

What Gemmotherapy can do for Digestive Issues

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Whether you are dealing with acid reflux, irritable bowel, or bloating, the root cause of your symptom is certainly inflammation due to inadequate elimination.

Digestive symptoms can take a toll on your daily quality of life, mood, and sleep. Gemmotherapy can help improve your elimination by gently reminding your digestive organs and kidneys of how they were designed to work. Returning organs that have been performing poorly for years back to their optimal functioning will take some time. Consider how long it takes you to establish new behaviors and the value in moving slowly with intention. Mindset, determination, and consistency are your constant allies in this journey to restoring your immunity.



If elimination is one piece of the digestive puzzle, then the other is how you are feeding yourself. One key to solving digestive issues is to eat to improve elimination. If you have not already removed products made from cow, goat, or sheep milk from your diet and increased your intake of fruits and vegetables, now is the time. Need further information about a plant-based diet? I've got you covered right here.

Gemmotherapy Extracts to Support Healthy Digestion



Common Birch



Silver Birch



Sap

European Blueberry

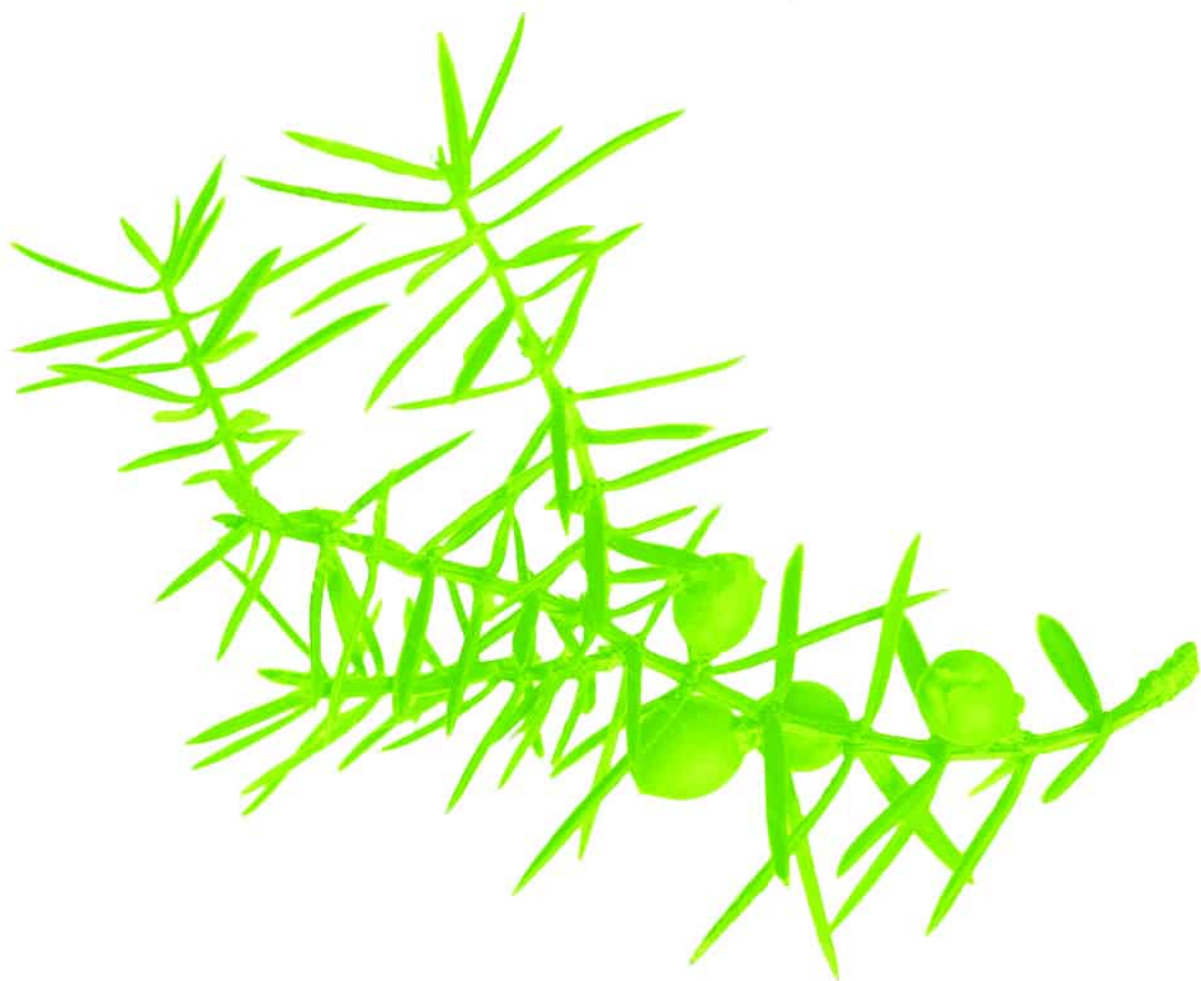


Blackthorn



Common

Fig



Juniper



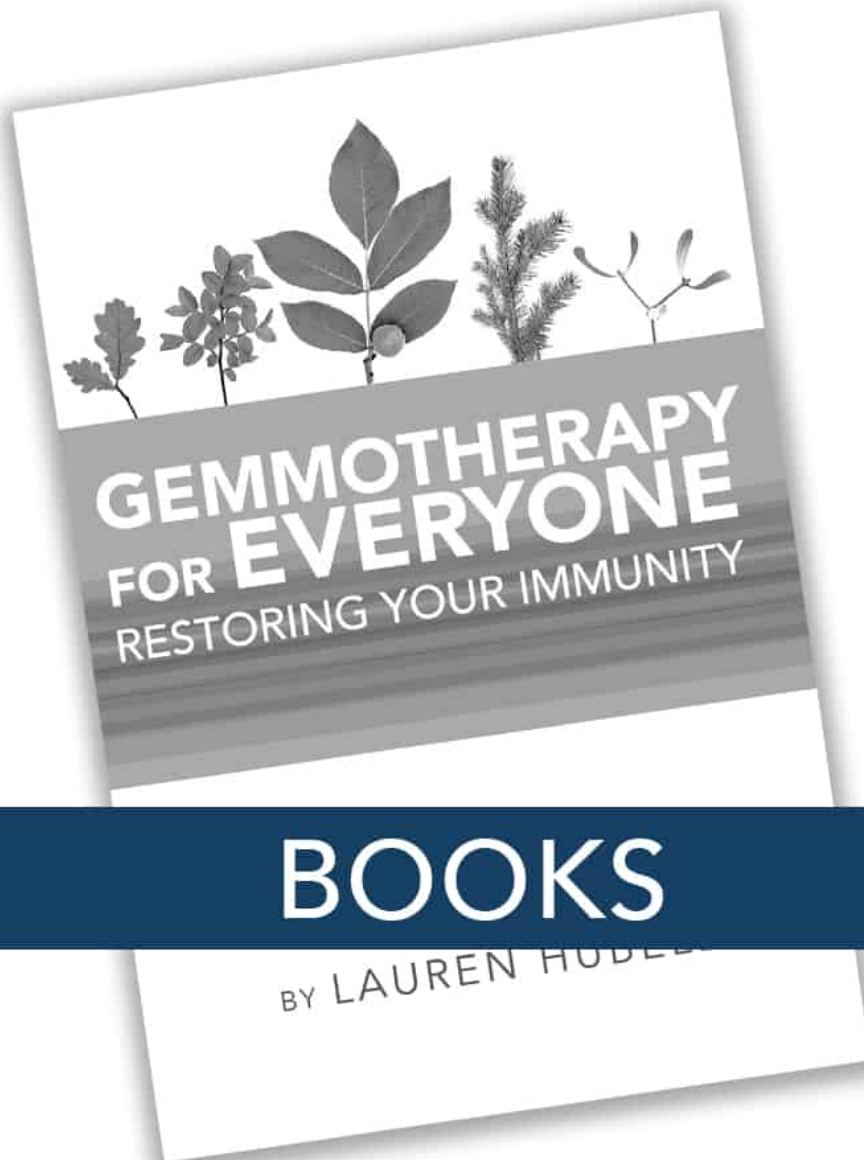
Lingonberry

Walnut

Each extract is intended to be one part of an individualized protocol to restore immunity.

Want to learn even more?





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