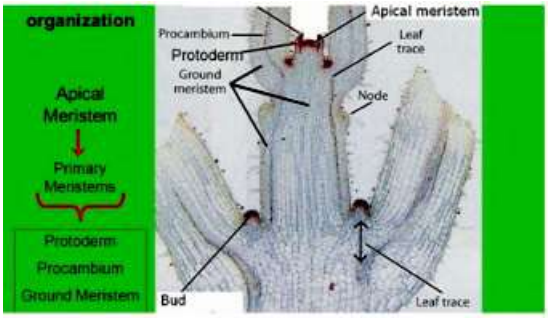
GEMMOTHERAPY (plant stem cell therapy)

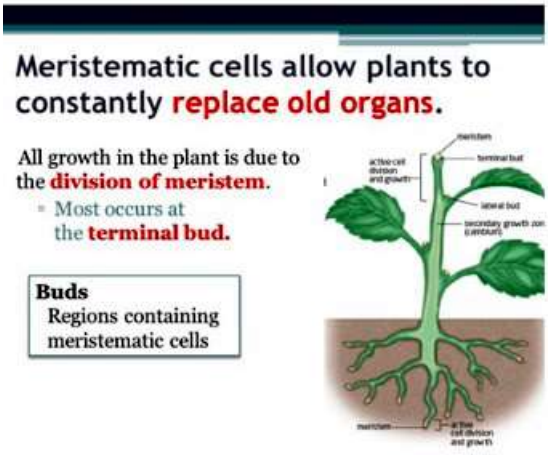
GEMMOTHERAPY is a form of phytotherapy using buds, young shoots and young rootlets of plants. When the leaf buds are just opening into leaf form is called the 'balsamic time' - the perfect time to harvest those buds.

These embryonic tissue extracts contain a concentration of the plants' vital energy, offering more active pharmacological activity and more precise therapeutic effects. This is often called "Plant Stem Cell Therapy" because we are using the embryonic which has very rapid multiplication of cells and contains the most vibrant energy of the whole growth period. These buds contain the whole energetic power of the future plant and all the genetic information of that plant for that growing season. This energetic information is exponential in its healing power.

The buds are to the vegetable world, what the precious stones are to the mineral world. Their cosmic energy can interface with the human organism and cause physiological reactions beyond what other plant medicines can do.

Many of the gemmo remedies are derived from trees. Trees are an extension of the earth. Trees are the tallest plants and the most spiritually evolved on the planet (Mantak Chia). Sit in meditation after taking a few drops of an extract of a tree will give you a lot of information as to what it brings you spiritually, energetically, and physically. You can also converse with the plant by dowsing or using your body as a pendel while you touch or commune with the plant.





The active components come from the meristems or meristematic tissues. they are the embryonic vegetal tissues, allowing growth and regeneration of the plant. Meristems are found everywhere in the plants, not only in the buds, but also at the bases of leaves and in grasses that typically have no real buds. Every time you use an herbal tincture or homeopathic plant remedy, you are using the 'power of meristematic tissues, but only partially because the extraction method was incomplete, either water or water-alcohol, but not glycerine. Meristems are permanent regions of growth; they are tissues in which the cells remain forever young and divide actively throughout the life of the

plant. That is why they are referred to as 'herbal stem cells'.

Basic benefits of plant growth hormones: detoxifying - nourishing - rejuvenating. So reversing effects of aging and muscle wasting; increasing energy levels, reducing stress, enhancing immune system, accelerating wound healing, improving vision, improving organ functions, helping reverse osteoporosis and improving sleep. All Gemmos are cellular drainage remedies.

Taoist teach that although the trees do not walk, the sap within the structure moves, causing the buds to open [we also use sap medicine from the birch]. Records tell us Gemmotherapy goes back to the Egyptians. The mystic Hildegard of Bingen in the 1200's, channeled sacred information and advised using 8 trees for health and healing to use in medicine: birth, black currant, Spanish chestnut, rose hips, ash, poplar, crab apple, silver linden. The Metamorphosis of Plant was written by Botanist, Johann W. von Goethe in 1790 explaining the importance of plant buds (not the flower) having a more spiritual element. In 1918-1988 Dr. Pol Henry, Belgium wrote this theory of using the potential biological energy of vegetables and minerals using the embryonic tissue of the plants. Pol used gemmo Betula pubescens (birch) and found it activated the macrophages in the liver and allowed drainage of Kupffer cells. Dr. Pol Henry published his findings in 1970, basing his system and choice of plants on his concept of phytosociology where certain categories of plants are the highest evolutionary organisms in the herbal world, in this case, the trees.

Max Tetau, published Nouvaelles Cliniques de Gemmotherapie in 1987 who worked to get all the gemmo remedies into the French pharmacopedia. The French Govt. said they would do that only if he diluted them 1:10 (1DH) with water - there is no succussion going on so these are not homeopathic. He made the liquid part half alcohol and half water and then used the dilution of 1:10 for the remedy. Only Viscum Album (mistletoe), which has some toxicity was diluted 1:100 (1CH). They were incomplete with using just water and alcohol. Now they are made in a triple menstrum of alcohol, glycerine and water.

In 1990's those 1DH plant bud extracts were brought to North America, first through Dolisos, then Unda. In 2005 Bio Lonreco in Quebec began importing HerbalGem concentrated gemmo extracts. These gemmo extracts are sometimes referred to as phytoembryotherapy mother-macerates.

The Gemmos can be taken as single remedies, or in combinations. Just like there are many homeopaths that follow classical single remedy dosaging, many gemmotherapists feel each gemmo should be taken alone so they will give one type of remedy in the morning, a different one in the afternoon, and perhaps a different one in the evening. You will have to satisfy yourself as to which camp is best for you. Many find mixing up to 4 or 5 different remedies together works well.

Can Gemmos replace other forms of administration like teas, tinctures, essential oils, potentized remedies (homeopathy) or flower remedies? No. Gemmos contain all the potential of the whole plant and when dealing with specific problems it is desirable to use specific fragments for a sharper, more precise approach, going deeper and faster.

For example, we know from Aromatherapy that most Essential Oils and especially those of the conifers have intense antiseptic, antibiotic and anti-viral properties. Teas, tinctures and other extracts of those conifers have been used for centuries all around the world for treating infections. We might then safely assume that the gemmo therapeutic Conifer will have the same properties, however, when dealing with intense, deep seated or chronic infections, focusing on antibiotic properties becames on the most importance, that is where the specificity of essential oils comes into play. We use them in inhalations, diluted in hot water and for acute respiratory infections. When confronted with more serious, life threatening ones, using the power of essential oils gives us a way to deal with antibiotic resistant germs. We need to increase the intake through massaging the essential oils in the skin, apply them to the soles of the feet, use inhalations. A last and dangerous resort is to use them orally, which is perilous as the essential oisl carry much toxicity when ingested internally, especially within the nervous system. They are liposoluble and reach through the blood brain barrier easily (10ml of Eucalyptus of essential oil ingested by a shall child can lead to epilepsy

with unstoppable convulsions and brain damage).

This is where Gemmos shine - adding the same indicated Conifer to the essential oil treatment creates a synergy that allows reducing the amount of essential oil to safety while increasing the effectiveness of the treatment.

HOW TO MAKE YOUR OWN

IF YOU WANT TO MAKE YOUR OWN GEMMOTHERAPY REMEDY
Pick 3-6 lb buds, shoots or rootlets at peak time, in the morning. You are using the buds of the leaves (not the buds of the flowers). We gather these in the spring when they are fat and ripe but not opening yet. Of course all the trees have a different schedule. They usually open on the south side first.

These young buds or shoots should be immediately macerated at the time of collection and combined with the menstrum and then kept in the menstrum for 28 days.

Menstrum You Can Use For Concentrated Gemmos

Triple solvent menstrum is used:
50 parts glycerine (50%) eg. 1 cup
30 parts alcohol (30%) eg. 1/3 cup (you need 96%, so use overproof alcohol eg Everclear)
20 parts pure water (20%) eg. 1/5 cup
OR you can just do equal parts (1/3 of each).

Why use Glycerine, Alcohol and Water as the menstrum when extracting the plant material? Alcohol extracts Alkaloids, glycosides, acids and vitamins. Glycerine extracts phenols, flavonoids, essential oils, gums, waxes, sugars, vegetal juices and stabilizes the mother macerate. Water extracts the tannins, minerals, flavonoids, vitamins and acids. So they all play a part in the final holistic remedy to give it maximum effect.

Macerate the plant material: 1 part plant material in 20 parts liquid menstrum, which is a 1:20 dilution. Examples:

- **1 cup macerated buds with 20 cups liquid menstrum**
- **1/2 cup macerated buds with 10 cups liquid menstrum**
- **1/4 cup macerated buds with 5 cups liquid menstrum**
- **1/8 cup macerated buds with 2 1/2 cups liquid menstrum**

Store in glass container. Let sit for 20 days, shaking up a bit every day. After 21 days pour into strainer and let gravity strain, don't press the material. They can keep for 20 years if stored in glass in dark cool place.

Dosages:
It is recommended to start slow with gemmos. Perhaps 1-2 drops twice a day, because they are all drainage remedies and so the side effects can be uncomfortable if you use too much. See the Materia Medica for contraindications.
A good dose is 5-7 drops for most people twice a day in chronic cases. Three times a day if they are capable for acute situations. Not that useful to increase the number of drops, as much as doing an extra dose. In a very acute situation, dose every 2 hours eg. Asthma

issue coming on can do every 5-15 minutes, for 4-6 doses, and then see if it is doing what it should.
If they are having a little cough or sore throat, get on a remedy 5-6 times a day for a few days, bump up the Vitamin C intake. After 2-3 days drop to 3 times a day, then twice a day.
For children, drop the dose according to size of child. For babies you can even give it to mother and it will go through the breast milk.
Many gemmos thin the blood so be careful if taking blood thinners. Also be careful if pregnant or breast feeding as we do with all herbs.

Symptoms of Excessive Dosage:
Nausea, dizziness - omit the next dose, then reduce the dosage for a few days. Remember the remedies are drainers, so a high dose early in the treatment may induce and cause a sudden release of toxins and you may have nausea, vertigo, or other 'weird' feelings. They should disappear within a few hours, but reduce the next dose and work up.

Herbal Tinctures are normally 1:5 ratio being one part plant material to 5 parts liquid menstrum. However, the plant material is not as strong and powerful as the gemmo buds.

Water is very important in the initial menstrum.. it extracts the energetics of the plants as well as the water soluble compounds – tannins, minerals, water soluble flavonoids, vitamins, and acids.
The alcohol extracts alkaloids, glycosides, and some acids.
Glycerine extracts essential oils, fat soluble flavonoids, vitamins and acids.

<u>General Dosing with Concentrated Gemmos</u>
Take on empty stomach, away from food. Once you have eaten, wait at least an hour before doing the remedies. You can take directly in the mouth on or under the tongue as is, or in water. Hold a few seconds in the mouth. If a child doesn't like the taste, put in a ½ cup water or honey.
Can be used as a simple (one extract) or formulations/combinations/complexes.
Gemmos are often taken for 3 weeks, then one week off, with this cycle repeated up to 3 months.
Recommended to alternate remedies or complexes, a week on one, then a week on another, rather than taking everything all the time if you have more than one to take.

Max Tetau and some other practitioners will give one gemmo in the morning, a different gemmo in the afternoon, and another different gemmo in the p.m.

DOSAGES (concentrated gemmos 1:20 ratio)
<u>Adults:</u> 5-15 drops a day in divided doses but all gemmos are drainage remedies and if you have toxins, you can have side effects to drain too quickly so start with 1-2 drops twice a day and increase by 1 drop a day until maximum dose is tolerated. Higher doses may be needed, depending on the condition and the individual.
<u>Children</u> up to 80pd 3-8 drops a day in divided doses. Start with 1-3 drops and increase by one drop a day until maximum dose is tolerated.
<u>Babies:</u> breastfed, give the mother the adult dose. Bottle-fed give 1-3 drops in water in a bottle.
***Higher more frequent dosing may be indicated in some situations, especially in acute situations.**

Pregnant and lactating women, generally avoid in the first trimester unless you need to treat something specific.

If using more than one gemmo, can be combined for each day's dosing in the morning and taken throughout the day.

Expect improvement within a few days to 2 weeks. If not, increase dose or change gemmo.

For regeneration 6-12 months duration is expected. Re-evaluate and retest throughout the treatment period.

Gemmotherapy is one of the biotherapeutic drainage systems we can work with. It moves the toxins from inside the cells. This is different than detox. Detox is when you clean up your diet and get your organs of elimination working a lot more effectively so you are urinating more, moving your bowels better, dumping things out of your liver more effectively, getting your lungs to eliminate aero toxins, breathing things out through the exhalations and then you are getting your skin to work more effectively. Those are on the extracellular level.

When we do biotherapeutic drainage we take it inside the cell and we want all the organs of elimination to be effective when doing biotherapeutic drainage because we don't want to discharge something from the cell and then sit in the system or move to another area, organ, cell.

Biotherapeutic Drainage was really developed in France by Dr. Leon Vannier and Dr. Rouy. Then Dr. Nebel in Switzerland actually perfected the system and then Max Tetau was a big biotherapeutic drainage practitioner.

LIST OF GEMMOTHERAPEUTICS

Botanical Name	Common Name
Abies Alba	Silver Fir (young shoots)
Acer Campestre	Hedge maple (buds)
Aesculus hippocastanum	Horse chestnut (buds)
Alnus glutinosa	European alder (buds)
Ampelopsis veitchii	Virginia creeper (young shoots)
Betula pubescens	White birch (rootlets)
Betula pubescens	White virch (buds)
Betula sp (alba & verr)	Birch (buds)
Betula verrucosa	Silver birch (buds)
Calluna vulgaris	Heather (young shoots)
Carpinus betulus	Hornbeam (buds)
Castanea vesca	Sweet chestnut (buds)
Cedrus libani	Cedar of Lebanon (young shoots)
Cercis siliquastrum	Judas tree (buds)
Citrus limonum	Lemon tree (bark)
Cornus sanguinea	Dogwood/hound's tree (buds)
Corylus avellana	Hazel (buds)
Crataegus oxyacantha	Hawthorn (buds)
Equisetum arvense	Horsetail (young shoots)
Fagus sylvatica	Beech (buds)
Ficus carica	Fig (buds)
Fraxinus excelsior	Ash (buds)
Hippophae rhamnoides	Sea buckthorn (buds)
Ilex Aquifolium	Holly (buds)
Juglans regia	Walnut (buds)
Juniperus communis	Juniper (young shoots)
Lilgustrum vulgare	Privet (young shoots)
Lonicera nigra	Honeysuckle (young shoots)
Malus sylvestris	Crab apple (buds)
Morus nigra	Black mulberry (buds)
Olea europaea	Olive (young shoots)
Pinus montana	Mountain pine (buds)
Platanus orientalis	Oriental plane tree (buds)
Prunus amygdalus	Sweet almond (buds)
Quercus robur	Oak (buds)
Ribes nigrum	Black currant (buds)
Rosa canina	Dog rose (young shoots)
Rosmarinus officinalis	Rosemary (young shoots)
Rubus fruticosus	Blackberry (young shoots)
Rubus idaeus	Raspberry (young shoots)
Salix alaba	White willow (buds)
Sambucus nigra	Black elder (buds)
Secale cereale	Rye (rootlets)
Sequoia gigantea	Giant redwood (young shoots)
Sorbus domestica	Service tree (buds)
Syringa vulgaris	Lilac (buds)

Botanical Name	Common Name
Tamarix gallica	Tamarisk (young shoots)
Tilia tomentosa	Linden tree (buds)
Ulmus campestris	Elm (buds)
Vaccinium myrtillus	Bilberry (young shoots)
Vaccinum vitis-idaea	Cowberry (young shoots)
Viburnum lantana	Wayfaring tree (buds)
Vinca minor	Common periwinkle (young shoots)
Viscum album	Mistletoe (young shoots)
Vitis vinifera	Grape vine (buds)
Zea Mays	Maize (rootlets)

GEMMOTHERAPY (plant stem cell therapy)

HOW TO MAKE YOUR OWN

IF YOU WANT TO MAKE YOUR OWN GEMMOTHERAPY REMEDY
Pick buds, shoots or rootlets at peak time, in the morning. Use buds of leaves not flowers. We gather these in the spring, and all the trees have a different schedule. They usually open on the south side first.

Make the formula within 2-3 hr after harvesting. The plant material should be clean and dry. The alcohol you will need for extraction is the overproof alcohol such as Everclear which you can now get at liquor stores.

Use 1 part of plant material which you will macerate either by finely chopping or use pestle and mortar, and combine with 20 parts of menstrum. The menstrum is a triple solvent menstrum of:

50 parts (50%) glycerine;
30 parts (30%) alcohol and
20 parts (20%) pure water eg. spring water, not distilled or RO

You can also just use equal parts. Combine the menstrum with the macerated plant material, store in dark glass container in a dark, cool place for 28 days, shaking occasionally. After 28 days, strain but do not press. Most professionals use these concentrated type of Gemmos.
So to give you an idea:

	10 cup menstrum	5 cup menstrum
50 parts (50%) veg. glycerine	5 cups	2 1/2 cups
30 parts (35%) overproof alcohol	3 cups	1 1/2 cups
20 parts (20%) spring water	2 cups	1 cup
Macerated plant material	1/2 cup	4 Tbsp (1/4 cup)

Why use Glycerine, Alcohol and Water as the menstrum when extracting the plant material? Alcohol extracts Alkaloids, glycosides, acids and vitamins. Glycerine extracts phenols, flavonoids, essential oils, gums, waxes, sugars, vegetal juices and stabilizes the mother macerate. Water extracts the tannins, minerals, flavonoids, vitamins and acids. So they all play a part in the final holistic remedy to give it maximum effect.

Store in glass container. They can keep for 20 years if stored in glass in dark cool place.

DOSAGING:

Adults: 5-15 drops a day in divided doses.
All gemmos are drainage remedies and if you have toxins, you can have side effects if you drain too quickly so start with 1-2 drops twice a day and increase by 1 drop a day until maximum dose is tolerated. Higher doses may be needed, depending on the condition and the individual.
Children up to 80pd 3-8 drops a day in divided doses. Start with 1-3 drops and increase by one drop a day until maximum dose is tolerated.

<u>Babies:</u> breastfed, give the mother the adult dose. Bottle-fed give 1-3 drops in water in a bottle.

So, we are told the maximum is 15 drops 2-3 times a day of one gemmo, or a combination of gemmos. You can mix up to 4 or 5 gemmos together in one formula. It is advised to start with only 2 or 3 drops at a time, increasing over a period of several days to the dose you want to take.

Take on an empty stomach (an hour away from food).

You can take directly in the mouth on or under the tongue as is, or in water. If using water, add the drops to 1/4-1/2 cup of water and take a few sips, holding for about 20 seconds in the mouth before swallowing. It is good to swish it around the mouth, letting it absorb into the mucosal lining during that 20 seconds.
If a child doesn't like the taste, put in a ½ cup water or add a little honey.

See the Materia Medica for contraindications.

Having said all that, different people find the many solutions for their treatments.
Some people just take 10-15 drops once a day.

For Chronic cases, a good dose is 5-7 drops for most people twice a day.
For Acute cases, you can do the same 5-7 drops but take three times a day. It is not that useful to increase the number of drops, as much as doing an extra dose.
In a very acute situation, you can dose every 2 hours eg. Asthma issue coming on can dose every 5-15 minutes, for 4-6 doses, and then see if it is doing what it should.
For a little cough or sore throat, get on a remedy 5-6 times a day for a few days, bump up the Vitamin C intake. After 2-3 days drop to 3 times a day, then twice a day.

For children, drop the dose according to size of child.

For babies you can even give it to mother and it will go through the breast milk.

Gemmos are often taken for 3 weeks, then one week off, with this cycle repeated up to 3 months.

It is recommended to alternate remedies or complexes, a week on one remedy, then a week on another, rather than taking everything all the time if you have more than one formula to take. Max Tetau and some other practitioners will give one gemmo in the morning, a different gemmo in the afternoon, and another different gemmo in the p.m.

Pregnant and lactating women, generally avoid in the first trimester unless you need to treat something specific.

Many gemmos thin the blood so be careful if taking blood thinners. Also be careful if pregnant or breast feeding as we do with all herbs.

Expect improvement within a few days to 2 weeks. If not, increase dose or change gemmo.

For regeneration of tissue treat for 6-12 months. Re-evaluate and retest throughout the treatment period.

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When we do biotherapeutic drainage we take it inside the cell and we want all the organs of elimination to be effective when doing biotherapeutic drainage because we don't want to discharge something from the cell and then sit in the system or move to another area, organ, cell.

Biotherapeutic Drainage was really developed in France by Dr. Leon Vannier and Dr. Rouy. Then Dr. Nebel in Switzerland actually perfected the system and then Max Tetau was a big biotherapeutic drainage practitioner.

How do gemmos differ from Tinctures? Herbal Tinctures are normally 1:5 ratio being one part plant material to 5 parts liquid menstrum. However, the plant material is not as strong and powerful as the gemmo buds.

CAUTIONS FOR GEMMOTHERAPY REMEDIES

- **Abies: In hyperparathyroid conditions, OR with people who are accumulators of calcium with urinary calcic stones.**
- **Acer: Don't use with L-lysine at the same time because it is an antagonist to the anti-viral effects of the bud extracts. When we give Acer we want it to get to the virus, and what L-lysine does is send it back into the dormancy and then the Acer can't get to it, then once you stop the Acer, the virus will come back out. Don't use for more than 6 weeks continuously, but you can use it alternating over time repeatedly. Can cause constipation, so use with caution with people who have chronic constipation.**
- **Asculus: Do not apply to broken skin topically (the saponins can cause irritation). May interact with anti-coagulant medications, increasing the risk of bleeding. Caution regarding hypoglycemia when given to someone taking oral hypoglycemic meds or insulin.**
- **Alnus: Because it is antiogenetic – stimulating blood vessels, there is a caution with people with cancer because cancer is famous for creating its own blood vessel to get its supply of nutrients.**
- **Betula: Not if on dialysis, it pushes the kidneys, drainage. You can put some but need to monitor carefully. Use awareness in autoimmune disorders – it can stimulate immune activity. May increase serum levels of lithium so if on a supplement, must monitor. Careful if on anticoagulant meds.**

- **Calluna: Be aware of having all the channels of limination open (incl. Liver) when working with people with sclerotic or amyloid conditions.**
- **Carpinus: Use in low doses and with arareness and monitoring in cases of thrombocytosis, elevated PTT or fibrogen. Doses of 12 drops a day of less are less likely to increase the platelet count. To stop bleeding you need to take 5 drops every hour until bleeding is under control.**
- **Castanea: CI in active lymphoma and leukemia, the blood and lymph cancers. Their main highway for travel is through the lymphatic system and if there is a lymphoma or leukemia cell line that is moving through the lymph and we move it with Castanea, we move that cancer to another location in the body. This is a tricky issue when dealing with the blood cancers.**
- **Cedrus: No specific contra but when working with the skin you want to make sure you don't push too hard because people don't like skin exacerbation, don't like things to show on their skin.**
- **Cercus: Use with caution in conjunction with anticoagulant medications. Contraindicated in HYPOTHYROIDISM. If the system is too low, watch you don't push it even lower.**
- **Citrus Limonum: thins the blood, so watch if on blood thinners. Citrus has short term action.**
- **Cornus: Because of its anti-thyroxine T4 potential, caution with someone with hypothyroidism. Awareness if simultaneously using with anti-coagulant medications.**
- **Corylus: Do not use in TB carrier or MAI (mycobacterium Avium Influenza) carrier. It can convert to active disease through breakdown of fibrosis. Do not use in lung cancer, can cause metastasis, except when used in conjunction with chemotherapy.**
- **Crataegus: When patient is on any cardiac meds, esp. digitalis/digoxin, because it can potentiate the acation of the digitalis, so the dosage of digitalis will need to be reduced. Discontinue use 3 days before any EKG becaue it may mask any abnormal findings. Potentially potentiates the actions of barbiturate drugs. Awareness with people with pcemaker/ Caution with severe psychological disorders/illnesses. It opens people's heart, and psychological disorders are often related to closed hearts, which need to be opened gently and with care. An awareness with SSRI antidepressant drugs.**
- **Equisetum: Do not take with Digitalis or Digoxin. Potassium loss increases risk of toxicity. Due to alkaloids, large doses can cause symptoms of nicotine overdose, caution with people who smoke, chew tobacco or use nicotine patches or gum. Diuretic action can affect drug levels, esp. with lithium. Extended use may cause thiamine deficiency due to thiaminase. Not for long term use because of potassium shortage.**
- **Fagus: Be careful with autoimmune conditions.**
- **Ginkgo: Caution with anti-coagulant meds, low platelets, or people who have a tendency to hemorrhage or bleed easily. Don't use in organ transplant cases even though it is thought that PAF may contribute to the organ rejection. Caution when used in seizure disorders. Stop taking a few days before surgery.**
- **Juglans: caution in acute pancreatitis although one practitioner suggested to stop all eating, keep hydrates and use 5-15 drops every 2 hr, starting low and increasing. Found most go to ER and you don't get a chance to treat. When using for parasite treatment be sure you are monitoring for return symptoms and if testing, test before and after.**

- **Juniperus: not if kidney transplant. not in liver and kidney cancers some say, other sources say use in liver cancer, not in kidney cancer. May potentiate the action fo some drugs: antiypertensive meds and diuretics – risk of hyokalemia. Insulin and oral hypoglycemia meds – risk of hypoglycemia' lithium and caridac glyocodides – risk of toxic accumulation. Not be used longer than 6 weeks in people with normal physiology because it can drain their energy.**
- **Ligustrum: Dark fruit of Privet is toxic, but the gemmo is NOT toxic.**
- **Lonicera: Some concerns about the plant, but not the Gemmo.**
- **Morus nigra: Use with awareness for people on insulin**
- **Olea: caution if on anticoagulant drugs because it does thin the blood. Not if they have Tuberculosis. if they have cancer. It is so antisclerotic it can break up the sclerotic tissue, allowin it to break loose and travel. Mikhael Adams says it is used in later fourth step in cancer treatments. Can use simultaneously with chemo or radiation. Seems okay for people with transplants**
- **Platanus: Use with awareness and caution if leukemia even though we have some awareness of effects on leukemic cell lines. Especially if under allopathic treatment, don't want to interfere.**
- **Populus: This is for short term use, no greater than 4 weeks because of the potential for degeneration of hepatocytes. Use with Secale or Rosmarinus or Hazel to protect the liver. Not recommended in pregnancy and lactation**
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- **Prunus: If on anticoagulations be careful**
- **Quercus: Be aware when using Oak with people with hormone positive cancers**
- **Ribes: Pushes the hormones and cortisol. Do not use if there is elevated cortisol or DHEA levels – body is already in hyper state. Not if adrenal tumor or Cushings Syndrome where adrenal is overactive. For hypertension, dose up gradually through the day. In cases of anaphylaxis, do not continue to give gemmotherapy if the person is not breathing.**
- **Rosmarinus: Start at a lower dose of 1-2 drops of the concentrated because it has the potential to produce epileptic seizures if given too high too soon**
- **Rubus Fruct.: No clear contras but because of its anti-sclerotic activity that it might prevent cancer from being walled off. Contraindications that were given for Corylus, would be applicable including never use in TB carriers or MAI (Mycobacterium Avian Influenza) carriers, or lung cancer unless in conjunction with chemotherapy.**
- **Rubus Idaeus: Don't give this in the first trimester because you want allow the body to implant and become receptive, so wait until second trimester and then give it for the rest of the pregnancy. Probably not to be use for males Thoughtful consideration for use with women with hormone positive cancers. It is not estrogenic, but just always be aware when women are hormone positive.**
- **Salix: Do not use in children or with pregnant women, risk of Reye's Syndrome. Do not use with anyone known to be allergic to aspirin. Not in kidney disease and bleeding disorders. Not with someone on anti-seizure medication. Caution if taking anticoagulant medication/ Potential to interact with some pharmaceuticals, watch for aspirin, methotrexate, diuretics.**
- **Sambucus Nigra: Buds are non-toxic unlike the bark, leaves, seeds, and roots, so no concern for cyanide toxicity.**
- **Secale: not during active inflammation, use after the inflammation has subsided.**

Use juniperus to drain before or during the use of Secale. Can make people feeling a bit too pushed.

- **Sequoia: Not in prostate cancer or any hormone sensitive cancers. May be contra in excess estrogen conditions. Sometimes given in lower doses for women. Just test to see.**
- **Syringa: start with small doses 1-2 drops and build up. increased blood flow too fast to the brain, could cause fainting. Increased blood flow too fast to myocardium could cause palpitations or irregular heart rate, esp. in senile hearts/elderly people.**
- **Tilia Tom. Not in hypercoagulation states. Careful observation of anyone with predisposition to form clots. Not in arteriosclerosis and in thrombocytosis when you don't want to thicken the blood. Not if taking anticoagulant meds. In polycythemia vera (myeloproliferative disorder involving all bone marrow elements). Not in increased platelet conditions. Not in leukemia. Aware of those with SSRIs or other conditions with increased serotonin levels, Linden may increase serotonin levels. Caution if taking sedative drugs, can potentiate the action of these.**
- **Vaccinium Vitis idaea: Use with awareness in elevated estrogen wehre endometriosis or adenomyosis are present. Use with awareness in cases of estrogen positive cancers.**
- **Vinca Minor: Be aware if on blood thinners.**
- **Viscum Album: With cancer, used with chemo. Can be a problem if used without chemo to act as a toxic agent after breaking down the capsule. Post surgically, caution if you don't want scar tissue broken down. Be aware of potential interactions with medications including anticoagulants, antihypertensives, cardiac meds, immunosuppressing agents, antidepressants and pharmaceutical diuretics.**
- **Zea Mays: High does can cause fatigue, start off slowly, build up the dose. Can be combined with Quercus, Sequoia, or Ribes to prevent the fatigue effects**

Pregnant Women Should Avoid:

Quercus robur (oak)
Rubus idaeus (raspberry)
Sequoia gigantea (giant redwood)
Vaccinium vitis-idaea (cowberry)
Salix Alba
Populus Nigra

If Taking Blood Thinners, Avoid:

Citrus Limonum
Gingko
Vinca Minor
Prunus Amgdalus (almond)

MATERIA MEDICA FOR GEMMOTHERAPEUTICS

ABIES ALBA PECTINATA (Silver Fir young shoots - new growth at the end of the branch)

- **bone growth issues**
  - **for pediatrics with children; helps fix calcium in bones/teeth/jaw bone**
  - **for bone repair**
- **upper respiratory infections (RES: reticula endotheal system)**
- **iron deficiency anemia, increases red blood cell production**

CONTRAINDICATIONS

- **In hyperparathyroid conditions, OR with people who are accumulators of calcium with urinary calcic stones.**

ACER CAMPESTRE (Hedge Maple buds)

- **inhibits growth of viruses - not for colds/flus, more for chronic viruses. So for Epstein Barr, Cytomegalovirus, Bell's Palsy, Chronic Fatigue.**
- **drains liver-gall region**
- **brings down blood glucose levels when combined with other gemmos over a period of time - this is not the remedy to give if level is already too low.**

CONTRAINDICATIONS

- **Don't use with L-lysine at the same time because it is an antagonist to the anti-viral effects of the bud extracts. When we give Acer we want it to get to the virus, and what L-lysine does is send it back into the dormancy and then the Acer can't get to it, then once you stop the Acer, the virus will come back out.**
- **Don't use for more than 6 weeks continuously, but you can use it alternating over time repeatedly.**
- **Can cause constipation, so use with caution with people who have chronic constipation.**

AESCULUS HIPPOCASTANEUM (Horse Chestnut buds)

- **portal(liver) congestion**
- **drains veins - esp. lower extremities (legs). So varicose veins, vein circulation.**
- **prostate congestion**
- **pelvic congestion eg PMS if from pelvic stagnation**

CONTRAINDICATIONS

- **Do not apply to broken skin topically (the saponins can cause irritation)**
- **May interact with anti-coagulant medications, increasing the risk of bleeding**
- **Caution regarding hypoglycemia when given to someone taking oral hypoglycemic meds or insulin.**

ALNUS GLUTINOSA (European Alder/Black Alder buds)

- **The antibiotic of gemmos. Don't use if on blood thinners. Helps dissolve blood clots. For brain and heart issues to increase circulation.**
- **Inflammatory conditions anywhere.**
- **Antivirals**
- **Cognitive function: memory loss, senility, heavy metal detox (esp aluminum)**

CONTRAINDICATIONS

- **Because it is antiogenetic – stimulates blood vessels, there is a caution with people with cancer because cancer is famous for creating its own blood vessel to get its**

supply of nutrients.

- **Careful if on anticoagulant meds.**

AMPELOPSIS VEITCHII (Virginia Creeper young shoots before they open)

- **Repair and regenerate joints, ligaments, tendons, cartilages**
- **Inflammation**
- **Fibrosis, sclerosis, retraction of tissue**
- **Ankylosing spondylitis**
- **Especially good for small joints as in fingers**

BETULA PUBESCENS or ALBA (White Birch species buds)

Note:

With Betula Pubescens (white birch) you can use the rootlets, buds or catkins. Pubescens has more profound action than Verrucosa

With the Betula species which is a combination of white and silver birch use the buds.

With Betula Verrucosa (silver birch) use the buds. Often now called Betula Pendula.

- **diuretic, kidney drainage**
- **anti-inflammatory**
- **stimulates bone regeneration**
- **immune modulating**
- **CONTRAINDICATIONS**
- **Not if on dialysis, it pushes the kidneys, drainage. You can put some but need to monitor carefully.**
- **Use awareness in autoimmune disorders – it can stimulate immune activity**
- **May increase serum levels of lithium so if on a supplement, must monitor.**

CALLUNA VULGARIS (European Heather young shoots)

- **kidney (diuretic, antiseptic - UTIs, decompensated renal function)**
- **secondary drainage through skin**
- **nervous system, calming**

CONTRAINDICATIONS

- **Be aware of having all the channels of elimination open (incl. Liver) when working with people with sclerotic or amyloid conditions.**

CARPINUS BETULUS (Hornbeam buds)

- **atherosclerosis**
- **increases platelets (thickens blood)**
- **acute or chronic respiratory (spasms, damage to mucosa)**
- **sinusitis**

CONTRAINDICATIONS

- **Use in low doses and with awareness and monitoring in cases of thrombocytosis, elevated PTT or fibrogen.**
- **Doses of 12 drops a day of less are less likely to increase the platelet count.**
- **To stop bleeding you need to take 5 drops every hour until bleeding is under control.**
- **Lead**

CASTANEA SATIVA (Chestnut bud)

- **circulation through veins, venous drainer. For congestion, cellulite, edema**

- **lymph drainage and circulation**
  CONTRAINDICATIONS
- **CI in active lymphoma and leukemia, the blood and lymph cancers.**
- **Their main highway for travel is through the lymphatic system and if there is a lymphoma or leukemia cell line that is moving through the lymph and we move it with Castanea, we move that cancer to another location in the body. This is a tricky issue when dealing with the blood cancers.**

CEDRUS LIBANI (Cedar of Lebanon young shoots)

- **drains skin and mucous. Good for dry conditions. Eczema, dry psoriasis**
- **inflammation of respiratory and digestive mucous membranes**
  CONTRAINDICATIONS
- **No specific contra but when working with the skin you want to make sure you don't push too hard because people don't like skin exacerbation, don't like things to show on their skin.**

CERCIS SILIQUASTRUM (Judas tree buds)

- **Antisclerotic (arterial plaquing)**
- **Anticoagulant (thins blood)**
- **Antithrombotic**
- **Anti-inflammatory**
  CONTRADICTIONS
- **Use with caution in conjunction with anticoagulant medications**
- **Contraindicated in HYPOTHYROIDISM. If the system is too low, watch you don't push it even lower.**

CITRUS LEMONUM (Lemon tree, bark of young branches)

- **Circulation, quick blood thinner but short acting**
- **Digestive**
- **Liver, respiratory, nervous systems**
  CONTRAINDICATIONS
- **thins the blood, watch if on blood thinners**

CORNUS SANGUINEA (Dogwood buds)

- **hyper endocrine problems (hyperthyroid, hyperparathyroid)**
- **regulates sympathetic nervous system, turns down sympathetic**
- **anticoagulant for sticky or thick platelets**
- **CONTRAINDICATIONS**
- **Because of its anti-thyroxine T4 potential, caution with someone with hypothyroidism**
- **Awareness if simultaneously using with anti-coagulant medications.**

CORYLUS AVELLANA (Hazel tree buds)

- **use with other gemmos**
- **lung drainage**
- **liver drainage**
- **antisclerotic, antifibrotic, anticoagulant**
- **stimulates production of red blood cells**
  CONTRAINDICATIONS

- **Do not use in TB carrier or MAI (mycobacterium Avium Influenza) carrier. It can convert to active disease through breakdown of fibrosis.**
- **Do not use in lung cancer, can cause metastasis, except when used in conjunction with chemotherapy.**
- **An awareness with SSRI antidepressant drugs.**

CRATAEGUS OXYANCANTHA (Hawthorn buds)

- **Cardiac (heart) symptoms and conditions. Rhythm, palpitations, angina, senile heart, anxiety.**
- **asthma**
- **nervous system remedy to balance sympathetic and parasympathetic**

CONTRAINDICATIONS

- **When patient is on any cardiac meds, esp. digitalis/digoxin, because it can potentiate the action of the digitalis, so the dosage of digitalis will need to be reduced.**
- **Discontinue use 3 days before any EKG because it may mask any abnormal findings**
- **Potentially potentiates the actions of barbiturate drugs**
- **Awareness with people with a pacemaker**
- **Caution with severe psychological disorders/illnesses. It opens people's heart, and psychological disorders are often related to closed hearts, which need to be opened gently and with care.**

EQUISETUM ARVENSE (Horsetail young green shoots)

- **Urinary/genital. Diuretic but use short term or reintroduce potassium to diet.**
- **Musculoskeletal**
- **Skin**

CONTRAINDICATIONS

- **Do not take with Digitalis or Digoxin. Potassium loss increases risk of toxicity**
- **Due to alkaloids, large doses can cause symptoms of nicotine overdose, caution with people who smoke, chew tobacco or use nicotine patches or gum**
- **Diuretic action can affect drug levels, esp. with lithium**
- **Extended use may cause thiamine deficiency due to thiaminase.**
- **Not for long term use because of potassium shortage.**

FAGUS SYLVATICA (Beech buds)

- **stimulates immune system, activity in liver**
- **Histamine antagonist, anti-allergic**
- **exhaustion and wasting in chronic disease**
- **drains kidneys, uric acid, stones. drains kupffer cells of liver, antisclerotic for respiratory.**

CONTRAINDICATIONS:

- **Be careful with autoimmune conditions.**

FICUS CARICA (Fig buds)

- **stress, emotional disturbances, anxiety, depressions**
- **stomach mucosal healer**
- **Anti coagulant,**

Arterioslcerosis

FRAXINUS EXCELSIOR (European Ash buds/leaves)

- **Gout**
- **Diuretic, edema**
- **Inflammation for articulations (fingers)**
- **Kidney drainage**
- **Cholesterol**

GINGKO BILOBA (Maidenhair tree bark and leaves)

- **helps cerebral circulation, improves cognitive, memory, dementia**
- **increases blood flow to whole body**
- **anticoagulant, antioxidant**

CONTRAINDICATIONS

- **Caution with anti-coagulant meds, low platelets, or people who have a tendency to hemorrhage or bleed easily.**
- **Don't use in organ transplant cases even though it is thought that PAF may contribute to the organ rejection.**
- **Caution when used in seizure disorders.**
- **Stop taking a few days before surgery.**

HIPPOPHAE RHAMNOIDES (Sea buckthorn buds)

- **Immunity (for influenza)**
- **protects from radiation**

ILEX AQUIFOLIUM (Holly buds)

- **nervous system drainage**
- **antispasmodic**
- **kidney insufficiency**

JUGLANS REGIA (Walnut buds)

- **digestive nervousness**
- **affinity for skin and mucous membranes eg. fissures**
- **often this remedy likes to be on its own**

CONTRAINDICATIONS

- **CI in acute pancreatitis although one practitioner suggested to stop all eating, keep hydrates and use 5-15 drops every 2 hr, starting low and increasing. Found most go to ER and you don't get a chance to treat.**
- **When using for parasite treatment be sure you are monitoring for return symptoms and if testing, test before and after.**

JUNIPER COMMUNIS (Juniper young shoots)

- **Liver drainage and regenerator**
- **kidney drainage, diuretic**
- **electrolyte balancer**

COUNTERINDICATIONS

- **not if kidney transplant**
- **not in liver and kidney cancers some say, other sources say use in liver cancer, not in kidney cancer**
- **May potentiate the action fo some drugs:**
  antiypertensive meds and diuretics – risk of hyokalemia

insulin and oral hypoglycemia meds – risk of hypoglycemia
lithium and caridac glyocodides – risk of toxic accumulation

- **Not be used longer than 6 weeks in people with normal physiology because it can drain their energy.**

LIGUSTRUM VULGARE (Privet young shoots)

- **Inflammatory for skin, mucous membranes and all systems**
- **sedative, tonifying**
- **decreases lipids and cholesterol**
- **Dark fruit of Privet is toxic, but the gemmo is NOT toxic.**

LONICERA NIGRA (Black honeysuckle buds)

- **Regulates nervous system, sedative**
- **Regulates Immune system (liver and urinary)**
- **Inflammatory at endothelium membrane level (arterial vascular)**
- **antispasmodic**

MALUS SYLVESTRIS (Crab apple bud)

- **Antioxidant**
- **restores peristalsis of colon**
- **detox blood and lymph**
- **helps break down gallstones**

MORUS NIGRA (Black mulberry buds)

- **Blood sugar regulation**
- **Digestive issues, mucous membrane repair**
- **Respiratory issues, mucous membrane repair**

CONTRAINDICATIONS

- **Use with awareness for people on insulin**

OLEA EUROPAEA (Olive young shoots)

- **Circulatory system (decreases arteriosclerosis, dissolves lipids, thins blood, increases microcirculation)**
- **Brain and Nervous system (nerve degeneration, phobias)**
- **Anti-sclerotic**
- **Mild laxative**

CONTRAINDICATIONS

- **caution if on anticoagulant drugs because it does thin the blood**
- **if they have Tuberculosis**
- **if they have cancer. It is so antisclerotic it can break up the sclerotic tissue, allowing it to break loose and travel. Mikhael Adams says it is used in later fourth step in cancer treatments. Can use simultaneously with chemo or radiation.**
- **Seems okay for people with transplants**

PINUS MONTANA (Mountain pine buds)

- **Drains joints, liver, and lymph**
- **Regenerates hard tissue of bone and cartilabe**
- **Removes all heavy metals from the body**
- **Anti-viral**

- **Decreases cholesterol**
- **Restimulates remedies that have lost their effectiveness. If you have taken a remedy and it stops working, you can use Pinus to kickstart that remedy again.**

PLATANUS ORIENTALIS (Oriental plane tree buds)

- **Skin remedy. Use Cedar of Lebanon for dry skin problems; Ulnus camp. for wet skin probl., Ilex for fissures and cracked skin probl. and use Platanus when you have a microbial influence which could be in the gut, so this remedy works through GI antimicrobial.**
- **Vitiligo (need to take for 6 mo), acne, psoriasis, eczema, allergic urticaria (hives)**

POPULUS NIGRA (Black Poplar bud and leaves)

- **Inflammatory related vascular diseases, esp. the lower part of the leg. When people walk and the legs get heavy, it is a sign there is not enough blood flowing the return of the veins and a possibility of accumulation in the vessels, needs to be opened up and moving.**
  - **Thrombophlebitis**
  - **Arteritis**
  - **Phlebitis**
  - **Intermittent claudication**
- **Chelator of toxins from the body. One of our major chelators.**
- **Antiviral**

CONTRAINDICATIONS

- **This is for short term use, no greater than 4 weeks because of the potential for degeneration of hepatocytes.**
- **Use with Secale or Rosmarinus or Hazel to protect the liver**
- **Not recommended in pregnancy and lactation**

PRUNUS AMYGDALUS (Sweet almond buds)

- **Affinity for the cardiovascular system**
- **Specific for hypertriglyceridemia**
- **Blood thinning and antithrombotic**
- **Antisclerotic**
  - **Kidneys**
  - **Vessels**
- **Nervous system**
  - **Obsessive compulsive behaviours**
- **Stimulating effect on the thyroid, awakens sensibility. Will need other gemmos for this also.**

COUNTERINDICATIONS

- **If on anti-coagulations be careful**

Quercus Robur (Oak buds)

- **General tonic, one of the 3 general remedies (other ones are Ribes, and Sequoia)**
- **adrenal tonic**
- **stimulates the adreno-cortical gland (adrenal cortex)**
- **stimulates testosterone production (precursor for 17-ketosteroids)**
- **antiviral - support immune with 5 drops once or twice a day**

CONTRAINDICATIONS

- **Be aware when using Oak with people with hormone positive cancers.**

RIBES NIGRUM (Black currant buds)

- **This is the big anti-inflammatory remedy, and you will see it put together with other remedies in all the complexes.**
- **Has Cortisone like activity**
- **Tropism toward the adrenal glands, adrenal tonic, adaptogen**
- **Good Anti-allergic, anti-histamine. Use homeopathics of substances to help reactions, but this is good to alleviate the symptoms**
- **Chronic disease**
- **Primary synergistic gem to use with other plants**
- **Adaptogen, one of the three (Ribes, Oak and Sequoia)**

CONTRAINDICATIONS

- **Pushes the hormones and cortisol.**
- **Do not use if there is elevated cortisol or DHEA levels – body is already in hyper state.**
- **Not if adrenal tumor or Cushings Syndrome where adrenal is overactive**
- **For hypertension, dose up gradually through the day**
- **In cases of anaphylaxis, do not continue to give gemmotherapy if the person is not breathing.**

ROSA CANINA (Dogrose young shoots)

- **Stimulates immunity via the RES (reticulo-endothelial system) phagocytosis**
- **Re-equilbrates the protein profile**
- **Acts complementary to many of the buds**
- **For pediatrics – growth disorders. Eyes, Ears, Nose and Throat issues, skin issues like eczema, boils**
- **Upper respiratory infections affinity, preventative, give to children along with Abies.**
- **Headaches and migraines**

ROSMARINUS OFFICINIALIS (Rosemary young shoots)

- **Liver-gall drainage**
  - **Antispasmodic on the ball**
  - **Hepatoprotective**
  - **A tonic and a stimulant**
  - **Cholagogue and choleretic**
  - **Eliminates mucous accumulation that blocks function.**
- **Balances nervous system equilibrium**
  - **Improves memory**
- **antioxidant**
- **anti-viral**

CONTRAINDICATIONS

- **Start at a lower dose of 1-2 drops of the concentrated because it has the potential to produce epileptic seizures if given too high too soon.**

RUBUS FRUTICOSUS (Blackberry young shoots)

- **LUNGS. Pulmonary tropism, oxygenates the blood, the tissues, the brain**
- **For degeneration conditions of the bone, enhances the action of osteoblasts**
- **For pain in decalcifiction situations, acts as an analgestic**

- **Anti-sclerotic throughout the body. One of our major anti-sclerotic remedies.**
  CONTRAINDICATIONS
- **No clear contras but because of its anti-sclerotic activity that it might prevent cancer from being walled off. Contraindications that were given for Corylus, would be applicable including never use in TB carriers or MAI (Mycobacterium Avian Influenza) carriers, or lung cancer unless in conjunction with chemotherapy.**

RUBUS IDAEUS (Raspberry young shoots)

- **Uterine tonic/reproductive tonic**
- **Antispasmodic**
- **Hormonal regulation, specifically ovarian function**
  - **puberty**
  - **childbearing years**
  - **menopause**

SALIX ALBA (White Willow buds and flowers)

- **Anti-inflammatory**
- **Anodyne**
- **Febrifuge**
- **Blood thinning**
- **M/S flexibility**
- **Increases Red blood cells**
- **Anxiousness and anxiety, Nervous system and Gut impact**
  CONTRAINDICATIONS
- **Do not use in children or with pregnant women, risk of Reye's Syndrome**
- **Do not use with anyone known to be allergic to aspirin**
- **Not in kidney disease and bleeding disorders**
- **Not with someone on anti-seizure medication**
- **Caution if taking anticoagulant medication**
- **Potential to interact with some pharmaceuticals, watch for aspirin, methotrexate, diuretics**

SAMBUCUS (Black Elder buds)

- **Immune stimulating**
- **Antiviral-influenza, herpes, cold sores**
- **Antibacterial**
- **Diaphoretic/Diuretic**
- **Antioxidant**
- **Antispasmodic**
- **Improves circulation**
- **Inflammation modulation**
- **Organic overload, promotes elimination of accumulated toxins**
- **Decongests abdominal viscera**
  COUNTERINDICATIONS
- **Buds are non-toxic unlike the bark, leaves, seeds, and roots, so no concern for cyanide toxicity**

SECALE CEREALE (Rye rootlets)

- **Major liver remedy**

- **Liver protection and regeneration, restores hepatocytes. Much stronger than Milk Thistle.**
- **Antiviral, viruses of influenza and common cold, stimulates immunity**
- **Removes polyaromatic hydrocarbons and polychlorinated phenols from the body**
- **Protects against chemo after effects**

CONTRAINDICATIONS

- **not during active inflammation, use after the inflammation has subsided**
- **use juniperus to drain before or during the use of Secale**
- **can make people feeling a bit too pushed**

SEQUOIA GIGANTEA (Giant redwood young shoots)

- **Anti-senescence to males (yang tonic), improving neurosexual functional syndromes.**
- **Helps men age with grace, helps prem. ejaculation etc.**
- **Precursor to estrogen.**
- **Osteopenia and osteoporosis increases osteoblastic activity and is precursor to estrogen**
- **Protects Liver**
- **Adrenal tonic – the panax ginseng gemmo! Possibly use lower doses for women**

CONTRAINDICATIONS

- **Not in prostate cancer or any hormone sensitive cancers**
- **May be contra in excess estrogen conditions**
- **Sometimes given in lower doses for women. Just test to see.**

SORBUS DOMESTICA (Service tree/Rowan tree buds)

- **All about the veins. Venous problems**
- **Regulator of venous circulation**
- **Moves congestion**
- **Decreases serum viscosity**
- **Tones venous walls**
- **Lymph drainage**
- **Cerebral circulation**

SYRINGA VULGARIS (Lilac buds)

- **Cardiac remedy. Antispasmodic, allowing vasodilation, esp. of coronary arteries**
- **For angina, heart disorders, heart failure, tired heart**
- **Antisclerotic for vessels, arteriosclerosis, nephroangiosclerosis, pulmonary fibrosis**
- **Anti-allergy**
- **Decreases cholesterol and uric acid**

CONTRAINDICATIONS

- **start with small doses 1-2 drops and build up, esp. on senile hearts**
- **increased blood flow too fast to the brain, could cause fainting**
- **Increased blood flow too fast to myocardium could cause palpitations or irregular heart rate, esp. in senile hearts/elderly people.**

TAMARIX GALLICA

- **Stimulates bone marrow production**
- **All three stem cells are stimulated: Erythropoesis(red blood cells), Leukopoesis(white blood cells), Thrombopoesis(platelets)**

- **Hypercoagulant – increases blood clotting**
- **Antiviral (anti-organism). For antiviral activity have this one, Acer, and Secale ready on the shelf for when needed.**

CONTRAINDICATIONS:

- **Careful observation of anyone with predisposition to form clots**
- **Not in arteriosclerosis and in thrombocytosis when you don't want to thicken the blood**
- **Not if taking anticoagulant meds**
- **Not in increased platelet conditions**
- **Not in leukemia**

TILIA TOMENTOSA (Linden tree/silver linden buds)

- **Drains and sedates the nervous system, balances**
- **Overall calming for nervous system**
- **Sedative**
- **Antispasmodic for the Nervous System**
- **Anxiolytic**
- **Anti-inflammatory**
- **For exhausted Nervous System**

CONTRAINDICATIONS:

- **Aware of those with SSRIs or other conditions with increased serotonin levels, Linden may increase serotonin levels**
- **Caution if taking sedative drugs, can potentiate the action of these.**

ULMUS CAMPESTRIS (European field elm buds)

- **Kidney drainage that has effect on the skin, set, gooey skin conditions**
- **Superficial drainage that can help correct metabolic imbalances: rheumatism, gout etc. So if we drain the kidneys, the joints are most likely better and less likely to get gout.**
- **Remineralizing, so good for bone conditions.**

VACCINIUM MYRTILLUS (Bilberry/European blueberry young shoots)

- **Supports issues of the eyes related to vision**
- **Antiviral (so is the cowberry)**
- **Antiseptic, urinary system and digestive system**
- **Improves microcirculation throughout the body**
- **Balances blood sugar metabolism**
- **Protective of GI mucous membranes, urinary tract, pancreas, microcirculation, vision and emotionally.**

VACCINIUM VITIS-IDAEA (Cowberry/Ligonberry young shoots)

- **Female senescence, use for aging with grace for women, menopausal imbalances, emotionally as they age**
- **Rebuilds mucous membranes in digestive tract**
- **Helps restore normal bowel flora**
- **Supports mucous membranes in the respiratory, urinary, and musculoskeletal systems**
- **Remineralizes, facilitates calcium absorption in the intestines**
- **Urinary system, drainage and infective (arbutin)**

CONTRAINDICATIONS

- **Use with awareness in elevated estrogen where endometriosis or adenomyosis are present**
- **Use with awareness in cases of estrogen positive cancers.**

VIBURNUM LANTANA (Wayfaring tree buds)

- **Lung remedy, drains the lungs**
- **Lower respiratory tract and upper respiratory tract) mucous membranes, and skin**
- **Hyperthyroidism, Grave's Disease, thyrotoxicosis**
- **Possible Hypothalamic-Pituitary action plays a part**

VINCA MINOR (Periwinkle young shoots)Cerebral circulation

- **Post cerebral infarct**
- **Stimulates the brain's electrical activity**
- **Post traumatic brain injury**
- **Peripheral circulation**
- **Hypertension**

CONTRAINDICATION: Be aware if on blood thinners

VISCUM ALBUM (Mistletoe young shoots)

- **For sclerocystic conditions in all organs and glands. Will break things down in the body.**
- **Used in conjunction with chemo treatments to break down tissue and have chemo agent act as toxin to the tumor. Breaks down the glue that holds tumors, benign and malignant, together.**
- **Has some quieting action on the nervous system**
  - **Lowers heart rate and blood pressure**
  - **eases anxiety**
  - **promotes sleep**
  - **decreases panic attacks**

CONTRAINDICATIONS

- **With cancer, used with chemo. Can be a problem if used without chemo to act as a toxic agent after breaking down the capsule**
- **Post surgically, caution if you don't want scar tissue broken down.**
- **Be aware of potential interactions with medications including anticoagulants, antihypertensives, cardiac meds, immunosuppressing agents, antidepressants and pharmaceutical diuretics.**

VITIS VINIFERA (Grape vine buds)

- **inflammation**
- **osteoarthritis and deforming rheumatoid arthritis**
- **skin, gut mucous membranes, vessels, reproductive**
- **Autoimmune: works on globulins, breaks up immunoglobulin chain reactions causing inflammation and autoimmune activity. You want it fixed, but this doesn't do that, it just breaks up the tissue.**
- **Stimulates and regulates white blood cells; for leukopenia.**

ZEA MAYS (Corn rootlets, rootbark)

- **Anti-inflammatory**

- **Myocardial arteries**
- **increases coronary artery circulation**
- **normalizes cardiac enzymes**
- **Kidney and liver drainage**

- **Diuretic**

CONTRAINDICATIONS

- **High does can cause fatigue, start off slowly, build up the dose**
- **Can be combined with Quercus, Sequoia, or Ribes to prevent the fatigue effects**

REPERTORY

These are the best known gemmos for these systems.

RESPIRATORY
Alnus Glutinosa
Betula Pend. Seed
Betula Pub. Bud
Carpinus Betulus
Citrus Limonum
Corylus Avellana
Fagus Sylvatica
Ligustrum Vulgare
Lonicera Nigra
Ribes Nigrum
Rosa Canina
Rubus Frut.
Viburnum Lantana

ENDOCRINE
Betula Pub.
Cornus Sanguinea
Juglans Regia
Prunus Amygdalus
Quercus Ped.
Ribes Nigrum
Rosmarinus
Rubus Idaeus
Sequoia Gigantea
Vaccinium Vitis Idaea

NERVOUS SYS.
Betula Pend.
Citrus Limonum
Ficus Carica
Ilex Aquifolum
Lonicera Nigra
Olea Europaea
Prunus Amygdalus
Tilia Tomentosa

DIGESTIVE
Betula pend. Bud
Carpinus Betulus
Citrus Limonum
Corylus Avellana
Ficus Carica
Ilex Aquifolium
Juglans Regia
Juniperus Communis
Ligustrum Vulgare
Lonicera Nigra
Prunus Amygdalus
Ribes Nigrum
Rosmarinus
Secale Cereale
Vaccinum Vitis Idaea
Vitis Vinifera

CARDIOVAS.
Acer Camprestre
Aesculus Hippo.
Alnus Glut.
Carpinus Betulus
Castanea Vesca
Cercis Siliquas.
Citrus Limonum
Cornus Sanguinea
Corylus Avellana
Crataegus
Olea europaea
Populus Nigra
Prunus Amygdalus
Prunus Amygdalus
Sorbus Domestica
Syringa Vulgaris
Tamarix Gallica
Zea Mays

DERMATOLOGICAL
Cedrus Libani
Ilex Aquifolum
Juglans Regia
Platanus Orientalis
Secale Cereale
Ulmus Campestris

URINARY
Ilex Aquifolum
Juniperus Commun.
Lonicera Nigra
Prunus Amygdalus
Ribes Nigrum
Rubus Idaeus
Ulmus Campestris
Viscum Albuminuria
Zea Mays

MUSCULOSKELETAL & Connective Tissue
Abies Alba
Ampelopsis Veitchii
Betula Pend. Bud
Betula Pub. Bud
Betula Pub. Sap
Cercis Siliquastrum
Fraxinus Excelsior
Pinus Montana
Rosa Canina
Rubus Frut.
Sequoia Gig.
Vaccinium Vitis Idaeus
Viscum Album
Vitis Vinifera

METABOLIC
Fraxinus Excelsior
Olea Europaea
Prunus Amyugdalus
Prunus Amygdalus
Ulmus Campestris

IMMUNE
Abies Alba
Acer Campestre
Alnus Glut.
Betula Pendula bud
Beutla Pendula seed
Betula Pub. Bud
Carpinus betulus
Fagus Sylvatica
Juglans Regia
Lonicera Nigra
Pinus montana
Platanus Orientalis
Ribes Nigrum
Rosa Canina
Rosmarinus
Rubus Frut.
Viburnum Lantana

REPERTORY

ACNE:

- **Ribes nigrum**
- **Aesculus for acne rosacea**
- **Dry skin acne: Cedrus Libani**
- **Combine:**
  - **Ribes nigrum (black currant) anti-inflammatory (oral/topical) Complementary to all inflammatory states. Anti-infectious. Adaptogenic.**
  - **Ulmus campestris (elm) liver/kidney drainer and effects on the skin. Regulates sebum production. (wet oozing skin remedy)**
  - **Plantanus orientalis (oriental planet tree) skin drainer. Acne acute/chronic/recurrant/resistent). Eczema, resistant psoriasis.**
  - **Juglans regia (walnut) to work on the gut level. Antibiotic/antistreptococcal/antistaphlococcal. The internal action of the remedy demonstrates itself on external cutaneous manifestations. Restores the microflora (after antibiotics). Chronic inflammation (flavours natural immunity)**

DOSAGE: Take away from food, on empty stomach. Start with 2 drops twice a day and increase to 7 drops twice a day. Take on or under tongue or in water, and hold in mouth a few seconds before swallowing.

<u>Other gemmos to consider:</u>

- **Juniperus and Rosmarinus. Liver, kidney, gall drainage.**
- **Vaccinium myrtillus (bilberry) for pustulant acne.**
- **Vitis vinifera is remedy of certain types of dermatitis (acne, erysipelas warts collagenosis) associated most of the most with an internal cause (often from the intestine).**
- **Rubus idaeus (raspberry) for acne related to hormonal imbalance in young females under the age of 35.**
- **Liver support incl. Rosmarinus, Corylus, Juniperus**
- **Hormone support incl. Quercus, Sequoia, Rubus Idaea Equisetum arvense gemmo**
- **Combine Platanus with Ribes, Ulmus, Cedrus**
- **Rubus Id. with Platanus**
- **Rubus Id. with Cedrus, or Ulmus**

ADRENALS:

- **Quercus Robur: stimulates the secretion from the adrenal cortex, as well as the pituitary so it enhances the whole endocrine system.**
- **Insufficiency: Sequoia Gig.**
- **Ribes Nigrum: stimulates the adrenal glands and the pituitary. Stimulates steroid production, regulates pituitary. It is an adaptogen and increases the adrenal activity, stimulates metabolism, regulates immune system, increases resistance, prevents degeneration and is synergistic with other remedies. You could use Ribes every time you prescribe in convention medicine a steroid.**
- **Ribes: use for addison's disease and adrenal atrophy. Stimulates the 11-oxysteroids. Can prevent side effects for people treated with short term steroid therapy**
- **Ribes use to support adrenal glands if on long term treatment with corticosteroids.**
- **Betula Pubescens: according to Dr. Andrianne, the seeds stimulate the adrenals; as**

commented about other remedies, if the seeds do it, the buds might and should do it too; worth a try?

- **Fraxinus Excelsior: stimulates the adrenals, increases the secretion of cortisol, and regulates the secretion of adrenaline and nor-adrenaline.**
- **Sequoia Gigantea: for adrenal insufficiency.**
- **Adrenal cortex activation: Fraxinus, Quercus, Ribes**
- **Adrenal malfunction/failure: Quercus, Ribes, Sequoia**
- **Adrenal stimulant: Ribes, Pinus, Romarinus**

AGING

- **Quercus robur (oak), Sequola gigantea (giant redwood), Vaccinium vitis-idaea (cowberry) – Anti-senecense**
- **Premature aging: Vaccinum Vitis Idaea**

ALLERGIES:

Combine:

- **Ribes Nigrum (black currant)– cortisone like inflammation modulation, anti-allergic.**
- **Rosmarinus off. for liver drainage (important to support liver when allergic reaction), stimulant, tonic with lots of antioxidants**

DOSAGE: take drops before meals, pure or undiluted in water. For optimum results, put them directly on the tongue an wait a few seconds before swallowing. When possible it is better to take this complex regularly in a preventive way (in the morning before breakfast) 15 drops for one week each month throughout the year. It is also recommended to be taken 2-3 months prior to when allergies start. This way the frequency and intensity of the allergies are diminished. Adults and children over 12 years old: for prevention 5 drops daily in the morning before breakfast. Adults and children over 12 years old: 5 drops 3 times daily between meals (15 drops daily).

<u>Other gemmos to consider:</u>

- **Ficus carica for allergies of nervous origin. Allergy to the sun.**
- **Juglans regia (walnut) is useful in cases of allergies if autoimmune origina. Give alternately with other remedies.**
- **Fagus sylvatica as immune system balancing via gammaglobulins**
- **Juniperus for liver/kidney drainage**
- **Rosa canina stimulates the RES**
- **Viburnum Lantana for chronic allergies, acting between black currant and rosemary**
- **Betula ver. anti-inflammatory, stimulates RES**
- **Abies Pectinata: this remedy has a known action on asthma and allergies.**
- **Alnus Glutinosa: acts as a general anti-inflammatory including allergies and urticaria. Can combine Alnus with Ribes for chronic allergies**
- **Cedrus Libani: works through drainage and detoxification, more of a chronic in depth remedy.**
- **Fagus Sylvatica: reported as an anti-allergic and anti-histaminic, it might be a more specific allergic remedy through it action on the immune system (hypothetical).**
- **Ribes Nigrum: the major anti-inflammatory, cortisol-like action; cannot be omitted in this indication.**
- **Rosmarinus Officinalis: used in chronic allergies, probably through liver regulation**

and drainage, therefore is not specific for allergies.

- **Rubus Idaeus: a remedy indicated in allergies and chronic inflammation of the mucosa.**
- **Viburnum Lantana: used for atopic and inflammatory eczema, although not specifically anti-allergic, although its action on the hypothalamus and the pituitary might also eventually influence the adrenals and the level of cortisone (hypothetical).**
- **Cedrus Libani and Ribes for allergic reactions, inflammation of skin**
- **Fagus Sylvatica**
- **Hives: Platanus**
- **Ficus and Ribes for sun allergy**
- **Ribes and juniperus for allergies**
- **Ribes with Rosa for sniffly nose and allergic issues**
- **Ribes with Fagus for allergies**
- **Ribes with Rosmarinus for allergies**
- **Rosa Canina**
- **Syringa (lilac) for allergies, anti-allergens and anti-histamine. Can combine with Ribes.**

ANEMIA

- **Abies (silver fir) for iron deficiency, stimulates erythropoiesis (RBCs)**
- **Corylus is an anemia remedy**
- **Tamarix – bleeding conditions. Tamarix with Corylus Avellana for hypochromic anemia.**

ANGINA

- **Syringa (lilac) is cardiac remedy. Antispasmodic, allows vasodilation esp. of coronary arteries. Antisclerotic. Decreases cholesterol and uric acid. Begin with small doses of 1-2 drops, esp. on senile hearts to see if there are any side effects like headache, heart palpitations. When used for angina taking only a couple of drops can stop the spasming.**
- **Crataegus for hypo and hypertension**
- **Viscum album**
- **Olea for angina, arrhythmias, tachycardia.**
- **See Heart**

ANKYLOSING SPONDYLITIS, also see Bone

- **Ampelopsis for joints, ligaments, tendons, cartilages. Inflammation, repair, regeneration.**
- **Ampelopsis with Rubus**

ANTIBIOTIC

- **Vitis, Juglans, Ribes, Vaccinum together for antibiotic side effects such as helping restoring gut flora**

ANTISEPTIC: Abies, Cedrus, Citrus, Fagus, Juniperus, Pinus, Populus

ANTISPASMODIC: Castanea, Rubus, Tilia, Citrus, Juniperus, Lonicera. For bronchial: Carpinus Betulus.

ANTI-SCLEROTIC:

- **Rubus fructicosis(bramble) *for lungs***
- **Corylus avellana (hazel) *affinity for lungs***
- **Viscum Album (Mistletoe) *affinity for nerves.* Sclerocystic conditions in all *organs and glands.* Breaks down glue that holds tumors, benign and malignant, together. Quiets the nervous system which can lower the heart rate, ease anxiety, promotes sleep, decreases panic attacks, lowers blood pressure. Often use with Tilia to keep calm.**
- **Olea europaea (olive) *affinity for brain, lung***
- **Prunus amygdalus (sweet almond) *for kidneys, blood***
- **Ampelopsis veitchii (virginia creeper) *for connective tissue, ligaments, tendons***
- **Malus sylvestris (crab apple) *gallstones***
- **Rose canina (dog rose) u*pper respiratory, decalcification with bone remedies***
- **Ficus carica (fig) *gut related***
- **Sequoia gigantea (giant sequoia) *pancreas***
- **Vitis vinifera (grape vine) *joints***
- **Equisetum arvense (horsetail) *urinary stones***
- **Olea for cerebral sclerosis related to memory loss, senility, facial neuralgias, MS**
- **Syringa (lilac). *Pulmonary* fibrosis because of sclerotic activity. Cardiac remedy. Antispasmodic, allows vasodilation esp. of *coronary arteries.* Antisclerotic (good for arteriosclerosis). Anti-allergy. Begin with small doses of 1-2 drops, esp. on senile hearts to see if there are any side effects like headache, heart palpitations.**
- **Cercis sililquastrum (judas tree). Anti-sclerotic. Used for sclerotic plaquing of *arteries.* Also for *brain, heart, liver, kidneys*. Anti-coagulant/hypocoagulant, anti-thrombotic, anti-inflammatory (for arteritis). Can take 5 drops 2-3 times a day.**

APPETITE

- **Increasing appetite Calluna and Ficus**
- **Ficus is bipolar, improves appetite by increasing or decreasing**
- **Abies Pectinata: known as a pediatric remedy for "growth", acts on the phosphocalcic metabolism; better metabolism means a better appetite.**
- **Betula Verrucosa: osteoblastic activity increased, anti-rickets, like Abies Pectinata, part of the action might be through increased appetite and better nourishment.**
- **Calluna + Ficus for increasing appetite**
- **Rosa Canina: when growth is prevented by recurrent infection, restores immunity and through this well-being increases the appetite.**
- **Note: those indications are very indirect and should not be used, for example, as a prescription in anorectic patients; as always, the reason for a lack of appetite should be understood first.**

ARTERIES:

- **Black Poplar**
- **Increase circulation: Black Poplar**
- **Arteritis: Black Poplar, alternate with Betula Pubescens and Alnus Glutinosa**
- **Spasms: Black Poplar**
- **Coagulatory: Ampelopsis**

ARTERIOSCLEROSIS also see Heart, Circulation, Sclerosis

- **Alnus glut with Olea, Vaccinium, and Sequoia**
- **Birch sap with Olea**
- **Cercis Siliquastrum, in particular due to protein or lipid deposition, often present in cerebral, hepatic or renal locations. Can combine Cercis with Olea.**
- **Olea for arteriosclerosis**
- **Prunus (sweet almond), and for liver and kidney vascular support**
- **Prunus for elderly arteriosclerosis secondary to hypercholesterolemia or hypercoagulation disorders**
- **Rosmarinus with Olea – rosmarinus is a good way to get blood, liver moving.**
- **Rubus Id with Olea for arteriosclerosis**
- **Secale with Cercis and Olea for atherosclerosis.**
- **Viscum Album (mistletoe)**
- **Viscum Album with Acer, Olea, Prunus, Cercis for arteriosclerosis**

ARTHRITIS:

Ribes Nigrum

- **Inflammation**
- **Arthritis small joints**
- **Rheum, Osteo**

Fraxinus Excelsior:

- **Gout, Rheum: Fraxinus Excelsior**
- **Cornus Sanguinea for arteritis**

Ficus Carica:

- **Rheum in adolescents**

Cercis Sililquastrum:

- **arteritis esp. lower leg incl. Thrombophlebitis and intermittent claudication. Combine with Ribes or Populus. Arterial embolisms. Not Cercis if hypothyroid.**

Ampelopsis for

- **Polyarthritis with joint deformation**
- **Deforming inflammatory arthritis eg. Rheum.**
- **Osteoarthritis; heberden's nodes in fingers**
- **Ampelopsis with Vitis vinifera to arrest the formation of osteophytes, break down nodules**
- **Rubus Fruticosis (black berry) Relating to bone health:**
  - **Osteopenia, osteoporosis**
  - **Decalcification and degeneration of bones of articulations/joints**
  - **Ankylosing spondylitis**
  - **Arthrosis**
  - **Osteoarthritis**
  - **Rheumatoid arthritis**
  - **Growing pains in children**
  - **Fibroma and gonarthrosis (by acting on fibrosclerotic tissues)**
  - **Combine Ampelopsis with Vitis vinifee and Pinus.**
  - **Salix with Vitis for OA and RA**

<u>Fibromyalgia</u>

- **Sambucus**
- **Vitis Vinifera**
- **Alnus**

For Pain in decalcification situations:

- **combine Rubus with Vaccinium and Sequoia**
- **combine Rubus with Ribes for cortisol-like support in inflammatory conditions**
- **combine Alnus glut. With Ampelopsis, Vitis, and Ribes for RA and OA**

Osteoarthritis for elderly:

- **combine Salix Alba (white willow) and Sequoia, and Vitis, and Vaccinium and Rubus.**
- **Salix Alba, Betula pub., and Viscum album for arthritis**
- **Vitis vin. (grapevine) for OA and RA**
- **Vitis, Ampelopsis and Ribes for joint deformed arthritis**
- **Vitis, Pinus, Ribes for arthritis**
- **Vitis, Ampelopsis and Ribes for joint deformed arthritis eg. Fingers**
- **Take Vitis with pinus and Ribes. A.M. Ribes. Before lunch Pinus. Before supper Vitis. Do for 2 months minimum.**
- **Vitis with Alnus for fibromyalgia**
- **Equisetum arvense gemmo for RA or OA**
- **Juglans for chronic arthritis**
- **Juniperus for chronic arthritis**
- **Salix, Betula and Viscum for arthritis**
- **Salix, Ampelopsis and Ribes for arthritis.**
- **Ulmus for psoriatic arthritis**
- **Vitis Vinefera for Rheum. Arthritis, Osteo esp. in fingers and toes**
- **Combine:**
  - **Pinus montana to drain joints, liver, lymph. Regeneration of bone and cartilage, remineralization**
  - **Vitis to break up immunoglobulin inflammatory chain reactions, joint specific**
  - **Betula sp. (mix of Betula alba and Betula ver.) for inflammation and immune modulation, bone regeneration**
  - **Ribes nigrum for cortisol like anti-inflammatory action, can potentiate the actions of other gemmos.**

Other gemmos to consider:

- **Populus nigra: chelator of toxins, lower leg articulations supported**
- **Juglans regia to improve GI function, antimicrobial**
- **Ficus carica – balances GI terrain, modulating immune reactions**
- **Ampelopsis veit. Works on arthritic joints**
- **Combine for: skin conditions, weight loss, edema, HTN, heaviness in limbs, cellulite, kidney stones (same as other birch saps), but is especially good for gout, excretion of metabolic waste which creates an acid environment, rheumatism (OA and RA). Do not use Ribes if cortisol or DHEA is elevated.**
  - **Equisetum arvense to promote fixation and maintenance of calcium. High in silica.**
  - **Ribes nigrum works synergistically with Birch Sap to potentiate its action**
  - **Pinus montana for regenerating hard tissue, bone and cartilage; drains joints, liver and lymph, removed all heavy metals from the body.**
  - **Vitis vinifera action is from chronic inflammation in all tissues and organs, promotes calcium absorption of the colon.**

DOSAGE. Go very slowly. In an arthritic person the pain will get worse if you

do drainage too quickly. Start low, increase by one drop a day. If people are very sensitive, put it in water and sip it over a period of time.

Treatment for Osteoarthritis

- Use Pinus montana, Ribes, and Vitis vinifera
- Different joints may need additional supporting
- For hips, need increased circulation, increasing the reticular endothelial system (RES). Betua pub. and Ribes daily, while alternating every other day with Vitis vinifera and Pinus montana
- For knees, add in Rosa canina to decrease inflammation in the synovial fluid and Rubus fructicosus to increase osteoblast activity
- For extremities, add in Salix because of tis tropism for the ligaments and articulations in the hands and feet.
- Dosing strategies need to target long terms use. Dosing every other month is one option. Symptoms will help to figure how often and for how long.

Rheumatoid Arthritis (and psoriatic arthritis), inflammatory disease process

- RA possibly has a genetic correlation
- RA is considered an autoimmune disorder
- Goals of the treatment:
  - modulate the inflammation
  - modulation the immune system, it is overactive, stop the attack on self-realization
  - decrease pain and deformities

Treatment for RA:

- Ribes nigrum, Ampelopsis veitchii, and Rosa canina. ALTERNATE every other month with:
- The basic trio of gemmo remedies: Pinus, Ribes and Vitis vinifera
- Dosing strategies need to target longer term use. Dosing every other month is one option. Symptoms will help to direct how often and for how long.
- Another combination: Populus, Ribes and Ampelopsis

ASTHMA also see Respiratory

- asthma is more of a pulmonary issue than a cardiac issue
- ribes nigrum and alnus glut.
- Corylus with Viburnum lantana for asthma and emphysema, chronic bronchitis, asthma, emphysema.
- Viburnum with Ribes and Rosa for atopic conditions.
- Crataegus with Viburnum lantana
- Viburnum lantana with ribes for asthma works really well. Also for allergies.
- Quercus pedonculata (oak) and Betula pubescens (white birch for impotency Viburnum lantana (Wayfaring Tree, and Ribes nigrum (black currant for asthma
- Lonicera nigra (black honeysuckle). Or combine with Corylus.
  - Abies Pectinata: used for asthma, allergies and ENT infections.
  - Alnus Glutinosa: any condition associated with inflammation and asthma has the common path of having inflammation of the bronchial tree.
  - Crataegus Oxyacantha: anxiolytic, used in non-allergic asthma.
  - Ribes Nigrum: any situation that would need cortisone prescription in conventional medicine, stimulates adrenal glands. For acute allergies and rhinitis

- **Rosmarinus Officinalis: indicated in chronic allergies; use only if there is an allergic component to the asthma; nevertheless, as it is also an euphoric remedy, it could find its place in anxiety induced asthma, but only secondarily to the more emotional remedies.**
- **Viburnum Lantana: inhibits bronchial spasm; it is a lung drainer too, so it might be useful not only to relieve the spasm but to remove any local lung trigger. You can combine with Ribes.**

BACTERIA:

- **Citrus with Betula verrucosa for onset of bacterial infections.**
- **Some bacterial infections, E coli related: Fagus Sylvatica**
- **H pylori, dysbiosis: Ficus. Or combine with Rosmarinus, or Juglans**
- **Tonsilitis, pharyngitis, inhibits strep) Ligustrum Vulgare**
- **Juglans cleanses up focal infections, works with gut issues. Is anti-inflammatory, antinfectious, anti-parasitic, anti-fungal and anti-bacterial.**
- **Strep, Staph dose high with Juglans, up to 30 days a day. Treat terrain as well with homeopathy**

- **Combination to stimulate weakened immune defences, is recommended for the treatment of acute and chronic bacterial infections as well as for the treatment of secondary infections associated to the flu.**
  - **Alnus glu. Acts quickly and effectively on the suppurative and inflammatory phases. Indicated in all ear, nose and throat pathologies and more particularly in brochitis, sinusitis, rhinitis, tracheitis and even pleuropneumonia. Acts on the inhibition of growth of Escherichia Coli and Staphylococcus Aureus.**
  - **Populus nigra remedy for respiratory ailments (acute infections). ENT infections. Tracheitis, bronchitis. Acts on the inhibition of growth of Echerichia Coli, Staphylococcus Aureus and Candida Albicans.**
    DOSAGES: Take empty stomach with or without water. Leave in the mouth a few seconds to be absorbed and swallowing. Adults and children over 12: 5 drops 3 times daily until symptoms disappear. In acute situation do 10 drops three times daily for 3 days, then go back to the lower dose. Prevention: 10 drops a day.
    <u>Other gemmos to consider:</u>
  - **Rubus fructicosus is active against Staphylococcus aureus and Candida. Indications: Pulmonary infections.**
  - **Juniperus**
  - **Rubus idaeus is active against Staph and Candida and E coli. Indications: Gytn. Infections.**
  - **Juglans regia is active against Staph, and E coli. Indications: pulmonary and intestinal infections.**
  - **Also check out: Ribes, Cedrus, Citrus, Pinus, Abies, Rosa, Betula spp.**

<u>Other gemmos to consider:</u>

- **Rubus fructicosus is active against Staph and Candida. Good for pulmonary infections.**
- **Rosa canina is active against E coli and antiviral and supports the immune. Good for ENT infections.**
- **Juglans regia (walnut) is active against Staph and E coli. Good for pulmonary and intestinal infections. Take a different time than other bud formulas, likes to be on**

its own.

BEDWETTING:

- **Quercus robur with Abies Alba**

BELLS PALSY

Quercus with Tilia

BLADDER also see Kidney

- **Olea decreases bladder adhesions**

BLOOD

Taking these 3 gemmotherapic remedies together (15 drops a day of each) can be a fantastic stimulant to the bone marrow, whatever the cause of the pathology of the bone marrow is.

1. **ABIES PECTINATA, known as a bone remedy, but has also the property stimulate erythropoiesis and stimulate the function of the bone marrow through the activation of the bone marrow. At the same time it stimulated immunity because the bone marrow is also the birthplace of all the white blood cells.**
2. **CORNUS SANGUINEA which we saw for the arteries. Op top of its thrombolytic properties, it stimulates the mastocytes and plasmatocytes in the bone marrow, revelant to blood health.**
3. **TAMARIX GALLICA, general bone marrow stimulant, specifically stimulating erythropoiesis. It is indicated for all forms of anemia but don't forget to treat the cause of anemia. Tamaris is known as being useful in thrombocytopenia, secondary to vital infections. Tamaris Gallica has a tendency to create or increase or improve clotting so we have to be a little careful. If we associate it with Abies and Cornus, this is taken care of.**

OTHER:

- **Activity on erythropoietic cells:**
  - **Coryllus Avellana**
  - **Abies Pectinea**
  - **Tamarix Gallica**
  - **Most of the conifers**
- **Activity on megacaryocytes and platelets:**
  - **Tamarix Gallica**
  - **Carpinus Betulus**
- **Activity on macrophages:**
  - **Betula Verr.**
  - **Betula Publishers**
  - **Juglans**
  - **Fagus**
  - **Ulmus**
  - **Cornus**
- **Activity on Leukocytes:**
  - **Tamarix**
  - **Vitis Vinefera with Cornus for reduced number of white blood cells leukopenia)**
- **Activity on Thrombopoesis (platelets)**
  - **Tamarix. Tamarix with Carpinus betulus increases platelets.**
  - **Tamarix with Ficus for elevated eosiniphil white blood cells. Don't use in**

hypercoagulated states

- Activity of neutrophils, Eosinophils(allergic)
  - Rosmarinus (hepatodigestive allergy)
  - Viburnum: tracheobronchial allergy
  - Ficus: mucosal allergy with hypoplasia(underdeveloped cells)
  - Alnus Glut.: mucosal allergy with hyperplasia (abnormal cells, pre-cancer)
- Sorbus, affinity for the venous system. So use for venous stastis, esp. lower leg, varicose veins, poor blood circulation in veins.
- Aesculus, tightens vessel walls, increasing their elasticity and flexibility. Big remedy for hemorrhoids and varicose veins. When tighter, better blood flow.
- Crataegus increases contractility, overall blood pumping from the heart
- Populus short term use (6 weeks or less) for lower leg affinity, antispasmodic, antithrombic
- Rosmarinus for elevated lipids in the blood
- Citrus for rapid blood flow, short lived. Can do 10 drops at a time.
- Cercis siliquastrum antithrombobic, thins the blood, increases micro circulation in the extremities. Not cercis if hypothyroid.
- Cornus for inflammation modulation, drains the arteries, antithromibic
- Salix alba the bud increases RBCs, the bark of young branches is inflammation modulatin (salicylic acid) to the musculoskeletal system.
- Blood coagulation: Tilia Tomentosa
- Citrus Limonum thins the blood quickly but is short lived.
- Cornus for bruising, internal bleeding – brain, abdominal, thoracic
- Cornus for blood coagulation, bipolar action
- Post traumatic hematoma, reabsorbing intracranial hematomas (The term hematoma describes an area of blood that collects outside of the larger blood vessels. Hematomas are commonly due to injuries or trauma in the area. An injury can cause blood vessel walls to break, allowing blood to make its way into the surrounding tissue) Ficus, Alnus glut. And Cornus .
- Blood and Lymph clearing: Malus (crabapple)
- Increase Red Blood Cells: Salix with Tamarix and Corylus

<u>Haematology.</u>

- Note on Myelodysplasia:
  Abies Pectinata: stimulates erythropoiesis and bone marrow.
- Cornus Sanguinea: stimulates the mastocytes and the plasmatocytes in the bone marrow.
  Tamarix Gallica: stimulates erythropoiesis and bone marrow; remember it can increase the coagulation tendencies. With associated myelofibrosis, add Coryllus Avellana and Olea Europea. Look up other remedies acting upon sclerosis as you might find the use for a different one adapted to associated pathologies, or you might need to add different remedies for the same indication to have a deeper or faster action.

BLOOD PRESSURE:

- G4 COR GEM Circulation and healthy blood pressure. Used for health issues of the cardiovascular system, beneficial for heart and blood vessel function. Viscum alb. To quieting action on NS, breaks down sclerotic cystic accumulation. Help regulates blood pressure, has anti-spasmodic properties. Prevents aging of the cardiovascular. Helps make blood fluid to prevent thrombosis. Check

contraindications – don't take if on blood thinners or on a lot of blood pressure medication.

- **Crataegus oxy. as tonic for the Cardiovascular system, used for physical and emotional issues of the heart**

DOSAGE: take drops before meals in pure water. Put directly on tongue and wait for few seconds before swallowing. 2-15 drops daily around noon before meal, hold 20 seconds on tongue or dilute in a bit of water. Start with low dose, gradually increase until achieving desired effect. If very hypertensive, try Bio85 six times daily and and taper off gradually the Bio 85 and leave them on Cor-Gem. Careful with the elder senior heart – go slowly.

<u>Herbal remedy to consider adding:</u>

- **Allium ursinus (bear's garlic) the sulphur compounds of all garlic can be hypoercholesterolemic, hypertensive, and antispasmodic and it is diuretic. This was originally in Cor-Gem but Health Canada made them remove it because it is a mother tincture and they didn't want mother tincture with buds.**

<u>Other Gemmos to consider:</u>

- **G7 DEP-GEM for liver/kidneys/gallbladder drainage.**
- **G10 MEM-GEM for cerebral circulation and promoting memory**
- **G17 VEN-GEM for venous and lymph circulation.**
- **G20 DEPURASAP for renal and liver drainage, contains elevated concentration of Calcium, Magnesium, Potassium, diuretic**
- **G42 Cornus sanguinea as a heart drainer and prevents and repairs necrosis fo the myocardium associated with Myocardial Infarction. Thins the blood so don't use if on blood thinners.**
- **G44 Alnus glutinosa for arteritis, promoting blood flow. Not if on blood thinners. This is the antibiotic of gemmotherapy. Good for digestive system. Helps to dissolve blood clots.**
- **G48 Corylus avellana to fight fibrosis of the myocardium (with G42 Cornus)**
- **G56 Juniperus comm. In G7. For liver and kidney drainage, active in portal hypertension. Will see this in liver cirrhosis.**
- **G57 Citrus limonum to thin the blood. (vegetable aspirin)**
- **G58 Syringa vulgaris (lilac) is involved in CHD plus narrowing of the coronary arteries. Be careful with this, start very slow dissolves plaque in arteries. Not if on blood thinner**
- **G60 Zea mays is recommended after Myocardial Infarction.**

<u>Hypertension</u>

- **Crataegus Oxyacantha: BP regulator, whether too high or too low, heart food, repairs and maintains the myocardium, sedative and anxiolytic.**
- **Olea Europea: lowers BP on its own and through action on atheromas, arteriosclerosis and cholesterol/lipids levels. It needs to be taken for a long period of time for results.**
- **Prunus Amygdalus: antisclerotic lowering the BP. Its renal tropism will make it indicated in cases of renal hypertension.**
- **Ribes Nigrum: lowers BP through adrenal regulation.**

- **Viscum Album: atherosclerosis and dyslipidemia, for long term use. It is also indicated in the cardiac effects of hypertension like ventricular hypertrophy.**
- **Vinca Minor for hypertension. Combine with Crataegus for hypertension.**
- **Viscum Album (mistletoe) . Combine mistletoe with Crataegus, Prunus, Olea**
- **Insufficient coronary artery flow**

<u>Hypotension.</u>

- **Crataegus Oxyacantha: heart food, inotrope positive, maintains the myocardium. This is part of the amphoteric action of Crataegus.**
- **Quercus Robur: adrenal cortex stimulant, its action on BP is through a systemic activity, not through vasoconstriction as you would have form conventional drugs or simply coffee.**
- **Ribes Nigrum: adrenal cortex regulator, in this case stimulant; same remark as for Quercus Robur.**

BLOOD SUGAR:

- **Acer Campestre (hedge maple) for hypoglycemia. To bring down blood glucose levels when used with other gemmos and used over time. If someone is already too low, this is not the remedy to give.**
- **Acer with Juglans for hyperglycemia, insulin resistance and NIDDM, works with pancreas to decrease glucose levels.**
- **Caution with Aesculus; if taking oral hypoglycemic meds or insulin.**
- **Juglans for blood sugar disregulation – diabetes, hypoglycemia**
- **Morus Nigra – glucose intolerance, prediabetes, complications of blood sugar regulation**
- **Vaccinium mytillus (european blueberry) normalizes blood sugar levels in diabetics. Vaccinium Myrtillus with its sister Vaccinium vitis-idaea for diabetic necrosis of extremities or degeneration of vascular walls.**
- **Vaccinium and Juglans Regis for pancreas protection and blood sugar imbalances of hypoglycemic tendencies**

BONE:

Within the osteoarticular system, the 3 remedies Pinus Montana, Ribes Nigrum and Vitis Vinifera are the most important and essential ones. They are the backbone of almost every treatment aimed at bones and joints pathology. If your choice is limited, for example because of the cost of the remedies, it should concentrate on those three.

<u>General arthrosis.</u>

- **Pinus Montana: regenerator of bone, cartilage and tendons; chondrocytes stimulator; rheumatism, osteoporosis and fractures.**
- **Ribes Nigrum: major anti-inflammatory, steroid-like, adaptogen and synergistic with all the other remedies indicated for bones and joints pathology.**
- **Vitis Vinifera: chronic inflammation, especially indicated for small joints; it slows and stops the joint deformities and prevents the formation of osteophytes.**
- **Rubus Fructicosus: stimulates osteoblasts, slows osteoclasts therefore useful in osteoporosis and the so-called decalcification; indicated in all types of arthritis especially in combinations.**
- **Viscum Album: increases articular mobility, relieving arthrosis and arthritis.**

Localised arthrosis.

I have extracted those prescriptions from Bergeret and Tetau's indications in their books and put them here to illustrate the possibilities of using different remedies, not only the three basic ones; by no means does it imply that any other combination would not be as effective if not more. This is how they practice, not necessarily how everyone should practice.

Coxarthrosis.

- **Pinus, Ribes, Vitis: see above.**
- **Betula Alba: stimulates bone regeneration and is an excellent anti-Inflammatory; note that the choice of this remedy is because of the combination of both properties in the same remedy.**

Gonarthrosis.

- **Pinus, Ribes, Vitis: see above.**
- **Rosa Canina: anti-inflammatory**
- **Rubus Fructicosus: stimulated osteoplasts, slows osteoclasts therefore useful in osteoporosis and the so-called decalcification; indicated in all types of arthritis especially in combinations.**

Small Joints

- **Pinus, Ribes, Vitis: Take Vitis with pinus and Ribes. A.M. Ribes. Before lunch Pinus. Before supper Vitis. Do for 2 months minimum.**
- **Finger bone growths:**
  - **Vitis vinifera (both vines are joints specific) Ampelopsis**
  - **Ribes**
  - **Abies**
- **For RA: The basic trio of gemmo remedies: Pinus, Ribes and Vitis vinifera. Take Vitis with pinus and Ribes. A.M. Ribes. Before lunch Pinus. Before supper Vitis. Do for 2 months minimum.**

Inflammatory arthrosis, arthritis.

- **Pinus, Ribes, Vitis: Take Vitis with pinus and Ribes. A.M. Ribes. Before lunch Pinus. Before supper Vitis. Do for 2 months minimum.**
- **Ampelopsis Weitchii: the remedy of fibrous tissues and joints, rather than bone. It regenerates those tissues and is especially useful when there is associated fibrosis.**
- **Fraxinus Excelsior: synovial and ligament anti-inflammatory either by direct action or through adrenal stimulation like Ribes Nigrum.**
- **Rosa Canina: anti-inflammatory. I suppose that its use is through assimilation of the synovial lining to mucosa, it is not clear why this remedy was chosen.**

Osteomyelitis.

- **Abies Pectinata: stimulates immunity, osteoblasts and phosphocalcic metabolism, so both infection and repair are covered.**
- **Alnus Glutinosa: anti-inflammatory.**
- **Betula Verrucosa: bone regeneration through osteoblastic activity.**
- **Osteomyelitis is a deep and potentially dangerous situation, it is necessary to use other remedies together with the gemmotherapic ones to deal with this deep seated**

infection.

Osteoporosis.

- **Pinus, Ribes, Vitis: see above.**
- **Betula Alba: it stimulates bone regeneration**
- **Rosa Canina: after menopause although it is not clear why from the literature.**
- **Rubus Fructicosus: stimulates osteoblasts and slows osteoclasts.**
- **Sequoia Gigantea: stimulates osteoblasts, enhances mineralization, produces a better quality bone tissue. Can combine with Vaccinium and Rubus.**
- **Vaccinum Vitis-idaea with Rubus frut. And Sequoia for osteoporisis (Vaccinium for women; Sequoia for men)**

Fractures.

- **Abies Pectinata: stimulates osteoblasts and phosphocalcic metabolism.**
- **Betula Verrucosa: regenerates bone through osteoblastic activity.**
- **Pinus Montana: regenerates bone but also cartilage, ligaments and tendons that are often involved in fractures, making it an essential remedy for orthopaedic trauma.**
- **Quercus Robur: stimulates the whole endocrine system, hence enables repair via anabolism enhancement.**
- **Rosa Canina: growth enhancer in children when the growth is hindered by infection, so here there is a limited indication.**
- **Ribes Nigrum: metabolism stimulator through enhanced adrenal function and increased anabolism.**
- **Rubus Fructicosus: stimulates osteoblasts, slows osteoclasts; also important in pain relief, see the rubric "Pain" for the combination.**
- **Sequoia Gigantea: stimulates osteoblasts, enhances mineralization; prevents delays in the repair of fracture, accelerates the healing.**
- **Bone breaks and fractures. Abies, Pinus, Betula publ and Equisetum**

Spine.

- **Ampelopsis Weitchii: a fibrous tissue remedy, and that includes the discs, the vertebral and intervertebral ligaments and the articular cartilages, all of which can be involved in spine pathology.**
- **Pinus Montana: bone regenerator, chondrocytes stimulator and has anti-inflammatory properties.**
- **Rosa Canina: anti-inflammatory, although I have my doubts about its usefulness in the spine; see the comments in the materia medica.**
- **Rubus Fructicosus: stimulates osteoblasts, slows osteoclasts; indicated in ankylosing spondylarthritis.**

Dupuytren.

- **Ampelopsis Weitchii: a fibrous tissue pathology by excellence, hence the remedy for fibrous tissue pathology; it has proven clinical results.**
- **Ribes Nigrum: major anti-inflammatory, steroid like; combine it with Ampelopsis for best results.**

Tendonitis

- **Ampelopsis Weitchii: fibrous tissue and tendon remedy; for acute and chronic cases. Pinus Montana: tendon regenerator.**

- **Metabolic arthrosis, hyperuricemia, gout.**
- **Alnus Glutinosa: anti-inflammatory; also acting on blood viscosity, it provides better irrigation to the joints, which also means better drainage and better supply of repair material.**
- **Betula Alba: uricosuric, diuretic and general anti-inflammatory.**
- **Citrus Limonum: liver drainer, potentizes the other remedies; blood "fluidifier" so same comments as for Alnus Glutinosa.**
- **Fraxinus Excelsior: anti-inflammatory through the adrenals, uricosuric.**
- **Lonicera Nigra: kidney drainer, will enhance excretion; this is what the herbalists have been using it for.**
- **Sequoia to strengthen tendons and ligaments, combine with Ampelopsis**

<u>Regeneration</u>

- **Betula Alba/Pubescens**
- **Pinus**
- **Betula Verrucosa: regenerates bone through osteoblastic activity.**

<u>Other</u>

- **Bone Triad: Sequoia, Rubus, Vaccinium**
- **Take Vitis with pinus and Ribes. A.M. Ribes. Before lunch Pinus. Before supper Vitis. Do for 2 months minimum.**
- **Bone decay, osteoblastic action Rubus Frut. With Pinus Montana for senile osteoporosis and osteoarthritis**
- **Osteoporosis use Rubus Frut with Sequoia gig. And Vaccinium vitis idaea**
- **Bone regeneration: betula pub., (European Silver Fir,)**
- **Remineralization: Sequoia, Ulmus**
- **Glass bone disease: Sequoia Gig.**
- **Abies for receding bone in periodontal disease**
- **Rubus for degeneration of bone, enhances action of osteoblasts**
- **Rubus with Vaccinium, and Pinus for Osteoporosis**
- **Abies for repairing bones, bone structure, decalcification**
- **Juvenile bone problems: Betula Verrucosa with Rosa Canina. Rosa increases RES, esp. in children – use with Abies to help immune system (3 drops each in morning for children before they go off to school)**
- **Abies Alba/Pectinata for growth issues, in pediatrics with children and adolescents**
- **Combine Abies, Rubus and Sequoia to build bones in spine**
- **To build bone: Rosa, with Vaccinium vitis-idaea**
- **Viscum Album (mistletoe) for joint pain due to the diuretic action eliminating accumulations in the joint spaces.**
- **Combine for a Bone Complex focusing on building and maintaining bone health**
    - **Rubus fruticosus– regeneration of bone through increased osteoplastic activity**
    - **Sequoi gigantea – also increases osteoblastic activity, precursor to estrogen, and works through the adrenal hormones as a tonic. Promotes testosterone. Also helps muscle mass.**
    - **Pinus montana – regeneration of bone and cartilage, restimulates remedies that have lost their effectiveness. Drainage for the joints.**
    - **Betula sp. (pub and ver) - growth and regeneration of organs and bones. Birch is excellent for the kidneys which Chinese medicine recognizes as**

connection.

DOSAGE: Recommended 15 drops daily. Normally you can do 15 drops of each daily so you can easily do 20 drops total, but start slowly and increase slowly. Do three weeks on, one week off. If pregnant don't take hormonal type remedies like this. Take on empty stomach.

<u>Other gemmos to consider:</u>

- **Fraxinus excelsior brings flexibility to the bones. Ash tree is very strong but flexible.**
- **Vaccinium vitis-idaea is estrogen related which facilitates the absorption of calcium because of its sanitizing action on the colon.**
- **Ribes nigrum is adaptogen, compliments tonic action of Sequoia.**
- **Abies alba – restores ionic balance and promotes remineralization, esp. among youth. Stimulates bone growth and remineralization. If person not growing well, think of this remedy.**
- **Vitis vin. Arrests osteophyte formation**
- **Equisetum arvense is rich in colloidal orthosilicic acid, occurs both as preventive and curative. All connective tissues are rich in silica.**
- **Vaccinium vitis-idaea – estrogen related, facilitates the absorption of calcium**
- **Rosa canina – remineralization**
- **Fraxinus excelsior – brings flexibility to bones**
- **Acer – remineralization**

Mineralization is important in bone health and joint health and healing.

The bones are a base structure of the joints, with the tendons and ligaments bringing stabilization and the joint space holding the whole matrix.

Gemmo remedies that remineralize:

- **Ulmus**
- **Juniperus**
- **Abies**
- **Acer**
- **Equisetum**
- **Betula spp.**
- **Rosa canina**
- **Pinus**

Repairing Broken Bones and Fractures

- **Abies – mineralizes, stablizes calcium in the bones, strengthens the bones**
- **Ribes – inflammation modulation through cortisol support, strengthens bones and brings flexibility to ligaments and tendons**
- **Sequoia strengthens tendons and ligaments, strengthens bone matrix**
- **These same 3 gemmos are given for growing pains in children and adolescents.**
- **When considering for anklyosing spondylitis, these 3 gemmos are a good base to begin from.**
- **Sequoia and Pinus for bone fracture repair**
- **Combine Pinus with Abies and Betula pub. And Betula verr. For bone fractures**

Bone Bumps (fingers):

- **Ampelopsis**
- **Vitis Vinifera**
- **Ribes**
- **Abies**
- **For RA: The basic trio of gemmo remedies: Pinus, Ribes and Vitis vinifera. Take Vitis with pinus and Ribes. A.M. Ribes. Before lunch Pinus. Before supper Vitis. Do for 2 months minimum.**

Gemmo for Bone Differential

- **Abies alba/pect. For all growth disorders, demineralization, articular growth pain, stabillizes calcium and strengthens bones.**
- **Rubus fructicosus, for distorted or dysfunctional articulations, bone fractures, painful bones, osteoporosis, stimlates osteoblasts.**
- **Sequoia gigantea, enhances osteoblastic activity for fractures, strengthens ligaments and tendons, strengthens bone matrix.**
- **Pinus montana, regeneration of bone and cartilage, remineralizing for RA and OA to decrease pain, preventing osteoporisis.**
- **Vitis vinifera works to balance autoimmune expression, modulates both chronic and acute inflammation, prevents the joints from exacerbation of nodes.**
- **Ulmus campestris, remineralization, works on the serous membrane.**
- **Rosa canina also works with growth disorders, combined with Abies(Silver Fir) and Betula Pub.(White Birch.) Protects the cynovium of the joints.**
- **Vaccinium vitis-idaea, hormonal influence on osteoporosis, helps with calcium assimilation in the gut.**
- **Fraxinus excelsior, inflammation modulating in the synovium and protects ligaments, decreases uric acid levels. Fraxinus for wear and tear on articulations.**

BONE MARROW:

- **Stimulates bone marrow mast cells: Betula Pub.**
- **Bone Marrow production: Tamarix. Stimulates the production of all three cells: Erythropoesis(red blood cells), Leukopoesis(white blood cells), Thrombopoesis(platelets)**

BRAIN:

- **Traumatic Brain Injury: Vinca minor**
- **Post cerebral infarct: Vinca minor with Alnus**
- **Alnus Glutinosa for cerebral or coronary issues. Double or triple the dose intially to get vessels rebuilding.**
- **Cognitive Function, Alzheimer's prevention: Cercis Siliquastrum. Can combine with Ginkgo. Not Cercis if hypothyroid.**
- **Cornus Sanguinea for first stages of infarct – cardiac or brain, prevents through blood flow**
- **Olea for cerebral sclerosis related to memory loss, senility, facial neuralgias, MS**
- **Pinus for bone fractures, cartilage regeneration.**
- **Vinca Minor for Cerebral circulation, post cerebral infarct, stimulates the brain's electrical activity, post traumatic brain injury, periperal circulation, hypertension.**
- **Vinca Minor: Cerebral spasm, leading to migraine headaches, emotional disturbances/behavior issues.**
- **Vinca Minor: vertigo, tremors, speech disorders, visual issues, diminished**

memory/cognitive issues.
Viscum Album (mistletoe) for cerebro-vascular issues, involving blood flow to the brain.

<u>Other gemmos to consider:</u>

- **Juglans (walnut) as complementary remedy to increase pulmonary efficary and facilitate sleep induction, prevents sleep apnea, a source of altered cerebral irrigation.**
- **Betula pub. Used in impotence, increasing circulation to gonads.**
- **Ribes potentiates the action of G8 GingkoGem. Take in the morning.**
- **Rubus idaeus and G23 Meno-Gem (Rubus with Vaccinium vitis-idaea) are complementary remedies used in migraines of a hormonal and circulatory nature.**
- **Olea decreases viscosity of blood, allowing for easier flow**
- **Alnus glutinosa Memory blanks (improves cognitive functions). Aging brain (senile and pre-senile dementia). Detoxifies the digestive system. Memory loss, senile dementia, detoxes aluminum. Enhances coronary and cerebral circulation, thins the blood, angiogenesis**
- **Alnus glut. Enhances coronary and cerebral circulation, thins the blood, angiogenesis**
- **Rosmarinus acts through the liver drainage and balancing of the nervous system, enhances memory**
- **Malus Syl. (crab apple) for memory, concentration, mental fatigue. Halts degeneration of ALS, MS, Alzheimer's**
- **Olea for cerebral sclerosis related to memory loss, senility, facial neuralgias, MS**
- **If eye problem can also use Opt Gem.**

- **Combination for Cerebral Circulation:**
  - **Alnus**
  - **Corylus**
  - **Rosa**
  - **Canina**
  - **Tanacetum mother tincture**

Other gemmos to consider:

- **Ginkgo, Citrus, Crataegus**

BRONCHITIS:

- **Ribes nigrum**
- **Bronchitis, childhood tracheitis: Black Poplar**
- **Alnus Glut. For inflammatory conditions, bronchitis, chronic pulmonary diseases.**
- **Combination: Populus, Betula pub., and Alnus. Might also include Pinus**

CANCER

- **All forms of cancer except kidney – Juniperus**
- **Juniperus protects liver against side effects of chemo, use as long as on chemo.**
- **Juniperus reduces sign of liver cancers, use higher doses 10-30 drops TID**
- **for side effects of chemo: juniper with viscum**
- **Ribes, Juniperus and Sequoia protection from side effects of chemo**
- **Secale protects against chemo after effects.**

- **Viscum Album (mistletoe) with juniperus and Ribes to help decrease side effects of chemo**
- **Vitis Vinifera (grapevine) between chemo treatments and after chemo treatments**
- **Corylus avellana contains paclitaxel (taxol), one of the most potent anti-cancer compounds today. Disrupts micortubule formation by binding to the tubulin to form abnormal mitotic spindles to stop cell division. Also used in chronic fatigue, herpes, lupus and candida. Nearly 1000kg of bark are needed to product 1 kg of taxol. Contra-indicated in lung cancer unless with chemo.**

CARDIOVASCULAR also see Circulation

- **Alnus Glut. CV conditions includes arteritis, venous thrombosis, phlebitis, thrombo-pletitis, mitral valve stenosis, reduces fibrogen, breaks up clotting**
- **Alnus with Crataegus**
- **Citrus with Cornus for post myocardial infarct**
- **When using Syringa (lilac) start with 1 or 2 drops and see if there are any side effects like headache, heart palpitations. Especially with senile hearts. It is vasodilating, esp. on the coronary arteries so when used for angina when you take only a couple of drops, the spasming can stop.**

CARPEL TUNNEL

- **Ampelopsis for joints, ligaments, tendons, cartilages. Inflammation, repair, regeneration.**

CARTILAGE

- **Cartilage and joints, regenerative: Ribes nigrum**
- **Calcium: betula pub (depravation)**
- **Cartilage regeneration: Pinus. Or combine Pinus with Ampelopsis**

CELLULITE:

Combination for an anticellulite complex. Although names to support elimination of cellulite, this works through the lymph system to more generally eliminate waste, diminish swelling and support weight loss.

- **Castanea vesca – venous and lymph drainage, moves congestion**
- **Fraxinus excelsior for liver/kidney drainage, diuretic. Great anti-inflammatory. Excretes metabolic waste.**
- **Corylus avellana to break down fibrosis. Long term congestion has fibrosis.**

DOSAGE. Says 5-15 drops daily in the morning before breakfast in water or on tongue then wait a few seconds before swallowing. Or 7 drops twice a day, OR can put in bottle and drink throughout day. This complex will first eliminate unnecessary waste before tackling the cellulite. Need a minimum of 2 months. Change diet also.

<u>Other gemmos to consider:</u>

- **Castanea vesca for lymph edema**
- **Do not use Ribes nigrum if cortisol or DHEA is elevated.**
- **Rubus idaeus(raspberry): PMS with water retention.**
- **Fagus sylvatica and G56 Juniperus com. For cellulite. Can also use G5 Cel Gem for cellulite.**
- **Fagus sylvatica for renal calculi**

- **Castanea vesca: for lymph edema**
- **Olea and G77 Alnus for arteriosIcerosis.**
- **Vaccinium myrtillus complements action of Juniperus and acts on the capillary microcirculation.**
- **Ficus carica is a nervous system and digestive remedy which is effective for calming food cravings and dependencies (sugar).**
- **Equisetum arvense is important in the restoration of collagen and skin tonicity.**
- **Sorbus for lymph and vein drainage**
- **Fagus as diuretic**
- **Juniperus to drain liver and kidney**
- **Betula pub. To drain liver, activate Kupfer cells, and for kidney drainage**
- **Aesculus hip. To drain veins of lower extremities**

CEREBRAL also see brain

- **Alnus Glutinosa. Cerebral or coronary issues. Cerebral circulation issues (memory loss, dementia, migraines, vertigo). Post MI, post cerebral infarct., after acute stage. Increases circulation, initiates angiogenesis, anti=thrombotic, anticoagulant. Double or triple the dose initially to get vessels rebuilding**

CHILDREN

Children have a faster metabolism; they might need proportionally more remedy and repeated more frequently, depending on the situation. Even more than with adult, the prescription has to be flexible and adaptable, not sticking to rigid rules.

<u>Growth.</u>

- **Abies Pectinata: used in pediatric medicine for growth problems, especially those arising from bone metabolism, stimulates osteoblasts. Stimulates the osteoblasts, completes the growth, the inflamed growth plates close and the pain stops.**
- **Betula Verrucosa: osteoblastic activity, focus on growth and regeneration of organs and especially bones. Growing Pains**
- **Rosa Canina: when growth is delayed due to recurrent infections, immune system stimulant.**
- **Rubus Fructicosus: osteoblastic activity. Diabetes.**
- **Acer Campestre: hypoglycaemic useful in NIDDM.**

<u>Delayed puberty</u>

- **Rubus regulates ovarian function, stimulates their hormonal production.**

<u>Other:</u>

- **Juvenile osteochondritis: Beta verrucosa. Or combine it with Abies alba/pectinata**
- **Rickets: Beta verrucosa**
- **Buerger's disease (juvenile form of arteritis), aka thromboangiitis: Cercis Siliquastrum**
- **Equisetum arvense gemmo for bedwetting**
- **Ribes with Abies and Rosa for influenza**
- **Rosa Canina: adjunctively for remineralization in osteoporosis and inflammatory joint diseases and for mineralization issues with children**

CHOLESTEROL:

Cholesterol reduction:

- **Fraxinus Excelsior**
- **Betula Pub.**
- **Corylus with Olea, Malus and Rosmarinus to lower cholesterol**
- **Fagus with Fraxinus, and Olea**
- **Fraxinus to bring down cholesterol. Can combine with Olea and Rosemary.**
- **Lowers cholesterol: juniperus**
- **Combination Syringa, Olea, Acer, Cercis, Prunus for arteriosclerosis, clears cholesterol from system.**

Hypercholesterolemia:

- **Olea lowers lipids and cholesterol levels**
- **Olea with juniperus**
- **Olea with Rosmarinus**
- **Malus, Prunus, and Olea**
- **Syringa**
- **Pinus**
- **Acer Campestre: lowers cholesterol levels.**
- **Betula Alba: reduces cholesterol probably through action on the liver.**
- **Fraxinus Excelsior: lowers cholesterol level, liver and kidney drainer.**
- **Juniperus Communis: powerful liver and kidney drainer.**

Hypertriglyceridemia:

- **Olea**
- **Prunus lowers triglycerides**
- **Rosmarinus is a liver drainer**

Hyperlipidemia

- **Olea lowers lipid levels**
- **Olea combined with Prunus and Rosmarinus and Juniperus.**
- **Olea with Rosmarinus**
- **Citrus Limonum is useful through liver drainage**
- **Viscum Album is useful**

Combine for a Cholesterol Complex. Gemmo Extracts and essential oils focus on decreasing LDEL and stabalizing HDL. These ingredients have properties that decrease triglycerides, cholesterol and they increase blood flow so watch if on blood thinners.

- **Prunus specific for hypertriglyceridemia**
- **Tilia tomentosa (linden) is remedy for the nervous system but it is also a great general detoxifier (cholesterol, uric acid) plus thins the blood. Hypercholesterolmia**
- **Betula sp. (both) stimulates all catabolism activates diuresis and elimination of uric acid, cholesterol, and liver drainage.**
- **Olea is important for circulatory system. Antisclerotic, decreases cholesterol, blood thinner. Diminish lipids.**
- **Rosmarinus is a general detoxifier and decreases triglycerides, urea, uric acid, cholesterol. Colagogue, choleretic, hepatoprotective**
- **Essential oils of Peppermint, Rosemary, Natural aroma of Cedar DOSAGE with essential oils taste is a bit stronger. Oils don't mix well with**

water, but can put in mouth for a few seconds before swallowing. Start with 10 drops twice a day, do for at least 3 months until you get the blood test done to see how working. You can readjust and take a bit more up to 15 drops twice a day before meals. Of course you will change your way of eating.

<u>Other Gemmos to consider:</u>

- **Fraxinus excelsior and Acer as angiocholitis**
- **Acer camp. To slow down formation of stones in gallstones**
- **Fagus sylvatics to decrease cholesterol, antisclerotic**
- **Acer for hypercholesterolemia. Drains hepatobiliary region, modifies saturation of cholesterol in bile. For gall and kyskinesia and sludge.**
- **Betula pub helps to lower cholesterol**
- **Fraxinus excelsior, Ribes to decrease cholesterol**
- **Ribes to stimulate 11-oxysteroids**
- **Tamarix gallica to correct a deficit in regeneration of thrombin**
- **Vaccinium vitis-idaea to reduce cholesterol, esp. related to menopausal years**
- **Juniperus as liver and kidney drainage**

CHRONIC FATIGUE

- **Acer Campestre for CFS and Fibro. Won't heal, but gets into the mitochrondria and helps.**
- **Ribes for Chronic fatigue syndrome**
- **Ribes with Quercus for chronic fatigue, insufficient adrenal function and MS**

CIRCULATION:

- **Alnus Glut with Citrus, Ginkgo, and Cercis siliquastrum for circulation, raynauds. Not Cercis if hypothyroid.**
- **Citrus limonum with Sorbus and Castanea for varicosities of the legs**
- **Citrus limonum with Cornus sanguinea and Prunus for anticoagulant action. These are the gemmos potentiated by Citrus most.**
- **Lower leg insufficiencies, bring in more blood moving gemmos: Populus, Alnus glut., Cercis siliquastrum, Cornus. Some of these are blood thinners, helping to move blood.**
- **For thrombophlebitis combine Populus with Prunus.**
- **Thins the blood: Salix, Citrus, Tilia Tomentosa, Gingko, Vinca Minor, Prunus**
- **Thickens the blood: increases blood clotting: Tamarix**
- **Combine for Circulation and healthy blood pressure. Used for health issues of the cardiovascular system, beneficial for heart and blood vessel function.**
  - **Viscum alb. To quieting action on NS, breaks down sclerotic cystic accumulation. Help regulates blood pressure, has anti-spasmodic properties. Prevents aging of the cardiovascular. Helps make blood fluid to prevent thrombosis. Check contraindications – don't take if on blood thinners or on a lot of blood pressure medication.**
  - **Crataegus oxy. as tonic for the Cardiovascular system, used for physical and emotional issues of the heart**
    DOSAGE: take drops before meals in pure water. Put directly on tongue and wait for few seconds before swallowing. 2-15 drops daily around noon before meal, hold 20 seconds on tongue or dilute in a bit of water. Start with low dose, gradually increase until achieving desired effect. If very hypertensive, try Bio85

six times daily and and taper off gradually the Bio 85 and leave them on Cor-Gem. Careful with the elder senior heart – go slowly.

<u>Herbal remedy to consider adding:</u>

- **Allium ursinus (bear's garlic) the sulphur compounds of all garlic can be hypoercholesterolemic, hypertensive, and antispasmodic and it is diuretic. This was originally in Cor-Gem but Health Canada made them remove it because it is a mother tincture and they didn't want mother tincture with buds.**

<u>Other Gemmos to consider:</u>

- **Cornus sanguinea as a heart drainer and prevents and repairs necrosis fo the myocardium associated with Myocardial Infarction. Thins the blood so don't use if on blood thinners.**
- **Alnus glutinosa for arteritis, promoting blood flow. Not if on blood thinners. This is the antibiotic of gemmotherapy. Good for digestive system. Helps to dissolve blood clots.**
- **Corylus avellana to fight fibrosis of the myocardium (with G42 Cornus)**
- **Juniperus comm. For liver and kidney drainage, active in portal hypertension. Will see this in liver cirrhosis.**
- **Citrus limonum to thin the blood. (vegetable aspirin)**
- **Syringa vulgaris (lilac) is involved in CHD plus narrowing of the coronary arteries. Be careful with this, start very slow dissolves plaque in arteries. Not if on blood thinner**
- **Zea mays is recommended after Myocardial Infarction.**

BLOOD AND LYMPH CIRCULATION

is invaluable in any issue of the body's points of articulation.

- **Gemmo remedies to support flow and lymph flow are differentiated following.**
- **Contrast Hydrotherapy**
  - **3 minutes quite hot, 30 seconds icy cold, dip facecloth in each and apply to area. Repeat 3 times, always end with cold.**
  - **Putting cold on an area to bring down swelling – do ice water in a towel and wrap that area and when it warms up, dip it in again. Don't use cold very long, want the contrrast to work effectively.**
  - **Wim Hof method involves using the breath, where the shock of the cold doesn't shut the body down in the same way. This also builds immunity of joint areas.**
- **Movement. Loss of movement is so critical.**

BLOOD CIRCULATION

- **Sorbus, affinity for the venous system. So use for venous stastis, esp. lower leg, varicose veins, poor blood circulation in veins.**
- **Aesculus, tightens vessel walls, increasing their elasticity and flexibility. Big remedy for hemorrhoids and varicose veins. When tighter, better blood flow.**
- **Crataegus increases contractility, overall blood pumping from the heart**
- **Populus short term use (6 weeks or less) for lower leg affinity, antispasmodic, antithrombic**
- **Citrus for rapid blood flow, short lived. Can do 10 drops at a time.**
- **Cercis siliquastrum antithrombobic, thins the blood, increases micro circulation in the extremities. Not Cercis if hypothyroid.**

- **Cornus for inflammation modulation, drains the ateries, antithromibic**
- **Salix alba the bud increases RBCs, the bark of young branches is inflammation modulatin (salicylic acid) to the musculoskeletal system.**
- **Gingko increases blood flow to the whole body, esp. cerebral circulation to help with cognitive function and memory, help preventing dementia**

LYMPH CIRCULATION

- **Castanea vesca (sweet chestnut) is the primary lymph moving gemmo remedy**

Other gemmos to consider:

- **Sorbus**
- **Fagus**
- **Betula pub. plus birch sap**
- **Juniperus com.**
- **Aesculus hippo.**

PERIPHERAL ARTERIAL DISEASE

- **Alnus Glutinosa: antithrombotic, stimulates angiogenesis and anti-inflammatory on the blood vessel walls.**
- **Betula Pubescens: vascular wall stabiliser and anti-inflammatory action too.**
- **Carpinus Betulus: drug induced periarteritis nodosa.**
- **Cercis Siliquastrum: arterial emboli, Buerger's disease.**
- **Citrus Limonum: blood fluidifier, arteritis**
- **Cornus Sanguinea: thrombolytic, normalises clotting mechanism. Those 3 remedies (Carpinus, Cercis and Citrus) act on the content of the vessel, not on the vessel itself, so they are to be included to prevent and treat the effects of vascular disease but might not have a very big effect on their cause.**
- **Crataegus Oxyacantha: removes atheromatous plaques.**
- **Juglans Regia: periarteritis nodosa, the activity is a non specific anti-inflammatory one.**
- **Olea Europea: arterial cleanser; removes atherosclerosis; long term treatment needed.**
- **Populus Nigra: thrombotic arteritis, Buerger's disease (smokers' arteritis), stimulates collateral circulation.**
- **Vaccinum Vitis Idaea: hyaline atherosclerosis, degenerescence of arterial walls, with major activity on small arteries and arterioles.**
- **Viscum Album: atherosclerosis, dyslipidemia.**
- **Zea Mais: arterial inflammation.**
- **Vinca Minor with Gingko for elderly to increase peripheral circulation.**

<u>VENOUS SYSTEM CIRCULATION</u>

Combine for veins complex. For drainage of the venous system, esp. in lower extremities:

- **Sorbus domestics (service tree) regulates venous circulation, moves congestion, tones venous walls, decreases serum viscosity**
- **Aesculus hipp. (horse chestnut) - portal (liver) circulation, portal congestion, drains venous system, esp. in lower extremities, diminishes hemorrhoidal congestion. If liver is congested and not functioning properly it inerefers with venous return.**
- **Castanea vesca (sweet chestnut) – lymph and venous drainage, relieves**

congestion and back up of flow, decreases spasm. Also in Cell Gem. Helps blood vessels, decreases spasms.

DOSAGE: Take on empty stomach, diluted or under or on tongue. Adult dose 5-15 drops total – divide into two or three applications for the day. Start with a low dose of 2 twice a day and increase until desired result. For prevention use one dose daily.

<u>Other gemmos to consider:</u>

- **Alnus glutinosa plus G36 Populus nigra acts on general fluidity of circulation and is anti-inflammatory.**
- **Citrus limonum with Rosmarinus thins the blood and spleed up bloow flow, scatters blood stasis at the hepatic level. Short term action.**
- **Juniperus comm. Liver and kidney drainage**
- **Citrus – complements the other gemmos in the formula, thins the blood to a degree, speeds up blood flow, short lived only**
- **Citrus with Populus and Ginkgo for lower limb vascular issues, trombophlebitis, intermittent claudication.**
- **Vaccinium vitis-idaea – if during the menopausal time, for additional supporting**
- **Birch sap because of its ability to act as a depurative for the entire body. It takes the burden of the lower extremities, clears lymph**

Varicose veins: Aesculus Hippo. Aesculus drains the veins.

- **Aesculus Hippo: varicose veins, haemorrhoids, portal hypertension but here you need a focus on the liver treatment, of course.**
- **Castanea Vesca: varicose veins, varicose ulcer, lymphedema.**
- **Citrus Limonum: blood fluidifier.**
- **Sorbus Domestica: varicose veins, heavy limbs, hemorrhoids. The Crataegus of the veins, it increases the tonus of the venous wall, improving venous return.**
- **Aesculus Hippo. For passive venous congestion (hemorrhoids, varicose veins, facial rosacea, periulcerous erythema)**
- **Alnus Glut. For acute venous thrombotic syndromes: phlebitis, thrombophlebitis (acting alone), stroke**

<u>Arterial Circulation</u>

- **Syringa (lilac) is good cardiac remedy, antispasmodic, allows vasodilation, esp. of coronary arteries. Antisclerotic for vessels. Arteriosclerosis. Helps pain, tightness in heart/chest. Anxiety that tightens chest.**
- **Alnus glut with Olea, Vaccinium, and Sequoia**
- **Birch sap with Olea**
- **Cercis Siliquastrum, in particular due to protein or lipid deposition, often present in cerebral, hepatic or renal locations. Can combine Cercis with Olea.**
- **Olea for arteriosclerosis**
- **Prunus (sweet almond), and for liver and kidney vascular support**
- **Prunus for elderly arteriosclerosis**
- **Rosmarinus with Olea – rosmarinus is a good way to get blood, liver moving.**
- **Rubus Id. with Olea for arteriosclerosis**
- **Secale with Cercis and Olea for atherosclerosis.**
- **Viscum Album with Acer, Olea, Prunus, Cercis for arteriosclerosis**

<u>MicroCirculation</u>

- **Vaccinium with Cercis siliquastrum and Olea for retinal (eyes) microcirculation**
- **Vaccinium Myrtillus with Corylus for cerebral microcirculation**
- **Vinca Minor with Cercis for enhancing microcirculation, anti-thrombus.**

COLDS/FLU also see Virus

- **Alnus Glut. with Rosa canina and Sambucus nigra for colds and flu.**

CONNECTIVE TISSUE

- **Ampelopsis veitchii for repair for tendons, ligaments, helps repair cartilage. If fibrous and sclerotic tissue for old injuries, surgeries. Regenerative. Acute might want to do 5 drops TID. Chronic treatment may be 5-7 drops twice a day to help break up and get flexibility.**
- **Equisetum arvense for strengthening the tissue. If the tendons have become weak, poor elasticity, use this.**
- **ART GEM for joint mobility 5 drops 2-3 X/day for acute; once a day for long term. Relieves joint discomfort, helps flexibility, combats wear of the joints. Remineralizes. Relieves back pain, aches, stiffness of the muscles. Fibromyalgia. Add in Cell**
- **Viscum Album is also a great sclerotic remedy for anywhere in the body, mostly used for cardiac.**

CONSTIPATION:

- **Acer can cause constipation in the elderly**
- **Acer with Malus and Vaccinium vitis for chronic constipation**
- **Betula pub. With Vaccinium, and Malus**
- **Lonicera with Malus, Juglans and Baccinium vitis.**
- **Malus (crab apple), restores peristaltic action**
- **Malus with Vaccinium vitis. For constipation and gut issues**
- **Malus and Olea for constipation with hardened stool**
- **Vaccinum Vitis Idaea: repairs intestinal mucosa and appears to be a bowel regulator reather than a specific for any named indication.**
- **Sambucus - mild laxative**

COUGH

- **Corylus with Ribes**

COVID

To avoid clotting:

1. **Prevention: 10 drops Alnus in morning; 10 drops Cercis siliquastrum mid day and 10 drops Cornus sanguinea in evening.**
2. **If you have the virus: 10 drops each three times a day.**
3. **If symptoms become serious: do 10-15 drops each together immediately as a loading dose, wait 5-10 min then take 5 drops Alnus; wait 5-10 min. then take 5 drops Cercis; wait 5-10 min. and take 5 drops Cornus; wait 5-10 min and repeat 5 drops of each until better, then taper down to 10 drops each 3x/day. Take any and all other remedies indicated for this acute situation and prevention.**
4. **You decided to take the vaccine and worried about the clotting effects. Start taking 10 drops of each remedy (Alnus, Cercis, Cornus) a few days before the vaccine, and continue for a few weeks after taking the vaccine. If you start having**

clots, go to #3 above.

CYSTITIS:

- **Equisetum arvense**
- **Alnus as general anti-inflammatory**
- **Calluna vulgaris**
- **Ribes nigrum**

DEFENCE AND PROTECTION

·Raspberry bud extract - organic: to harmonize hormonal balance, recommended in (post-) menopause
·Juniper bud extract - organic: to assist and relieve the liver
·Bilberry bud extract – organic: significant anti-diabetic action by promoting assimilation of sugars and regulation of insulin levels
·Walnut bud extract - organic: to strengthen the intestinal flora, to support the immune system
·Elm bud extract - organic: to solve skin problems, to drain the body
·Bramble bud extract - organic: to appease obstructed airways, to reduce allergy
·Dog Rose bud extract - organic: to aid natural defences and growth of children
·Silver Fir bud extract - organic: to support mineral balance and calcium setting

DEMENTIA, ALZHEIMER'S

- **Gingko**

DEPRESSION.

- **Coryllus Avellana: it balances the nervous system, used for depression and psychosomatic problems.**
- **Ficus Carica: antidepressant, quietening, anxiolytic, stress relaxant with a major indication in the post traumatic anxiety resulting from head injury.**

DETOXIFICATION

- **Combine for Detox Complex Kidney and liver and gallbladder drainage. Extra liver and kidney support through the mother tinctures, used during times of cleansing accumulations and toxins.**
  - **Juniper comm. for liver/kidney drainage. Effective renal remedy and normalizes liver function. Indispensable when taking medications to eliminate the side effects eg. Helps prevent nausea and vomiting when on chemotherapy. Can do before drinking alcohol to help the effects of alcohol.**
  - **Rosemary is great remedy having an effect on liver, kidney, gall drainage and also has effect on the nervous system as a tonic, kind of makes people happy. Listed as cholagogue, choleretic, hepatoprotective, tonic. Has antioxidant properties which is important for liver function. Tonic for the adrenals.**
  - **DOSAGE. All gemmos should be introduced gradually, but DEP GEM is really one of them because if you go too fast people don't feel well. If person is overly tired, start with DEPURASAP which will bring nutrients and minerals to the body and won't make more tired. Start with 2 drops twice a day. Can put on tongue and hold for a few seconds, or put in water. Or you can put the whole 4 drops in a bottle of water and sip throughout the day. Increase very gradually. You can**

go up to 20-30 drops in the morning before eating. For hepatic headache can do 15 drops 3 times a day, but might not need that much, try 7 drops twice a day.

<u>Other gemmos to consider:</u>

- **Sequoia gigantea complements the action of G7 Dep-Gem to counteract the side effects including fatigue. OR with G16 TONIGEM which contains 4 tonics including sequoia, rosmarinus, quercus, ribes to help with fatigue.**
- **Ulmus campestris is for skin drainage, provides kidney and liver drainage. Progressively modifies the lymph constitution which is the origin of a variety of diseases.**
- **Ribes nigrum can be added anywhere. It is intrinsic depurative and anti-inflammatory and anti-allergic as well as potentiating the action of G7 DEP GEM.**
- **Artichoke mother tincture – a bit bitter, moving bile, moving digestion, stimulating liver detox**

- **LYMPH: Castanea, Fraxinus, Corylus, Cellusap**
- **KIDNEY, LIVER: Juniper, Rosemary, Dep Gem**
- **Dandelion leaf mother tincture – primarily acting as a diuretic**
- **Betula sp. For liver drainage**
- **Acer campestre for liver drainage**
- **Zea mays for kidney and liver drainagae**
- **Secale for liver drainage and hepatoprotection**
- **Citrus limonum complimentary liver draining remedy**
- **Fraxinus excelsior, although needs to be with another liver drainer**

- **Sambucus, detox of accumulated toxins**
- **Secale removes polyaromatic hydrocarbons and polychlorinated phenols from the body. Protects agaimst chemo after effects.**
- **Combine Juniperus, Secale, Corylus – an important triad for liver detoxification**
- **Castanea Sativa for toxic load caused by autointoxication and autointoxination**
- **Cedrus Libani with Betula verr. To enhance detoxification**
- **Pinus Montana drains joints, liver and lymph. Heavy metal toxicity.**
- **Combine Pinus with Populus and Alnus glut. For heavy metal chelation.**
- **HEAVY METAL: Populus for heavy metal detox. Populus should not be taken longer than 1 month. Use with Secale, Rosmarinus or Corylus (Hazel) or protect liver. Pinus Montana for heavy metal chelation drains joints, liver and lymph.**

<u>Other Gemmos to consider:</u>

- **Rubus idaeus(raspberry): PMS with water retention.**
- **Fagus sylvatica and G56 Juniperus com. For cellulite. Can also use G5 Cel Gem for cellulite.**
- **Fagus sylvatica for renal calculi**
- **Castanea vesca: for lymph edema**
- **Olea and G77 Alnus for arteriosIcerosis.**

DIABETES: also see Blood Sugar

- **Juglans, Vitis, Vaccinium together, lowered insulin levels without problems at night.**
- **Hyerglycemia: Juglans with Acer**
- **Diabetes: Juniperus**
- **Juglans Regia: pancreatic insufficiency and insulin secretion regulator according to**

M. Greaves.

- **Olea Europea: hypoglycemic and some complications of diabetes.**
- **Vaccinium Myrtillus with Juniperus communis to drain the kidney and liver, supporting all other functions in diabetics**
- **Diabetic neuropathy: Vaccinium Myrtillus together with its sister Vaccinium vitis-idaea(cowberry) for diabetic necrosis of extremities or degeneration of vascular walls.**

DIARRHEA

- **Juglans – after antibiotics. Helps restore bacteria balance. Can combine with Ficus and Vaccinium vitis-idaea.**
- **Vaccinum Vitis Idaea: repairs intestinal mucosa.**

DIGESTION:

Instead of looking for gastritis or colitis, you could consider every remedy used for mucosal inflammation, and then choose the ones that have a digestive tropism; the pathologies and treatments given here are the most frequently encountered in a practice, it does not mean that nothing else exists or that nothing else can be treated.

<u>LIVER</u>

- **Rosmarinus off – choleretic and cholagogue, liver drainage (together with Olea europaea esp. If have high cholesterol)**
- **Secale cereale – directly affects hepatocytes, rejuvenation and protection similar to Milk Thistle but 10 times the strength of Milk Thistle. Secale Cereale: stimulates liver repair; stimulates hepatocytes; in acute and chronic hepatitis.**
- **Juniperus communis – stimulates and heals hepatic cells AND stimulates kidney function. Drains kidney and liver.**
- **Corylus avelana – antisclerotic, stimulates liver metabolism. This is a big one for lung scarring.**
- **Olea europaea – lowers cholesterol, cholagogue to stimulates bile flow, decreases coagulation and helps clear atherosclerotic plaquing. More of a prevention to plaquing.**
- **Betula Alba: liver drainer and detoxifier; stimulates Kupfer cells in the liver.**
- **Carpinus Betulus: indicated in liver insufficiency, but it is hearsay.**
- **Cornus Sanguinea: stimulates Kupfer cells.**
- **Fraxinus Excelsior: liver drainer and kidney drainer.**
- **Juglans Regia: liver cirrhosis, stimulates Kupfer cells.**
- **Juniperus Communis: hepatitis, toxic hepatitis, hepatocellular insufficiency, cirrhosis and ascitis (here probably through the renal action but also through liver repair).**
- **Ligustrum Vulgare: hepatic "problems" in general; not very convincing, but it is a Liver (and Kidney) tonic in TCM.**
- **Tamarix with Juniperus for liver drainage support**
- **Lonicera Nigra: hepatitis; liver drainer.**
- **Olea Europea: liver insufficiency; probably an extension of its herbal and naturopathic uses.**
- **Ribes Nigrum: powerful anti-inflammatory, to be used mostly in that indication and as a synergistic remedy to increase and accelerate the action of other remedies.**

- **Rosmarinus Officinalis: liver and gallbladder drainer, hepatoprotective, liver insufficiency.**
- **Zea Mays: non specific liver inflammation, liver drainer.**

<u>GALLBLADDER</u>

- **Rosmarinus off. First line of defence. Drains the gallbladder, moves the bile, stimulates clearance of sludge, gravel and stones. If the stones are too big, it can block up a duct.**
- **Fraxinus excelsior and Acer compestris modulate inflammation in the vessels. Acers slows down the formation of sediment and microstones of cholesterol saturated bile.**
- **Perhaps do Rosmarinus the first month, then Fraxinus in the morning, Acer in the evening for the second month and then repeat the cycle as needed. You may need to do this for 6 months or more to get some clear resolution.**
- **Prunus amygdalus reduces the formation of stones in the bile duct. Perhaps take it every other month if a person has history of stones.**
- **Food therapy: juice of ½ lemon in 8 oz of water first thing in the morning. Another thing you can do is remove the zest from the lemon, chop up the white and inner part and put in a blender with some ginger which helps inflammation, add water and drink that in the morning.**
  <u>Castor oil packs over the liver/gallbladder every day. See Dr. Marisol's castor oil pack for ideas – see 'queen of the thrones'</u>
- **Acer Campestre: lithiasis; prevents and treats gallstones by modifying the saturation of the bile and preventing the precipitation of cholesterol.**
- **Ficus Carica: GB parasites, as reported by other authors.**
- **Juglans Regia: GB infections and parasites as reported by other authors, could be through immune stimulant action.**
- **Rosmarinus Officinalis: antispasmodic, motility regulator, biliary colic or dyskinesia.**

<u>PANCREAS</u>

- **Its endocrine function involves the secretion of insulin and glucagon into the blood directly.**
- **Its exocrine function involves secretion directly into the duodenum of which includes:**
- **digestive enzymes, stimulated in the pancreatic duct cells by gastrin. You can use them for short term to give the pancreas a rest, then wean them off to give the pancreas a chance to start working again, putting out the enzymes. You can also work with bitter herbs to stimulate the pancreas to produce more enzymes. It depends on the vitality of the person which way you need to go. As a person ages, the production goes down and they may need more support over time.**
- **bicarbonate to neutralize the acid from the stomach, stimulated in the pancreatic duct cells by secretin.**
- **So any time you have duodenal ulcers, you must see if the pancreas is working because they are not neutralizing the acid that comes through in the bolus good enough to prevent damage to the mucosa and duodenum.**
- **Gemmo Juglans regis supports both endocrine and exocrine function. Modulates inflammation for chronic pancreatitis (we put it with Ribes Nigrum) and normalizes secretion of insulin, balances dysbiosis, helps re-establish good intestinal flora, helps diminish flatulence and bloating by allowing a terrain that allows good**

intestinal flora. We don't use this for acute pancreatitis, but do use it for chronic pancreatitis. Also normalizes the secretion of insulin although we are not always looking at both at the same time.

Juglans Regia: normalizes pancreatic enzymes; pancreatic insufficiency and chronic pancreatitis; worth a try in chronic pancreatitis combined with pancreatic organotherapy to try and restore the pancreatic function.

- **Ribes Nigrum: as a non specific anti-inflammatory.**

<u>LARGE INTESTINE</u>

- **Dysbiosis has primarily bifida bacterium as its microbe and dysbiosis in the large intestine can cause gas and bloating, although most of that is coming from putried food from up in the small intestine or dysbiosis in the small intestine. What you will see in the large intestine is either diarrhea or constipation or cramping.**
- **The motor function can be inert (not moving enough), or hypertonic (moving too much) – people having 8-10 bowel movements a day, can't leave their house – again, the IC valve function needs to be addressed.**
- **Ulcerative Colitis is a big problem and we will do a case about this.**
- **Juglans regia is good for inert (not moving enough) motor function that needs stimulation and takes care of some of that dysbiosis that is going on. If the IC valve is open, the stuff will flood back up into the small intestine where it doesn't belong; if the IC valve is stuck closed then it will be a problem getting the food down from the small intestine down into the colon.**
- **Juglans Regia: restores colonic flora after antibiotics; but this does not mean you should forget the probiotics!**
- **Magnesium citrate to help bowel stuff move better, Natural Calm is used by many and dosage can easily be adjusted, close to bedtime so by morning they are having a good solid bowel movement.**
- **Constipation is not always an inert motor function, it could be what they are eating. Small pellet of poop, take off dairy.**
- **Tilia with Vaccinium for IBS, irritable intestines, spasms.**
- **Fiscus carica, Tilia tomentosa, Viscum album are 3 gemmo herbs are used for the nervous system. They are sedating and anti-spasmodic when there is a hypertonic motor function. Viscus works the enteric (peripherial) nervous system. Tilia tom. works the central nervous system. Viscum alb. Is a great nervine and sedative.**
- **Viburnum lantana is antispasmodic. We use for the lungs, but also for the colon, and uterus when menstrual cramping.**
- **Vaccinum Vitis Idaea: spasms but see the other spasmodic remedies too.**
- **Vaccinium vitis-idaea (cowberry) is used for repairing the mucus membranes.**
- **Rectal Bleeding: Tamarix – rule out colon cancer, hemorrhoids.**
- **Rectal bleeding: Tamarix with Aesculus**
- **Bifidobacterium bifidus is the primary probiotic for the large intestine. Consider Saccharomyces boulardii if indicated, short term. Or you could rotate – one week on Bifida, the next week on Saccharomyces etc. - watch the poop to see which one makes the best difference. Sometimes the best thing is to keep rotating because you bully out with the saccharomyces and reimplanting with the bifida.**

<u>Inflammation modulators:</u>

- **Ribes nigrum and Alnus glutinosa**
- **Could use a combination tincture form with everything in it. The gemmos will be in**

much smaller amount that the other 4 herbs. Take twice a day. If inflammation starts up with fissure or fistula, take 4 times a day.

- **<u>For the Gut mucosa restorative:</u>**
- **Probiotics – bifida for the colon where the ulceritis is most active**
- **Fiscus carica - as needed**
- **Juglans regia – as needed**
- **Vaccinium vitis-idaea – maybe 3 X a year for a month to help restore mucilagenous herbs helps to cool everything down in the body through reflexing from the gut.**
- **Tilia Tomentosa: chronic inflammation of the mucosa and spasms.**

- **<u>For immune modulation:</u>**
  - **Gemmos of Abies pectinata, Rosa canina, Ribes nigrum combined a week before, during and after travelling.**

- **<u>For tissue repair:</u>**
  - **Collinsonia root and Calendula tinctures helps integrity of tissues so they don't form fissures etc.**
  - **Gemmos of Aesculus hipp., Castanea vesca, Sorbus domestica to keep the blood flow moving from the pelvis to avoid stagnation.**

<u>For stress and nervous system support</u>
  - **Adaptogenic herbs panax quin. And glycyrrhiza glabra**
  - **Flower essences as needed**
  - **Gemmos of Ribes nigrum, Tilia tomentosa, Viscum album**

<u>Spastic, Spasms</u>
- **Spastic gut, think of Malus and/or Ficus**
- **Malus with Tilia and Viburnum for IBS, spastic gut.**
- **Tilia with Vaccinium for IBS, irritable intestines, spasms.**
- **Viburnum lantana is antispasmodic. We use for the lungs, but also for the colon, and uterus when menstrual cramping.**
- **Vaccinum Vitis Idaea: spasms but see the other spasmodic remedies too.**

<u>Constipation.</u>
- **A full diagnosis of the constipation has to be made. Different remedies will be indicated for different circumstances, it goes without saying.**
- **Vaccinum Vitis Idaea: intestinal mucosa repair; chronic constipation and irritable bowel syndrome.**
- **Vaccinum Vitis Idaea bipolar in gut – constipation and diarrhea**
- **Sambucus - mild laxative**

<u>Diarrhea.</u>
- **Vaccinum Vitis Idaea bipolar in gut – constipation and diarrhea**
- **There are multiple causes of diarrhea, of course, not all from the colon and as usual a full diagnostic work-up should be done.**
- **Juglans Regia: after antibiotics.**
- **Vaccinum Vitis Idaea: repairs the intestinal mucosa.**
  Vaccinum Vitis-Idaea for post antibiotic diarrhea

Spastic

- **Spastic gut, think of Malus and/or Ficus**
- **Malus with Tilia and Viburnum for IBS, spastic gut.**

SMALL INTESTINE

- **Duodenal ulcer, the acid that came through the stomach in the bolus actually irritated enough the mucous membranes once it got into the duodenum in order to erode away into an ulcer.**
- **SIBO is talking about a dysbiosis in the small intestine. There is a breath test you can do to see if you have SIBO. The MMC (migrating motor complex) is not functioning well with SIBO which might be caused from trauma or stress of some sort. The IC valve should be adjusted if not functioning well or remains open. Crohn's disease. Gemmos: Ficus carica, Juglans regia(walnut), Vaccinium vitis-idaea(cowberry), Ribes nigrum.**
- **Ficus is good for the whole digestive tract.**
- **Juglans has a great ability to create an environment where the overgrowth bacteria can't survive. It is not an aggressive remedy like some of the anti-microbial remedy, but it is a good one to start with.**
- **Vacciniumm vitis-idaea is a second line of defence coming in for repair of the mucous membranes and you don't want to do repair until you get the microbiom and gut flora established and balanced.**
- **Ribes nigrum is an all around remedy for dealing with stress. A lot of times stress is a contributing factor. It brings up cortisol production in your adrenal glands which is your natural anti-inflamatory so you get inflammation modulating using the Ribes.**
- **There isn't any case of SIBO that I don't work with microbial herbs, and I usually put them in rotation. Barberry, garlic, artemesia for example. One cap twice a day for 3 days, then the next one for 3 days, then the next for 3 days, then 3 days off. Because these bugs are smart and build a tolerance to the drugs, and herbs. Symptoms still may come back, and so you can change the herb and do one day on, one day off, then 2 days on and 2 days off; 3 days on and 3 days off; to see if the body will work with the new herb.**
- **The right probiotic is important. Saccaromyces for a short term bullies out micro organisms from the gut. Once it has done its job you don't need to continue with it.**
- **Also some form of human lacto baccilus, bifidus etc. Go back to the human strain, lacto baccilus acidolphilus, and bifida.**
- **Lacto baccilus in the large intestine are not good friends. Sometimes you can push out the lacto baccilus in the large intestine by using bifidus only which is the food the large intestine needs.**
- **Celiac with low globulins: Fagus**

Colitis, ulcerative colitis, Crohn, IBS, etc,...

- **Rosemarinus Officinalis: recommended for colitis and Crohn's disease through its action on the intestinal mucosa.**
- **Tilia Tomentosa: chronic inflammation of the mucosa and antispasmodic.**
- **Those two above remedies have also anxiolytic properties, and we know the emotional influences on the colon; worthwhile to investigate the use of other remedies of this type.**
- **Vaccinum Vitis Idaea: repairs the intestinal mucosa and spasmolytic.**

- **Vitis Vinifera: chronic inflammation remedy and for Crohn according to Pol Henry.**
- **Colitis: vitis vinifera;**
- **Tilia(spastic colitis); Ficus Carica**
- **Crohn's: vitis vinifera;**
- **IBS, crohn's colitic, celiac: Ficus**
- **IBS, diverticulosis: Malus (crab apple)**
- **Malus with Tilia and Viburnum for IBS, spastic gut.**
- **Vaccinum Vitis-idaea for IBS, IDB (crohn's and colitis), UD, duodenal ulcers, diverticulosis, candida. Combine with Ficus for colitis.**
- **Colitis combo: vitis vinifera; Tilia(spastic colitis); Ficus Carica**

STOMACH

- **Gastritis is catch name for inflammation in the stomach. You can be producing hydrochloric acid out of your parietal cells when there is no food and if you have no food in there it will eat up the protein of the mucous membranes and create an inflammatory response there. If that happens too much in one area you can erode away to an ulcer which is the gastric ulcer.**
- **Another reason could be that you are not emptying your stomach quick enough so acid and the bolus of food are staying in the stomach too long, you don't have enough motility to move that out and it erodes the mucous membranes.**
- **Heartburn is kind of a catch name for having erosion up in the esophagus and GERD is gastroesophageal reflux disease and it is about things regurgitating up through the sphincter from stomach up into the esophagus, which leads to heartburn. Both of them are erosion of the esophageal tissue and Barrets Esophagitis is sometimes a result of having that acid exposure on the esophageal mucosa too long or too frequently and the cells then actually turn cancerous.**
- **Protein Pump Inhibitors is the favourite used by the standard medical. If you turn off the acid production in the stomach you don't break down your proteins and so you become malnourished and animo acids are the building blocks of tissue in our body.**
- **Adjusting the haital area.**
- **Ficus carica – fig good to wean off PPI's, really resets the whole nervous enervation of what is going on in the gut and it also begins to heal the mucous membranes all the way down through the whole digestive tract.**
- **Ficus is taken away from the food, put directly into the mouth where it is absorbed through capillaries so it influences the whole digestive tract. Ficus bring the parasym. Into play with the brain to stop the acid, stress etc.**
- **Juglans regia (walnut) for any nervousness somatization in the digestive tract. It promotes sleep. If you take Juglans, do not take in conjunction with other buds, so you take Juglans at noon and bedtime and the other ones morning and supper. Walnut is a tree that grows alone because it puts out substances that prevents growth from other trees. It is a great remedy of the endocrine, exocrine, for anti-microbial, and a remedy for the pancreas and for the digestion. Taken at night, helps promote sleep.**
- **Combine Citrus limonum,(opens up blood vessels, acts as a digestive) Ficus carica, Sambucus nigra(working the immunity of the digestive tract), and Rosmarinus(working the liver). Take away from food. Doesn't have Juglans regia that might want to also add in.**
- **DGL is deglycerized licorice, doesn't put up the blood pressure, usually chewable so**

it can coat the whole esophagus and stomach. Chew one about 10-15 min. before you eat. Can chew another one after eating if you feel any heartburn. Even in between meals, once the food is out of the stomach, they can do DGL if they feel any kind of burning or discomfort.

- **Use mucilaginous herbs like marshmallow, plantain and aloe vera and licorice. Can use in a powdered form, mixed with water, eaten like a gruel.**

<u>Gastritis</u>

- **Gastritis chronic inflammation: Tilia, Alnus Glut for mucous membranes**
- **Chronic gastritis and hypoferric anemia: Ficus Carica**
- **Erosive gastritis: Ficus Carica**
- **Regulate gastric juices (hypo or hyper): Ficus Carica**
- **Ilex aquifolium with Tilia Tom for gastritis**
- **Tilia with Ficus. Tilia does CNS. Ficus does gut- brain connection.**

<u>Ulcers</u>

- **Chronic peptic ulcers: Ficus Carica (combine with Alnus Glut.)**
- **Gastric and duodenal ulcers: Ficus**
- **Ficus and Alnus glut. For gastro duodenal ulcers**
- **Colitis, GI ulcers in stomach and duodenum: Ligustrum Vulgare**
- **Tillia with Alnus and Ficus for ulcers. Tilia handles the nervous system part.**

<u>GERD</u>

- **GERD, gastritis and dyspepsia: Ficus**

<u>Other</u>

- **Alnus Glut. For inflammatory of the GI tract including gastritis, ulcers, peptic and duodenal, diverticulosis, colitis, celiac disease, food allergies, IBS. Combine with Ficus for inflammatory conditions, ulcers.**
- **Citrus with Ficus for sluggish digestion**
- **Rosmarinus with ficus for dyspepsia as a digestive remedy.**
- **Fagus with Juglans when infection present, to clear gut flora imbalance**
- **Ficus: GI terrain of the stomach, changes the environment of the stomach, heals mucosa – ENS stuck in sympathetic**
- **Juniperus. Early stages of ascites (fluid in gut)**
- **Ficus and Citrus for sluggish digestion**
- **Juglans for malabsorption, dysbiosis, intestinal parasites. Diarrhea, post antibiotics, food poisoning, restores normal flora.**
- **Juglans with Vaccinium vitis-idaea for dysbiosis**
- **Malus with Ficus and Juglans for dysbiosis or digestive issues**
- **Combination: Ficus, Juglans, Morus, and Vaccinium vitis. For GI support**
- **Salix with Ficus for gut issues stemming from anxiety**
- **Vaccinium Vitis-idaea with Juglans, Rubus, Vitis, and Alnus for post antibiotic rebalance of mucous membranes.**

<u>Gastro-duodenal diseases.</u>

- **Alnus Glutinosa: gastric drainer acting as an anti-inflammatory.**
- **Ficus Carica: gastric drainer; heals the mucosa, regulates gastric secretions and oesophageal motility; also indicated in GERD.**

- **Ilex Aquifolium: listed for gastritis by Pol Henry.**
- **Ribes Nigrum: powerful anti-inflammatory without the Zea Mais: non specific liver inflammation, liver drainer.**
- **Tilia Tomentosa: anxiolytic, antispasmodic, acts on the chronic inflammation of the digestive mucosa; member the psychosomatic effect of stress and anxiety on the gastroduodenal mucosa, creating acute ulcers, gastritis, heartburn…other emotional remedies might well be indicated**

<u>TEETH</u>

Astringents for Tooth decay and Periodontal disease: apply to gum or put in a little water and swallow.

- **Betula pubescens, Quercus robur, Safix alba (high in tannins, astringents to tighten up tissues)**
- **Remineralizing teeth:**
- **Pinus montana, Vitis vinifera, Rubus fruct., Acer camp., Ulmus fulva, Equisetum arv. Remineralizes and bone builds.**
- **Quinton Hypertonic Deep seawater Minerals rinse with and swallow.**
- **Tissue Salts: Calc fluor 6x Calc phos 6x Silicea 6x These all help rebuild bone and tissue.**

<u>LYMPH</u>

- **Works hand in hand with the venous system. With digestion, the food is in the gut, gets absorbed through mucous membrane cells into capillary system and right out there is the lymph system ready to sweep up what it needs to and clear the way.**
- **Castanea vesca (Sweet Chestnut) is main remedy to mvoe lymph.**
- **Combine Castanea vesca, Fraxinus excelsior and Corylus avellana,**
- **Also can use Sorbus domestica helps move the vein, and blood flow.**
- **Also Fagus Sylvatica helps move the lymph as does Betula pubescens and Birch ap, Juniperus communis, and Aesculus hippo. These are oten teamed with Castanea vesca to help strengthen the vessel walls while Castanaea vesca moves the debris out.**

<u>SINUS</u>

- **Combine Alnus glutinosa for inflammation, Rosa canina supporting the immune, Carpinus for infections, Ribes.**
- **Combine Carpinus and Ribes.**

<u>NERVOUS SYSTEM AND IMMUNE SYSTEM</u>

- **Combine Ribes nigrum, Ficus, plus Essential oils of lavender, angelica, neroli.**
- **Combine: Tilis tom. and Ficus**
- **Combine: Abies pect., Rosa, Ribes**

DIZZY (vertigo)

- **Viscum Album (mistletoe)**
- **Tinnitus and vertigo: Ginkgo. But find out why the problem, not just the blood flow**
- **Viburnum Lantana – tinnitus and vertigo secondary to spasms. These usually have multiple ideologies. Think of Sorbus for tinnitis.**
- **Viburnum with Sorbus and Gingko for tinnitus, vertigo, circulatory support**
- **Viscum Album with Alnus glut. For vertigo. Need to know where vertigo is from.**

Could be gravel in the inner ear, perhaps givign an inflammatory response, so Alnus is good. And Alnus builds blood vessels which may be blocked and needed in the inner ear.

DRAINAGE

- **Dosage depends on whether you use concentrated formula or not. Concentrated are 1:2 ratio. The other is 1:20 ratio. So you might use 5 drops TID in the stronger remedy and 50 drops TID in small amount of distilled or reverse osmosis water. Best taken before meals, holding solution in mouth for a minute before swallowing to help absorption. You can mix different Gemmotherapy remedies together for combined effect.**
- **Betula Pubescends (white Birch Bud). Stimulates immune system, esp. liver, lymph and spleen. In the liver it promotes strong macrophagic actions to stimulate catabolism of ureas, uric acid, cholesterols and is a major anti-toxicant for the liver.**
- **Beta Pubescens (Sap) . Good remedy especially in spring when sap flows. Used as kidney drainer and helps clear uric acid in rheumatic conditions. Metabolic draining of the sap is powerful, it can decrease uric acid levels up to 20-30%. Also potent diuretic helping the complete emptying of the urinary bladder.**
- **Castanea Vesca (chestnut Bud) is circulatory remedy on both sanguinous and lymph. Tonifies venous system. Remedy for heavy legs, lower extremity edema, varicose veins, varicose ulcerations, lymph stagnation, extremity engorgement due to sluggish lymph.**
- **Fagus Sylvatica (European Beech Bud): fibrosclerotic terrain remedy. Stimulates renal by increasing urinary output, decreasing uric acid, ureas, creatinine and renal lithiasis as well as renal sclerosis and glomerulonephritis in repetitive or terminal collibacillosis and nephritis syndromes.**
- **Fraxinus Excelsior (Ash Bud) Kidneys. Deep depurative actions on kidney, catabolizing nucleoproteins, increasing diuresis, aiding in elimination of excess uric acid.**
- **Juniperus Communis (Juniper Young Shoots) Depurative, vulnerary for liver, gall. Helps diuresis in kidneys, to aid in eliminating uric acids. Do not use if kidney cancer.**
- **Lonicera Nigra (Honeysuckle Young Shoot) There are over 200 spcies, the Nigra is one of the rarest – lovely scented but its black berries are toxic). Drains liver and kidneys, less powerful then Juniperus Communis but added component to calm the nerves esp. when combined with Tilia Tomentosa if muscular and nervous cramps. Through its general hepatic, renal and nervous system actions, it is indicated in cases of colbacilosis, tonsilitis, emphysema and urinary and hepatic manifestataes and splenic inflammation. Not for use in children.**
- **Prunus Amygdalus (almond bud) anti-sclerotic, cardio, renal. Helps eliminate excess uric acid. For renal sclerotic plaques, elevated renal amylase and cholelithiasis.**
- **Sorbus Domestica (service tree bud) Tones vein walls. Lymphatic Congestion.**
- **Ulmus Campestris (European field elm bud) Kidney and liver drainage in metabolic skin conditions. Good for weeping lesions like eczema, acne, herpes, psoriatic lesions. Affects through catabolic actions the nucleoproteins, uric acids, metabolites, and excess lipids.**
- **Cornus sanguinea (dogwood) for hyper conditions (hyperthyroid etc). Drains heart and arteries of cardio system. Anticoagulant/antithrombotic. For sticky platelets**

and also the opposite: it is anti-bleeding. Antinecrotic in first stages of infarct.

Drainage Liver/gall: Rosmarinus, Juniperus, DEP GEM, Secale, Lonicera, Betula pub., Pinus, Sequoia, Corylus
Drainage Lymph: Castanea, CEL GEM, CELLUSAP, Sorbus, Betula pub., Pinus
Drainage Lungs: Corylus, Viburnum
Drainage Kidneys: Betula Pub., DEPURASAP, Juniperus, Fraxinus, Fagus, Ulmus, Prunus, Lonicera, Dep Gem,
Drainage Heart/Cardio: Cornus, Prunus,
Drainage Joints: Pinus
Drainage Spleen: Betula pub.,
Drainage Intestines: Juglans
Drainage Nervous system: Ficus, Tilia
Drainage Skin: Cedrus, Ulmus
Drainage Veins: Sorbus, Ulmus, Vena Sap, VEN GEM
Drainage Arteries: Cornus
Drainage Chronic: Viscum album

DUPUYTREN'S

- **Ampelopsis for joints, ligaments, tendons, cartilages. Inflammation, repair, regeneration.**
- **Pinus for carpal tunnel syndrome**

EARS:

- **Buzzing: Sorbus**
- **Deafness due to tympanosclerosis: Sorbus with Viburnum**
- **Tinnitus: Sorbus with Ginkgo. But many find ginkgo gemmo is not as effective as the mother tincture. GINKGOGEM is the complex that combines both the gemmo and mother tincture.**
- **Alnus with Rosa canina and Abies alba/pectinata for otitis(middle ear inflam), pediatrics**
- **Tinnitus and vertigo: Ginkgo. But find out why the problem, not just the blood flow**
- **Chronic otitis and tonsillitis if sclerosis is present: Olea**
- **Deafness due to tympanosclerosis: Sorbus with Viburnum lantana**
- **Sorbus with Ginkgo or tea or leaf, for tinnitus, but gemmo does not seem to be as effective as the mother tincture. Try Ginkgogem complex with has the gemmo and mother tincture.**
- **Viburnum with Sorbus for deafness secondary to tympanic membrane sclerosis**
- **Viburnum Lantana – tinnitus and vertigo secondary to spasms. These usually have multiple ideologies. Think of Sorbus for tinnitis.**
- **Viburnum with Sorbus and Gingko for tinnitus, vertigo, circulatory support**
- **Viscum Album with Alnus glut. For vertigo. Need to know where vertigo is from. Could be gravel in the inner ear, perhaps givign an inflammatory response, so Alnus is good. And Alnus builds blood vessels which may be blocked and needed in the inner ear.**

<u>ENT (ear, nose, throat infections):</u>

- **Any remedy with an action of the respiratory mucosa can be indicated at any level of the ear, nose, throat, trachea and bronchi.**

- **Abies Pectinata: stimulates immunity through bone marrow activation; refer to the action of turpentine essential oil.**
- **Alnus Glutinosa: mucosal inflammation; could prevent the use of antibiotics. Alnus is the number one antibiotic remedy in Gemmotherapy.**
- **Betula Verrucosa: stimulates the immune system, indicated in more acute infections when strong action is needed, whereas Betula Alba is softer in action and would be used in cases of chronic infection.**
- **Carpinus Betulus: specific action of the mucosa of the sinuses and repairs the respiratory mucosa (Dr. Andrianne's indication).**
- **Ribes Nigrum: major anti-inflammatory, regulates the immune system and increases resistance; use instead of the various cortisone sprays.**
- **Rosa canina is active against E coli and antiviral and supports the immune. Good for ENT infections.**
- **Juglans regia (walnut) is active against Staph and E coli. Good for pulmonary and intestinal infections. Take a different time than other bud formulas, likes to be on its own.**

<u>Rhino pharyngitis:</u>

- **Rosa Canina: stimulates the immune system, used in ENT mucosal inflammations.**
- **Abies Pectinata: as a general ENT remedy.**
- **Betula Verrucosa: anti-inflammatory, stimulates immune system, same indications as Betula Alba.**
- **Carpinus Betulus: repairs respiratory mucosa. Alnus Glutinosa: mucosal inflammation.**
- **Ribes Nigrum: general anti-inflammatory.**
- **Rosa Canina: major ENT remedy, recurrent chronic mucosal inflammations.**

ECZEMA:

- **Dry eczema – Cedrus Libani long term, in depth drainage and detoxification**
- **Wet or Weeping eczema – Ulmus campestris: skin drainer, acts on inflammatory skin problems in a detoxifying manner.**
- **Infected eczema: Cedrus Libani for indepth drainage, to be associated with other treatments. Juglans as indirect action on the skin through the liver and pancreas actions. Combination of Juglans with Ribes**
- **Ribes Nigrum: this is the major anti-inflammatory and cortisone-like remedy that could be indicated in any type of skin inflammatory lesion (and any inflammatory situation anywhere); it can be associated to any of the following remedies; remember that as long as the cause, the origin, the root of the disease is not treated, your patient is not cured.**
- **Chronic eczema: Ficus acts through anxiolytic, antidepressant activity which chronic sufferers of skin disease often need. Juglans addresses the liver and pancreas borderline function and poor digestion which are very often involved in chronic skin pathology.**
- **Cedrus Libani: for in depth drainage and detoxification, as this is always warranted in skin problems.**
- **Ilex Aquifolium: listed by Pol Henry for psoriasis and eczema, but without any explanation. Ilex is often used for cracked skin problems, fissure type.**
- **Juglans Regia: indirect action on skin through its pancreatic and hepatic actions.**
- **Tilia Tomentosa: anxiolytic, if skin problem aggravated by emotional situation.**

EDEMA (water retention)

- **Edema: juniperus**
- **Juniperus with Fagus and Betula spp.**
- **Combination Ligustrum, Juniperus, Bettula spp., and Zea mays for edema and enhancing urinary filtration.**
- **Castanea Sativa for lymph circulation (effects stasis and edema)**
- **Lymph Edema: Birch Sap with Castanea**
- **Crataegus for pulmonary edema**
- **Malus, Juniperus, Fraxinus and Zea Mays**

ELECTROLYTES

- **Juniperus Communis normalizes ionic balance – electrolyte balance**

EMOTIONAL: also see Stress, Anxiety, Depression, Obsessions, Phobias, Insomnia

- **Encouraged self-realization: Mineral elixir of malachite;**
- **Don't learn lessons: flower elixir chestnut bud of India in the morning; mineral elixir of malachite at night.**
- **Anxiety: Acer with Tilia**
- **Acer combined with Tilia for anguished neurosis, generalized anxiety disorder, and for depressive syndromes with Fraxinus.**
- **Shock, grieving, sadness: Fagus**
- **Tilia with Olea and Prunus for phobias and obsessive compulsive behaviors.**
- **Ficus, Tilia, Viscum, Malus, Lonicera, Crataegus for sleep disturbance and anxiety.**
- **Viscum with Tilia for panic attacks, eases anxiety**

ENURESIS (bed wetting):

- **Quercus robur with Abies Alba**

EPILEPSY:

- **Petit mal: Tilia. Ilex with Tilia. Tilia with Ginkgo.**
- **Post traumatic focal epilepsy: Ficus Carica**
- **Gingko, Tilia tomentosa (linden), Ilex aquifolium (holly), epilepsy, petit mal.**
- **Ilex aquifolium with Tilia for petit mal epilepsy**
- **Citrus Limonum: listed as such, without explanation.**
- **Ficus Carica: post-traumatic epilepsy, sensory epilepsy according to other authors.**
- **Ilex Aquifolium: listed for petit mal epilepsy.**
- **Tilia Tomentosa: sedative, anxiolytic, hypnotic.**
- **Viscum Album: one of its listed uses. Try with Ginkgo.**

EYES:

- **Combine for Eye Complex (take internally). Improves vision through enhancing microcirculation to the eyes, support for degenerative conditions of the eyes and for eye fatigue:**
  - **G32 Vaccinium myrtillus – antioxidant, improves microcirculation to the eyes, the anthocyanins have an affinity for the pigment of the retina.**
  - **G56 Juniperus commm. - kidney and liver drainage, specifically liver since it is directly related to the eye and vision in TCM**
  - **Silica – a mineral essential in maintaining hair, nails, skin and connective tissue,**

one of the 12 Schussler Tissue Salts, and needed for structure and function of the eyes.

- **Lutein – a carotenoid that acts as an antioxidant, specifically with the eyes.**

DOSAGE: 7-10 drops twice a day away from food. For children, test, start low.

<u>Other gemmos to consider:</u>

- **Gingko**
- **Cercis is indicated in recurring Retinal thrombosis, Retinopathy (diabetic, hypertensive) Not if hypothyroid.**
- **Ribes nigrum (black currant) is your number one anti-inflammatory everywhere eg. Retinitis, uveitis.**
- **Glaucoma: Cercis Siliquastrum. Not Cercis if hypothyroid.**
- **Retinopathy: Cercis with Vaccinium myrtillus. Not if hypothyroid.**
- **Combine Gingko and Vaccinium Myrtillus for visual problems**
- **Hippophae Rhamnoides (sea buckthorn) improves eyesight**
- **Morus Nigra: retinopathy, vascular**
- **Vaccinium myrtillus (european blueberry) prevents and treats ophthalmic conditions incl. Glaucoma, retinopathy, diabetic or other, cataract formation. Vision changes including myopia, diminished night vision. Conjunctivitis, dry eyes, inflammatory conditions of the eye. Microcirculation conditions.**

FATIGUE

Quercus is sexual tonic that stabilizes tension
Sequoia is sexual toni, brain tonic
Ribes nigrum

FIBROMYALGIA

- **Acer Campesre. Won't heal it but will get into the mitochrondria and help.**
- **Ampelopsis for joints, tendons, ligaments**
- **Betula Verrucosa**
- **Ficus with Tilia and Abies**
- **Malus (crab apple) for musculoskeletal, myalgias, fibromyalgia**
- **Tilia with Quercus, also do adrenal related fatigue from pushing the nervous system**
- **Vitis Vinefera**

FLEXiBILITY: betula pub.

FUNGAL:
Cedrus Libani with Juglans when parasitic or fungal infection evident.

GALLBLADDER

- **Alnus Glut. for stones**
- **Acer for gall support when there is sluggishness, biliary lithiasis**
- **Acer with Fraxinus for cholelithiasis, secondary angiocholitis**
- **Rosmarinus as liver-gall drainers. Cholagogue and choleretic.**
- **Rosmarinus off. with Acer for gall sluggishness**
- **Ficus and Juglans for gallbladder parasites**
- **Fraxinus breaks down biliary lithiasis**

- **Juglans for gallbladder infection, inflammation, parasites**
- **Juglans with Cornus and Ficus for gallbladder infections**
- **Malus (crabapple) breaks down gallstones (cholelithiasis). Combine with Rosmarinus for biliary lithiasis**
- **Prunus for Cholelithiasis**
- **Rosmarinus with Fraxinus and Acer to prevent biliary lithiasis**

GANGLION

- **Ganglion cysts: Abies (silver fir)**

GASTRITIS

- **Gastritis chronic inflammation: Tilia, Alnus Glut for mucous membranes**
- **Chronic peptic ulcers: Ficus Carica (combine with Alnus Glut.)**
- **Chronic gastritis and hypoferric anemia: Ficus Carica**
- **Erosive gastritis: Ficus Carica**
- **Ficus for gastric and intestinal ulcer**
- **Regulate gastric juices (hypo or hyper): Ficus Carica**
- **Alnus Glut. For inflammatory of the GI tract including gastritis, ulcers, peptic and duodenal, diverticulosis, colitis, celiac disease, food allergies, IBS. Drainer also.**
- **Ribes with Vaccinum myrtillus for gastritis and esophagitis**
- **Tilia with Ficus. Tilia does CNS. Ficus does gut-brain connection.**

GERATRIC:

The care of the elderly differs little from the care of the adult, yet some specific problems are encountered more often in that category of age. Nevertheless, the biological and physiological ages of the patient are to be taken into account, not the calendar age. Remember though that some organs can become borderline functional with age without producing too much objective evidence (kidneys, liver); sudden violent over stimulation might have the opposite effect and cause those organs to reduce their function; with those patients more than with any others, slow increments in posology are needed.

<u>Female sexual weakness</u>.

- **Vaccinum Vitis Idaea: repairs hyalinized ovaries and restores hormonal ovarian secretion; you still need some functional tissue, if the whole ovary is completely atrophic, nothing will happen.**

<u>Male sexual weakness.</u>

- **Quercus Robur: it stimulates the testicles and the testosterone production as well as the pituitary and the adrenals, all organs that have an influence on the male hormonal system.**
- **Sequoia Gigantea: a male rejuvenator that normalizes spermatogenesis and relieves prostatic inflammation; the androgenic connection is mentioned by French herbalists.**

<u>Osteoporosis.</u>

- **See under Osteoporosis. Do not rely only on Gemmotherapic remedies for the prevention and treatment of osteoporosis, nutrition is the essential tool here, and proper sunshine exposure for vitamin D production.**
- **Betula Alba: stimulates bone regeneration.**

- **Pinus Montana: regeneration of bones, cartilages and tendons, stimulates chondrocytes.**
- **Ribes Nigrum: adaptogen, stimulates metabolism, prevents degeneration; not a specific osteoporosis remedy.**
- **Rosa Canina: osteoporosis after menopause; why is not at all clear, but I trust clinical experience above all.**
- **Rubus Fructicosus: stimulates osteoblasts and slows osteoclasts.**
- **Sequoia Gigantea: stimulates osteoblasts, enhances mineralization, the bone tissue is of better quality.**
- **Vitis Vinifera: stop articular deformities and the formation of osteophytes, which are linked to incorrect bone metabolism.**

<u>Fractures in the elderly.</u>

- **Pinus Montana: regenerates bones, cartilages and tendons, stimulates the chondrocytes.**
- **Rosa Canina: used in osteoporosis after menopause, apparently useful in fracture repair at that period of life.**
- **Rubus Fructicosus: stimulates osteoblasts and slows osteoclasts.**

<u>Senile heart.</u>

- **Cornus Sanguinea: maintains blood fluidity and dissolves micro-thrombi in the coronary arteries without the risk of excessive bleeding in case of trauma.**
- **Crataegus Oxyacantha: the major heart remedy, food for the heart, always indicated whatever the problem is.**

<u>Brain of the elderly, dementia</u>.

- **Alnus Glutinosa: it increases cerebral vascularisation and diminishes blood viscosity, hence its indication in memory problems, pre-senile and senile dementia.**
- **Olea Europea: treats the cerebral atherosclerosis but it has also a direct brain action.**
- **Sequoia Gigantea: mental and general tonifying remedy, acts slowly but in depth; it creates a feeling of well-being always welcome in the elderly.**

<u>Lung of the elderly.</u>

- **Coryllus Avellana: restores elasticity of the lungs through its anti-sclerotic action. Consider also Fagus**
- **Sylvatica and Rubus Fructicosus as antisclerotic remedies.**
- **Also refer to the "Respiratory" as needed.**

<u>Senile Itching.</u>

- **Cedrus Libani: in this indication, acts probably through in-depth drainage and detoxification**

GOUT

- **Betula Alba: increases diuresis and excretion of uric acid.**
- **Calluna+Fraxinus+Betula clears the attack and the way the body handles gout in the future.**
- **Calluna + Juniperus for kidney clearing, diuretic action**
- **Calluna + Fraxinus and Betulla spp. For gout and to increase diuretic action**

- **Fraxinus Excelsior: liver and kidney cleanser, diminishes the level of uric acid.**
- **Try combining Betula verr. with Fraxinus**
- **Citrus with Fraxinus and Juniperus.**
- **Fraxinus with Zea Mays and Juniperus**
- **Lonicera Nigra: described as useful in gout.**
- **Pinus Montana: for cartilage destruction but not specific for gout, will help repair the damage caused by the uric acid deposits.**
- **Prunus Amygdalus: lowers uric acid through action on the kidney.**
- **Ribes Nigrum: acts as an anti-inflammatory in cases of gout, helps for the inflammation without any direct action on the metabolic problem itself.**
- **Viscum Album: used to relieve gouty arthritis and to increase articular motility.**
- **Fraxinus excelsior (ash) gemmo is a xanthine-oxidase inhibitor, blocking the conversion of hypoxanthine → xanthine - > uric acid**
- **Betula pub (white birch) gemmo OR birch sap, helps clear uric acid from the joint spaces.**
- **Ribes nigrum (black currant) inflammation modulation, potentizes the effects of the other remedies**
- **Colchicum homeopathic 30c-200c is a good gout remedy, Apium graveolens (celery) tincture helps uric acid move through blood and joints.**
- **Consider treating fungus/yeast overgrowth. Some fungus/yeast (eg. Candida) produce uric acid, which could be the contributing factor. Candida can be put in place by the body as a protective measure when there is heavy metal toxicity. It seems to somehow buffer the body from damages incurred by the heavy metal toxicity. So check for heavy metals and treat if needed.**
- **System too acidic: Calluna vul.**
- **Using Calluna, Fraxinus and Betula spp. For gout is critical. It clears the attack and also the way the body handles gout in the future.**
- **Equisetum arvense gemmo alone or in combination with Fraxinus**
- **Fraxinus with Fagus to clear uric acid**
- **Fraxinus with Pinus to drain joints of gout**
- **Juniperus with Fraxinus for hyperuricemia and gout**
- **Juniperus for gout and hyperuricemia**
- **Lonicera nigra (black honeysuckle)**
- **Prunus with Fraxinus, Betula pub. And Juniperus types of seed**
- **Ribes with Fraxinus and Bettula spp. for gout**
- **Rosmarinus with Fraxinus for gout**
- **Salix, Fraxinus, Betula pub. and Pinus for gout**
- **Syringa (lilac) for gout, clears uric acid and urea. Alone, or can combine with Fraxinus and Betula spp.**
- **Ulmus reduces uric acid**
- **Vaccinium Vitis-idaea drains/clears uric acid**

HEADACHES:

- **Combine for Headaches and Migraines. Possesses anti-inflammatory, anti-allergic and blood thinning properties which improve circulation. Recommended for migraine headaches, headaches, vertigo (vascular) as well as for pre-senile and senile dementia. This remedy addresses digestive and circulatory.**
  Also look for underlying causes.
  - **G44 Alnus glutinosa for migraine acute or chronic. Remedy for inflammation, for all thrombotic syndromes (contains antithrommmmmbotic substancaes which diminish blood viscosity). Improves collateral circulation. Vertigo caused by arteriosclerosis (improves circulation). Memory blanks (improves cognitive functions). Aging brain (senile and pre-senile dementia). Detoxifies the digestive system. NOT if on blood thinners.**
  - **G41 Rosa canina. Anti-allergic (various respiratory allergies). Recommended for allergic & migraine terrain. Headache (allergic or circulatory origin) Remedy for recurring ENT inflammatory syndromes. Has big effect on immune system. Great remedy for children.**
    DOSAGE: Prevention 7 drops twice a day. Acute: repeat more often until symptoms subsides. Take away from food, hold in mouth a few seconds. Put on tongue or in water. If children don't like taste, mix into a bit of honey.

<u>Other Gemmos to consider:</u>

- **Ribes nigrum is the number one anti-inflammatory and also has anti-allergic properties.**
- **Ficus carica is anxiolytic. Neutralizes effect of anxiety and stress and it is secondary effect (short or long term). Headaches or migraines of nervous origin. Antispasmodic properties. Also supports drainage and regulation of digestive system.**
- **Vinca minor for the nervous system. Has antispasmodic, circulatory properties. Recommended in migraines and esp. coronary spasms. The regular intake of G89 will revitalize the whole cerebral metabolism and is useful in prevention.**
- **Migraines: Alnus with Ribes and Mentha Aq.**
- **Migraines: Citrus Limonum**
- **Headaches, migraines: Gingko**
- **Headaches: salix**
- **NOTE: For headaches it helps to find the cause and directly address. Examples:**
  Acute headache: Alnus glutinosa (inflammation)
  Head trauma: Ficus carica (don't forget Arnica and Nat sulph homeopathics)
  Liver problems: Rosemarinus, Juniperus, Fraxinus, Corylus, Olea, Sequoia
  Gallbladder problems: Rosmarinus for 1st month, then Fraxinus a.m. and Acer in p.m. in 2nd month, repeat.
  Lymph: Castanea vesca, Sorbus, Fagus, Betula, birch sap, Juniperus, Aesculus
  Drainage of toxins/metals: Populus, Alnus, Vitis, Juniperus, Pinus, Betula.
  Constipation: Malus, Vaccinium vitis idaea, Sambucus, Olea, Ficus, Betula spp., Juglans, Tilia tomentose with Viburnum (spasms)
  Allergies: Ribes, Rosa, Fagus, Alnus, Betula spp.
  Sinuses: Juglans, Rosa, Ribes, Carpinus.
  Blood Sugar: Juglans, Acer, Morus, Olea, Vacciniium(s), Ficus with Tilia
  Pancreas: Juglans
  Adrenals/hormonal: Ribes, Sequoi, Quercus robur. Vaccinium vitis idaea, Viscum.

Nervous system: Tilia, Ficus, Citrus, Viscum. Also think of musculoskeletal support or tension headaches.
Circulation/Vascular: Alnus, Ginkgo, Cornus, Cercis, Syringa, Vaccinium, Sorbus

HEART

- **Crataegus – bipolar action on arrhythmias, slows down or speeds up according to needs. Crataegus for angina, palpitations, senile heart, hypertension**
- **Olea for angina, arrhythmias, tachycardia**
- **Alnus Glutinosa: anti-thrombotic, it is useful in AF to prevent the occurrence of clots, one of the major dangers of this pathology. Its anti-inflammatory action will help diminish the irritability of the ectopic beat spots in the myocardium unless there is a conduction problem.**
- **Citrus Limonum: not only for palpitations but as a blood fluidifier, it will prevent clotting too and facilitate circulation. Remember it is of short duration of action, so you need to add deeper, more chronic and curative remedies.**
- **Crataegus Oxyacantha: major heart remedy, heart "food", chronotrope positive and nervous remedy at the same time.**
- **Ficus Carica: anxiolytic, to be used (with others of the same kind) if anxiety, nervousness or emotions are at the origin of the arrhythmia; it is not a heart remedy by itself. Tilia Tomentosa: sedative, anxiolytic and antispasmodic. For stress, anxiety, palpitations. Tilia with Crataegus for heart palpitations, heart racing in hyperthyroidism.**
- **Syringa (lilac) is cardiac remedy. Antispasmodic, allows vasodilation esp. of coronary arteries. Antisclerotic (good for arteriosclerosis). Anti-allergy. Decreases cholesterol and uric acid. Begin with small doses of 1-2 drops, esp. on senile hearts to see if there are any side effects like headache, heart palpitations. When used for angina taking only a couple of drops can stop the spasming.**
- **Cercis sililquastrum (judas tree). Antislerotic. Used for sclerotic plaquing of arteries. Also for brain, liver, kidneys. Anti-coagulant/hypocoagulant, anti-thrombotic, anti-inflammatory (for arteritis). Easy to take 5 drops 2-3 times a day.**
- **Zea mays is anti-inflammatory especially for myocardial arteries. Increases coronary artery circulation. Normalizes cardiac enzymes. Helps with kidney and liver drainage and is diuretic. People can get tired when they take Zea mays, so want to do some milk thistle or artichoke for liver support to keep the liver detoxing.**
- **Viscum album (mistletoe) is Antisclerotic, breaks down the glue in tumours. Quiets the nervous system which can lower the heart rate, ease anxiety, promotes sleep, decreases panic attacks, lowers blood pressure. Often use with Tilia to keep calm.**
- **Combine Viscum and Crataegus. For circulation and blood pressure.**
- **Combine Prunus, Tilia, Betula, Olea, and Rosmarinus. Also has essential oils of peppermint, rosemary, cedar for cholesterol help.**

<u>Drainage</u>

- **Cornus sanguinea (dogwood) for hyper conditions (hyperthyroid etc). Drains heart and arteries of cardio system. Anticoagulant/antithrombotic. For sticky platelets**

and also the opposite: it is anti-bleeding. Antinecrotic in first stages of infarct.

Hypertension

- **Crataegus Oxyacantha: BP regulator, whether too high or too low, heart food, repairs and maintains the myocardium, sedative and anxiolytic.**
- **Olea Europea: lowers BP on its own and through action on atheromas, arteriosclerosis and cholesterol/lipids levels. It needs to be taken for a long period of time for results.**
- **Prunus Amygdalus: antisclerotic lowering the BP. Its renal tropism will make it indicated in cases of renal hypertension.**
- **Ribes Nigrum: lowers BP through adrenal regulation.**
- **Viscum Album: atherosclerosis and dyslipidemia, for long term use. It is also indicated in the cardiac effects of hypertension like ventricular hypertrophy.**
- **Vinca Minor for hypertension. Combine with Crataegus for hypertension.**
- **Viscum Album (mistletoe) . Combine mistletoe with Crataegus, Prunus, Olea**
- **Insufficient coronary artery flow**

Hypotension.

- **Crataegus Oxyacantha: heart food, inotrope positive, maintains the myocardium. This is part of the amphoteric action of Crataegus.**
- **Quercus Robur: adrenal cortex stimulant, its action on BP is through a systemic activity, not through vasoconstriction as you would have form conventional drugs or simply coffee.**
- **Ribes Nigrum: adrenal cortex regulator, in this case stimulant; same remark as for Quercus Robur.**

Heart failure, cardiac insufficiency.

- **Crataegus Oxyacantha: chronotrope and inotrope positive, repairs and maintains the myocardium.**
- **Betula Pubescens: kidney drainer used for its diuretic properties, can be replaced by other diuretics if need be.**
- **Syringa (lilac) for angina, heart failure, tired heart (begin with small doses of 1-2 drops on senile hearts). Pain, tightness in heart/chest area. Anxiety that tightens the chest area.**
- **Zea Mays with Crataegus to support heart strength and function if Congestive Heart Failure. Take daily.**

Coronary artery disease.

- **Alnus Glutinosa: hypocoagulant, antithrombotic, lowers blood viscosity and stimulates coronary angiogenesis. The anti-inflammatory properties are here important too as it becomes clear that vascular lesion have their origin in inflammation of the walls, and treatments that sometimes have an effect, like statins, do so not through cholesterol reduction but through lessening local inflammation.**
- **Cornus Sanguinea: anti-coagulant maintaining blood fluidity and preventing infarction; more of an acute phase remedy, it can nevertheless still be included in long term programes of treatment until a full return to normal is obtained.**

- **Crataegus Oxyacantha: antithrombotic and dissolving atherosclerotic plaques.**
- **Syringa Vulgaris: specific for coronary atherosclerosis, dilates and increases the blood flow in the coronaries. Antispasmodic. For angina, heart failure, tired heart. For senile hearts start with only 1-2 drops.**
- **Zea Mais: arterial anti-inflammatory. Can combine with Syringa for insufficient blood flow to the coronary arteries. Take as needed if chest pain.**
- **Syringa with Crataegus, Cornus for cardiovascular support, to increase flow and function of myocardium**

Myocardial infarction.

Before MI (prevention):

- **Cornus Sanguinea: anticoagulant, maintains blood fluidity, refer to the remark under coronary artery disease.**
- **Crataegus Oxyacantha: heart "food" complete heart and coronary "regulator".**

During MI:

- **Alnus Incana: same as Alnus Glutinosa but more powerful thrombolytic, use high dose, high repetition during the acute phase.**
- **Cornus Sanguinea: acute thrombosis, anticoagulant; use both those remedies in acute MI in frequent repetitions, as should always be the case in acute situations. Note: combine this with potentized (homeopathic) Arnica very frequently and theoretically you will almost have the same effect as the conventional treatment of Streptokinase or TpA with clot dissolution, but a lot cheaper and less dangerous; here is another suggestion for a nice clinical study, but do not hold your breath to see it done…**

After MI:

- **Crataegus Oxyacantha: as above, will help repair and regeneration Zea Mais: arterial and myocardial anti-inflammatory; accelerates repair of the myocardium. In general:**
- **Alnus Glutinosa: anticoagulant, antithrombotic, influences blood viscosity, stimulates coronary angiogenesis. Refer to the anti-inflammatory properties discussed in the previous indications given.**
- **Zea Mays is the Sequela of Myocardial Infarctions, want to take after MIs. Use on daily basis to improve coronary flow, helps chest pain. Can help decrease blood transaminase levels. Can combine with Alnus and Cornus. Take as needed.**
- **Crataegus Oxyacantha: as above, see materia medica.**
- **Syringa with Alnus glut.**
- **Syringa with Zea Mais and Cornus (to thin blood), and Alnus glut. To accelerate healing of myocardium, post infarct.**

Thrombosis, anticoagulation.

- **Acer Campestre: hypercoagulability, but needs to be associated with other remedies.**
- **Alnus Glutinosa and Alnus Incana: see Myocardial infarction.**
- **Betula Pubescens: prevents thrombosis through vascular wall stabilization and through its salicylic acid content which acts on thrombus formation via the platelets.**
- **Carpinus Betulus: for drug induced thrombopathy and thrombosis linked to auto-**

immune diseases.

- **Cercis Siliquastrum: antithrombotic in states of hypercoagulability.**
- **Citrus Limonum: blood fluidifier, Tetau recommends using it when the Fibrinogen level is elevated.**
- **Cornus Sanguinea: antithrombotic and anticoagulant, maintains the blood fluidity.**
- **Populus Nigra: diminishes blood coagulability.; being also an arterial antispasmodic, it regularizes the blood flow, removing turbulences in contracted vessels and in doing so, reduces the probability of clotting as blood does not stagnate.**
- **Prunus Amygdalus: useful in coagulopathies with thrombotic tendencies, when PTT is elevated (Tetau).**
- **Tamaris Gallica: will INCREASE the coagulability.**

HEAVY METAL

- **Alnus Glut. Detoxes all metals, specific for aluminum, pesticides**
- **Salix**
- **Vitis Vinefera for lead chelation**
- **Pinus removes all heavy metals from the body**

HEMORRHOIDS:

- **Vitis vinifera,**
- **Aesculus Hippo., for portal circulation, portal congestion. Varicose veins, varicose ulcers, poor venous circulation, spider veins**

HERPES

- **Ribes, with Acer, and Betula for herpex simplex.**
- **Acer campestre (hedge maple) for all herpes, Hepatitis A, B, C, Epstein Barr, Cytomegalovirus, Chicken pox, changes the environment so viral load is reduced.**
- **Rosa canina with Acer for herpes zoster. Not strongly indicated but test.**
- **Don't use Acer with L-lysine because it is an antagonist to the anti-viral effects of the bud extracts. When we give Acer we want it to get to the virus, and what L-lysine does is send it back into dormancy, then Acer can't get to it. Then, once you stop the Acer, the virus comes back.**
- **Quercus with Ulmus, Acer, and Rosa for recurrent herpes**
- **Rubus Fruct. For pain of herpes outbreak**
- **Sambucus – herpes outbreaks**
- **Vitis Vinefera anti-viral for all herpes**

HICCUPS

- **Lonicera Nigra. Combine with Ficus and Viburnum lantana**

HIGH BLOOD PRESSURE (Hypertension)

- **Crataegus Oxyacantha: BP regulator, whether too high or too low, heart food, repairs and maintains the myocardium, sedative and anxiolytic.**
- **Olea Europea: lowers BP on its own and through action on atheromas, arteriosclerosis and cholesterol/lipids levels. It needs to be taken for a long period of time for results.**
- **Prunus Amygdalus: antisclerotic lowering the BP. Its renal tropism will make it indicated in cases of renal hypertension.**

- **Ribes Nigrum: lowers BP through adrenal regulation.**
- **Viscum Album: atherosclerosis and dyslipidemia, for long term use. It is also indicated in the cardiac effects of hypertension like ventricular hypertrophy.**
- **Vinca Minor for hypertension. Combine with Crataegus for hypertension.**
- **Viscum Album (mistletoe). Combine mistletoe with Crataegus, Prunus, Olea.**

HIVES:

- **Hives: Platanus**
- **Hives: Alnus with Platanus**
- **Ribes Nigrum anti-inflammatory, can be used in cases of acute hives (urticaria) from insect bites and post antibiotic therapy.**
- **Ribes: acute and chronic urticaria**

HORMONES

- **Aesculus for hormonal imbalances. Steroidal saponins can influence reproductive hormones and adrenals**
- **Adrenals:**
  - **Ribes Nigrum – stress, helps all other remedies work together. Regulates adrenocortico-pituitary. Adaptogenic. Use as tonic 5-10 drops a day (eg. 5 drops twice a day). Put under the tongue and let them mix in or put in a little water and hold in mouth a few seconds. Need to take for several months, hormones take time to regulate.**

MALE

- **Quercus robur - oak bud**
  - **Anabolic (building up)**
  - **Stimulates pituitary gland and has a polyendocrine action (pituitary, adrenals, testes, uterotonic)**
  - **stimulates testosterone production (precursor for 17-ketosteroids)**
  - **tonic of the reticuloendothelial system**
  - **tonic in general/sexual**
  - **remedy of Yang nature**
  - **properties are mainly directed towards the nervous and glandular system**
  - **main focus of action is the stimulation of cortico-steroids from the adrenal cortex**
  - **poor growth of muscle, bone**
  - **weakness**
  - **loss of libido**
  - **can combine with Ribes, but it might do the job by itself alone**

- **Sequoia gigantea giant redwood/young shoots)**
  - **Anabolic remedy**
  - **Stimulates testicular activity 17 ketosteroid precursor**
  - **Increases osteoblastic activity and is a precursor to estrogen to improve bone health**
  - **Adrenal tonic – should be used at lower doses for women**
  - **Slow but deep action as it acts to strengthen the body**
  - **Tonic / anti-aging / antisenescence to males**
  - **Reduces prostatis inflammation**

- **Osteopenia and osteoporosis**
- **Improves neuro-sexual functional syndromes**
- **Might use this along with Tribulus, maca etc.**

Combine Sequoia, Rosmarinus, Ribes and Quercus

- **A complete tonic**
- **Fights against fatigue and drowsiness and low mood**
- **Synergistic action of 4 active buds**
- **Maintains vitality without addictions**
- **Dissipates depression and boosts good mood in a lasting way.**
- **Supports poor structural and functional building of the body (anabolic activity)**
- **HPA – Gonad regulation – helps low energy and vitality, minimal lean muscle mass, low libido in men and women.**
- **Rosemary is a liver remedy. Whenever we try to stimulate hormones, esp. estrogen, progesterone, testosterone – we also have to deal with metabolites or by-products of those hormones. It is not the hormones that is giving us an ill effect, it is the by-product of those. Rosemary supports the liver which helps with the binding of those by-products to take them out of the system so the free estrogen, progesterone, testosterone are free to do what they are able to do.**
- **Might need to do this longer and heavier dose, maybe 10 drops.**

Pregnant women should avoid taking bud extract with hormonal action like:

Quercus robur (oak)
Rubus idaeus (raspberry)
Sequoia gigantea (giant redwood)
Vaccinium vitis-idaea (cowberry)

This includes combinations containing those remedies.

WOMEN

Vaccinium vitis-idaea (cowberry) young shoots

- **Has <u>estrogenic</u> effect - key**
- **works on urogenital sphere to combat female senescence/aging**
- **rebuilds mucous membranes, esp. in gut**
- **Biphasic action to help restore normal bowel flora**
- **<u>Remineralizes, facilitates calcium absorption</u> - key**
- **Pre-during-post menopause symptoms: hot flashes, ovarian fibroids, fibrocystic breasts**
- **Osteoporosis and osteoarthritis**
- **Constipation or diarrhea (bowel tonic)**

Rubus idaeus (raspberry) young shoots

- **for women, related to reproductive organs in the pelvic region**
- **stimulates <u>estrogen and progesterone</u> production and regulation**
- **antispasmodic**
- **uterine tonic/reproductive tonic**
- **hormonal regulation, specifically ovarian function**
- **menstruation changes during puberty and menopause**

- **dysmenorrhea or ovarian dysfunction**
- **low libido, frigidity or infertility**
- **ovarian cysts**

Combine to make a menopause complex Rubus idaeus and Vaccinium vitis-idaea

- **tonic for the reproductive system**
- **provides a hormonal regulatory effect with mild stimulation on the ovarian function, to provide overall hormonal support**
- **Tonic for the reproductive system**
- **stimulates estrogen and progesterone protection**
- **all hormonal dysregulation**
- **antisclerotic (hyalinosis/fibrosclerosis)**
- **antispasmodic**
- **remineralizing (increases calcium absorption to improve bone deposition**
- **Add Vitamin D and K to enhance this remedy**

Combine Vaccinium vitis-idaea and Malus sylvestris, and Crataegus oxyacantha and Rubus fructicosus

- **this supports the peri and menopausal stage of women over 50**
- **helps to balance the estrogen and progesterone hormone levels and all associated symptoms**
- **helps to normalize the structural and functional changes associated with hormonal changes**
- **protects against estrogen based tumors**
- **balances the hormones**
- **reduces hot flushes and night sweats**
- **helps to prevent cardiovascular issues**
- **helps lower the incidence of osteoporosis**
- **calms stress and anxiety**
- **increases libido and sexual desire**

MALE AND FEMALE

Rubus fructicosus (bramble) young shoots

- **addresses the bone and connective tissue problems**
- **enhances the action of osteoblasts**
- **supports the musculoskeletal system**
- **for pain, acts as an analgesic**
- **anti-sclerotic throughout the body**
- **osteopenia, osteoporosis**
- **decrease fracture risk, heal a fracture. 10 drops twice a day. Add Vit. K.**
- **degenerative or deforming arthritis**
- **breast or uterine cysts**
- **arteriosIcerosis**
- **normally 5 drops twice a day.**

Pinus montana (mountain pine/buds)

- **remedy of the musculoskeletal system used for chondrocyte [*cells found in healthy cartilage; a cell which has secreted the matrix of cartilage and become embedded in it]* stimulation.**

- **Regeneration of hard tissue, bone and cartilage, tendons and ligaments. Good for healing fractures.**
- **Wear and tear of the joints.**
- **Drains joints, liver and lymph**
- **Removes all heavy metals from the body.**
- **Re-stimulates remedies that have lost their effectiveness.**
- **Osteoporosis**
- **Inflammatory arthritis**
- **Degenerative arthritis**
- **Enhances the healing of fractures in the young or elderly**
- **Tendonitis or tendon tears**
- **Origin or and insertion pains of tendons**
- **Want to be adding in to Meno Gem.**

Combine for bone formula:

- **Has Rubus(sclerotic, muscles) and Pinus(joints/ligaments), and Sequoia(anabolic, rebuilding of bone) and Betula(mineral balancer) species.**
- **Bone remedy.**
- **Remineralizes the body**
- **Combats bone fragility**
- **Eliminates crystalline joint wastes**
- **Facilitates the assimilation of calcium**
- **Improves the flexibility of joints and preserves the osseous capital**
- **Osteopenia, Osteoporosis**
- **Where there is increased fracture risk. So if family history is prone to fractures, or if there is one.**
- **Poor dietary calcium assimilation**
- **Arteriosclerosis**
- **Poor growth**

Combine for joint formula:

- **Contains Pinus, Vitis vinifera, Betula species, and Ribes nigrum**
- **relieves joint discomfort**
- **improves flexibility**
- **combats wear of the joints**
- **remineralizes**
- **relieves back pain, aches, stiffness of the muscles**
- **inflammatory arthritis**
- **degenerative arthritis**
- **tendonitis or joint stiffness**
- **fibromyalgia**
- **carpal tunnel pain**
- **decreases fracture risk**

Juglans regia (walnut buds)

- **pancreas remedy, for metabolic syndrome of this day and age**
- **anti-parasitic, anti-microbial – intestinal**
- **helps regulate blood sugar levels – pancreatic endocrine**
- **improves digestion/spleen Qi function – pancreatic exocrine**

- **Affinity for skin and mucous membranes**
- **Cleans up focal infections in the body (anti-inflammatory, anti-infectious, anti-parasitic, anti-fungal, anti-bacterial)**
- **Diabetic / hypoglycemia**
- **Poor insulin utilization. Insulin is needed for growth hormone production, building the body stronger. All hormones feed off what insulin can do.**
- **GI irregularities, infections, and inflammation**
- **Skin inflammation, eruptions, dryness due to mucosal inflammation**

Combine for a detox formula:

- **Contains Rosmarinus and Juniperus**
- **Targets the liver to clean up metabolic waste, hormonal waste**
- **Use before hormone treatment starts or in conjunction with the treatment**
- **drains liver and lymphatics. Eliminates toxins, promotes proper digestive function and enzyme release**
- **Promotes normal <u>liver and gallbladder</u> function (enzyme and bile production)**
- **Assists with the elimination of harmful hormonal metabolites**
- **assists in avoiding or minimizing the side effects of alcohol and drugs, and then detox.**
- **Hepatopathy**
- **Cholecystitis, poor biliary secretion**
- **Abdominal swelling**
- **Premature satiety, postprandial fatigue, lack of appetite**
- **Flatulence, constipation**
- **<u>Hormonal imbalance</u>**
- **Fatigue**
- **Low immunity**
- **At some point when hormonal problems you need to work on the liver.**

Quick Look:

- **Male:**
  - **Sequoia gigantea**
  - **Quercus robur – testosterone stimulation, pituitary regulation**
  - **Tonigem for anabolic, testosterogenic, HPA – Gonads Regulation**
- **Female:**
  - **Vaccinium vitis-idaea – estrogenic**
  - **Rubus Idaeus – progesterone/estrogen regulation**
- **Pancreas:**
  - **Juglans regia for insulin production and regulation**

HYPERTENSION

- **Gingko, Olea, and prunus combination**
- **Crataegus for angina, palpitations, senile heart, hypertension**
- **Olea with Crataegus**

IMMUNE

Combine for Immunity Formula. Stimulated and reinforces the body's natural defences and procures at the same time a feeling of well-being. Can be used acutely or over the winter season to optimize immune function.

- **Abies Alba is great remedy specific for developing immune systems in children and adolescents. Supports growth and harmonious development of all bones.**
- **Rosa canina increases body's defences and combats respiratory problems, esp. for recurrent childhood URIs. Antiviral.**
- **Ribes which is the number one anti-inflammatory and anti-allergy. Modulates inflammation through cortisone like action, modulating the immune system, adaptogenic. Has tonic action on the endocrine glands, more particularly on the supradrenal glands, which allows the cortisol level in blood to naturally increase. This cortisone like activity gives a lasting anti-inflammatory effect and makes the complex a successful substitute for conventional anti-inflammatory drugs without repesenting the harmful side effects of them.**

  DOSAGE: Get larger size if going to be using it frequently. All gemmos are taken before meals on empty stomach, leaving in mouth for a few seconds. 2 drops in morning and afternoon and increase gradually to 10-15 drops daily. Do three weeks on, one week off.

<u>Other Gemmos to consider:</u>

- **Betula sp. (pub and ver) stimulates the immune system.**
- **Fagus sylvatica (beech) increases immunoglobulins (hypogamma-globulinemia)**
- **Rubus fructicosus enhances immunity of lungs, indicated for elderly.**
- **Sequoia (male tonic) and G16 Tonigem to strengthen the vital energy, esp. with elderly**
- **Acer campestris is antifungal, antiviral, considered as a drainage remedy.**
- **Juglans is given in case of hyperimmune reaction, especially in autoimmune diseases and addresses dysbiosis in the gut = enhancement of immunity.**
- **Weak, always getting sick: Fagus**
- **AIDs, Viral, Chemo, vaccine induced. Chronic viral infections (EBV,CMV, mono, Hepatitis): Fagus Sylvatica**
- **Hippo. plus Rosa canina (dog rose) plus Abies alba/pectinata (Silver Fir) for immune support, esp. in URI in children**
- **Hippo. plus Quercus robur (Oak) plus Ribes nigrum (black currant) for protection against radiation.**
- **Hippoplus Alnus glut. And Beta verr. For immunity.**
- **Ribes, Alnus and Hippo to regulate immunity**
- **Rosa and Abies and Ribes to build the immune system**
- **Combination: Hippocast. (sea buckthorn), Rosa Canina (dog rose), Juglans (walnut).**
- **Sambucus – immune stimulation, acutely or preventatively**

INFECTION

- **Recurrent infection: Betula verr. With Fagus and Alnus**

<u>Other gemmos to consider:</u>

- **Rubus fructicosus is active against Staph and Candida. Good for pulmonary infections.**
- **Rosa canina is active against E coli and antiviral and supports the immune. Good**

for ENT infections.

- **Juglans regia (walnut) is active against Staph and E coli. Good for pulmonary and intestinal infections. Take a different time than other bud formulas, likes to be on its own.**

INFLAMMATION:

- **Ribes nigrum**
- **Mineral elixir of malachite**
- **Tilia**
- **Salix inflammation of most types incl. Fibromyalgia, RA and OA, bursitis, tendonitis, sprains, injuries, headaches, tonsilitis.**
- **Alnus Glutinosa for inflammatory conditions anywhere. Respiratory, GI, mucus membranes, musculoskeletal, joints and articulations, arnica-like in its ability to heal**
- **Alnus Glut. For acute suppurative phase of inflammatory diseases originating in the mucous membranes: rhinitis, sinusitis, tracheitis, bronchitis, gastritis, colitis, pyelitis, cystitis, cholecystitis (with complementary treatments)**
- **Alnus with Betula Pub. To treat chronic inflammation eg. pleurisy**
- **Fraxinus Excelsior: inflam. Ligaments, gout, joint capsules, rheum.**
- **Trigeminal neuralgia/Facial Pain: Ficus Carica combined with Olea Europea**
- **Ampelopsis for repair/regeneration of joints, ligaments, tendons, cartilages. Inflammatory conditions.**
- **Inflam. And infection overall. Betula verr. With Juglans and Ribes**
- **Inflammation of respiratory and digestive mucous membranes: Cedrus Libani. This remedy is doing cutaneous drainage.**
- **Overall inflammation: Fraxinus with Alnus glut.**
- **Synovitis, inflammation of synovial fluid. Fraxinus, Rosa, and Ribes**
- **Ribes with Sequoia potentiating anti-inflammatory actions**
- **Ribes with Alnus glut. For most acute and chronic inflammatory**
- **Vitis Vinifera for chronic conditions caused by chronic inflammation where the body is not able to heal (COX inhibitor)**
- **Vitis, with Ampelopsis for inflammation of tendons: tennis elbow, carpal tunnel, peri-arthritis of shoulder. Dose 2x/day first one plant, then the second 11am and 5pm.**
- **Zea Mays for inflammation of myocardial arteries.**

INFLUENZA:

- **Ribes nigrum (anti infect)**
- **Alnus Glut with Ribes, and Betula pub.**
- **Alnus Glut. With Rosa canina and Sambucus nigra for colds and flu.**
- **Hippophae Rhamnoides (sea buckthorn)**
- **Ribes, Abies, Rosa for influenza esp. in children**
- **Sambucas – prevent and treat influenza**

INJURIES:

Head injuries: Ficus Carica

INSECT BITES, STINGS

- **Alnus Glut. With Nettle/Urticaria for puncture stings, insect things (this is the Ledum**

of gemmotherapy). Puncture wounds.

- **6 drops every 2 hr for venom from bee stings**
- **Ribes for insect bites – topical but Alnus Glut is to be used first. Best for insect bites is homeopathic Ledum, then essential oil of peppermint**
- **Salix with Ribes**

INSOMNIA:

- **Combine for sleep formula: Assists in allowing more ease in falling asleep, as well as maintaining a deeper level of sleep so remaining asleep. Contains the two nervous system remedies. Can be used anywhere you need to treat the system whether it is depression, MS, or Parkinsons so it is much broader. People dream more when they take this, perhaps they are in a deeper state? Can be used for babies also. They are anti-spasmodic so good for acid reflux, babies with nightmares.**
  - **G 59 Tilia tomentosa. Drains and sedates the nervous system, overall calming, sedative and anxiolytic actions. Does not leave you groggy, or dependent on the remedy. Good for over-thinking.**
  - **G45 Ficus caria unblocks the hypothalamic related NS, works with the enteris NS decreasing emotional disturbances. Good for the digestion also.**
    DOSAGE: under the tongue, away from meals. For anxiety can use during the day. Can take ½ hr before bedtime. Start with 5 drops and increase by 1 drop every day until you get results. For children 2-12 years old can do 3-8 drops daily starting at 3 drops and increasing by one drop daily. New born give 1 drop or mother can take it before breastfeeding. As with all gemmos, hold in mouth for a few seconds before swallowing.

<u>Other gemmos to consider:</u>

- **Fagus sylvatica for inability to sleep or rest due to grief, loss.**
- **Crataegus oxyacantha balances heart function, esp. on cases of nocturnal palpitations.**
- **Tilia tomentosa: sleep inducer and hypnotic. Also sedative and anxiolytic. Gentle, not addictive. Can be used for children also.**
- **Salix, Tilia and Viscum combined for insomnia and general anxiety**
- **Acer with Fraxinus – stress and anguish related to inability to sleep**
- **Fagus – inability to sleep or rest due to grief, loss**
- **Citrus – tension, a back up or stagnation from tension held, a complementary remedy used in combination with other gemmos**
- **Olea with Prunus – obsessive thoughts**
  CAUTION: if taking anti-depressants, or elevating serotonin levels – Ficus is not a problem but can't do Tilia. May potentiate the sedative action.

JOINTS

- **Ampelopsis for repair and regeneration of joints, ligaments, tendons, cartilages. Inflammation. Post inflammatory degeneration. Fibrosis, sclerosis, retraction of tissue.**
- **Ampelopsis with Pinus and Juniperus to drain the joints.**
- **Ampelopsis with Pine to clear joints and deal with the pain**
- **Ampelopsis with Vaccinium vitis-idaea and Rubus for joint issues during menopause**
- **Fraxinus for inflammation of joints, ligaments, tendons**
- **Fraxinus for carpal tunnel**

- **Fraxinus with Betula alba/pub, SAP to act as depurative, clear tissue and joint accumulation**
- **3 top remedies for joint conditions are: Ampelopsis, Vitis, and Pinus.**
- **Vitis, with Ampelopsis for inflammation of tendons: tennis elbow, carpal tunnel, peri-arthritis of shoulder. Dose 2x/day first one plant, then the second 11am and 5pm.**

FIVE PRIMARY GEMMO REMEDIES TO CONSIDER FOR JOINT PAIN

- **Alnus glutinosa**
  - **overall inflammation modulating gemmo, working at mucous membrane level. Works throughout the body, in the circulatory system, respiratory system, digestive system, nervous system, and musculoskeletal system.**
  - **A circulatory remedy, reduces stasis, moves fluid**
  - **Arnica like in the gemmo realm**
  - **Angiogenic, helping to generate new blood vessels. For this reason, caution is advised when treating patients with active cancer.**
- **Ribes is try to get the body to work with its cortisol which is the body's endogenous inflammation modulation.**
  - **Actions that apply to joint health are inflammation modulation, antioxidant, strengthening of bones, and increasing elasticity and flexibility of ligaments and tendons**
  - **raises the adrenal activity, assisting with cortisol production and maintaining half life, which makes it useful for weaning off or supporting the body during long term use of prednisone.**
  - **Enhances the action of other gemmo remedies.**
- **Vitis vinifera (grape)**
  - **Inflammation modulation especially in the joints. Can be used acutely or over long term, for large or small joints.**
  - **Can inhibit formation of bony growths, bone spurs, nodes and other deformities. It may even break down existing bony growths.**
  - **Promotes joint flexibility**
  - **Enhances circulation**
  - **Assists in protecting the joints in autoimmune activity, preventing fibrosis from going to sclerosis**
  - **Breaks down existing bony growths**
  - **It works at the skin level through internal changes. May be useful for psoriatic arthritic.**
- **Ampelopsis veitchii**
  - **for all aspects of articulations through the connective tissue.**
  - **Protects and strengthens ligaments with Sequoia**
  - **Stimulates cartilage growth/rejuvenation with Pinus**
  - **Antisclerotic on aponeuroses**
  - **Works on fascia...which is all over the body and influences everything, for adhesion issues.**
  - **Works on the liver, and in TCM the liver rules the joints, and all the components of the joints, and that of all movement. Team it up with other liver remedies.**
- **Pinus montana**
  - **supports bone health through the protein bone matrix, allowing fixation of minerals on the bones.**

- **Protects wear and tear on cartilage through stimulating chondrocytes**
- **acts on tendons and ligaments, increasing flexibility**
- **regeneration of bones and cartilage, increasing joint functioning**
- **affinity for knees and hips, but useful for small articulations as well-**
- **osteoporosis, ankylosing spondylitis, stress fractures (think spontaneous bone crumbling)**

COMPLEXES FOR JOINTS

Combine to make a formula:

- **Pinus montana is main remedy to drain joints, liver, lymph. Regeneration of bone and cartilage, remineralization**
- **Vitis vinifera to break up immunoglobulin inflammatory chain reactions, joint specific. Both vine remedies are for the musculo system. Helps dissolve bone finger growths.**
- **Betula sp. (mix of Betula alba and Betula ver.) for inflammation and immune modulation, bone regeneration. Good drainage remedy for kidneys and metabolic waste like uric acid and urea which tends to create inflammation.**
- **Ribes nigrum for cortisol like anti-inflammatory action, can potentiate the actions of other gemmos.**

  DOSAGE: Take drops before meals pure or diluted in water. For optimum results, put directly on tongue, wait for a few seconds before swallowing. This is a big drainage remedy. Start with 2 drops twice a day and increase by 1 drop every day until you obtain a stable result perhaps as high as 7 or 10 drops twice a day. There is always a lot of acid toxins in arthritis, so start at low and slow or you can have a lot of pain while it drains.

Combine for formula:

- **Equisetum arvense to promote fixation and maintenance of calcium. High in silica.**
- **Ribes nigrum works synergistically with Birch Sap to potentiate its action**
- **Pinus montana for regenerating hard tissue, bone and cartilage; drains joints, liver and lymph, removed all heavy metals from the body.**
- **Vitis vinifera action is from chronic inflammation in all tissues and organs, promotes calcium absorption of the colon.**

DOSAGE. Go very slowly. In an arthritic person the pain will get worse if you do drainage too quickly. Start low, increase by one drop a day. If people are very sensitive, put it in water and sip it over a period of time.

<u>Other Gemmos to Consider:</u>

- **Ribes is cortisone like, anti-inflammatory and supports adrenals. If they are in a lot of pain you can add Ribes 10 drops three times a day for two days, then reduce the dosage to 10 drops in the morning and 5 drops around 4-5 o'clock because it is a tonic.**
- **Vaccinium vitis-idaea (cowberry) is chronic arthritis, post menopausal. Also drainage remedy for the bowel. Promotes the absorption of calcium so it will be good for the bones. Do not use if estrogen cancer present.**
- **Vaccinium vitis-idaea is a great remedy for female after the age of 50. Used in lumbar arthrosis. Central remedy for chronic polyarthritis.**

- **Rosa Canina useful in growth problems in children. Effective in different types of Rheumatic syndromes (arthrosis – knee, cervical), improves the knee condition plus reducing inflammation. Helps prevent demineralization, osteoporosis, capillary fragility.**
- **Ampelopsis veitchii (virginia creeper) for rheumatism diathesis. Great remedy for all types of arthritis (cute, chronic, auto-immune) plus connective tissue disorders (ligaments, tendons, scar tissue, bones)**
- **Populus nigra: chelator of toxins, lower leg articulations supported**
- **Juglans regia to improve GI function, antimicrobial**
- **Ficus carica – balances GI terrain, modulating immune reactions**

<u>Joint Pain</u>:

- **Mineral exlixir of malachite; Vitus vinifera**
- **Betula verr. With Ribes and Vitis vinifera**

KIDNEYS:

Uric acid:

- **Betula Pub.**
- **Fagus stimulates renal elimination, helps decrease rate of uric acid, cholesterol and urea at renal level.**
- **Betula Pub. Or Alba. Betula Pubescens is more profound than Betula Verrucosa. For intense diuretic, kidney drainage. Anti-inflammatory. Immune modulating UTI**
- **UTI, cystitis, urethritis, pyelonephritis: Calluna Vul.**
- **UTIs, hematuria, gout, urinary lithiasis: Equisetum**

Insufficiency

- **Ilex aquifolium (holly) acts on the renal system, can be used in case of renal insufficiency.**
- **Olea Europea is good for mild kidney insufficiency**
- **Fagus Sylvatica for kidney insufficiency caused by nephroangiosclerosis which happens during diabetic neuropathy.**

Drainage of Kidney:

- **Cedrus Libani with Zea mays and/or Juniperus to include kidney drainage**

Kidney inflammation:

- **Nephritis, chronic cystitis, pyelitis, pyelonephritis: Juniperus**
- **Nephritis, chronic interstitial, resulting from pyelonephritis (little effect when taking phenacetin over the long term): Rubus Frut with Fagus Sylvatica**

Protein in Urine:

- **Albuminuria: juniperus**

Diuretic

- **Edema: juniperus**
- **Kidney clearing, diuretic. Calluna vulgaris with Juniperus and Zea Mais**
- **To increase diuretic action: Calluna, Fraxinus and Betula spp.**
- **Diuretic, antiseptic for decompensated renal function: Calluna Vul.**
- **Zea Mays diuretic, anti-inflammatory. Combine with juniperus if RUI, add cranberry or Vaccinium.**

Kidney stones:

- **Juniperus dissolves calcium oxalate. Juniperus – don't use longer than 6 weeks. Not if kidney cancer or transplant**

- **Fagus with juniperus**
- **Lithiasis: Calluna Vul.**
- **Renal calculi: Birch Sap with Fagus**
- **Vaccinum Vitis-idaea helps eliminate Kidney stones**

Sclerosis

- **Fagus with Prunus and Ilex for nephroangiosclerosis and other sclerotic conditions of the kidneys**
- **Prunus: Nephritic atherosclerosis secondary to renal damage, lipid nephritis**
- **Rubus Fruct. For Renal – glomerulosclerosis/glomerulonephritis**

Other:

- **Fagus Sylvatica if nephroangiosclerosis.**
- **Ilex Aqifolium with other gemmos for renal failure originating from nephroaniosclerosis.**
- **Juniperus communis is a powerful diuretic, used in ascitis and edema, pyelitis, cystitis, nephritis, and helps dissolve kidney stones (esp. the calcium oxalate type).**
- **The remedy Lonicera Nigra for kidney pathology.**

LACK APPETITE:

- **Rosa Canina**
- **Betula Verrucosa with Rosa Canina**
- **Abies Alba Pectinata (silver fir) increases red blood cell production; Tamarix increases production of red, white and platelets .**
- **Calluna and Ficus**

LEGS

- **Secale with Citrus limonum for enhancing circulation, heaviness in legs**

LEUKEMIA

- **Corylus avellana**
- **Accelerates the synthesis of white corpuscles in the blood stream good for treating leukemia. Reverses the hardening of arterial blood vessels. Used as a lung drainer will restore elasticity.**
- **Tamarix. Increases platelets**
- **Tamarix with Ficus for elevated eosinophil white blood cells**
- **Taking Abies, Cornus and Tamarix together can be a good stimulant to the bone marrow, whatever the cause of the pathology of the bone marrow is.**
- **Juniperus or Aesculus for the portal vein.**
- **Juniperus to clean albuminum out of kidney/blood.**
- **See restrictions on Juniperus (not if kidney transplant, kidney or liver cancer, if on diuretics and not use longer than 6 weeks in normal pathology as it can decrease energy.**
- **Combine hemoderivatives: Abies, Sanguinaria, Tamarix for leukemic invasion of bone marrow, or lymphomas**

LICHEN PLANUS, LICHEN SCLEROSIS

- **Cedrus Libani**

LIGAMENTS:

Ampelopsis veitchii
Combine: Salix (white willow), with Ampelopsis, and Ribes

LIVER/GALL:

- **Liver Drainage**
  - **Sequoia**
  - **Rosmarinus for liver-gall drainage. Protects the liver**
  - **Secale cerale drains (stronger than Milk thistle) and rejuvenates**
  - **Detoxes liver: Betula Pub.**
  - **Juniperus for liver drainage, regeneration of liver damage. Also stimulates kidney function**
  - **Corylus avellana is antisclerotic, stimulates the liver metabolism making everything more active**
  - **Secale, Juniperus, Corylus - important triad for liver detox**
  - **Liver toxicity: Rosmarinus with Juniperus**
- **Cirrhosis**
  - **Corylus Avellana for liver drainage, cirrhosis, prevents fibrosis from progressing to cirrhosis**
  - **Rosmarinus**
  - **Citrus with Rosmarinus off to enhance liver drainage and with Secale for decreasing cirrhosis.**
  - **Juniperus. Can biolocally normalize an alcoholic cirrhosis of the liver.**
  - **Juglans for hepatic conditions, liver cirrhosis, stimulates hepatic macrophages**
  - **Ampelopsis Weitchii**
  - **Fagus Sylvatica**
  - **Olea Europea**
  - **Prunus Amygdalus**

Hepatitis

- **focus on liver inflammation and may be anti-infectious.**

- **Cholesterol also see "cholesterol"**
  - **Corylus avellana is antisclerotic, stimulating liver metabolism**
  - **Olea europea is a cholagogue, lowering cholesterol and decreasing coagulation, helping clear atherosclerotic plaquing**
  - **Corylus with Olea, Malus and Rosmarinus to lower cholesterol**
  - **Rosmarinus plus Olea europaea drains liver and helps the overproduction of cholesterol**

- **Fatty Liver**
  - **Fatty Liver disease: Juniperus**
  - **Corylus with Rosmarinus to breakdown fats in the liver**
  - **Fraxinus with Dep-Gem to promote elimination of hepato-renal waste.**

- **Elevated Liver Enzymes**
  - **Citrus Limonum with Juniperus for elevated liver enzymes**
  - **Triads to decrease elevated liver enzymes:**
    - **Juniperus, Corylus and Secale**
    - **Rosmarinus, Corylus and Secale**

- **Sclerosis/Fibrosis**
  - **Corylus with Juniperus for liver sclerosis/fibrosis**

Other

- **Juniperus: Portal hypertension, usually congestion present also, so needs long term use but no longer than 6 weeks. Do 6 week, then off for a while, then start again. {Portal hypertension is abnormally high blood pressure in the portal vein (the large vein that brings blood from the intestine to the liver and its branches.) Cirrhosis (scarring that distorts the structure of the liver and impairs its function) . Juniperus Communis: hepatitis, toxic hepatitis, hepatocellular insufficiency, cirrhosis and ascitis (probably through the renal action but also through liver repair).**
- **Betula Pub: Stimulates Kupffer liver cells; liver drainer and detoxifier.**
- **Major liver remedy: Secale Cereale, protects, regenerates, restores hepatovcytes. Much stronger than Milk Thistle.**
- **Acer for elevated GGT (liver enzyme)**
- **Cedrus Libani with Rosmarinus and Secale for liver support with treatments**
- **Toxic induced hepatitis: Juniperus**
- **Viburnum with Rosmarinus off. for liver chi stagnation**
- **Carpinus Betulus: indicated in liver insufficiency, but it is hearsay.**
- **Cornus Sanguinea: stimulates Kupfer cells.**
- **Fraxinus Excelsior: liver drainer and kidney drainer.**
- **Juglans Regia: liver cirrhosis, stimulates Kupfer cells.**
- **Ligustrum Vulgare: hepatic "problems" in general; not very convincing, but it is a Liver (and Kidney) tonic in TCM.**
- **Lonicera Nigra: hepatitis; liver drainer.**
- **Olea Europea: liver insufficiency; probably an extension of its herbal and naturopathic uses.**
- **Ribes Nigrum: powerful anti-inflammatory, to be used mostly in that indication and as a synergistic remedy to increase and accelerate the action of other remedies.**
- **Rosmarinus Officinalis: liver and gallbladder drainer, hepatoprotective, liver insufficiency.**
- **Rosmarinus with Secale for liver protection and liver drainage.**
- **Secale: infectious jaundice, cirrhosis, fibrosis, hepatitis B and C (chronic), Hepatitis A after the cute stage (use juniper during acute). For increased transaminases to decrease liver enzymes. Stimulates liver repair; stimulates hepatocytes; in acute hepatitis.**
- **Combine Secale and Juniper for all liver conditions**
- **Secale with Rosmarinus for liver and gall conditions**
- **Tamarix with Juniperus for liver drainage support (Tamarix thickens blood)**
- **Tamarix with Rosmarinus and Secale for promotion of liver regeneration.**
- **Zea Mais: non specific liver inflammation, liver drainer.**

LOWER LEG PROBLEMS

- **Gingko with Populus nigra for lower leg inflammation, arteritis.**
- **Populus nigra: chelator of toxins, lower leg articulations supported**
- **Cercis Sililquastrum: arteritis esp. lower leg incl. Thrombophlebitis and intermittent claudication. Can combine with Ribes or Populus. Arterial embolisms. Not Cercis if hypothyroid.**

- **Sorbus domestica focuses on the veins and circulation, helping decrease pulse pressure, increasing diastolic pressure, heaviness, bloating related to lower limbs with decreased circulation. Phlebitis/thrombophlebitis. Cellulite. Good for people who stand all the time.**
- **Aesculus hipp. To drain veins of lower extremities. Can combine with Castanea for a great lymphatic drainage.**
- **Sorbus is big for lymph and vein drainage. Veins and lymph run side by side in the lower legs so working both together gets things moving.**
- **Sorbus, affinity for the venous system. So use for venous stastis, esp. lower leg, varicose veins, poor blood circulation in veins.**
- **Sorbus with Castanea and Aesculus for lymph drainage, venous drainage and cellulite.**
- **Citrus+Sorbus+Castanea**
- **Sorbus with Aesculus for varicose veins, hemorrhoids.**
- **Sorbus and Populus nigra for thrombophlebitis**
- **Sorbus and Castanea for lower leg venous stasis, heavy legs. Mix the two together (1 drop per kilo of body weight 2-3 times a day for 2 months)**
- **Aesculus, tightens vessel walls, increasing their elasticity and flexibility. Big remedy for hemorrhoids and varicose veins. When tighter, better blood flow.**
- **Crataegus increases contractility, overall blood pumping from the heart**
- **Populus short term use (6 weeks or less) for lower leg affinity, antispasmodic, antithrombic**
- **Combine Alnus glut., Cercis, Populus, and Cornus, some are blood thinners, helping move blood.**
- **Lower leg insufficiencies, bring in more blood moving gemmos: Populus, Alnus glut., Cercis siliquastrum, Cornus. Some of these are blood thinners, helping to move blood.**
- **arteritis esp. lower leg incl. Thrombophlebitis and intermittent claudication. Combine with Ribes or Populus. Arterial embolisms. Not Cercis if hypothyroid.**
- **Cercis Sililquastrum**
- **Populus nigra: chelator of toxins, lower leg articulations supported**
- **Citrus with Populus and Ginkgo for lower limb vascular issues, thrombophlebitis, intermittent claudication.**
- **Lower leg insufficiencies, bring in more blood moving gemmos: Populus, Alnus glut., Cercis siliquastrum, Cornus. Some of these are blood thinners, helping to move blood.**

LUNG – also see Respiratory

LYMPH see Circulation

Combine: (anticellulite complex. Although names to support elimination of cellulite, this works through the lymph system to more generally eliminate waste, diminish swelling and support weight loss)

- **Castanea vesca – venous and lymph drainage, moves congestion. Main remedy for moving lymph.**
- **Sorbus domestica moves the vein, veinous blood flow**
- **Fraxinus excelsior for liver/kidney drainage, diuretic. Great anti-inflammatory. Excretes metabolic waste.**
- **Corylus avellana to break down fibrosis. Long term congestion has fibrosis.**

DOSAGE. Says 5-15 drops daily in the morning before breakfast in water or on tongue then wait a few seconds before swallowing. Or 7 drops twice a day, OR can put in bottle and drink throughout day. This complex will first eliminate unnecessary waste before tackling the cellulite. Need a minimum of 2 months. Change diet also.

<u>Other gemmos to consider:</u>

- **Vaccinium myrtillus complements action of Juniperus and acts on the capillary microcirculation.**
- **Ficus carica is a nervous system and digestive remedy which is effective for calming food cravings and dependencies (sugar).**
- **Equisetum arvense is important in the restoration of collagen and skin tonicity.**
- **Sorbus for lymph and vein drainage**
- **Fagus as diuretic**
- **Birch sap to eliminate accumulated toxins and fluids**
- **Juniperus to drain liver and kidney**
- **Betula pub. To drain liver, activate Kupfer cells, and for kidney drainage**
- **Aesculus hip. To drain veins of lower extremities**

BLOOD AND LYMPH CIRCULATION
is invaluable in any issue of the body's points of articulation.

- **Malus sylvestris (crab apple)**

LYMPH CIRCULATION

- **Castanea vesca (sweet chestnut) is the primary lymph moving gemmo remedy**
- **Combine Castanea, Fraxinus, and Corylus**
  Other gemmos to consider:
- **Sorbus**
- **Fagus**
- **Betula pub. And birch sap**
- **Juniperus com.**
- **Aesculus hippo. Combine Aesculus with Castanea for a great lymphatic drainage. As is Sorbus which is big for lymph and vein drainage insufficiency. The veins and lymph run side by side in the lower legs so work both together gets things moving.**

LYME DISEASE

- **Acer. Sometimes you can have someone with energy and chronic fatigue or lymes, and you give Acer, the problem gets bigger, but they aren't currently having problems eg. The old infections they had back in their teens or 20's and you realize they are carrying a viral load, and that is when you want to give Acer.**
- **Cercis Siliquastrum for Babiosis. Not cercis if hypothyroid.**

MEMORY:

Combine for Memory Complex. Through enhancing cerebral circulation, stimulates memory and helps concentration. Olea (young shoots) decreases viscosity of blood, for anything sclerotic

- **Alnus enhances coronary and cerebral circulation, thins the blood, angiogenesis (production of new blood vessels). Drainage remedy for the stomach. Inflammation of mucosa. Number one antibiotic in gemmotherapy.**
- **Rosmarinus off. young shoots – acts through the liver drainage and balancing of**

the nervous system, enhances memory. Supports adrenal glands.
DOSAGE: take on or under tongue away from meals. Hold in mouth a few seconds before swallowing. Total drops for the day for adult is 15 drops, so split between 5 TID or 7 BID. Always recommended to start with 2 drops twice a day and increase until dosage is achieved.

<u>Other gemmos to consider:</u>

- **Ginkgo**

Other gemmos to consider:

- **Olea decreases viscosity of blood, allowing for easier flow**
- **Alnus glut. Enhances coronary and cerebral circulation, thins the blood, angiogenesis**
- **Rosemarinus acts through the liver drainage and balancing of the nervous system, enhances memory**
- **Alnus glutinosa for migraine acute or chronic. Remedy for inflammation, for all thrombotic syndromes (contains antithrombotic substances which diminish blood viscosity). Improves collateral circulation. Vertigo caused by arteriosclerosis (improves circulation). Memory blanks (improves cognitive functions). Aging brain (senile and pre-senile dementia). Detoxifies the digestive system. detoxes aluminum**
- **Malus Syl. (crab apple) for memory, concentration, mental fatigue. Halts degeneration of ALS, MS, Alzheimer's**
- **Olea for cerebral sclerosis related to memory loss, senility, facial neuralgias, MS**

MEN

<u>Prostate:</u>

- **Rosmarinus Officinalis: prostatic symptoms in general.**
- **Sequoia Gigantea: benign prostatic adenoma and prostatitis; would delay the "aging" of the gland.**
- **Vaccinium Vitis idaea: urinary disinfectant; would prevent the "aging" of the prostate.**
- **Prostate congestion: Aesculus Hippo.**
- **Prostatitis: Calluna vul.**
- **Rosmarinus for prostate enlargement**
- **Rosmarinus Officinalis: recommended in males for prostatic problems and impotency.**
- **To help lower PSA combine Secale and Sequoia. Don't use Sequoia If prostate cancer.**
- **For prostatitis combine Sequoia with Ribes and Alnus**
- **Vaccinium Vitis-idaea for prostatitis**
- **Equisetum arvense emmo for prostate enlargement**

<u>Testicles</u>

- **Quercus stimulates testicles and testosterone production as well as the pituitary**
- **Sequoia is a male rejuvenator, normalizes spermatogenesis.**

<u>Libido</u>

- **Quercus with Betula pub. And Sequoia for low libido.**

Premature Ejaculation

- **Sequoia for premature ejaculation**

Impotency

- **Rosmarinus with Gingko for impotency**

Other:

- **Juniperus Communis: diuretic and kidney drainer**
- **Sequoia is antisenescence to males, improving neurosexual functional syndromes. It is a precursor to estrogen. It is the panax ginseng gemmo – adrenal tonic. Helps men age with grace, helps premature ejaculation etc.**
- **Sequoia for low sperm count**

MENOPAUSE

- **Vaccinium vitis-idaea, senesen's remedy for aging women**
- **Malus for the gut to keep moving**
- **Crataegus for the heart**
- **Rubus for bones**
- **Daucus carota oil (carrot essential oil) tonifying the skin and hormones**
- **Salvia leaf (sage mother tincture) to tighten up the tissues**
- **Other gemmos to consider:**
- **Rubus id., Rosmarinus**
- **Adrenal support incl. Quercus, Sequoia, Ribes**
- **NS support including Tilia tom., Viscum, Ficus**

- **Combine for hormonal regulator and tonic for the reproductive system. Recommended for the regulation of all types of hormonal disorders after the age of 35, as well as during the menopausal period (menopause, peri or post menopause). With menopause you have to support adrenals that make steroid hormones after menopause; the liver that metabolizes and carries the protein for those hormones; Vit. D must be there as a precursor to steroid hormones; Vitamin Bs must be present for the liver to be able to metabolize the estrogen.**
  - **Rubus idaeus (raspberry) key remedy for the female hormonal system. Action in female senescence (regulator and stimulant of ovarian function). Hormonal regulation. Recommended for all forms of ovarian imbalance.**
  - **Vaccinium vitis-idaea plant mainly indicated for women over 35 years of age. Premature aging. Menopause (estrogen like). Remimeralizes (helps calcium absorption). Restores microflora / peristalsis (calms spasms, helps constipation). Good remedy for postmenopausal osteo.**
    WARNING: not if person has hormone dependent cancer.
    DOSAGE: 7 drops twice a day. If regular periods,: take 3 weeks and 1 week off when you have the period. If no period or irregular: take the week of the full moon and don't take the remedy that week. For women who no longer have their period, start G23 slowly: 2 drops twice a day, and increase slowly until 7 drops; don't be surprised if there is spotting.

Other gemmos to consider:

- **Ribes nigrum for supporting adrenal gland and hormonal production before and after menopause.**

- **Sequoia and Quercus both contain 17-ketosteroid precursors, improving neurosexual function, for low libido.**
- **Nervous system: Tilia, Viscum, Crataegus**
- **Brain support: Gingko, Olea, Prunus, Malus, Rosmarinus, Alnus**
- **Circulation support: Corbus, Castanea, Citrus, Cercis, Cornus**

MENSTRUAL: see Women

MIGRAINES see headaches

MINERALS

Manganese: Carpinus, Aesculus, Alnus, Birchsap, Cedrus Libani, Corylus, Sequoia

Magnesium: Abies, Aesculus, Alnus, Birchsap, Carpinus, Castenea, Cedrus Libani, Cornus, Corylus, Crataegus, Fagus, Ficus, Juglans, Juniper, Pinus, Populus, Prunus, Ribes, Rosa Canina, Rosmarinus, Rubus Idaeus, Salix, Sequoia, Sorbus, Syringa, Tilia, Ulmus, Viburnum, Viscum, Vitis

Silica: Alnus Glut., Carpinus, Cedrus Libani, Corylus, Crataegus, Equisetum, Fraxinus, Juglans, Juglans, Pinus, Prunus, Rosa Canina, Rosmarinus, Rubus Fructicosus, Rubus Idaeus, Sorbus, Tilia, Vaccinium myrtillus, Viscum Album, Vitis

Zinc: Birchsap, Ficus, Sequoia, Sorbus, Ulmus, Viburnum

Sodium: Carpinus, Castenea, Cedrus Libani, Cornus, Fagus, Quercus, Ribes

Calcium: Malus, Salilx, Zea Mays

Potassium: Malus

Iron: Salix, Syringa, Zea Mays

Phosphorus: Zea Mays

MONONUCLEOSIS:

- **Ribes nigrum blood detox**
- **Tamaris: infectious mononucleosis, anemia, activates iron**
- **Platanus**
- **Acer campestris**

MORNING SICKNESS:

- **Ficus carica**

MOUTH PROBLEMS

- **Periodontal disease, pyorrhea, bleeding gums, loose teeth: Betula pub. Combined with Quercus robur**
- **Mouth ulcers, thrush, stomatitis, periodontal disease, pyorrhea: Ligustrum Vulgare. Calendula also good for this.**
- **Combination for periodontal disease: Ligustrum, Quercus, Betula spp., Salix**
- **Morus Nigra (black mulberry: mouth and throat mucus membrane irritation/inflammation)**
- **Quercus with Ficus to the birch and oak for gum disease if infection present.**
- **Quercus with Betula publ and verr. For peridontal disease and loose teeth**

- **Rubus Fruct. for apthous ulcers and mouth inflammations**
- **Abies for receding bone in periodontal disease**

MOTION SICKNESS

- **Ficus**

MUCOUS MEMBRANES

- **Juglans is one of the best you can use for chronic suppurations of mucous membranes, eg. Infected eczema, impetigo, any lining in the digestive tract.**
- **Alnus glut. Works its healing at the mucous membrane level.**
- **Rosa with Alnus and Vaccinium as anti-inflammatory to mucous membranes.**
- **Rosmarinus eliminates mucous accumulation that blocks function.**

MULTIPLE SCLEROSIS

- **Ginkgo brings more blood flow to brain**
- **Malus sylvestris (crab apple), Alnus incana (alder), Olea europea (olive), Viscum album (Mistletoe), Sorbus domestica (service tree) for neulogical problems like MS and Parkinson's**
- **Lonicera Nigra**
- **Tilia**
- **Tilia with Malus, Ginkgo, Alnus incana, Olea, Viscum, and Sorbus for MS, Parkinsons**

MUSCULOSKELETAL

- **Alnus glut. Inflammation incl. Fibromyalgia, arthritis (OA and RA), osteo myelitis**
- **Malus (crab apple) for musculoskeletal, myalgias, fibromyalgia**
- **Musculoskeletal injuries, inflammation, pain: combine Populus with Salex.**
- **Rosmarinus for neurovegetative dystonia (movement disorder in which person's muscles contract uncontrollably)**
- **Tilia: muscle tension, fibromyalgia, MS.**

NEPHRITIS

Chronic interstitial, resulting from pyelonephritis (little effect when taking phenacetin over the long term): Rubus Frut with Fagus Sylvatica

NERVOUS SYSTEM

- **Crataegus balances sympathetic and parasympathetic**
- **Common combo: Crataegus, Tilia, Ficus.**
- **Crataegus for hypertension, hyperlipidemia**
- **Ficus has calming effect on Nervous System**
- **Ilex aquifolium (holly) acts on nervous system, having a draining action. Helps decrease tension.**
- **Ligustrum for NS – sleep distrubances esp due to exhausted nervous system, Epilepsy**
- **Lonicera Nigrum (black honeysuckle) for all neurodegenerative . eg. MS**
- **Secale with Tilia for NS support**
- **Syringa with Tilia tom. to relax the nervous system overall**
- **Tilia: Neurovegetative dystonia (ANS involved for when you are in sympathethic dominance and can't get into parasympathetic)**

NEUROLOGICAL PROBLEMS

- **Gingko, Malus sylvestris (crab apple), Alnus incana (alder), Olea europea (olive), Viscum album (Mistletoe), Sorbus domestica (service tree) for neulogical problems like MS and Parkinson's**
- **Neurological disorders: Sorbus, Malus, Olea, Alnus**
- **Viscum Album with Sorbus, Ginkgo, Malus and Olea**

Migraines.

- **Alnus Glutinosa: active on the vascular system, increases cerebral vascularisation; the anti-inflammatory component might be useful even when the pain is already established.**
- **Citrus Limonum: neuralgia, migraines and nervous headaches; would the flavonoid's effects on the blood vessels play a role?**
- **Rosa Canina: headaches and migraines with an allergic aetiology.**
- **Ribes Nigrum: non specific anti-inflammatory.**
- **Tilia Tomentosa: antispasmodic, anxiolytic, sedative.**

Facial Neuralgia, Trigeminal Neuralgia.

- **Ficus Carica: quietening, relaxant, antidepressant; its use in epilepsy shows a clear tropism towards the nervous system.**
- **Olea Europea: one of its listed indications and has also a clear clinical tropism towards the nervous tissue.**
- **Citrus Limonum: one of its indications with no explanations.**
- **Tilia Tomentosa: anxiolytic, sedative.**
- **Viscum Album: used in neuralgia and sciatica.**

Insomnia.

- **Tilia Tomentosa: anxiolytic and sedative, obviously something you need to be able to fall asleep, if anxiety and concerns are the cause of the insomnia.**

Epilepsy.

- **Citrus Limonum: listed as such, without explanation.**
- **Ficus Carica: post-traumatic epilepsy, sensory epilepsy according to other authors.**
- **Ilex Aquifolium: listed for petit mal epilepsy.**
- **Tilia Tomentosa: sedative, anxiolytic, hypnotic.**
- **Viscum Album: one of its listed uses.**

Post traumatic/concussion syndrome.

- **Ficus Carica: resorbs intra-cranial haematoma, post-traumatic epilepsy, post concussion.**

Pain in general.

- **Rubus Fructicosus: bone and joint pains.**
- **Sequoia Gigantea: in association with the other two for bone and joint pain through its action on the bones.**
- **Vaccinium Vitis Idaea: through action on connective tissue.**
- **Use those three remedies above together for the relief of pain syndromes.**
- **Fraxinus Excelsior: anti-inflammatory and adrenal stimulant.**

NEUROPATHIES

- **Cercis Siliquastrum. Not if hypothyroid**
- **Malus Syl. (crab apple) peripheral neuropathy use with other neurological and circulatory remedies.**
- **Neuropathy with chemotherapy: Malus**

NOSE BLEED (epistaxis)

- **Carpinus betulus with Cornus sanginea**
- **Tamarix Gallica make sure they aren't taking too much blood thinners etc. gingko**
- **Tamarix with Ribes and Carpinus**

NEUROSIS

- **Acer combined with Tilia for anguished neurosis, generalized anxiety disorder, and for depressive syndromes with Fraxinus.**

OBSESSIONS

- **Olea Europea: used in various phobias and OCD, it has a direct brain tropism.**
- **Prunus Amygdalus: shares Olea Europea's indications of nervous phobias and OCD; used together for a synergistic action.**
- **Tilia Tomentosa: a sedative, anxiolytic, hypnotic and sleep inducer that could give an additional boost to other more precise remedies.**

OCD:

- **History of strep is common, give homeopathic high dose strep and support with gemmos.**
- **Gemmos: Olea, Prunus, Lonicera together**
- **Sometimes OCD comes during puberty, check hormones. Olea, Prunus**
- **Prunus with Olea and Tilia tom. For pobias, NS and OCD**
- **Lonicera nigra. Or combine Lonicera with Prunus and Olea**
- **Tilia is sedative.**

OSTEOARTHRITIS

- **Use Pinus montana, Ribes, and Vitis vinifera**
- **Different joints may need additional supporting**
- **For hips, need increased circulation, increasing the reticular endothelial system (RES). Betua pub. and Ribes daily, while alternating every other day with Vitis vinifera and Pinus montana**
- **For knees, add in Rosa canina to decrease inflammation in the synovial fluid and Rubus fructicosus to increase osteoblast activity**
- **For extremities, add in Salix because of tis tropism for the ligaments and articulations in the hands and feet.**
- **Dosing strategies need to target long terms use. Dosing every other month is one option. Symptoms will help to figure how often and for how long.**

OSTEOPOROSIS:

Vitamin D3/K2 suppors bone health and the shunting of calcium into the bones.
When treating cases of osteoporosis consider these remedies for 1-2 months:

- **Vaccinium vitia-idaea and Rubus fructicosus and Sequoia gigantea**

Alternate this trio with the basic trio every other month:

- **Pinus montana, Ribes nigrum, and Vitis vinifera**

Note: this is necessary for at least a year or more.

Others for osteoporosis:

- **Betula pub.**
- **Rubus Fruit with Sequoia gig. and Vaccinium vitis idaea**
- **Rubus with Vaccinium, and Pinus for Osteoporosis**
- **Rubus and Sequoia for men**
- **Rubus and Vaccinium for women**
- **Alnus with Abies alba/pect. and Pinus montana for osteoporosis**
- **Vetula pub. with Pinus and Rubus**
- **Equisetum with Rubus, Alnus incana, Pinus and Vaccinium**
- **Pinus with Rosa canina and Vaccinium vitis-idaea for post-menopausal osteoporosis.**
- **Pinus with Rubus and Sequoia for osteoporosis in the elderly**
- **Pinus with Vaccinium vitis-idaea for osteopenia or osteoporosis at menopause.**

PAIN

- **Chronic pain triad: Rubus Fruct. Vaccinium and Sequoia. Combine Rubus, Vaccinium and Sequoia for pain in decalcification situations (arthritis)**

PANCREAS

- **Juglans for chronic pancreatitis. Tends to normalize production of pancreatic enzymes**
- **Acer as has action in lowering blood sugar in Type 2 diabetes.**
- **Ficus Carica, lowers blood sugar in Type 2 diabetes according to Ayurvedic medicine. It's not a strict gemmotherapic indication.**
- **Fraxinus Excelsior, Juniperus Communis, Olea Europea, and Populus Nigra.**
- **Organotherapy with potentized remedies – use the same exact remedies as those that will be studied under drainage.**
- **Ribes for chronic pancreatitis (Juglans is for acute?)**
- **Combine Acer, Juglans, Morus, and Olea – all these act on the pancreas functioning**
- **Morus with Vaccinium myrt. For vascular support, retinopathy and blood sugar regulation**

PARASITES

- **Antihelmintic: Quercus Tobur**

PARKINSONS

- **Malus sylvestris (crab apple), Alnus incana (alder), Olea europea (olive), Viscum album (Mistletoe), Sorbus domestica (service tree) for neulogical problems like MS and Parkinson's**
- **Tilia with Malus, Ginkgo, Alnus incana, Olea, Viscum, and Sorbus for MS, Parkinsons**

PATHOGENS:

- **Focal infections: Juglans cleanses up focal infections, works with gut issues. Is anti-inflammatory, ant-infectious, anti-parasitic, anti-fungal and anti-bacterial.**
- **Strep, Staph dose high with Juglans, up to 30 days a day. Treat terrain as well with homeopathy**
- **Intestinal parasites: Juglans with Ficus**
- **Staph, Strep, E Coli: Alnus glutinosa**
- **Antibacterial: Ficus carica**
- **Anti-fungal/candida: Cedrus Libani**

- **Anti-viral, all herpes, Hepatitis A,B,C etc: Acer campestre**
- **L Form Cell Wall Deficiency, bacterial & auto-immune: Ampelopsis vetcheii**
- **All herpes I, II, & ocular, potentiates other anti-virals: Rosa canina**
- **Viral replication inhibitor, stimulates immune: Olea europeae**
- **Anti-histamine, stimulates immune: Fagus sylvatica**
- **Epstein Barr, Cytomegalovirus, with Mono. Inhibits RNA viruses (hepatitis C, Ebola, SARS, influenza, polio measles, retrovirus, HIV, orthomyxoviruses) and bacteria: Tamarix gallica**
- **Coxsackie virus, other enteroviruses: Sambucus nigra**

PHLEBITIS:

- **vitis vinifera**
- **Sorbus domestica, circulation to lower limbs. Vein remedy.**

PHOBIAS:

- **Olea europaea with a direct brain tropism. Indicated in phobias and OCD.**
- **Prunus Amygdalus has many of the same indications as Olea**

PITUITARY:

- **Quercus stimulates pituitary and so the whole endocrine system**
- **Ribes regulates pituitary therefore acting on the whole endocrine system**

PREGNANCY:

Avoid gemmos in first trimester, but if needed, these seem relatively safe:

- **Ficus carica - gut's nervous system**
- **Tilia tom. - central nervous system**
- **Rosa canina - immune**
- **Abies alba - immune**
- **Citrus limonum – empowers all remedies, gets circulation going**
- **Malus sylvestris - constipation**
- **Juglans regia – skin or gut dysbiosis conditions**

These are the gemmo remedies relatively safe in the 2nd and 3rd trimester, plus all the previous ones mentioned above.

- **Vaccinium myrtillus (bilberry)**
- **Ribes nigrum (blackcurrant)**
- **Rubus (Bramble)**
- **Ulmus (Elm)**
- **Crataegus (Hawthorn)**
- **Corylus (hazel)**
- **Equisetum (horsetail) for short term use**
- **Acer (hedge maple)**
- **Vaccinium vitis (cowberry)**
- **Ginkgo**
- **Zea mays (maize)**
- **Pinus montana (mountain pien)**
- **Rubus idaeus (rasberry) for second and third trimester only, never in the 1st trimester.**
- **Sorbus domestica (service tree)**
- **Vitis vinefera (grape vine)**

- **Quercus robur (oak)**
- **Viburnum lantana (Wayfaring)**
- **Fagus syl. (beech)**
- **Fraxinus excelsior (ash)**
- **Sambucus nigra (black elder)**
- **Tamarix gallica (tamarisk)**

<u>Gemmo remedies with some concern for use in pregnancy:</u>

- **Juniperus, short term use**
- **Cedrus Libani**
- **Rosmarinus, possibly safe, be aware there may be some thujone content**
- **Ampelopsis contains hederin, an alkaloid**
- **Aesculus (horse chestnut), possible irritation from saponins**
- **Olea (olive) triterpenes related to betulinic acid**
- **Alnus glutinosa (european alder)**

<u>Gemmo remedies that should not be used in pregnancy:</u>

- **Populus mobilizes heavy metals and toxins**
- **Sequoia influenzes hormones**
- **Cercis inhibits anti pituitary hormones. Not cercis if hypothyroid.**
- **Syringa can affect systolic and diastolic blood pressure**
- **Viscum lectins and polypeptides can act as toxins**
- **Secale, genistein, detoxes through liver**

Question these gemmos that contain betulinic acid because of its detox action:

- **Betula pub. and Betula ver.**
- **Cornus sanguinea**
- **Carpinus betulus**
- **Platanus orientalis**
- **Castanea vesca**
- **Prunus amygdalus**

<u>Miscarriage:</u>

- **Rubus Id for repeated miscarriage with implantation issues.**

<u>Childbirth</u>

- **Rubus Id. To tone uterus and placenta before childbirth. During childbirth take 5 drops every 15-30 minutes. After childbirth, take to get everything back into balance.**

PROSTATE DISORDERS:

- **Aesculus Hippo. For inflammation, treats passive venous congestion**
- **Sequoia Gigantea for acute prostatitis, and prostatic adenoma onset**
- **Calluna with Sequoia for prostatic hypertrophy**
- **Equisetum arvense emmo for prostate enlargement**

PSORIASIS see skin

RAYNAUDS:

- **Gingko, Citrus limonum, Cercis siliquastrum together. Also check out Ficus and Tilia tom. Not cercis if hypothyroid.**

- **Vinca Minor for circulation to feet and hands**
- **Alnus Glut. Because may not be getting enough blood to the brain.**
- **Cercis Siliquastrum, not if hypothyroid.**
- **Alnus Glut with Citrus, Ginkgo, and Cercis siliquastrum. Nto Cercis if hypothyroid.**
- **Cercis with Alnus glut. Not cercis if hypothyroid.**
- **Citrus Limonum. Short term acting, thins out blood quickly.**
- **Cornus Sanguinea, for circulation, blood coagulation**
- **Crataegus**
- **Ginkgo**
- **Combine Gingko, Citrus, Cercis,, and perhaps Tilia tom.**
- **Populus**
- **Sambucus**
- **Sorbus is vein remedy and mostly used for lower limbs, but should also work for extremities of hands.**
- **Sorbus, citrus limonum, ginkgo for raynauds**
- **Sorbus with ribes, and citrus for flow into the fingers**

RESPIRATORY

<u>Asthma.</u>

- **Abies Pectinata: used for asthma, allergies and ENT infections.**
- **Alnus Glutinosa: any condition associated with inflammation and asthma has the common path of having inflammation of the bronchial tree.**
- **Crataegus Oxyacantha: anxiolytic, used in non-allergic asthma.**
- **Ribes Nigrum: any situation that would need cortisone prescription in conventional medicine, stimulates adrenal glands.**
- **Rosemarinus Officinalis: indicated in chronic allergies; use only if there is an allergic component to the asthma; nevertheless, as it is also an euphoric remedy, it could find its place in anxiety induced asthma, but only secondarily to the more emotional remedies.**
- **Viburnum Lantana: inhibits bronchial spasm; it is a lung drainer too, so it might be useful not only to relieve the spasm but to remove any local lung trigger. You can combine with Ribes.**
- **Lonicera with Corylus for asthma or other lung related issues.**
- **Chronic Asthma: Viburnum Lantana. Drains lungs. For acute asthma do 2-5 drops every 15 minutes until stable.**
- **Viburnum Lantana for asthma after eczema suppression.**
- **Exercise induced astham: Viburnum Lantana**

<u>Emphysema.</u>

- **Remember that emphysema is a destructive disease, where lung tissue disappears; it will take the addition of organotherapy and a long time to reconstruct the lung tissue.**
- **Aesculus Hippocastanatum: eases breathing.**
- **Coryllus Avellana: restores elasticity of the lung by treating the sclerosis that often is associated in the emphysematous lung tissue.**
- **Ribes Nigrum: as a corticosteroid would be used.**
- **Rubus Fructicosus: mentioned as useful in COPD and emphysema.**
- **Viscum Album: mentioned as useful for this condition. The last two remedies can be added to a formula to obtain a synergistic potentization of action, meaning that the**

final result might be bigger that the simple sum of each component, which is a frequent occurrence in biology and physiology.

- **Rubus Fruticosus: Emphysema with lowered FEV1 and increased RV(residual volume) but has no impact if breathing capacity has increased.**
- **Fagus with Corylus for emphysema or other issues of sclerotic tissue in respiratory system.**
- **Viscum Album (mistletoe) breaks down sclerotic tissue in lungs**
- **16 drops each once daily: Fagus, Coryllus, Rubus, Aesculus, Ribes brought someone's oxygen level up dramatically and quickly. Then added Oxygen in Fibonacci potency (5 drops TID)**

<u>Bronchitis.</u>

- **Alnus Glutinosa: inflammation of the mucosa; if used at the very beginning, it might help avoid the need for antibiotics.**
- **Carpinus Betulus: repairs damaged respiratory mucosa, bronchial antispasmodic i**
- **Coryllus Avellana: restores elasticity of the lungs; will probably be more indicated in chronic bronchitis where it will deal with the scarring or repeated infections and inflammation.**
- **Juglans Regia: anti-infectious and for chronic suppuration of the mucosa; increases immunity.**
- **Lonicera Nigra: listed as useful in bronchitis without clinical causes; this indication would be an extension of the herbal one.**
- **Ribes Nigrum: anti-inflammatory, steroid-like, provides the cortisone action without the side effects.**
- **Viburnum lantana and Quercus for bronchial**
- **Juglans with Betula pub. And Alnus glut. For chronic bronchitis.**
- **Sambucus**

<u>Pneumonia.</u>

- **Alnus Glutinosa: for inflammation of the mucosa especially at the beginning of acute suppurative stages and with tendency to diffusion; might help avoid the use of antibiotics.**

<u>Sinusitis.</u>

- **Alnus Glutinosa: mucosal inflammation, see above. Natural antibiotic of Ear, Nose, Throat mucosa.**
- **Carpinus Betulus: repairs damaged respiratory mucosa, specific action on the mucosa of the sinuses; would be more indicated in more chronic situations than Alnus Glutinosa, which is a more acute remedy.**
- **Juglans Regia: chronic suppuration of the mucosa, more for chronic cases.**
- **Ribes Nigrum: general anti-inflammatory with cortisone like action.**
- **Sambucus**

<u>Rhino-pharyngitis.</u>

- **Abies Pectinata: general ENT remedy; this seems to be an extension of the herbal and aromatherapic indications.**
- **Alnus Glutinosa: mucosal inflammation, best used at the beginning of the disease.**
- **Betula Verrucosa: anti-inflammatory, stimulates immune system, same indications as Betula Alba.**

- **Carpinus Betulus: repairs respiratory mucosa according to Dr. Andrianne's experience.**
- **Ribes Nigrum: cortisone like general anti-inflammatory.**
- **Rosa Canina: major ENT remedy, recurrent chronic mucosal inflammations and has a strengthening action on the immune system.**

COPD

- **Rosa Canina: COPD**
- **Rubus Fruct. For COPD**

Drainage of Lungs

- **CORYLUS AVELLANA (Hazelnut bud). Breaks down sclerotic tissues. As a lung drainer, it restores the elasticity of the lung through its anti-sclerotic action: indicated in pulmonary fibrosis, bronchitis, emphysema, silicosis, asbestosis and other lung diseases associated with fibrosis.**
- **VIBURNUM LANTANA. A lung drainer and can be used for all forms of asthma, and for any type of dyspnoea with asthma like breathing (wheezing or difficulties in inhalation or exhalation). Inhibits bronchial spasm but is not related to Viburnum Opulus or the ones we use in herbal medicine or homeopathy. Not all remedies can be mixed with others, but this one can be used either in combination with other remedies especially for non-alelrgic asthma, or in alternance with them in order to have sometimes a better effect.**

Sclerosis, Scar Tissue of Lungs, respiratory

- **Rubus fructicosis(bramble) for lungs**
- **Olea europaea (olive) affinity for brain, lung**
- **Corylus avellana prevents fibrosis from progressing to cirrhosis, specific for lungs, restores elasticity to lungs.**
- **Fagus with Corylus for emphysema or other issues of sclerotic tissue in respiratory system**
- **Rosa canina (dog rose) upper respiratory, decalcification with bone remedies**
- **Syringa: pulmonary fibrosis because of sclerotic activity**
- **Viscum Album (mistletoe) breaks down sclerotic tissue in lungs**

Upper Respiratory specifically:

- **Sinusitis: Alnus Glutinosa, Juglans**
- **Alnus Glut: Natural antibiotic of Ear, Nose, Throat mucosa.**
- **Rosa Canina: chronic sinus, upper respiratory infections, recurrent childhood inflammatory ailments incl. Rhinopharyngitis, laryngitis, tonsilitis, otitis.**
- **Mucous Membranes: Alnut Glut.**
- **Hippophae Rhamnoides (sea buckthorn) for all upper respiratory infections.**
- **Rosa canina for rhinopharynigitis**
- **Viburnum Lantana for spasmodic rhinitis**

Cough

- **Sambucus for croup cough, sinusitis, bronchitis, laryngitis**
- **Viburnum for spastic coughs**

OTHER:

- **For obstructive respiratory conditions: chronic obstructive bronchitis(lowered FEV1; forced expiratory volume in one second: Rubus Frut.**
- **Rubus Fruct for Pulmonary fibrosis, as an adjuvant for cystic fibrosis**

- **Lung drainage: Rubus Fruct.**
- **Populus: improves circulation to remove toxins withn respiratory system**
- **Viburnum Lantana for chemical exposures affecting lungs. Smoker's cough with blood in sputum. Chronic allergies.**
- **Alnus Glut. As part of the treatment for respiratory conditions incl. Pneumonia, peritonitis, bronchitis, chronic pulmonary diseases, sinusitis, pharyngitis, otitis, chromic allergies.**
- **Crataegus for pulmonary edema**
- **Crataegus with Vitis vinifera and Corylus for shortness of breath and antisclerotic in the lungs**
- **Ribes, Betula pub. And Fagus for antihistamine action.**
- **Lonicera nigra (black honeysuckle) for asthma, emphysema, bronchitis with spastic cough**
- **Viburnum Lantana for dyspnea (short of breath), helps re-establish normal respiratory function**
- **Morus with Pinus, Corylus, and Ribes for respiratory support.**
- **Corylus and Rosa for sclerotic conditions of the lungs**
- **Vaccinium Vitis-idaea with Corylus for pulmonary fibrosis**
- **Viscum Album for respiratory conditions**
- **Genestra Pulmo-gen combination of European Beech, European Hazel and Blackberry**
- **Abies Alba, combine with Rosa Canina and Betula Pendula for non-suppressive resolution and treatment of pediatric upper respiratory tract infection of ear, nose and throat.**
- **CORYLLUS AVELLANA (hazelnut tree). It is a lung drainer, also very effective anti-sclerotic remedy that removes fibrosis and scars and contracted tissues. If you have situations like pulmonary fibrosis, bronchitis (esp. chronic bronchitis), emphysema, cilicosis, asbestosis, pneumoconiosis and other lung disease that are assoc. with fibrosis, you can use Coryllus Avellana. After a month or two using this remedy much of the elasticity of the lung is restored. Do 15 drops once a day of the concentrate. If you use the 1x, it's 150 drops.**

RHEUMATOID ARTHRITIS

Rheumatoid Arthritis (and psoriatic arthritis), inflammatory disease process

- **RA possibly has a genetic correlation**
- **RA is considered an autoimmune disorder**
- **Goals of the treatment:**
  - **modulate the inflammation**
  - **modulation the immune system, it is overactive, stop the attack on self-realization**
  - **decrease pain and deformities**

Treatment for RA:

- **Ribes nigrum, Ampelopsis veitchii, and Rosa canina. ALTERNATE every other month with:**
- **The basic trio of gemmo remedies: Pinus, Ribes and Vitis vinifera**
- **Dosing strategies need to target longer term use. Dosing every other month is one option. Symptoms will help to direct how often and for how long.**
- **Morus Nigra (black mulberry) upper and lower respiratory conditions.**
- **Vitis vinifera, betula pub.**

RHEUMATIC FEVER

Vitis vinifera, betula pub.

RHEUMATIC PAIN

Ribes nigrum (similar to cortisone)

RICKETS:

Betula Verrucosa with Rosa Canina, stimulates growth

SCAR TISSUE also see sclerosis

- **Viscum Album (mistletoe) breaks down scar tissue after surgery. Don't break down right away, need that scar tissue to hold things together.**
- **Equisetum arvense, very high in silica, works with skin conditions, connective tissue conditions, bone conditions, can help prevent scarring**

SCLEROSIS is defined as:

Brain

- **Olea europea, arteriosclerosis, sclerotic tissue after otitis and tonsillitis, sclerosis in the brain affecting memory or linked to neurodegenerative disorders.**
- **Rubus as antisclerotic to brain, anti-aging, alzheimers**
- **Olea europaea (olive) *affinity for brain, lung***
- **Olea for cerebral sclerosis related to memory loss, senility, facial neuralgias, MS**
- **Viscum Album**

Joints

- **Amelopsis veitchii aponeurosis (in palm of hand, bottom of feet) inflammatory conditions that lead to sclerosis of the tissue. Dupuytren's contracture, Carpal Tunnel Syndrome. Peyronies Disease. Fibrotic and sclerotic activity at joints, involving tendons and ligaments.**
- **Vitis vin. High antioxidant action and inflammation modulating action prevent sclerosis, specific to joints.**
- **Vitis vinifera (grape vine) *joints***

Bone

- **Rose canina (dog rose) u*pper respiratory, decalcification with bone remedies***
- **Ampelopsis**
- **Vitis**
- **Ribes**
- ***Abies***

Lungs, respiratory

- **Rubus fructicosis(bramble) for lungs**
- **Olea europaea (olive) affinity for brain, lung**
- **Corylus avellana prevents fibrosis from progressing to cirrhosis, specific for lungs, restores elasticity to lungs.**
- **Fagus with Corylus for emphysema or other issues of sclerotic tissue in respiratory system**
- **Rosa canina (dog rose) upper respiratory, decalcification with bone remedies**
- **Syringa: pulmonary fibrosis because of sclerotic activity**
- **Viscum Album (mistletoe) breaks down sclerotic tissue in lungs**

Nerves

- **Viscum Album (Mistletoe) affinity for nerve. Sclerocystic conditions in all organs and glands. Breaks down glue that holds tumors, benign and malignant, together.**

Connective tissue, ligaments, tendons

- **Ampelopsis veitchii (virginia creeper) *for connective tissue, ligaments, tendons***

Reproductive

- **Sequoia gigantea is anti-sclerotic action in the reproductive system of men and women.**

Kidneys

- **Prunus amygdalus (sweet almond) for kidneys, blood**
- **Equisetum arvense (horsetail) urinary stones**
- **Fagus with Prunus and Ilex for sclerotic conditions of the kidneys.**

Breasts

- **Alnus incana specific for fibrocystic breasts and endometriosis, uterine fibroids, important in formula when there are neurodegenerative disorders as well as inflammatory skin conditions.**

Fibroids

- **Alnus incana specific for fibrocystic breasts and endometriosis, uterine fibroids, important in formula when there are neurodegenerative disorders as well as inflammatory skin conditions.**

Gallbladder

- **Malus sylvestris (crab apple) *gallstones***

Skin

- **Equisetum arvense, very high in silica, works with skin conditions, connective tissue conditions, bone conditions, can help prevent scarring**
- **Alnus incana specific for fibrocystic breasts and endometriosis, uterine fibroids, important in formula when there are neurodegenerative disorders as well as inflammatory skin conditions.**

Blood

- **Prunus: Angiosclerosis (angio-scler-osis): The stiffening or hardening of blood vessel walls is called angiosclerosis. Hardened arteries restrict blood flow to body tissues. This condition is also known as arteriosclerosis**
- **Prunus amygdalus for ateriosclerosis, angiosclerosis, nephrosclerosis, hepatosclerosis, for breaking up blood clots.**
- **Cercis siliquastrum is specific for sclerosis of the vessels, arteriosclerosis...which then impacts all organs through keeping blood flowing. Neuroprotective, brain protective, heart protective, kidney protective, liver protective. Not cercis if hypothyroid.**

Arteries

- **Ficus carica for arteriosclerosis, the protease enzyme dissolves sclerotic formation**
- **Viscum Album**

Scar tissue

- **Viscum album to break down scar tissue after surgery. Don't break down right away, need that scar tissue to hold things together.**

Pancreas

- **Sequoia gigantea (giant sequoia) *pancreas***

General overall

- **Abnormal hardening of body tissue**

- **Excessive resistance to change**
- **Fibrosis is the laying down of fibrous tissue, a part of the healing process. The fibrous tissue can harden, becoming sclerosis.**
- **Sclerosis can also refer to a calcification of tissue**
- **Collagen and elastin make up connective tissue, both needed to maintain that tissue healthy.**
- **Anti-sclerotic Remedy Differential Many of the gemmo remedies act as antisclerotics. Many contain higher levels of silica.**
- **Viscum album acts throughout the body, arteriosclerosis, brain with epilepsy and dementia, lungs with emphysema or pulmonary fibrosis, female reproductive with fibrocystic breasts, ovarian cysts, endometriosis. Breaks down scars after surgery.**
- **Malus sylvestris protects against sclerotic activity through it's high antioxidant action**
- **Rosa Canina as an adjuvant remedy, pair it with other anti-sclerotic remedies to promote their action.**
- **Rubus fructicosis acts all over the body, with a focus on respiratory, promotes tissue oxygenation.**
- **Ficus carica (fig)** ***gut related***

SENIORS

- **Vaccinium vitis-idaea for female senescence**
- **Sequoi gigantea for male senescence**
- **Alnus glutinosa for migraine acute or chronic. Remedy for inflammation, for all thrombotic syndromes (contains antithrommmmmbotic substancaes which diminish blood viscosity). Improves collateral circulation. Vertigo caused by arteriosclerosis (improves circulation). Memory blanks (improves cognitive functions). Aging brain (senile and pre-senile dementia). Detoxifies the digestive system. Detoxes aluminum.**

SHOCK

- **Quercus and Cornus sanguinea for shock and CV collapse and cyanosis**

SIBO

- **Juglans for liver, colon**
- **Ficus for mucosa**
- **Ribes for inflammations**
- **Rosmarinus for liver/kidney/colon**
- **Tilia for mucosa**

SINUSES

- **Carpinus betulus for respiratory system drainage, acute and chronic sinusitis**
- **Alnus glut. Anti-inflammatory, antiviral for chronic allergies, URIs**
- **Rosa canina is main remedy of recurring ear, nose and throat (ENT) mucous membrane inflammations and infections Stimulates RES, strengthens the immune system.**
- **Ribes nigrum (black currant) – anti inflam. Promotes actions of other extracts in the formula.**

  When you have chronic sinusitis, you can have allergies, but you also have to check

on the digestion for allergies or sensitivities with IGG problems.

DOSAGES: Empty stomach. 7 drops twice a day, but start with only 1-2 drops twice a day and increase gradually. If overreactive, put some in a bottle of water to sip throughout the day. 3 years old: 3 drops. 4 year old: 4 drops????

<u>Other gemmos to consider:</u>

- **Rubus fructicosus for respiratory failure, esp. emphysema, pulmonary fibrosclerosis, chronic bronchitis.**
- **Juglans regia (walnut) to treat dysbiosis which is a reservoir that can trigger sinus infections. You don't take it at the same time at the other buds. Take at noon and bedtime. Can mix with probiotics, just not the other buds.**
- **Viburnum Lantana for the lungs and G49 Corylus avellana for asthma plus G34 Ribes**
- **Cornus sanginea (young shoots) stimulates RES, strengthens immune**
- **Pinus to balance mucous membranes**
- **Vit. D**
- **Alnus Glutinosa: mucosal inflammation; could prevent the use of antibiotics.**
- **Carpinus Betulus: repairs damaged respiratory mucosa, specific action on the mucosa of the sinuses**
- **Juglans Regia: chronic suppuration of the mucosa.**
- **Ribes Nigrum: general anti-inflammatory instead of steroids.**
- **Ribes with Carpinus betulus for sinusitis**

SKIN:

Combine: (Possesses anti-inflammatory and anti-allergic properties, restores the skin and provides drainage of the skin, kidneys and liver. Recommended for inflammatory, keratinized and allergic dermatosis associated with pruritis. It is also recommended for the prevention of skin aging. Helps blackheads, accumulation of sebum, dry/itchy skin. Can put in spray bottle and use topically also)

- **Ribes nigrum for inflammation. Anti-infectious. Antiallergic. Adaptogenic. You can also use Ribes external on the skin for itching.**
- **Ulmus for wet conditions. Liver and kidney drainager and action on the skin.**
- **Cedrus Libani for dry and pruritus. Drains cutaneous tissues. Prevention for aging skin and wrinkles. For allergic reactions that manifest themselves on the skin or mucous membranes of the GI tract.**
- **DOSAGE: Take empty stomach, on tongue or in water and hold in mouth for a few seconds before swallowing. Once you eat, must wait an hour before taking gemmos. 7 drops in morning, 7 drops afternoon or eve. Start slow and work up to this dosage.**

<u>Other gemmos to consider:</u>

- **Juglans if infected. Internal and topical. Juglans needs to be taken by itself, not with other gemmos so do it noon and eve. perhaps.**
- **Cedrus Libani for dry skin disorders**
- **Ulmus campestris (elm) for wet skin disorders**
- **Rosa canina (dog rose) inflammatory states (vesicular dermatosis – pustulus eczema, recurring herpes, furonculosis, warts) plus various types of pruritis.**
- **Secale cereale (rye) healing properties (dermal epidermal) in scaly dermatosis, psoriasis (+G38).**
- **Viburnum lantana (wayfaring tree) acts on psoric diathesis with skin and respiratory alternation (eczema, asthma). Indications: atopic & inflammatory eczemas,**

vesicular dermatosis, dermatomyositis.

- **Liver gemmos including Rosmarinus, Corylus, Juniperus, Betula**
- **Lymph movers including Castanea**
- **For any skin conditions you can always bring in liver remedies: secale, corylus, juniperus, and add Betula to the list anytime you have a skin condition to do the depuritive action to detox and help the skin in detoxing**
- **Top skin remedies are:**
  - **Cedrus lbani for dry skin problems**
  - **Platanus: multiple skin issues**
  - **Ilex (Holly) for fissure type skin problems**
  - **Ulnus (elm) for wet skin conditions**
  - **Skin regeneration: mineral elixir of malachite**
- **Juglans is not one of the top four, but has an affinity for the skin. Cleanse up focal infections, works with gut issues. Is anti-inflammatory, antiinfectious, anti-parasitic, anti-fungal and anti-bacterial.**
- **A case of vasculitis like rash over face, arms, legs, with alcohol consumption, poor diet, was given gemmos to help elimination paths: Ribes (Black Currant); Juglans (Walnut), Sorbus (Rowan Tree) and Rosmarinus. Perhaps Ceris (Judas Tree) for heart might also be added.**

<u>Eczema.</u>

- **Ribes Nigrum: this is the major anti-inflammatory and cortisone-like remedy that could be indicated in any type of skin inflammatory lesion; it can be associated to any of the following remedies; remember that as long as the cause, the origin, the root of the disease is not treated, your patient is not cured.**
- **Cedrus Libani: for in depth drainage and detoxification, as this is always warranted in skin problems. Cedrus is for dry skin conditions, dry eczema. Can combine Cedrus with Equisetum.**
- **Fissure type eczema: Ilex Aquifolium:listed by Pol Henry for psoriasis and eczema, but without any explanation.**
- **Weeping eczema: Ulmus Campestris. Skin drainer directly and indirectly through the liver and kidneys. Acts on inflammatory skin problems.**
- **Weeping eczema: Ulmus with Rubus, Rosmarinus, and Betula pub.**
- **Juglans Regia: indirect action on skin through its pancreatic and hepatic actions.**
- **Tilia Tomentosa: anxiolytic, if skin problem aggravated by emotional situation.**
- **Infected Eczema: Cedrus for indepth drainage and detoxification (to be associated with other treatments). Juglans Regia for indirect action on the skin through the liver and pancreas actions. Combination for infected eczema: Juglans with Ribes. Another combination: Ulmus with Juglans.**
- **Chronic eczema: Ficus acts through its anxiolytic, antidepressant activity. Chronic eczema is linked to digestive issues.**
- **Chronic eczema: Juglans for liver, pancrea and poor digestion**

<u>Acne</u>

Combine: provides antibacterial, anti-inflammatory properties; regulates sebum production and provides drainage of the skin, kidneys and liver.

- **Ribes nigrum (black currant) anti-inflammatory (oral/topical) Complementary to all inflammatory states. Anti-infectious. Adaptogenic.**
- **Ulmus campestris (elm) liver/kidney drainer and effects on the skin. Regulates**

sebum production. (wet oozing skin remedy)

- **Plantanus orientalis (oriental planet tree) skin drainer. Acne acute/chronic/recurrant/resistent). Eczema, resistant psoriasis.**
- **Juglans regia (walnut) to work on the gut level. Antibiotic/antistreptococcal/antistaphlococcal. The internal action of the remedy demonstrates itself on external cutaneous manifestations. Restores the microflora (after antibiotics). Chronic inflammation (flavours natural immunity) DOSAGE: Take away from food, on empty stomach. Start with 2 drops twice a day and increase to 7 drops twice a day. Take on or under tongue or in water, and hold in mouth a few seconds before swallowing.**

<u>Other gemmos to consider:</u>

- **Vaccinium myrtillus (bilberry) for pustulant acne.**
- **Vitis vinifera is remedy of certain types of dermatitis (acne, erysipelas warts collagenosis) associated most of the most with an internal cause (often from the intestine).**
- **Platanus Orientalis: one of its few gemmotherapic indications, once again without any explanations.**
- **Ribes Nigrum: steroid like action, anti-inflammatory.**
- **Rosmarinus Officinalis: indirectly as a liver and kidney drainer; this is often needed for acne, despite what dermatologists say.**
- **Ulmus Campestris: skin (and liver and kidneys) drainer acting on inflammatory skin conditions.**
- **Juglans Regia: liver, pancreas and poor digestion often involved in acne.**

<u>Psoriasis</u>

- **Cedrus Libani: in depth drainage and detoxification, very much needed in psoriasis.**
- **Ficus Carica: anxiolytic and antidepressant, especially useful in chronic cases who despair of a cure; and then there is its action on the digestive system.**
- **Ilex Aquifolium: listed as useful by Pol Henry without any further explanation.**
- **Juglans Regia: acts through its hepatic and pancreatic actions.**
- **Ribes Nigrum: major anti-inflammatory and steroid like remedy; let's not forget it is also an anti-toxic agent and many practitioners link psoriasis to endogenous toxicity.**
- **Secale for psoriasis, psoriatic dermatitis, psoriatic rheumatitis. Secale Cereale: repairs the dermis and the epidermis possibly as a direct effect but also as a liver drainer.**
- **Combine Secale, Decrus, Ribes and Tilia for psoriasis.**
- **Tilia Tomentosa: sedative and anxiolytic very much needed by psoriasis patients. Combination: Tilia, Ribes, Cedrus, Platanus for psoriasis.**
- **Plantanus: acne, psoriasis, vitiligo, hives. Watch if psoriasis – may have leaky gut.**
- **Psoriasis: Cedrus, Ribes, Platanus, Secale, Olea, Juglans. Including Platanus is important.**

<u>Herpes.</u>

- **Quercus Robur: stimulates secretion of corticosteroids, anti-inflammatory action; consider Ribes Nigrum too if the inflammation component is very strong.**
- **Ulmus Campestris: skin drainer and inflammatory skin conditions.**
- **Rosa Canina: strengthens the immune system non-specifically, helps fight the herpes virus**

Vitiligo.

- **Platanus Orientalis: apparently indicated in this pathology to be used for a long period of time, without any other explanation.**
- **Vitiligo: Plantanus (start with juniperus, and juglans to deal with protozoan parasite, platanus can be added to the mix, then you need Platanus to reinstate the pigment, expect 6 months to reinstate pigment. So do all 3 for 2 months 10 drops twice a day, then do Platanus twice a day for antoehr 3 months. Watch for leaky gut.**

Verruca, Warts.

- **Ficus Carica: as a thymus regulator (M. Greaves), might have an immune stimulant effect, hence an action on the virus involved.**
- **Rosa Canina: strengthen the immune system.**
- **Vitis, with Ficus and Rosa for warts**

Skin problems due to allergies in general.

- **Ribes Nigrum: is indeed the major remedy in allergies due to its cortisone-like action and its stimulation of the adrenal glands. But do not forget it will only relieve the symptoms, not cure the allergic diathesis; for this you need to provide a deep seated treatment. Abies Pectinata: stimulates immunity, action on allergies and asthma.**
- **Alnus Glutinosa: remedy of the inflamed mucosa; acts on the inflammatory aspect, not the allergy itself.**
- **Betula Pubescens: non specific detoxifier and anti-inflammatory.**
- **Cedrus Libani: drainage and detoxification background remedy for irritation of the mucosa, in association with others acts in synergy.**
- **Fagus Sylvatica: a more specifically anti allergic and antihistaminic remedy.**
- **Rosemarinus Officinalis: chronic allergies through its liver action in all probability. Juniperus Communis: liver and kidney drainer, removes the exo and endotoxins, can cause an aggravation if given in too high dose at the beginning of the treatment through a sudden intense liberation of toxins in the blood stream.**
- **Rubus Idaeus: allergies, inflammation of the mucosa with no explanation.**

Urticaria/Hives

- **Alnus Glutinosa: general action as an anti-inflammatory.**
- **Ribes Nigrum: steroid like action and anti-inflammatory.**
- **Hives: Alnus with Platanus**
- **Plantanus: acne, psoriasis, vitiligo, hives. Watch if psoriasis – may have leaky gut.**

OTHER

- **Dry itchy skin: Cedrus Libani**
- **Skin with fissures: Equisetum, Ilex**
- **Cedrus with Ilex for skin conditions with fissures eg. If crohns or ulcerative colitis and person is forming fissure on skin.**
- **Diaper rash: Cedrus Libani, Diaper rash**
- **Skin tags (also has to do with high glucose in the blood): Cedrus Libani**
- **Aging skin: Cedrus Libani**
- **Keratosis pilosa (bumps on back of arm): Cedrus Libani**
- **Cedrus with Platanus for psoriasis and eczema. Or check out Ulmus instead of**

Platanus.

- **Chicken pox rash: Ulmus**
- **Wet, clammy hands: Ulmus**
- **Oozing skin conditions: Ulmus with Rosmarinus**
- **Seborrheic dermatitis, waxy type on the scalp: Ulmus**
- **Skin eruptions with itching or without: equisetum arvense gemmo**
- **Equisetum arvense builds collagen, for aging skin**
- **Scarring: equisetum with Olea**
- **Itchy skin: equisetum**
- **Equisetum arvense for wound healing, scar formation, pushes things out of the body.**
- **Ulmus – Tinea, all types, Impetigo, Herpes 1 and 2 and zoster**
- **Juglans – Tinea. Ringworm, athletes foot, jock itch, topical application with Sanguainaria candensis.**
- **Juglans with Ulmus for impetigo, acne, wet skin conditions.**
- **Combination: Ligustrum, Cedrus, Ulmus, and Platanus**
- **RES (reticulo endothelial system: Platanus with Rosa and Betula pub.**
- **Ribes: Dermatitis and rashes, sun allergy**
- **Vitis, Juglans, Rosa, Cedrus , Ulmus combo for dermatitis and skin inflammation.**

SLEEP

- **Calming, useful for sleep disturbances: Calluna vulg.**
- **Citrus limonum, calms the Nervous System**
- **Take Citrus and Ficus during the day, and Tilia at night.**
- **Ficus, Tilia, Viscum, Malux, Lonicera, Crataegus for sleep disturbance and anxiety.**
- **Salix, Tilia and Viscum for insomnia and general anxiety**
- **Tilia for insomnia, esp. children, elders, pregnant women**
- **Viscus with Tilia, and Ficus for insomnia**
- **Tilia tomentosa: sleep inducer and hypnotic. Also sedative and anxiolytic. Gentle, not adictive. Can be used for children also.**
- **Salix, Tilia and Viscum combined for insomnia and general anxiety**
- **Combine:**
  - **Tilia tomentosa. Drains and sedates the nervous system, overall calming, sedative and anxiolytic actions. Does not leave you groggy, or dependent on the remedy. Good for over-thinking.**
  - **Ficus caria unblocks the hypothalamic related NS, works with the enteris NS decreasing emotional disturbances. Good for the digestion also.**

    DOSAGE: under the tongue, away from meals. For anxiety can use during the day. Can take ½ hr before bedtime. Start with 5 drops and increase by 1 drop every day until you get results. For children 2-12 years old can do 3-8 drops daily starting at 3 drops and increasing by one drop daily. New born give 1 drop or mother can take it before breastfeeding. As with all gemmos, hold in mouth for a few seconds before swallowing.

<u>Other gemmos to consider:</u>

- **Fagus sylvatica for inability to sleep or rest due to grief, loss.**
- **Crataegus oxyacantha balances heart function, esp. on cases of nocturnal palpitations.**
- **Acer with Fraxinus – stress and anguish related to inability to sleep**
- **Fagus – inability to sleep or rest due to grief, loss**
- **Citrus – tension, a back up or stagnation from tension held, a complementary**

remedy used in combination with other gemmos

- **Olea with Prunus – obsessive thoughts**
  CAUTION: if taking anti-depressants, or elevating serotonin levels – Ficus is not a problem but can't do Tilia. May potentiate the sedative action.

SMALL JOINTS: vitis vinifera

SPASMS

- **Rubus Id. Antispasmodic**
- **Viburnum – bronchial**
- **Vinca – cerebral**
- **Castanea – veins**
- **Ilex - epilepsy**
- **Hornbeam**
- **Tilia – sedates**
- **Abies + Viburnum lantana**

SPORTS INJURIES

- **Ampelopsis veitchii (virginia creeper). Inflammation, repair, regeneration for joints, ligaments, tendons, cartilages**
- **Combine Pinus, Ampelopsis and Juniperus to drain the joints.**
- **Ampelopsis with Ribes for cortisone like activity for inflammations**
- **Ampelopsis with Pinus for regeneration of tendons and ligaments**
- **Salix, Ampelopsis and Ribes for strains, sprains of ligaments and tendons.**
- **Salix and Abies for bone fractures, breaks**

STAPH, STREP, ECOLI
see Bacteria

STOMACH see digestion

STREP: Ligustrum vul.,

STRESS/ANXIETY:

- **Fraxinus Excelsior**
- **For Nervous System support, sleep, anxiety: Calluna with Tilia tomentosa**
- **Crataegus balances sympathetic and parasympathetic**
- **Hippophae Rhamnoides (sea buckthorn) for stress and fatigue from dealing with stress**
- **Tilia: stress, anxiety, Insomnia**

  Combine an Antistress Complex. Used for afflictions of the Nervous System, anxiety and depression, stress related issues, to bring quick relaxation. Also available in 10ml spray and 50ml drops. Might want to do Cal Gem during the day, and NoctiGem at night.
  - **Ribes nigrum, adaptogenic. Supports adrenals. Yang tonic so gives energy.**
  - **Ficus carica unblocks hypothalamic related NS, works with the enteric NS, decreasing emotional disturbances. Regulates sympathetic nervous system which also has an impact on the digestive system.**

- **Essential oils of Lavender, Ylang-ylang, Angelica, Neroli**
  DOSAGE: tastes like orange and if you find it too strong, put it in a bit of honey. Don't put it in water because the essential oils won't mix. For optimum results, put them directly on the tongue, wait a few seconds before swallowing. As prevention can do 5-10 drops or 1-2 sprays daily at the back of the mouth/tongue. If they are very anxious can do 2 sprays 4-6 times a day without problem.

<u>Other gemmos to consider</u>

- **Rubus idaeus (raspberry) for nervousness associated with PMS if below 35.**
- **Tilia tomentosa for insomnia, hyperkinetic children. Works well with Ficus, Cal Gem.**
- **Olea europea promotes cerebral circulation, sclerosis and facilitates access to inner peace**
- **Juglans regia (walnut) for any nervousness somatization in the digestive tract. It promotes sleep. If you take Juglans, do not take in conjunction with other buds, so you take it at noon and bedtime and the other ones morning and supper. Walnut is a tree that grows alone because it puts out substances that prevents growth from other trees. It is a great remedy of the endocrine, exocrine, for anti-microbial, and a remedy for the pancreas and for the digestion. Taken at night, helps promote sleep.**
- **Crataegus oxycantha for calming stress and its effects on the heart (palpitations, rhythm etc). Helps regulate the sympathetic nervous system.**
- **Prunus amygdalus combined with Olea europaea, for nervous phobias**
- **Betula ver. For NS deopletion**
- **Viscum for neuralgias**
- **Abies and Viburnum lantana for spasms**

SYPHILIS – skin

Black Poplar

TEETH

Decay & periodontal disease

Astringents to tighten tissue: Betula pubescens, Quercus robur, Salix alba (high in tannins, astringent)

Mineralizing: Pinus montana, Vitis vinifera, Rubus fruct., Acer campestris, Ulmus fulva, Equisetum arvense – remineralization and bone building

Tissue salts Calc fluor 6x Calc phos 6x Silicea 6x

Antimicrobial and tissue healing herbs: Calendula, Syjphytum, Commiphora, Hamamelis, Baptisia, Sanguinaria, Malaleuca, Zanhoxylum, Phytolacca, Mahonia ssp. or Hydrastis.

Other: pack baking soda up into gum tissue (add essential oil if possible), and leave for 5-10 minutes before rinsing and then using water pick. Brush teeth twice a day with either a little hydrogen peroxide or colloidal silver in the water.

TENDONS/LIGAMENTS:

Ampelopsis

TIAs

- **Cercis with Citrus. Not cercis if hypothyroid.**

THYMUS

- **Ficus regulates thymus (according to M. Greaves), therefore normalizing the whole immune system**

THYROID

Hyper thyroid

- **Cornus Sanguinea is major remedy for hyperthyroid, hyperparathyroidism. Provides drainage of the endocrine system. Grave's disease. Exophthalmia. Toxic multinodular goiter. Thyroid goiter. Will not work on toxic adenoma of the thyroid.**
- **Cornus with Viburnum lantana, Crataegus and Rosa canina for hyperthyroidism and heart palpitations.**
- **Rosa Canina: helps shrink goiters: euthyroidism**
- **Crataegus Oxyacantha: used for the cardiac symptoms of hyperthyroidism, does not address the thyroid problem per se; is used to protect the heart while the thyroid problem is being addressed.**
- **Tilia Tomentosa: as an anxiolytic and sedative, used for the symptomatic relief of those symptoms in hyperthyroidism, does not address the thyroid problem per se.**
- **Viburnum Lantana: acts on the hypothalamo-pituitary-thyroid axis. Hyperthyroidism, Grave's disease. Also need biotherapeutic drainage.**
- **Viburnum with Cornus and Rosa and Crataegus for thyrotoxicosis, hyperthyroidism, Graves.**

Hypo thyroid

- **Prunus Amygdalus the gemmotherapic from the root bark is a thyroid stimulant; apparently you must ask specifically for the root bark gemmotherapic, although, in accordance with the basic theory of the buds having all the healing properties of all the other part, it should be possible to use the bud extract; another interesting clinical trial to perform. For thyroid sluggish function.**
- **Don't use Cercis or Cornus if hypothyroid.**

Goitre

- **Cornus Sanguinea: goitre from hyperthyroidism but no action on benign adenoma; written differently: it works on the whole gland but not on gland tumours that have, by definition, escaped from the gland regulation.**
- **Cornus with Rosa canina for thyroid goiter**
- **Rosa Canina: listed for euthyroid goitre; why is another question.**
- **Viburnum Lantana: regulates the hypothalamo-pituitary-thyroid axis.**

Adrenals.

- **Betula Pubescens: according to Dr. Andrianne, the seeds stimulate the adrenals; as commented about other remedies, if the seeds do it, the buds might and should do it too; worth a try?**
- **Fraxinus Excelsior: stimulates the adrenals, increases the secretion of cortisol, and regulates the secretion of adrenaline and nor-adrenaline.**
- **Quercus Robur: stimulates the secretion from the adrenal cortex, as well as the pituitary.**
- **Ribes Nigrum: stimulates the adrenal glands and the pituitary.**
- **Sequoia Gigantea: for adrenal insufficiency.**

Other

- **Adenoma thyroid: Vaccinium Vitis Idaea.**

TINNITIS:

- **Sorbus for deafness secondary to tympanic membrane sclerosis**
- **Panax American Ginseng herbal also which is a Kidney yin tonic.**
- **Ligustrum nourishes Kidney yin, helps tinnitis**
- **Sorbus for ear sclerosis**

TONIC

Combine to make tonic complex. Acts to bring vitality, to abate fatigue and lethargy. The other gemmos to consider suggest gemmos fro tonifying more specific aspect of the body.

- **Sequoia – antisenescence for males, adrenal tonic, sex hormone precursor**
- **Rosmarinus off. - liver protection and tonic, assists with detoxification, helps nervous system, makes people happy.**
- **Ribes – adaptogen, anti-inflammatory, modulates immune system**
- **Quercus – adrenal tonic (stimulates adrenal-cortical gland) general tonic, sex hormone precursor**

  DOSAGE: Divide dosage in half. Take larger half in the morning before meal on empty stomach in water or on tongue and hold in mouth a few seconds. Eg. 10 drops in the morning and 5 drops around 4-5pm.

Other gemmos to consider:

- **Betula pub. Is general endocrine stimulant of gonads (male & female) and thyroid. Use for sexual fatigue, erectile dysfunction etc. Anything to do with gonads, also think copper-zinc either male or female.**
- **Vaccinium vitis (Cowberry) antisenescens for females. Not if estrogen cancer.**
- **Juniper drains liver and kidneys**
- **Birch sap detoxes the system, allowing for more optimal function, builds collagen and perserves elastin for skin health/youth**
- **Cedar of Lebanon – anti-aging for the skin, anti-wrinkle because it preserves elastin and builds collagen**
- **Fig - tonifies the GI tract**
- **Crataegus increases the contractility of each heart beat, increasing circulation**
- **Rubus (raspberry) – tonifies the muscles of the uterus.**

TONSILS:

- **Ligustrum vul. For tonsilitis, pharyngitis, inhibits strep, bronchitis**
- **Salix with Rosa as gargle for tonsillitis**
- **Salix with Abies and Rosa canina for tonsillitis**

TUMOUR

- **Viscum Album (Mistletoe) affinity for nerve. Sclerocystic conditions in all organs and glands. Breaks down glue that holds tumors, benign and malignant, togeth*er.***

ULCERS

- **Chronic peptic ulcers: Ficus Carica (combine with Alnus Glut.)**

- **Alnus Glut. For inflammatory of the GI tract including gastritis, ulcers, peptic and duodenal, diverticulosis, colitis, celiac disease, food allergies, IBS**
- **Colitis, GI ulcers in stomach and duodenum: Lligustrum vul.**
- **Leg Ulcers: Pinus montana can help regenerate tissue.**
- **Salix with Quercustopically for decubitus and diabetic ulcers**

URIC ACID: see gout

- **Uric acid reduction/elimination:**
- **Elixir of malachite**
- **Fraxinus Excelsior**

URINARY TRACT

<u>Lithiasis.</u>

- **Juniperus Communis: oxalo-calcic renal lithiasis**
- **Vaccinium Vitis Idaea: oxalo-calcic renal lithiasis**

<u>Renal Insufficiency.</u>

- **Betula Alba: increases diuresis, kidney drainer.**
- **Fagus Sylvatica: nephroangiosclerosis according to Pol Henry.**
- **Fraxinus Excelsior: anti-inflammatory, kidney cleanser.**
- **Ilex Aquifolium: nephroangiosclerosis.**
- **Juniperus Communis: kidney drainer and powerful diuretic.**
- **Olea Europea: mild renal insufficiency.**

<u>Cystitis - UTIs</u>

- **Vaccinum Vitis Idaea: urinary disinfectant**
- **Juniper with Calluna for Interstitial cystitis**
- **Juglans for recurrent urinary tract infections, may be digestive source problem.**
- **Calluna with Vaccinium myrtillus and Vaccinium vitis-idaea for antiseptic action with UTI and associated infections**
- **Recurrent cystitis: Vaccinum vtis-idaea with Juniperus**
- **Lonicera nigra (black honeysuckle) for UTS, interstitial cystitis**
- **Rubus Fruct. For interstitial nephritis, interstitial cystitis**
- **Vaccinium myrtillus**
- **Zea Mays for kidney and urinary. Adjuvant for cystitis and pylonephritis acting as a diuretic and anti-inflammatory. Combine with juniperus for UTI, add cranberry or Vaccinium.**

<u>Nephritis.</u>

- **Fagus Sylvatica: nephroangiosclerosis.**
- **Juniperus Communis: diuretic and kidney drainer.**
- **Rubus Fructicosus: chronic interstitial nephritis secondary to pyelonephritis**
- **Vaccinum Vitis Idaea: urinary disinfectant.**
- **Zea Mais: kidney drainer, for kidney inflammation.**

<u>Pyelonephritis.</u>

- **Juniperus Communis: diuretic and kidney drainer.**

<u>Diuretic</u>

- **Juniperus with Equisetum as diuretic**
- **Syringa with Zea mais to increase diuretic action**
- **Vaccinium Vitis-idaea with Juniperus and Betula ver. For urinary drainage**

<u>Other:</u>

- **Combination Ligustrum, Juniperus, Bettula spp., and Zea mais for edema and enhancing urinary filtration.**
- **Vaccinium Vitis-idaea for drainage and infective**

UTERUS:

- **Uterine Fibromas: Sequoia Gig.**
- **Rubus Id. With Olea, Rubus frut. And Viscum album for uterine fibroids**
- **Rubus Id. Uterine tonic**

VEINS

Combine to make a veins complex. For drainage of the venous system, esp. in lower extremities

- **Sorbus domestics (service tree) regulates venous circulation, moves congestion, tones venous walls, decreases serum viscosity**
- **Aesculus hipp. (horse chestnut) - portal (liver) circulation, portal congestion, drains venous system, esp. in lower extremities, diminishes hemorrhoidal congestion. If liver is congested and not functioning properly it interferes with venous return.**
- **Castanea vesca (sweet chestnut) – lymph and venous drainage, relieves congestion and back up of flow, decreases spasm. Also in Cell Gem. Helps blood vessels, decreases spasms.**
  DOSAGE: Take on empty stomach, diluted or under or on tongue. Adult dose 5-15 drops total – divide into two or three applications for the day. Start with a low dose of 2 twice a day and increase until desired result. For prevention use one dose daily.

<u>Other gemmos to consider:</u>

- **Alnus glutinosa plus Populus nigra acts on general fluidity of circulation and is anti-inflammatory.**
- **Citrus limonum with Rosmarinus thins the blood and spleed up bloow flow, scatters blood stasis at the hepatic level. Short term action.**
- **Juniperus comm. Liver and kidney drainage**
- **Citrus – complements the other gemmos in the formula, thins the blood to a degree, speeds up blood flow, short lived only**
- **Vaccinium vitis-idaea – if during the menopausal time, for additional supporting**
- **Birch sap because of its ability to act as a depurative for the entire body. It takes the burden of the lower extremities, clears lymph**
- **Varicose veins: Aesculus Hippo. Aesculus drains the veins.**
- **Vaccinium Myrtillus together with Aesculus for varicose veins, hemmorhoids, strengthens venous tone.**
- **Vaccinium with Sorbus for circulation regulation, venous congestion, esp. related to**

menopause due to hormonal influence.

- Aesculus Hippo., for portal circulation, portal congestion. Varicose veins, varicose ulcers, poor venous circulation, spider veins. Especially vein problems in the legs.
- Aesculus hippo. Combine Aesculus with Castanea for a great lymphatic drainage. As is Sorbus which is big for lymph and vein drainage insufficiency. The veins and lymph run side by side in the lower legs so work both together gets things moving.
- Venous drainage, lymph drainage, lower extremities: Castanea
- Venous fluidifier: Citrus llimonum
- Cornus Sanguinea for vascular issues of diabetes
- Corylus with Sorbus for varicose veins, varicose ulcers
- Sorbus Domestica is all about veins. Regulates venous circulation, moves congestion, tones walls, helps lymph drainage and cerebral circulation.
- Venous lymph drainage and cellulie: Sorbus, Aesculus an Castanea.
- Sorbus with Castanea and Citrus limonum for varicose veins, lymph disorders possibly due to radiation.
- Sorbus and Castanea for lower leg venous stasis, heavy legs. Mix the two together 1 drop per kilo of body weight 2-3 times a day for 2 months.
- Sorbus and Aesculus for varicose veins, hemorrhoids.
- Vaccinium myrtillus for varicose veins, hemorrhoids, conditions of compromised microcirculation

VERTIGO:

- Alnus glutinosa for migraine acute or chronic. Remedy for inflammation, for all thrombotic syndromes (contains anti-thrommmmmbotic substances which diminish blood viscosity). Improves collateral circulation. Vertigo caused by arteriosclerosis (improves circulation).

VIRUS:

- Fagus sylv. (beech) for Epstein Barr with mono, stimulates production of gammaglobulins
- Tamarix with Ribes for mononucleosis
- Tamarix with Acer for antiviral with EBV, CMV
- Sambucus nigra (black elder) for general immune stimulation, for influenza, antiviral and antibacterial
- Rosmarinus is anti-viral
- Vaccinium myrtillus (bilberry) for herpes, influenza. Kills or inhibits bacteria, fungus, yeast, protozoa
- Vitis vinifera (grape vine) antiviral against all herpes
- Acer for chronic viral infections. Inhibits the growth of viruses. Changes the environment so viral load is reduced not for colds and flu, more the chronic viruses.
- Acer campestre (hedge maple) for all herpes, Hepatitis A, B, C, Epstein Barr, Cytomegalovirus, Chicken pox, changes the environment so viral load is reduced.
- Pinus montana (mountain pine) pineal stimulates general antiviral activity
- Quercus robur/ped (oak) receding herpetic infections
- Olea europea (Olive) inhibits viral replication, stimulates immune system, antibacterial, antifungal, antiparasitic
- Tamarix: Mononucleosis, used with antivirals, works with the spleen
- Secale cereale (rye) powerful antiviral for colds and flu
- Tamarix antiviral, antiorganism and has the ability to work with the stem cells in the

bone marrow.

- **Betula pub (white birch) for HPV, colds, flus, antibacterial**
- **Juglans regis (walnut) for Hep C, antibacterial, antifungal, antiparasitic**
- **Cornus with Vaccinium vitis for menopausal symptoms, hot flashes, resentful of hormonal changes**
- **AIDs, Viral, Chemo, vaccine induced. Chronic viral infections (EBV,CMV, mono, Hepatitis): Fagus Sylvatica**
- **Combo: Sambucus nigra, Vaccinium Myrtillus, Secale cereale, and Betula alba.**
- **Rosa Canina: adjunctive in viral infections**
- **Vitis Vinifera anti-viral for all herpes**

<u>Other gemmos to consider:</u>

- **Rubus fructicosus is active against Staph and Candida. Good for pulmonary infections.**
- **Rosa canina is active against E coli and antiviral and supports the immune. Good for ENT infections.**
- **Juglans regia (walnut) is active against Staph and E coli. Good for pulmonary and intestinal infections. Take a different time than other bud formulas, likes to be on its own.**

WARTS:

- **Ficus or combine with Vitis**
- **Quercus and Salix applied topically**

WATER RETENTION (edema)

- **Edema: juniperus**
- **Juniperus with Fagus and Betula spp.**
- **Combination Ligustrum, Juniperus, Bettula spp., and Zea mays for edema and enhancing urinary filtration.**
- **Castanea Sativa for lymph circulation (effects stasis and edema)**
- **Lymph Edema: Birch Sap with Castanea**
- **Crataegus for pulmonary edema**
- **Malus, Juniperus, Fraxinus and Zea Mays**

WEIGHT

- **Ficus, Fraxinus and Betula pub. For carrying excess weight**
- **For weight loss you will do 3 weeks of Depurasap at 1 Tbsp a day (start by doing 1 teaspoon the first day, then 2 tsp the second day, then you can do 1 Tbsp a day thereafter. Then start doing 1 Tbsp a day of Cellusap for two weeks. After than add CEL GEM which are the concentrated buds which gets deeper into the intra and extracellular.**

WOMEN:

Combine (women over 50)

- **Vaccinium vitis-idaea, senesen's remedy for aging women**
- **Malus for the gut to keep moving**
- **Crataegus for the heart**
- **Rubus for bones**
- **Daucus carota oil (carrot essential oil) tonifying the skin and hormones**
- **Salvia leaf (sage mother tincture) to tighten up the tissues**

Other gemmos to consider if over 50:

- **Rubus id., Rosmarinus**
- **Adrenal support incl. Quercus, Sequoia, Ribes**
- **NS support including Tilia tom., Viscum, Ficus**

Combine to make menopause complex. Hormonal regulator and tonic for the reproductive system. Recommended for the regulation of all types of hormonal disorders after the age of 35, as well as during the menopausal period (menopause, peri or post menopause). With menopause you have to support adrenals that make steroid hormones after menopause; the liver that metabolizes and carries the protein for those hormones; Vit. D must be there as a precursor to steroid hormones; Vitamin Bs must be present for the liver to be able to metabolize the estrogen.

- **Rubus idaeus (raspberry) key remedy for the female hormonal system. Action in female senescence (regulator and stimulant of ovarian function). Hormonal regulation. Recommended for all forms of ovarian imbalance.**
- **Vaccinium vitis-idaea plant mainly indicated for women over 35 years of age. Premature aging. Menopause (estrogen like). Remimeralizes (helps calcium absorption). Restores microflora / peristalsis (calms spasms, helps constipation). Good remedy for postmenopausal osteo.**
- **WARNING: not if person has hormone dependent cancer.**
  DOSAGE: 7 drops twice a day. If regular periods,: take 3 weeks and 1 week off when you have the period. If no period or irregular: take the week of the full moon and don't take the remedy that week. For women who lo longer have their period, start G23 slowly: 2 drops twice a day, and increase slowly until 7 drops; don't be surprised if there is spotting.

Other gemmos to consider for menopause:

- **Ribes nigrum for supporting adrenal gland and hormonal production before and after menopause.**
- **Sequoia and Quercus both contain 17-ketosteroid precursors, improving neurosexual function, for low libido.**
- **Combination: Ribes, Sequoia, Quercus and Rosmarinus, tonic for men as well as women**
- **Support hormone function for post menopause (after doing Rosmarinus to help the liver process estrogens etc): Vitis Vinefera, Quercus, Sequoia – these are the 3 in the gemmo world that are good at supporting hormones. It is only in those when problems after really traumatic issues that need actual bio-identical hormones given.**
- **Nervous System support includes Tilia, Viscum, Crataegus**
- **Brain support including Gingko, Olea, Prunus, Malus, Rosmarinus, Alnus**
- **Circulation support including Corbus, Castanea, Citrus, Cercis, Cornus**
- **Rather than pushing someone into doing estrogen or progesterone, realize the cause is the liver that is not processing what is available. Better to give Rosmarinus which treats the liver to decompose and process the hormones.**

Fibrocystic breasts:

- **Betula pub with Ilex aquifolium**
- **Betula verrucosa with Rubus and Ilex**
- **Rubus for adeno-fibroma of breast**

- **Rubus Id with Betula verr.**
- **Viscum Album (mistletoe)**

Vaginitis

- **Calluna vulg.**

PMS

- **Rubus Id., also for premenstrual retention of water**

Hot Flashes, Menopause

- **Cornus Sanguinea for hot flashes(menopause)**
- **Rubus Id. Hormonal regulation, ovarian function**
- **Sequoia is precursor to estrogen, may help in menopause**
- **Sorbus, with Vaccinium and castanea for circulation issues for menopause**
- **Vaccinium with Sorbus for circulation regulation, venous congestion, esp. related to menopause due to hormonal influence.**
- **Vaccinium Vitis-idaea. Also add licorice with white peony.**
- **Viscum Album (mistletoe). Ventricular hypertrophy in menopausal women**

Bleeding, Menstrual

- **Equisetum arvense gemmo for excess menstrual bleeding. Can combine with Rubus also.**
- **Rubus Id. Menstrual disorders, irregularity**

Endometriosis:

- **Olea**
- **Rubus Fruct. and/or Id.**
- **Sequoia**
- **Viscum Album for ovarian cysts/ PCOS, Endometriosis**
- **Vitis Vinefera. Vitis with Vaccinium and Alnus.**

Fibroids

- **Vitis Vinifera: indicated in uterine fibroma and ovarian cysts. It inhibits the growth of tumors. Fraxinus for uterine fibroids and prolapse**
- **Rubus Fruct. and/or Id.**
- **Sequoia Gigantea**
- **Vaccinium Vitis Idaea: uterine fibroma (fibroids) when the tumor is hyalinized, which is in most cases.**
- **Rubus Id. With Olea, Rubus frut. And Viscum album for uterine fibroids**
- **Secale, with Alnus, Vaccinum and Rubus for uterine fibroids**
- **Vaccinium Vitis-idaea with Rubus frut. For uterine fibroids**

Vaginal Infections

- **Juglans for Vaginal dysbiosis, Candida, recurrent vaginal infections**

Leucorrhea (discharge)

- **Ligustrum: leukorrhea, vulvar atrophy, sclerosis**
- **Leucorrhea (Inflam. Vagina and vulva) Equisetum arvense gemmo**

Amenorrhea (period stopped)

- **Rubus Id. For amenorrhea and late onset of puberty**

Menorrhagia (bleeding)

- **Equisetum arvense gemmo for excess menstrual bleeding. Can combine with Rubus also.**
- **Rubus Id.**
- **Tamarix**

Dysmenorrhea (pain)

- **Ribes**
- **Rosmarinus Officinalis: dysmenorrhea and frigidity.**
- **Combine Rosmarinus with Rubus and Betula pub.**
- **Rubus Idaeus: ovarian function regulator, stimulates ovarian hormones; contains the antispasmodic alkaloid Fragarine.**
- **Sequoia Gigantea: clinically indicated according to Marcus Greaves.**
- **Viburnum with Rubus idaeus for menstrual cramps, dysmenorrhea**

Other menstrual problems.

- **Rubus Idaeus: for amenorrhea and late onset of puberty.**
- **Rubus Id and Fruct. For pelvic pain**
- **Salix, and Rubus Id.**
- **Vaccinium Vitis-idaea for irregular menstrual cycles, acts on ovaries, regulates balance between estrogen and progesterone.**

Anti-fungal

- **Vaccinium vitis-idaea**
- **Acer is antifungal**

Hormonal

- **Rubus Id. with Rosmarinus, hormonal balance through the liver**
- **Secale with Rubus for hormone balancing, female reproductive pathologies**

Ovaries.

- **Rubus Idaeus: regulates ovarian function and stimulates their hormonal production.**
- **Vaccinium Vitis Idaea: reactivates ovarian secretions in case of hyalinization of the ovaries.**
- **Viscum Album: fibrocystic disease of breast and ovaries; how it does that is not clear.**
- **Vitis Vinifera: ovarian cysts; apparently it can inhibit the growth of tumours.**
- **Viscum Album (mistletoe) for ovarian cysts/ PCOS, Endometriosis**
- **Viscum Album with Olea to break down benign cysts including ovarian cysts, fatty cysts and change the fat distribution in the body**

Frigidity.

- **Rosmarinus Officinalis: frigidity, dysmenorrhea and acne in females.**
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Low libido

- **Rubus Id**

Pelvic Congestion

- **Vaccinium Vitis Idaea**

Other:

- **if on heart replacement therapy or oral contraceptive pills, use Sorbus with Rosmarinus**