

# Radically Simple™

CLEAN, CLEAR STEPS FOR LIVING

## Seven Gemmos Every Household Should Have On Hand & Why

Having this handful of gemmos on hand can help you quickly and easily manage the inevitable illness and discomforts.

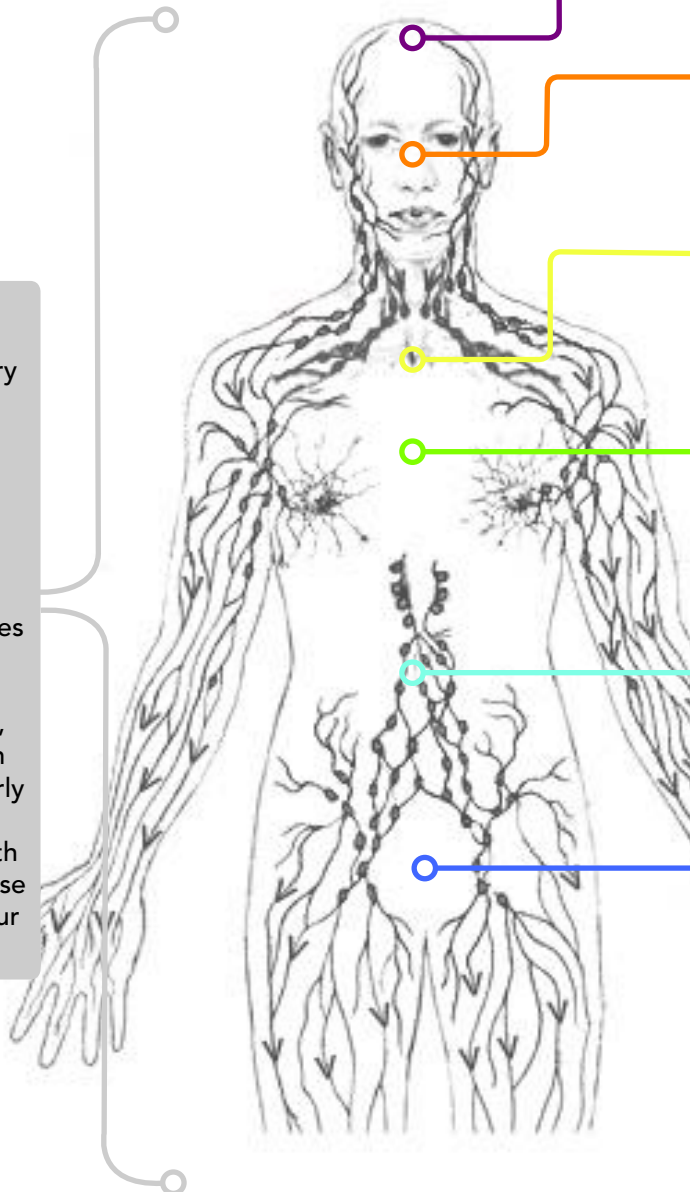
Follow these dosage guidelines for best results:

Under 10 years of age: 12 drops per gemmo up to 4x daily

Ages 10 to Adult: 25 drops per gemmo up to 4x daily

When acute symptom relief does not occur in 24 hours, please contact your health practitioner for further support.

**Black Currant:** (*Ribes Nigrum*) because of its overall anti-inflammatory action and support to the adrenal glands, it is the superstar when it comes to acute protocols. Black Currant can be applied topically to relieve itching, pain or swelling from insect bites or hives. It can be taken every 15 minutes in water to reduce a fever, or, along with European Oak, in alternating hourly doses at first signs of a flu virus. Combine it with European Alder and Rose and say goodbye to your allergy tablets.



**Dog Rose:** (*Rosa Canina*) shrinks the mucus membranes in your head, making it the key relief for sinus congestion when paired with European Alder and Black Currant. Along with Fig it is most helpful with headaches.

**European Alder:** (*Alnus Glutinosa*) is included in all protocols for allergies, sinusitis, or viral infections as it supports lymphatic drainage helping the body clean and heal.

**Black Honeysuckle:** (*Lonicera Nigra*) when paired with European Alder and Black Currant soothes sore throats and quiets upper respiratory coughs.

**European Oak:** (*Quercus Pedunculata*) offers deep support for adrenals and lymphatic drainage making it part of a powerhouse combination against any flu virus along with Black Currant.

**Fig:** (*Ficus Carica*) is the first defense for tummy troubles. Whether the discomfort is from overindulging or disagreeable foods, a dose or two of fig will be helpful. Because Fig not only helps with physical digestion but also emotional digestion it can be a wonderful bedtime relief on occasion for a worried child.

**Walnut:** (*Juglans Regia*) attends to deeper digestive tract issues which makes it the perfect travel companion when exploring new territories and foods. It should travel with you to Mexico and other 3rd world destinations. A daily dose serves as prevention and up to four doses daily can be taken in the case of acute symptoms of diarrhea or constipation. It can also be used topically to treat or prevent skin infections including staph.