

# Your Home Guide to Gemmotherapy III: Digestion Woes

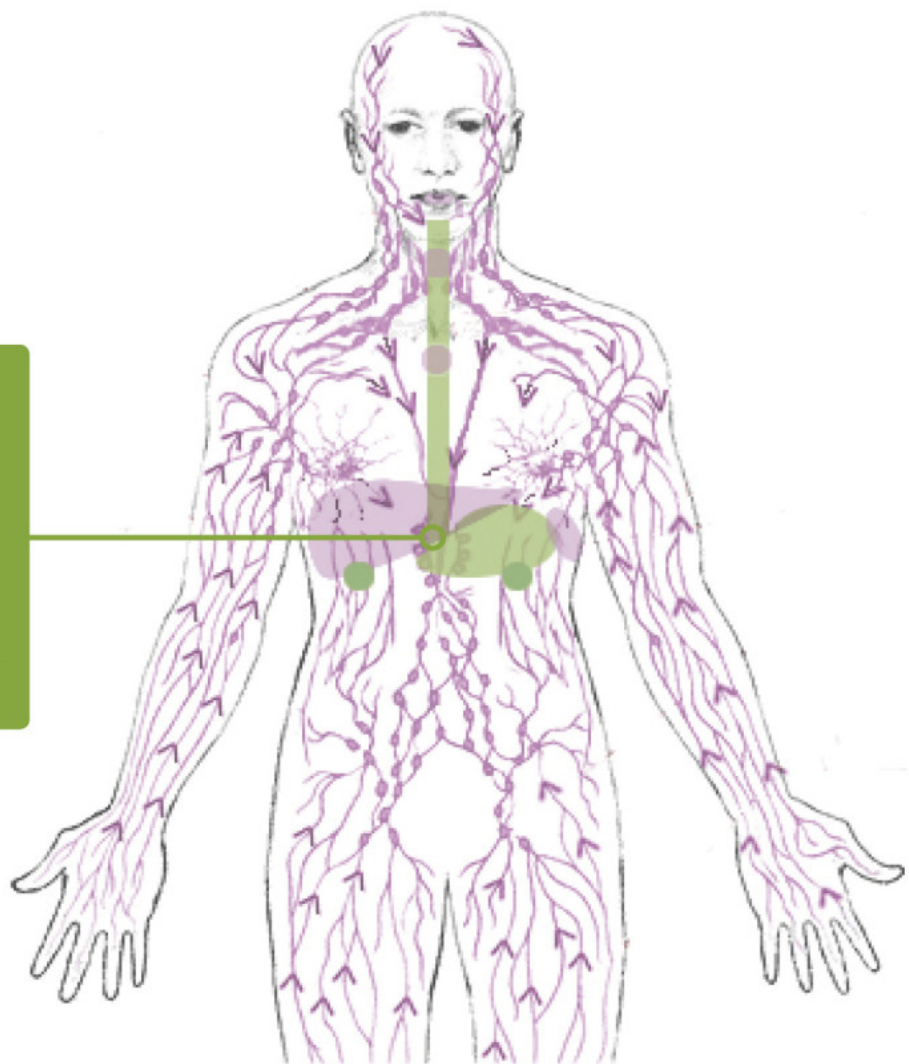
An Acute Protocol for Digestive Disturbances

Fig

**Fig:**

*(Ficus Carica)*

In the occasional case of acid reflux or bloating due to indigestion Fig calms and supports the gastrointestinal tract from mouth to stomach encouraging proper digestion and elimination.



Immune System, Lymphatic System  
and Associated Organs

In this continuing series on home use of Gemmotherapy, I'd like to offer a very simple alternative to antacids or any home-cure for indigestion. It's important to remember this protocol, and all protocols in this series, are for acute, occasional symptoms- not for ongoing chronic symptoms. Chronic

digestive symptoms need to be brought to the attention of your health care provider. If you aren't sure how to decipher between acute and chronic symptoms this blog post may be useful.

The specific symptoms for which I'd like to offer a protocol today is acid-reflux, bloating, or discomfort you might feel after over indulging or eating a meal that doesn't agree with you. The symptoms typically begin within the first hour after eating or once you lie down. You might feel burpy, puffy, and/or mildly uncomfortable. You may even feel bit of acid-reflux when you burp. This is when most of America will reach for an antacid of sorts. I'd like to offer you a better alternative.

Fig Gemmotherapy extract not only relieves the symptoms, but its ability to clean and fortify the tissues of the digestive tract, from mouth to stomach, will be an added benefit you cannot get from any other therapy. Fig has a calming effect on the entire body that soothes an irritated digestive tract. It's ability to support digestion of food as well as emotions make it a useful Gemmotherapy extract to have on hand.

Maybe you used this protocol and had good results? Send us your story. We'd love to hear from you!

Are you a practitioner and would like to learn more about using Gemmotherapy with your clients? Take a look at my online training modules including my latest one on Acute Care. You might also want to join me in Boston for one of my live teaching seminars. The next one is scheduled for February 27, 2016. The more of us out there trained to use effective and affordable therapy, the better