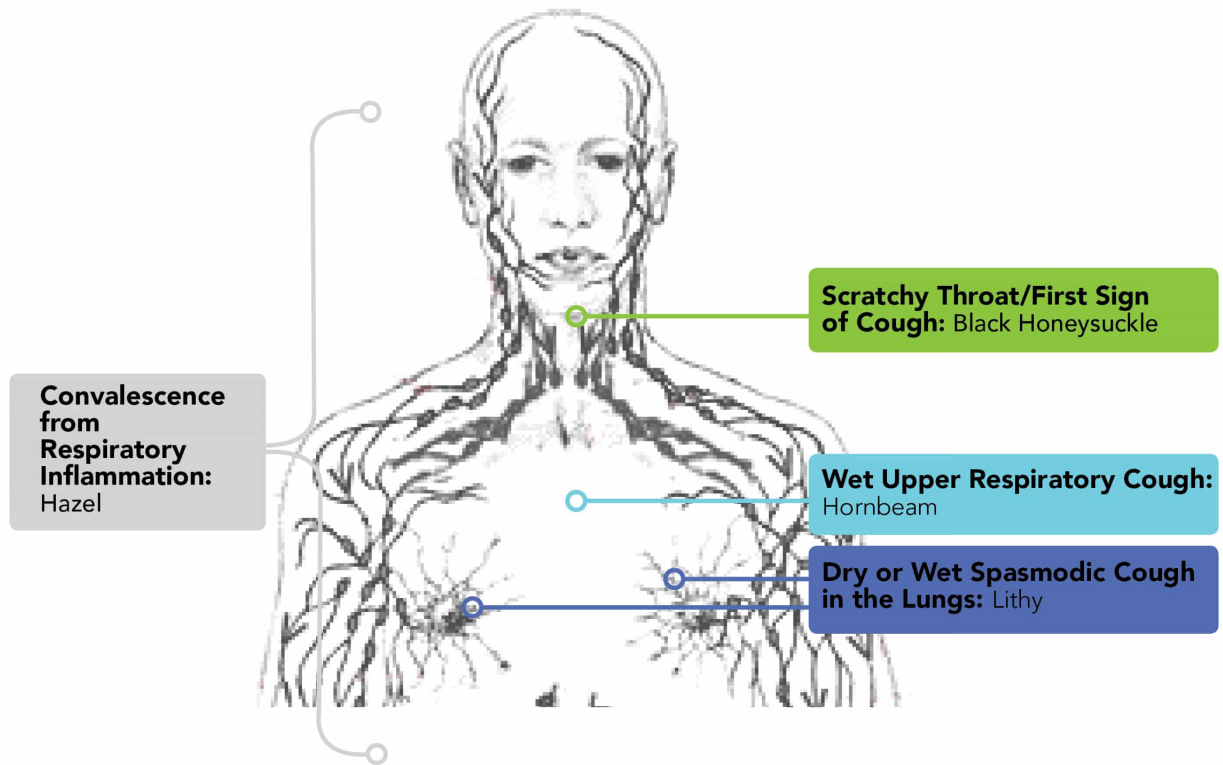


# Your Home Guide to Gemmotherapy II: Acute Coughs



Today, as part of my series on home care with Gemmotherapy, I'd like to share some useful and timely information regarding care for acute coughs in either children or adults. Gemmotherapy actually provides several answers, depending on the type of cough experienced, which I will explain further on. What should make Gemmotherapy extracts your first choice over OTC or herbal cough syrups, when it comes to a cough, is their ability to clean, feed, and fortify cellular tissue. These actions leave the upper respiratory system and entire body stronger and more resilient at the end of treatment. Since Gemmotherapy extracts lend themselves to home care in a variety of acute conditions, you will find as you learn more protocols that a small set of Gemmotherapy extracts can virtually replace all the supplements, herbal remedies, and OTC medications you have on hand to care for yourself and family members.

Below I will describe three general categories of coughs that can be cleared with the use of Gemmotherapy. Please keep in mind this article is referring to an acute cough, one that comes on suddenly or accompanies other upper respiratory symptoms. This article does not address chronic, long standing coughs that require a different protocol. Here's an article that helps explain the difference between acute and chronic symptoms.

During the winter season, upper respiratory congestion from a virus or seasonal allergies can often bring on a nagging cough. The post nasal drip that occurs often leads to an irritated throat and a cough that is dry and scratchy. This particular cough responds very well to the Gemmotherapy extract Black Honeysuckle. Known for its ability to reduce inflammation in the upper respiratory tract, calm and soothe these smooth muscles, and boost the immune response I have found Black Honeysuckle to be an excellent choice for the dry irritating cough that accompanies an inflamed throat.

There are times, however, when that cough progresses or an individual begins with a deeper cough, dry or wet, that is felt below the throat in the upper chest. There is usually discomfort upon coughing and it produces a sound with more depth than the first cough described. This cough often worsens upon lying down at night and/or in the morning upon waking. Hornbeam Gemmotherapy extract is the most helpful for this type of cough because it addresses the upper respiratory inflammation, cleans and strengthens the lungs, and supports the filtering actions of the liver.

A spasmodic cough, one that leads to pulmonary spasms or croup needs the soothing qualities of Lithy Gemmotherapy extract. These coughs are seen as "unproductive", often accompanied by tightness in the chest making an in-breath feel challenged, can appear upon lying down at night, during the night, or be induced by exercise or talking. Many will find this cough lingers much longer than they would expect. That occurs

because their elimination organs alone (bowel and kidney) have not been able to clear the inflammation.

Finally, when a virus and cough has gone on for an extended period, once the acute symptoms have improved, some convalescence time is called for and an evening dose of Hazel Gemmotherapy extract, to support healthy lung and liver function is quite helpful.

Each of these cough specific Gemmotherapy extracts work best in a protocol that supports the entire body during this acute period. Common Alder, Dog Rose, and Black Currant together compliment any of the recommended cough extracts.

Have you used this combination 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!