

The Wellness Family

Milestones Chiropractic Keeps You Informed



Gemmotherapy: The Budding Gem

Gemmotherapy is a form of phytotherapy that uses plant tissues to improve the function of organs within the body and promote tissue regeneration. It's a therapeutic method that uses freshly harvested plant-bud extracts and other actively growing parts of plants to procure remedies.

The buds are macerated or softened by soaking them in a liquid mixture of alcohol and glycerin to extract their medicinal properties. They are then diluted before being administered as drops. Gemmotherapy can be effectively taken mixed with water, or placed directly under the tongue.

Gemmotherapy stimulates and optimizes cell function and is similar to stem-cell therapy. It can help with allergies, chronic head colds, asthma, rhinitis, bronchitis, gastritis, emphysema, migraine headaches, arthritis, and more.

A Brief History

The term "gemmotherapy" comes from the Latin "gemmae," which means both "gemstone" and "buds", which is in reference to their rarity and apparent stability in winter. Gemmotherapy itself dates back as far as the Middle Ages, when alchemists used plant buds (particularly those of dried Poplar, as well as both fresh and dried Fir) to produce various remedies such as ointments and herbal teas. Also known as the "tree bud medicine," gemmotherapy is a result of "phytotherapy", which is derived from the Greek word "phyton", which means "plant."

Johann Wolfgang von Goethe was potentially the first individual to experiment with phytembryotherapy. In 1788, he wrote a paper entitled *The Metamorphosis of Plants*. In it, he discussed the anatomy of leaves, from their organs to the petals of a flower, and their basic homeopathic capabilities.

Building upon von Goethe's ideas, a doctor named Dr. Pol Henry invented what has initially become known as "phytoembryotherapy." Henry was born in 1918 in Belgium; in the early 1960s, he was the first to suggest that the "meristem" (a plant tissue comprised of rapidly dividing cells responsible for growth) would contain all the informative energy needed for trees to grow. Following Dr. Henry's

work on natural remedies, Dr. Max Tétou, a French homeopath and herbalist, also made a significant contribution to developing this practice, for which he officially coined the name "gemmotherapy" in 1971.



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24 Products to Try

Gemmotherapy remedies are simple to administer; they can be taken with water, or directly under the tongue. If you are using more than one of these items, they should be taken separately.

Children tend to prefer them in a beverage; the dosage for infants should be 5 - 8 drops. Children 3 to 8 years old should have 15-20 drops, and adults and older children should have 25-50 drops. These remedies can be used as often as 2-3 times per day during acute illnesses.

There are many varieties to try, but below are some recommendations:

- **Wild Rose:** supports natural defenses and the growth in children.
- **Birch:** is used to support immunity and the aging process.
- **Lime Tree:** drains the nervous system and promotes good sleep.
- **Fig Tree:** reduces stress.
- **Comfrey Balm:** regenerate the skin's corrective tissue.
- **Olive Tree:** stimulates concentration and memory.
- **Cranberry:** fights against the premature aging of tissues, alleviates menopausal problems, drains the bladder.
- **Rye:** regulates the action of the liver and harmonizes the prostate function.

- **Blueberry:** an important anti-diabetic aid. Promotes sugar assimilation and regulates the insulin level, thus improving the sight.
- **Hazelnut:** helps drain the lungs.
- **Gingko:** helps to improve brain function.
- **Raspberry:** helps to harmonize the hormonal system.
- **Ficus Carica:** helps with immunity and the digestive system.
- **Black Honeysuckle:** helps with respiratory conditions and sore throats.
- **Black Mulberry:** helps with pancreatic health.
- **Common Beech:** aids in the health of the urinary tract.
- **Dogwood:** aids in boosting circulation within the body.
- **Lithy:** harmonizes the Autonomic Nervous System, specifically the brain-lung connection, and can help resolve allergic bronchial spasms.
- **Peach:** boosts kidney function.
- **Sea Buckthorn:** helps to regulate emotions and boost immunity.
- **Rye:** helps restore liver health.
- **Tamarix:** aids in the production of red blood cells and platelets.
- **Oat:** helps with stress.
- **Walnut:** boosts the function of the digestive and immunity systems.

Where to Find These Hidden "Gems"

While the idea of gemmotherapy has been around for many years, it is still widely used exclusively in Europe. That being said, you can find many of these products online, including on Amazon. Boiron is another American online-retailer that provides access to many of these items; their website is easy to navigate as it categorizes all their remedies by ailment.

If you are looking for a local supplier, you can sometimes find certain gemmotherapy products within in-person stores. It is important to remember to make sure you procure them in liquid form, not diluted with other ingredients. It should also be noted that you'll want to take an actual gemmotherapy item and not an herbal tincture: the difference is in the cells of the buds and shoots used to make "gemmos". These cells contain the growth material of the plant, similar to stem cells in humans. These cells engage organs and organ systems on a cellular level to improve their function as well as clean, feed, and restore organ tissue.

The Chiropractic Factor

As your chiropractor cares for your overall well-being, gemmotherapy can help do the same. And just like chiropractic solutions for everyday ailments from migraines to aches and pains, gemmotherapy can also provide a remedy for everything from runny noses to fatigue. When combined, chiropractic care and gemmotherapy can potentially provide the perfect solutions that can enable you to fashion a health plan that will keep you thriving, not just surviving.

This information is not meant to treat, cure, or prevent any diseases. Seek out professional advice if one should have concerns.



Dear Patient,
 Milestones Chiropractic is dedicated to providing you with the absolute best in family wellness care. So take a moment today to discuss with your Family Wellness Chiropractor any concerns you may have regarding your family's overall health and wellness.

This newsletter is provided to you by:

Milestones Chiropractic
 Dr. Victoria Campana & Dr. Omery Trevino
 3000 Corporate Court Suite 200
 Flower Mound, TX 75028
 469-251-2864