

# There's A Better Way II: Be Prepared

Last week, in the first post from this new series I explained the dangers of suppressing acute symptoms. The majority of chronic symptoms that plague our culture today are a direct result of ill advice regarding simple acute symptoms. We live in a society that fears symptoms. When one appears there is a pill, cream, or spray to fix it. Symptoms are messages from your body though! Learning the language of these affections and responding appropriately to the root cause is what is needed.



So what is an appropriate response to acute symptoms? Therapies that support the immune system, the lymphatic system, and the organ/organs involved. In my practice I have found Gemmotherapy to provide the best first response. Homeopathy and /or Acupuncture are best to follow when the vital force of the individual needs further support. This would be evident after 24 hours on Gemmotherapy and the energy and appetite are not improving.

Supporting the body naturally during acute symptoms however requires an early response. In order to do that, one must be prepared. Since Gemmotherapy isn't readily available in the U.S., it makes sense to keep a supply of extracts on hand to put to quick use when needed. What Gemmotherapy extracts should you keep on hand? To handle the majority of symptoms from an acute inflammation or accident you may want to invest in these ten:

- Black Currant
- Black Honeysuckle
- Blueberry
- Common Alder
- Dog Rose
- Fig
- Hornbeam
- Lingonberry
- Oak
- Walnut

These ten extracts, when combined into protocols, will support the body to resolve the following:

- Allergic Reactions
- Bites and Stings
- Burns
- Canker and Cold Sores
- Fever
- Headaches (tension not migraine)
- Acid Reflux
- Colic
- Food Related Digestive Discomfort
- Nausea/Vomiting
- Bronchitis
- Coughs, Wet and Dry
- Croup
- Ear Aches
- Flu

Seasonal Allergies  
Sore Throat  
Constipation  
Diarrhea  
UTI  
Infected Wounds (including Staph)

As you can see, Gemmotherapy is quite versatile and having a small inventory on hand will get you through most common acute symptoms. You can find seven of these ten acute Gemmotherapy extracts ready to go in our Acute Care Kit or simply order what you need individually.

While you can find protocols for most of these symptoms in my blog you can now find them together along with much more information in my newly released, Gemmotherapy for Everyone: An Introduction to Acute Care. In this first book in the series you'll learn Gemmotherapy fundamentals and find 36 proven, reliable protocols for acute symptoms.

Want to dive a bit deeper? Check out my online self-paced Acute Care with Gemmotherapy course or join in online for my fall webinar series.