

# Your Home Guide to Gemmotherapy I: Seasonal Allergies or Sinus Congestion

Today kicks off the first post in my new series on Gemmotherapy for home users. I am super excited to share with you simple, focused protocols that each and every one of you can use at home for everything from headaches to seasonal allergies. The beauty of Gemmotherapy extracts is that they lend themselves to home care for a wide variety of acute conditions. Gemmotherapy extracts have been my go-to for years because they go well beyond their herbal counterparts in their ability to clean, feed, and fortify cellular tissue, leaving your body stronger and more resilient at the end of each treatment. I love the fact that a small set of Gemmotherapy extracts can virtually replace all the supplements you have on hand to care for yourself and family members.

January is the start of Austin's *cedar fever* season and I dedicate this post to of all the sneezing, foggy headed, watery eyed citizens of Austin. While the rest of the country deals with snow and ice, a good majority of Austinites face unique winter seasonal allergies due to the abundance of Ashe Juniper trees, locally referred to as cedar, that break loose with a pollen shower for all. Whether at your office or checking out at Whole Foods this month, you will no doubt catch at least one conversation from someone suffering with symptoms. While I can't set up a stand on Congress to help all those affected, I can ask you to share this article with those you know who are looking for a more sustainable way to treat themselves this season.

This article is meant to assure you there is life beyond Zyrtec!

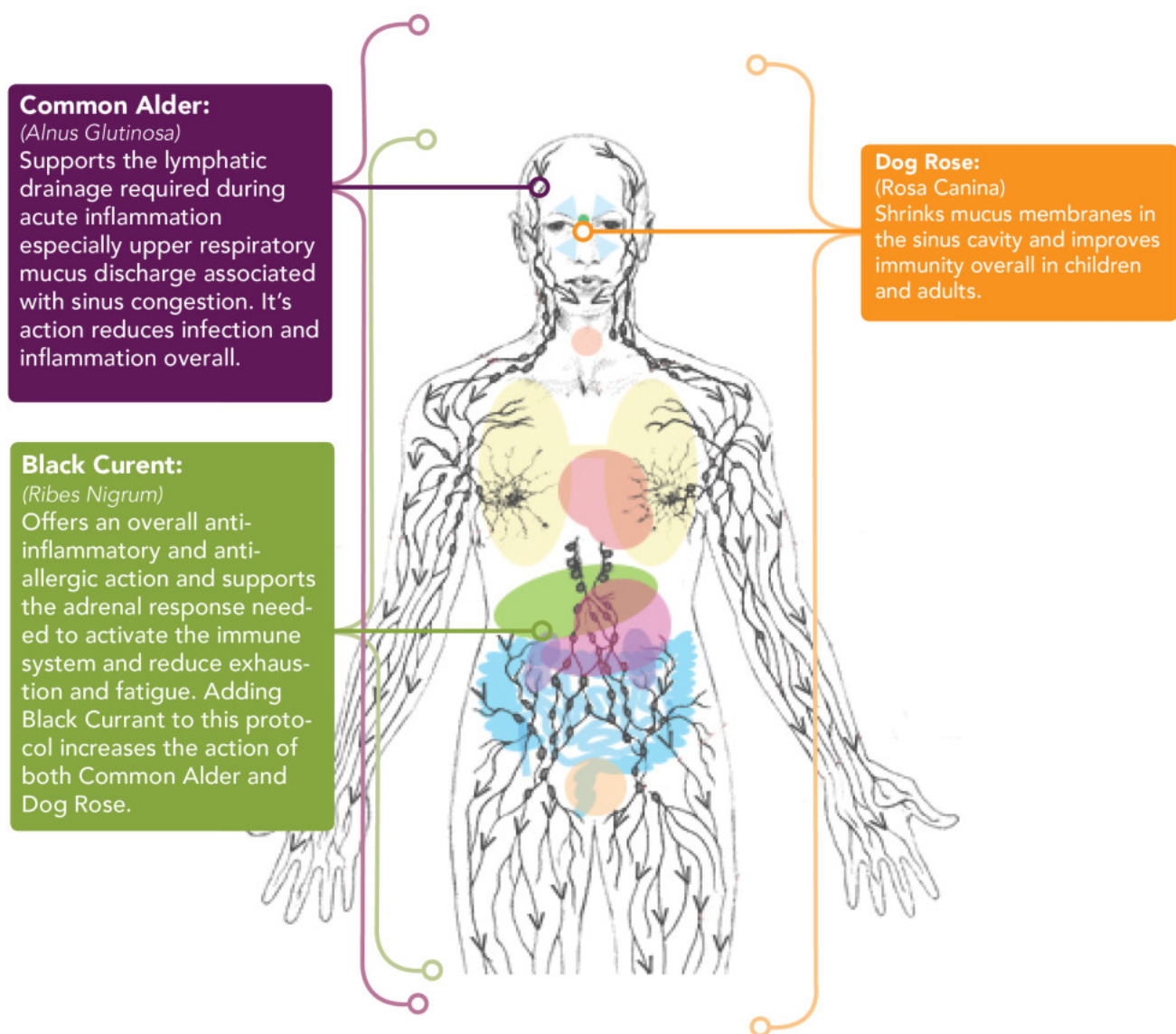
You can learn more about why these horrible symptoms plague you and why your partner or colleague may seem unscathed by reading this post. Today, however, I'll share the simple steps to deal with what you may be facing right now.

1. Use these three Gemmotherapy Extracts: Common Alder, Black Currant, and Rose. Take doses of 25 drops of each up to 3x daily until your symptoms become manageable. Continue one dose of all three Gemmos each morning for maintenance (even if symptom are not present).
2. Cut out dairy products during allergy season.

For the majority of individuals this is enough. If this still isn't cutting it for you (and you aren't sneaking cheese) here are some reinforcements to consider this first year of treating with Gemmotherapy. My experience with supporting clients these past years has proven that the first year is the most challenging and continued use of Gemmotherapy improves the symptoms dramatically the next year.

- Add an evening dose of 25 drops of Hornbeam throughout the season for further respiratory and digestive support.
- Take Sinupret as an adaptogen as needed, especially as your body is transitioning off of an allergy medication. This herbal blend has no side effects and is also useful for sinus congestion not related to allergies.
- Take a daily probiotic during the season. I recommend this powder by PuraDym or Mindlinx by Pharmax.

Curious why the combination of Common Alder, Black Currant and Dog Rose work? Here's a graphic to answer that question.



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!