

# Gemmotherapy Answers: Take All of Them

**Yes, you need to take ALL of them!**

Last week I shared a bit about how the cleaning and fortifying action of gemmotherapy when used for acute digestive symptoms in babies can lessen more serious symptoms later on in childhood. Today I want to emphasize the importance of using each of the gemmotherapy extracts that are prescribed in your protocol.



Recently, enough conversations have occurred in my practice to lead me to a post about the synergy of a gemmotherapy protocol. When prescribed more than one gemmotherapy extract it is absolutely important to take all of them each day as one actively supports the work of the others. For instance the acute protocol for flu requires both Black Currant and Oak extracts. Those two gemmos support each other, as the Black Currant reduces inflammation and the Oak stimulates lymphatic drainage and carries that inflammation to the elimination organs. Without the two together the protocol simply would not be successful. Another example would be the acute sinus protocol of Black Currant, Dog Rose and Common Alder. The Alder aids lymphatic drainage leaving it out could be critical as the drainage of inflammation by the Dog Rose and Black Currant would accumulate causing additional symptoms.

This is equally important for protocols designed for chronic conditions. Leaving one gemmotherapy extract out for a stretch of days can actually cause some aggravated symptoms as one client recently experienced. Gemmotherapy is a drainage

protocol and the body can only drain if the elimination organs are being supported. So if you are regularly skipping one gemmo that supports elimination, but continue taking the others, the waste that is being drained has nowhere to go! When acidic waste cannot be eliminated the body seeks emergency exits (skin, sinuses, vagina) and our mood and sleep are impacted. Not a pretty picture and one simple enough to avoid.



Here's a few one-off situations and their answers:

**So does it hurt to skip one gemmo one day?** For chronic conditions, no, but yes for acute situations since every hour counts when treating acute conditions.

**What should you do if you lose one gemmo out of your protocol while traveling?** While this is a very individualized answer, there are a few common gemmos—Black Currant, Fig, and Walnut—will still give benefit all on their own and not cause aggravations.

**What if I have a morning/evening protocol and I remember late in the day that I forgot the morning gemmo. Should I take it**

**when I remember it?** If this is a protocol for a chronic set of symptoms and you discover you missed a dose you can take it in the afternoon as long as there are 4-5 hours remaining before your next dose. Be careful however as some gemmos can give you an unwanted boost at the end of the day such as Ginkgo, Rosemary and Juniper.

**What if I end up just having enough for half a dose?** Take it and be sure to order more.

Unlike taking a handful of vitamins or supplements, your gemmotherapy protocol is made up of interdependent components and taking the entire protocol is key. Gemmotherapy is a unique medicine that is both gentle and powerful. So please take your protocols mindfully whether it is for an acute or chronic condition, giving consideration to each gemmotherapy extract and its role in cleaning and fortifying your body.

Currently I am working with my mentor Dr. Soescu on a guide that will provide information on the individual actions of each gemmotherapy extract.