

# What Gemmotherapy Can Do For Insomnia

If you or a loved one is dealing with night after night of sleeplessness, you know what a challenge this can be. Most who suffer from insomnia would do anything for a good night's rest. If those interruptions have been going on for some time now, the chances are that you've tried everything, or at least everything you know.

There's a huge market for sleep aids, and whether they're prescription or supplements most provide some relief. The problem is the comfort doesn't seem to last, and that is incredibly frustrating. So after a while you're not only sleep deprived, but also feeling hopeless. It's in this state I meet many new clients; sleepless, exhausted from the search for a cure and more than a little hopeless.

Are there steps you can personally take to return a sense of ownership of your health? Absolutely. To find your way you must first be looking in the right place for the answer. Not being able to fall asleep or stay asleep is deeply connected to the regulation of your nervous system, your adrenals, and digestion.

## It's Actually Not About the Sleep

Our ability to sleep is something we all take for granted until we can't. Restoring restful nights long term requires going to the root of the problem. A first step in the right direction is to harmonize the nervous system, and there are specific Gemmotherapy extracts precisely for that purpose. Some common extracts used for the nervous system when sleep is an issue include Silver Lime, Hazel, Hawthorn and Black Honeysuckle. One of these extracts is best taken in the morning, not the evening, in small amounts.

The next step towards a good night's sleep is supporting digestion and healthy stool elimination. Gemmotherapy extracts to optimize stool elimination in combination with a dairy-free, plant-laden diet is an excellent answer. There are a number of extracts to consider, and consulting with a practitioner trained in Gemmotherapy will provide the most reliable results.

If you tend to wake during particular periods each night, it's likely that the related organ is working hard to clean. This extra work can produce mild heat leading to restlessness.

Understanding that several major organs related to your digestion clean during the night will help you gain insight into your sleep disturbances. Below is an example of the Traditional Chinese Medicine organ clock for your reference.



Another reason for poor sleep can be related to the adrenals. You have depended on them to get you through each day after a restless night. Supporting them with a Gemmotherapy extract such as Black Currant or Oak will be beneficial.

## **Restored Sleep Restores Immunity**

Nights on end without sleep takes a toll on your immune system. Dr. Michael Greger discusses this link in this informative video. Sleep is essential for healing, and without it our very system for self-healing is compromised. Insomnia is more than just exhausting and annoying. It takes a toll on your overall state of health and wellbeing. Supporting yourself with Gemmotherapy extracts systematically applied – as described above – along with a plant-based diet supports the restoration of healthy immune function.

The holistic path for restoring immunity is one I teach and practice. For more information on the path, I propose you read my blog posts on Influencing Immunity and Rethinking

Elimination.

If you would like further information on Gemmotherapy extracts you'll want to read my Beginner's Guide on Gemmotherapy. For individualized support, I recommend you consult with a practitioner trained in Gemmotherapy to restore immunity or consider working directly with me. Looking for a deeper understanding? Consider taking my next Foundations of Gemmotherapy series.

*The above following is advisory only and should never replace advice from your healthcare provider.*

Be sure to follow me **@LaurenHubele** on Instagram for updates.