammation it is exhausting as well. Imagine what you could do with all of that extra energy!

What your body wants is a diet that **compliments and supports its natural ability to clean, eliminate and heal itself**. This is a built-in process you come into this world with—you don't even need to upgrade, you just have to take care to work with the amazing body you have.

Your body is a great communicator and those symptoms that get you down are just an example of it telling you some changes are needed. Sure, you can choose to ignore the symptoms or suppress them with medication, but the inflammation doesn't go away.

**You** get to choose whether you listen now and take care or wait until the inflammation becomes chronic and the effects lead to

a diagnosis.



I've written many posts about the very simple symptoms that are commonly ignored or suppressed that should be alarms to you that your body is not happy with what you are feeding it. Here's one example of the symptoms often seen in children and here's another of those in adults. If you see your symptoms listed, then it **is** about what you are eating and it's time to make a change. Here's some inspiration to get you started.

Is it going to be easy? No, actually not to begin with. We live in a loud world with a lot of money spent to sell you products that are going to keep you inflamed, keep you dealing with symptoms, and keep you from living the life you were born to live.

But, you don't have to change everything at once, because it will be overwhelming. Changing the way you eat is like learning a whole new language, one word or phrase at a time until eventually you are fluent, or almost! Change your breakfast and stay with that until you can't even remember what a breakfast taco tasted like, which by the way, you can eat for lunch, or better yet, dinner—just hold the cheese.

Over the course of the next few weeks, while I revisit and update past blog posts, I'll take you through the process of making the appropriate shifts. Until then, load up on your fruit for breakfast and Increase the veggies you eat throughout the day!