

# Advanced Study: Gemmotherapy for Women's Health (Recording)

It is possible to support fertility and alleviate pain from menses and menopause with Gemmotherapy! Following the four stages of Restoring Immunity, we'll learn how to protect and support one's fertility by resolving menstrual symptoms when they begin. Discover the truth behind the pain and discomfort, and embrace the knowing that symptom-free menses and menopause can be a reality for you and your clients!

If it were possible to optimize elimination in every young girl prior to puberty, a host of reproductive issues could be avoided. In this lesson, we'll follow how poor elimination in young girls can lead to menstrual irregularities in their teens—and when repeatedly suppressed—lead to reproductive issues as adults.

In this recorded course we will:

1. Learn why postmenopausal women often suffer from bladder and urinary tract symptoms and how all of this can be prevented
2. Learn more about how menstruation is a form of elimination, influenced by less-than-optimized stool and kidney elimination
3. Learn the root cause beyond the hormonal symptoms and extracts that can resolve them

This is one of five topic-specific modules that comprise the Advanced Topic Series. This advanced series is designed to build on the information learned in Restoring Immunity 1-3, as well as your practical application of that information.

## **PreReq:**

Restoring Immunity 1-3, as well as some solid personal experience with the extracts, is expected prior to enrollment.

**What to expect:**

With your class registration you will receive access to a Google folder. Links for each recording and copies of each intake discussed can be found in that folder. You will have unlimited access to the materials.

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## **Gemmotherapy for Aging Adults (Recording)**

Improving quality of life is key when working with aging clients. Following the four stages of Restoring Immunity, we'll shift priorities and debunk the myths that aging is painful. We will predominantly focus on brain health, emotional support, and extracts that act as diuretics, as well as follow exciting new research that will guide this exploratory module on Gemmotherapy and aging. Learn what symptoms can still be resolved and which can be improved to bring comfort and ease in this later stage of life. At the core of this lesson is a remembrance of the systems of our body that degenerate, as well as heal, in a particular order. With that, we focus on improving communication first and foremost. From there, we learn how to navigate multiple presenting symptoms, what to do about pharmaceutical medications, and how to maintain simple-yet effective-protocols. In this recorded course we will: 1. Learn about antioxidants and brain health and which extracts contain high levels of antioxidants 2. Learn about the effects of uric acid on aging and extracts that help to eliminate it 3. Learn about the connection between immunity and bone health and extracts that support both This is one of five topic-specific

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## **Gemmotherapy for Babies & Children (Recording)**

Many of us have come to this place of unlearning habits that were taught to us from an early age. What if we could teach the next generations to foster acquired immunity from birth and throughout childhood with methods for resolving rather than suppressing symptoms? With this course, we'll explore exactly that! Become acquainted with a unique intake process for babies and children, as well as basic case management due to their rapid growth and development. In this class, we'll explore how to take and manage cases of babies and pre-adolescent children through Stages One and Two of Restoring Immunity. You will hear the lively conversation from the live session where we discuss the nuances of working with rapidly developing infants and keeping pace with their changing needs.

In this recorded course we will: 1. Review the Baby and Child intake checklist 2. Discuss Extracts known to be most useful with this age group 3. Review sample cases 4. Address specific questions and concerns from your practice This is one of five topic-specific modules that comprise the Advanced Topic Series. This advanced series is designed to build on the information learned in Restoring Immunity 1-3, as well as your practical application of that information.

*“Advanced Gemmotherapy: Babies and Children gave me a deeper understanding of Gemmotherapy and its potential. I recommend it to everyone who works or will work in future with babies and children, because it offers specific guidelines and tips to help our children.”*

*– Angel Angelov, Bulgaria*

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# **Gemmotherapy for Restoring Alkalinity (Recording)**

What happens after one's elimination has been optimized? It's now time to begin the cleaning that remains through Restoring Alkalinity, which is considered Stage Three in the Restoring Immunity system. You will learn to recognize and resolve long standing states of acidosis, discover which areas of the body receive priority and the extracts that have proven most useful for each, and be introduced to deeper acting extracts for the kidneys, as well as other extracts that promote lymphatic drainage and circulatory health. Alkalinity is restored when states of acidosis are resolved with the use of specific extracts that engage the lymphatic and circulatory systems. This deep level of cleaning is most effective only once elimination is optimized. In this class, you will learn how to reroute any cleaning that still occurs from alternate exits and address remaining acidosis in the body. In this recorded course we will: 1. Review the term acidosis and learn physical symptoms of acidosis 2. Explore new extracts with primary and secondary actions on the lymphatic and circulatory systems 3. Practice building protocols with these new extracts that continue to support the kidney and adrenals. This is one of five topic-specific modules that comprise the Advanced Topic Series. This advanced series is designed to build on the information learned in Restoring Immunity 1-3, as well as your practical application of that information.

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