

# **What Gemmotherapy can do for Elimination**

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**Your immune system is completely dependent on your ability to eliminate effectively.**

Optimal stool elimination is twice a day, morning and afternoon/evening, and three times is even better. Optimal urine output is every 2-3 hours, but not during your sleeping hours. Your immune system uses stool and urine to eliminate pathogens that have been neutralized, so when elimination is compromised, those pathogens can't find their way out. This extends inflammatory states.

Optimizing elimination requires an individualized protocol that will include an extract to support the nervous system and an additional one for the adrenals, along with one for the kidney/colon to match your current stool elimination. Because poor elimination can include so many variables from loose frequent stools to skipping days between stools, there are several possible extracts.



While diet and daily movement play major roles in improving elimination, further support from Gemmotherapy extracts will be needed. This is particularly true when correcting elimination patterns that have developed over months and years. Unlike natural or pharmaceutical stool softeners, Gemmotherapy extracts work at a cellular level to remind the kidney and colon of their originally intended functions.

What is optimal elimination?

## **Gemmotherapy Extracts to Support Healthy Elimination**



Common Birch



Silver Birch



Sap

European Blueberry



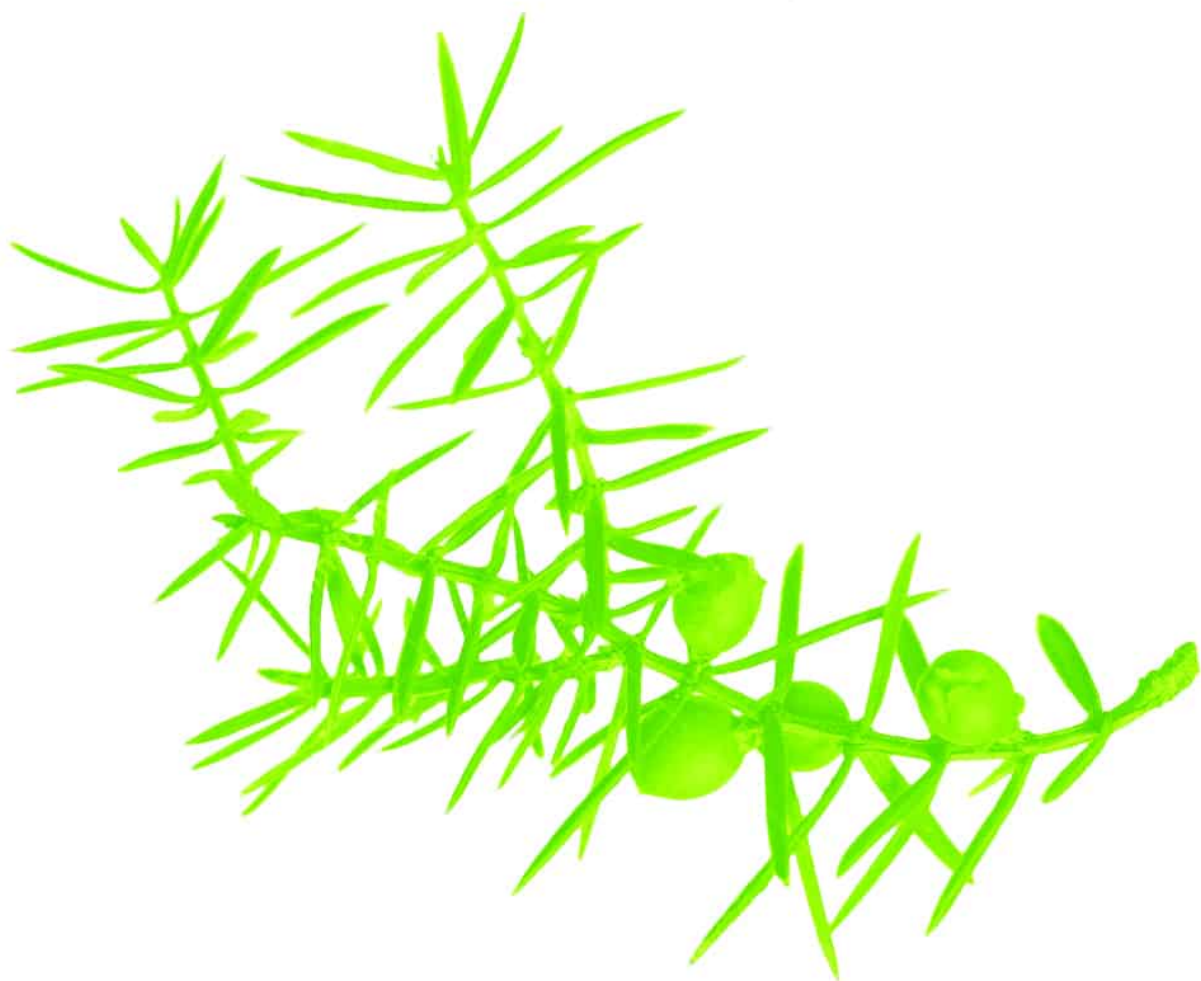
Blackthorn





Common

Fig



Juniper



Lingonberry

Walnut

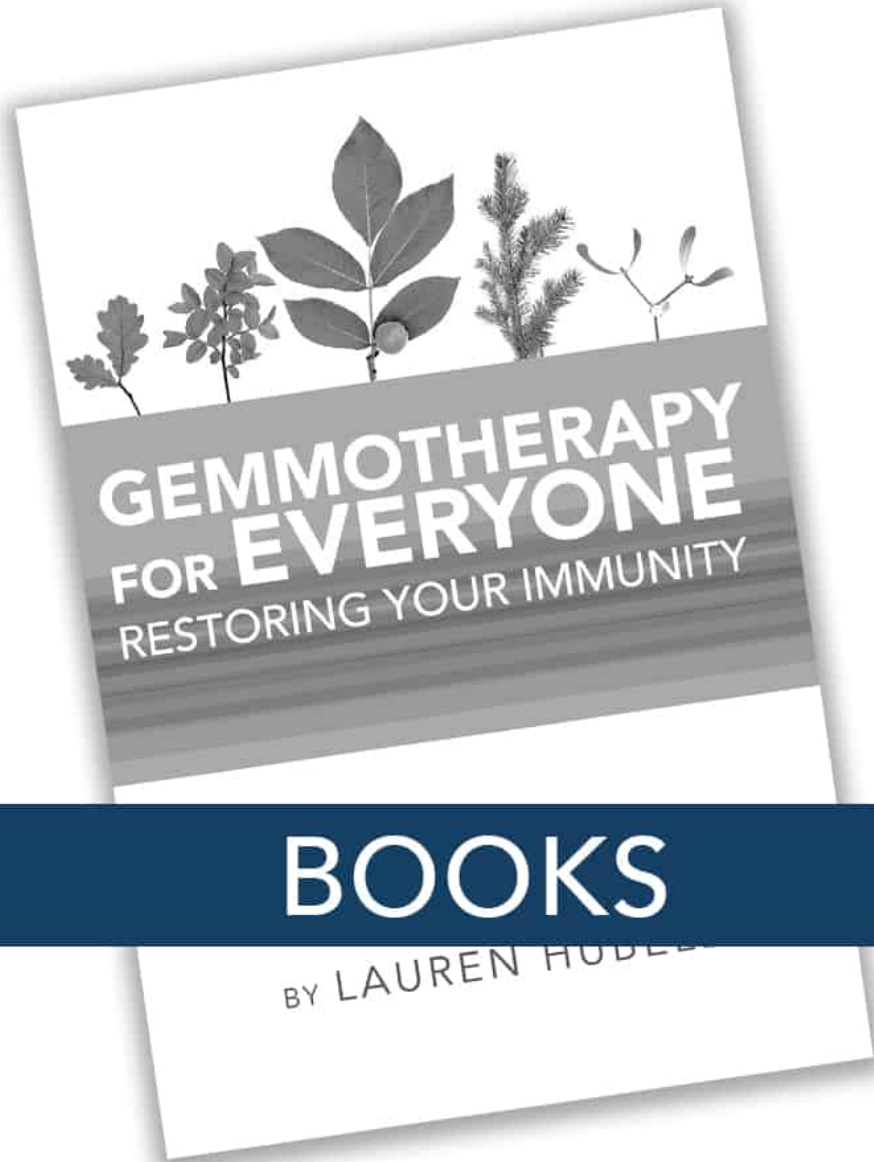
Each extract is intended to be one part of an individualized protocol to restore immunity.

**Want to learn even more?**



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