

# Your Home Guide to Gemmotherapy VI: Headaches



You've been at it on your computer since the wee hours of the morning, with your eyes not coming off the screen to break for even a few minutes. It starts right at your temples as a dull sensation and before long the throb of a tension headache is making itself known. Your impulse will be to reach for the bottle of Advil in your desk drawer but I want you to know there is another option and your liver, which really doesn't have room for more toxins, will thank you.

There is, in fact, a small set of Gemmotherapy extracts that lend themselves beautifully to home use for acute symptoms just like this headache you are experiencing. For the past few weeks in my series, Your Home Guide to Gemmotherapy, I have shared simple, straightforward protocols for Seasonal Allergies, Acute Coughs, Digestive Woes, Bites, Stings or

Allergic Reactions, and Back Pain or Spasms. Each of these uses one or more Gemmotherapy extract to quickly reduce the inflammatory condition and support the elimination of that inflammation. Gemmotherapy is much preferred to OTC, prescription medications, or supplements because of its ability to address rather than suppress symptoms AND clean and fortify the weakened organ(s).

So back to that headache- hopefully, on behalf of your liver, you have patiently avoided the pain relief tablets. The Gemmotherapy protocol you need to relieve a tension headache includes Dog Rose and Fig extracts. These can be taken together every 15 minutes during the acute state. Please keep in mind this protocol will address only acute tension headaches not chronic headaches or migraines. If you are unclear as to whether your condition is acute or chronic this blog post may be helpful. While the use of Gemmotherapy protocols can relieve chronic pain, that is a path that requires a full assessment under the guidance of your health practitioner.

Wondering why Dog Rose and Fig are the Gemmotherapy extracts of choice for acute headaches? This diagram explains why:

## An Acute Protocol for Headaches

Dog Rose, Fig

### Dog Rose:

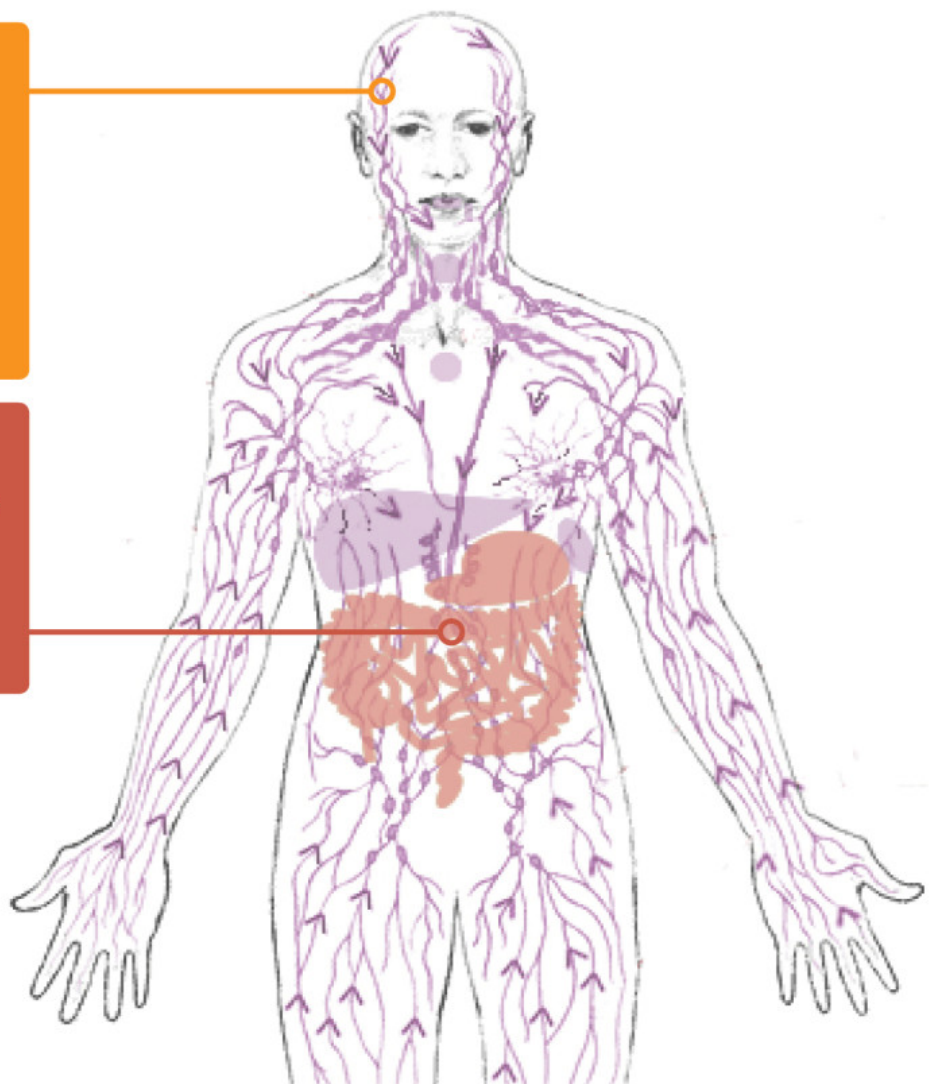
*(Rosa Canina)*

At the onset of the occasional tension or sinus headache Dog Rose has anti-inflammatory action and reduces pressure in all areas with mucus membranes.

### Fig:

*(Ficus Carica)*

The calming ability reduces overall tension and aides in the emotional and physical digestion of stressful events.



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!