

What Gemmotherapy can do for Plant-Based Eating

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Increasing the percentage of whole, plant-based foods in your diet will undeniably impact your immunity directly. Not only are the fruits and vegetables nutrient dense, but they also positively influence your stool and urine elimination. Why is all of this important? Well, your immune system is constantly screening substances you ingest or are exposed to to determine whether it is a pathogen that should be neutralized and eliminated or helpful bacteria that should be allowed to flourish.

If the substance was determined to be pathogenic and has been neutralized, then an optimal elimination system is required for a speedy exit from the body. That means your kidney and bowel must be doing their job or the exit plan for that pesky pathogen is going to fail. More fruits and vegetables yield a faster transit of waste.

A fabulous first step to plant-ify your diet is to begin each day with a cleansing meal of fruit before your normal breakfast. I recommend these seven types of fruit due to their alkaline content and ease in digestion.



The next step is to Ditch the Dairy because dairy is the main culprit in increasing inflammation in the digestive tract, slowing elimination and lowering immunity.

And if you already are eating a whole food, plant-based diet, what more can you do?

Add Gemmotherapy extracts to further support your elimination, particularly by supporting your kidneys, which will be working extra hard to cleanse your body due to all the fabulous detox benefits of the fruits and veggies you are eating.

Gemmotherapy Extracts to Support Plant-Based Eating



Common Birch



Silver Birch



Buds

Silver



Birch Sap

European

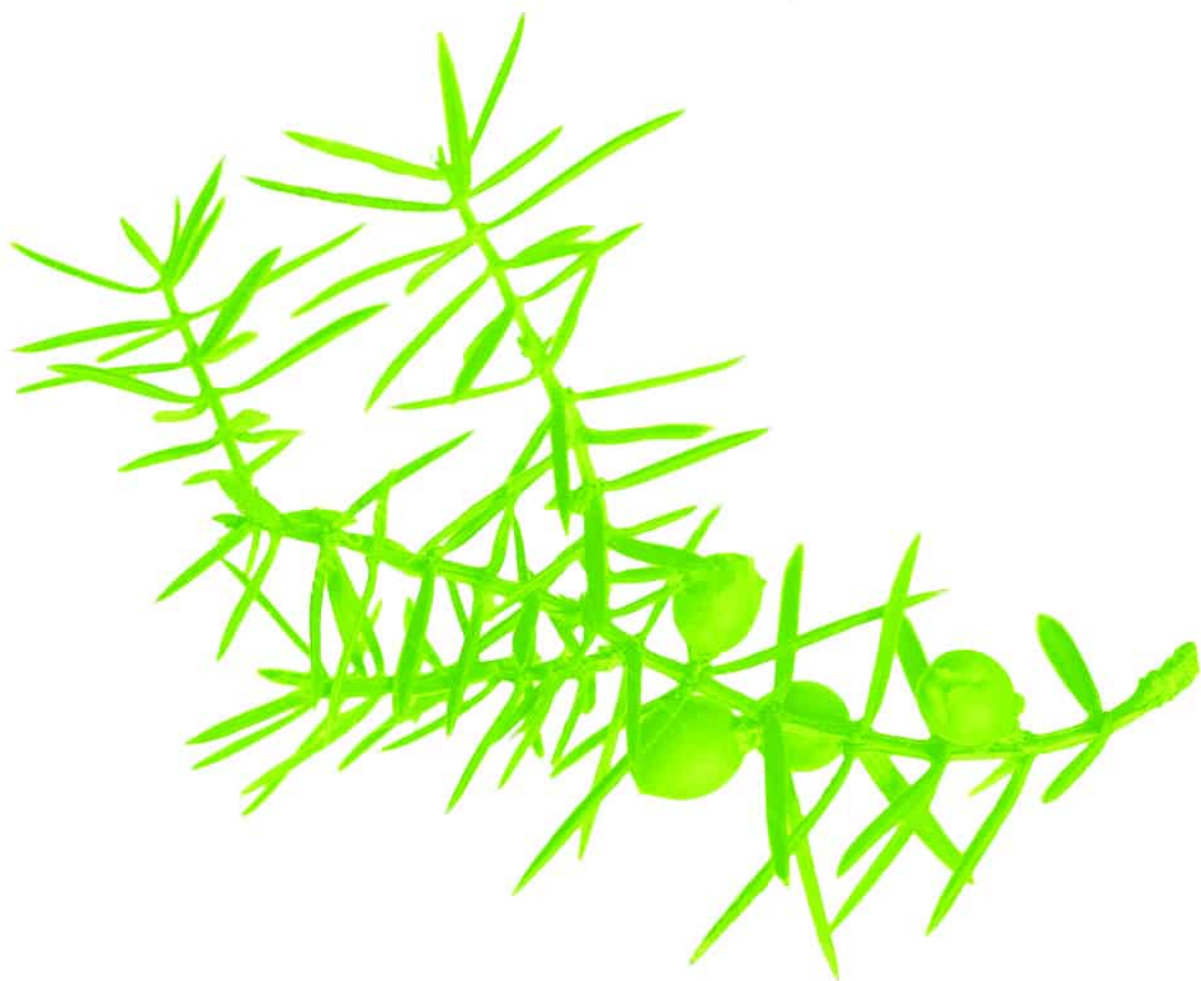


Blueberry
Blackthorn



Common

Fig



Juniper



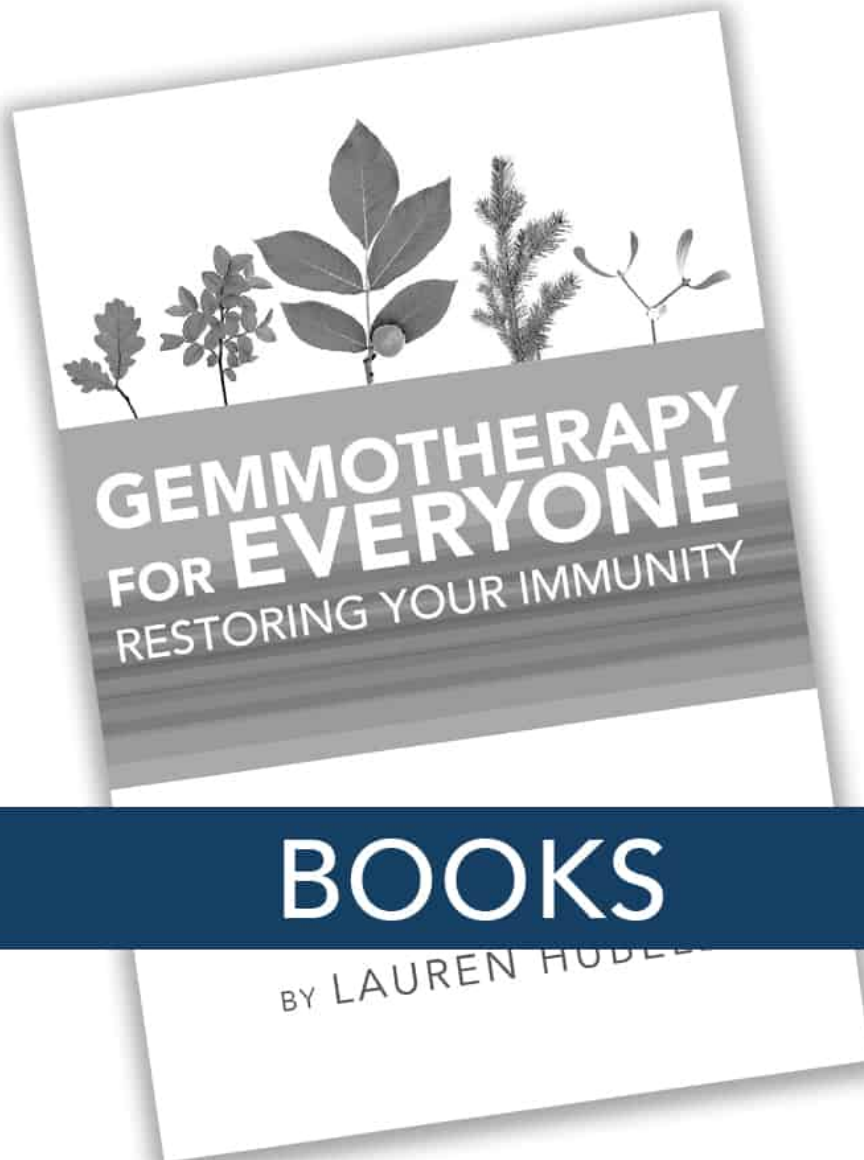
Lingonberry
Walnut

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

Want to learn even more?



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