

# Your Home Guide to Gemmotherapy V: Back Pain or Spasms

Arghhh, a back ache! No one wants to be slowed down by acute symptoms, but a back ache can be oh so debilitating – particularly if you need to care for children or have physical work to do. Yes, Advil can take the edge off but at what cost to your liver? What if I were to offer you a solution that works AND strengthens what caused the symptoms in the first place? As part of my Home Guide to Gemmotherapy Series I would like to offer my go-to for back pain or back spasms.

In the case of sudden back pain as a result of lifting, a wrong movement, or physical exercise Giant Redwood along with Silver Fir and Black Currant should be given in alternating doses each hour. Begin with Silver Fir and Black Currant followed by Giant Redwood the next hour, continue throughout waking hours for 24 hours. If improved, reduce doses to every two hours the next 24 hours, continuing until there is no longer any discomfort. If there is no improvement after 24 hours or you are experiencing chronic back pain please contact your health care provider for further advice.

Curious as to why the winning combination is Giant Redwood, Silver Fir, and Black Currant? Have a look at the graphic below for further information.

## An Acute Protocol for Back Pain or Spasms

Giant Redwood, Silver Fir, Black Currant

### Giant Redwood:

*(Sequoia Gigantea)*

Addresses inflammation and improves flexibility in articulations associated with the back.

### Silver Fir:

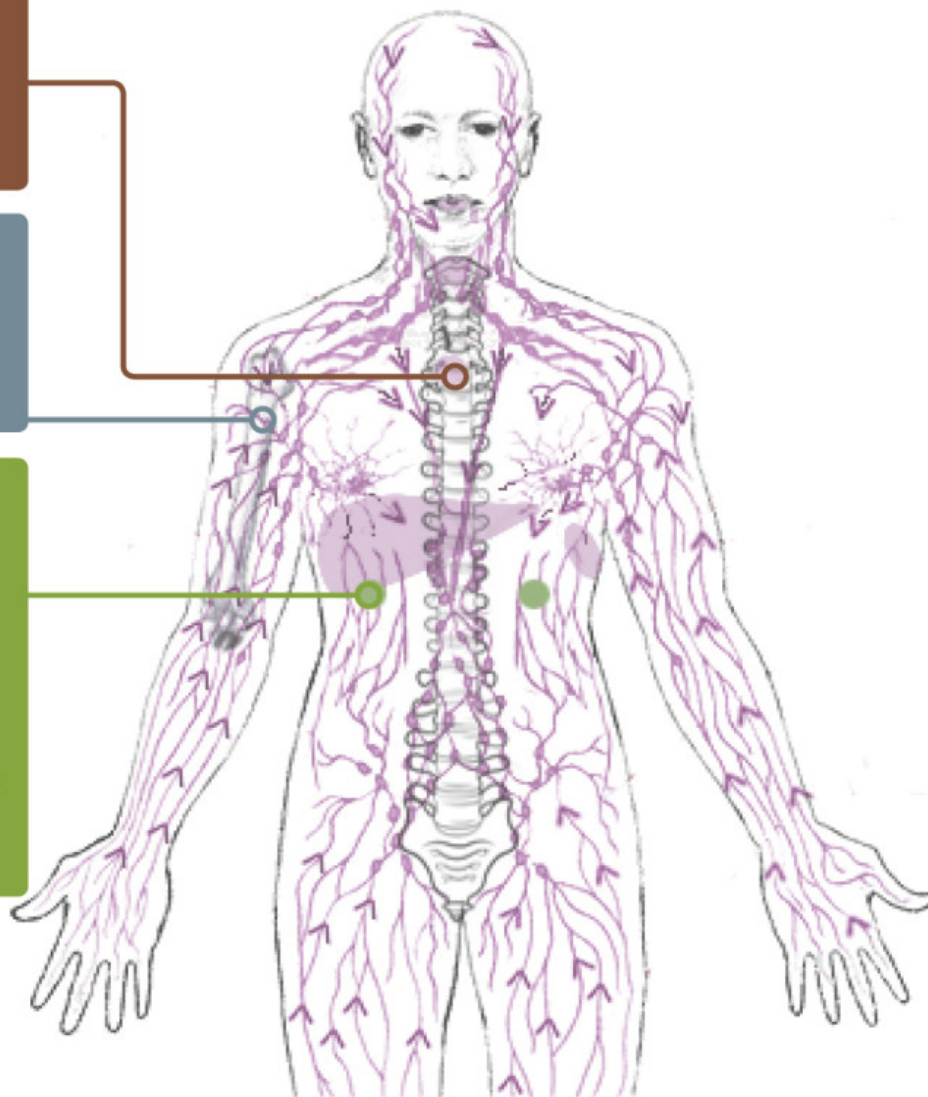
*(Abies Pectinata)*

Addresses bone inflammation and supports the vertical stance of the body.

### Black Currant:

*(Ribes Nigrum)*

Black Currant is used often in acute protocols due to its ability to support the adrenal gland/immune response. In the case of back pain or spasms Black Currant's added ability to reduce articular (joint) inflammation is helpful.



Immune System, Lymphatic System and Associated Organs

Have you personally had any experience with this protocol? We'd love to hear from you! Send us your story.

Are you a practitioner and would like to learn more about using Gemmotherapy with your clients? Take a look at my series of online training modules including the latest one on Acute Care. Or perhaps you might also want to join me in Boston for my next live teaching seminars, February 27, 2016 or in

Pittsburgh on March 26, 2016. It's my 2016 mission to see that there are more of us out there trained to use effective and affordable therapies. If you have any questions, contact me. I'd love to help out!