



GEMMOTHERAPY PRODUCT GUIDE

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ROOTED REMEDIES

GEMMOTHERAPY
remedies

A MODERN
HOMEOPATHIC
DISPENSARY



GEMMOTHERAPY

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What is Gemmotherapy?

Gemmotherapy is a natural form of plant-based medicine that uses extracts from the buds, young shoots, and other embryonic parts of plants. It is a form of phytotherapy and is often used alongside Homeopathy and herbal medicine.



The word “gemmo” comes from the Latin word *gemma*, meaning “bud” or “jewel.”

These parts of the plants are considered to contain powerful regenerative properties because they hold the plant’s growth potential, including vitamins, minerals, enzymes and more.

Unlike Homeopathic remedies, which are potentized, gemmotherapy extracts retain their biochemical properties. Gemmotherapy extracts are made by macerating (soaking) the buds or young plant tissues in a mixture of water, alcohol, and glycerin.

The resulting remedy is thought to support the body’s natural ability to detoxify, regenerate and balance itself.

Benefits of Gemmotherapy:

- Supporting the immune system
- Detoxifying organs such as the liver, kidneys etc
- Addressing allergies, stress, digestive issues
- Improving skin conditions, circulation
- And more!



Gemmotherapy Remedies

Price: \$22 for 15ML bottle

BLACK CURRANT

Black Currant Gemmotherapy (*Ribes Nigrum*) is known for its potent anti-inflammatory, adrenal-stimulating, immune-boosting, and allergy-regulating properties.



- Natural Anti-Inflammatory & Cortisone-Like Action
 - Acts as a natural cortisone, reducing inflammation
 - Beneficial for arthritis, joint pain, and inflammatory conditions.
 - Helps regulate chronic inflammatory diseases, such as autoimmune disorders.
- Powerful Immune System Booster
 - Strengthens the immune system, helping the body fight viral, bacterial, and fungal infections.
 - Useful for frequent colds, flu, and respiratory infections.
 - Supports recovery from chronic illnesses and post-infection fatigue.
- Allergy Relief & Histamine Regulation
 - Acts as a natural antihistamine, reducing symptoms of seasonal allergies, hay fever, and asthma.
 - Helps with eczema, hives, and other allergic skin reactions.
 - Reduces inflammatory responses to food intolerances.
- Adrenal & Energy Support
 - Stimulates the adrenal glands, making it useful for chronic fatigue, adrenal burnout, and stress management.
 - Increases energy levels, helping those who feel sluggish or exhausted.
 - Supports hormonal balance, especially in cases of adrenal insufficiency.
- Respiratory Health & Mucosal Protection
 - Helps with bronchitis, sinusitis, and asthma by reducing inflammation in the airways.
 - Supports mucosal membrane healing, preventing chronic irritation.
 - Useful for chronic sinus congestion and post-nasal drip.



Gemmotherapy Remedies

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- Cardiovascular & Circulatory Support
 - Improves blood circulation and vascular health.
 - Supports individuals with high blood pressure and venous insufficiency
 - Helps with varicose veins and fragile capillaries.
- Skin Health & Detoxification
 - Aids in skin regeneration, making it useful for acne, eczema, and psoriasis.
 - Supports liver and kidney detoxification, clearing toxins that contribute to skin conditions.
 - Helps with lymphatic drainage, reducing swelling and puffiness.
- How to Use Black Currant Gemmotherapy
 - 1-15 drops once or twice daily
 - Best taken in the morning to stimulate adrenal and immune function.
 - Works well in combination with other anti-inflammatory, immune, and adrenal-supporting remedies.

BLACK HONEYSUCKLE

Black Honeysuckle Gemmotherapy (*Lonicera nigra*) is particularly valued for its support in respiratory infections, immune regulation, and vascular health.

- Respiratory Health & Lung Support
 - Helps with bronchitis, chronic coughs, and respiratory tract inflammation.
 - Acts as a natural expectorant, clearing mucus and reducing congestion.
 - Supports individuals prone to asthma and chronic respiratory infections.
- Antiviral & Immune System Boost
 - Has natural antiviral properties, making it useful for viral infections, colds, and flu.
 - Strengthens the immune response, helping the body fight infections more effectively.
 - Can be beneficial in chronic viral conditions such as Epstein-Barr virus (EBV) or recurrent infections.



Gemmotherapy Remedies

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- Anti-Inflammatory & Allergy Relief
 - Reduces inflammatory responses in the respiratory tract and immune system.
 - Helps regulate allergic reactions, particularly those affecting the lungs and sinuses.
 - Supports individuals with chronic sinusitis or allergic rhinitis.
- Vascular & Circulatory Support
 - Strengthens blood vessel walls, improving circulation.
 - Helps with varicose veins, fragile capillaries, and venous insufficiency.
 - Supports brain circulation, aiding memory, focus, and cognitive function.
- Detoxification & Lymphatic Drainage
 - Supports the lymphatic system, helping remove toxins and waste
 - Aids in cleansing the body of metabolic waste, reducing inflammatory load.
 - Can be helpful for skin conditions linked to poor lymphatic drainage.
- Antioxidant & Cellular Protection
 - Contains natural polyphenols and flavonoids, protecting cells from oxidative damage.
 - Helps reduce oxidative stress, supporting long-term health and vitality.
 - May assist in anti-aging and chronic disease prevention.
- How to Use Black Honeysuckle Gemmotherapy
 - 1-15 drops once or twice daily
 - Best taken during illness or as a preventive measure for immune support.
 - Works well in combination with other respiratory and immune-supporting remedies.

COMMON ALDER

Common Alder Gemmotherapy (*Alnus glutinosa* tree) is particularly useful for the vascular system, brain circulation, and inflammatory conditions.

- Brain & Cognitive Function
 - Enhances cerebral circulation, improving memory, focus, and mental clarity.
 - Helps with brain fog, cognitive fatigue & recovery after neurological conditions.
 - Supports individuals with age-related decline or post-stroke rehabilitation.



Gemmotherapy Remedies

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- Circulatory & Cardiovascular Support
 - Improves blood circulation, especially to the brain and extremities.
 - Helps prevent and manage arterial plaque buildup, reducing the risk of cardiovascular issues.
 - Supports recovery after strokes by enhancing blood flow to damaged areas.
 - Helps in cases of chronic venous insufficiency, including varicose veins and heavy legs.
- Anti-Inflammatory & Immune Regulation
 - Reduces chronic inflammation, making it useful for autoimmune conditions.
 - Supports recovery from infections and inflammatory illnesses.
 - Helps regulate the immune system, reducing overactive immune responses in allergies or autoimmune disorders.
- Respiratory & Sinus Health
 - Aids in the treatment of sinus infections, chronic rhinitis, and bronchial inflammation.
 - Acts as a natural mucolytic, helping to clear mucus from the respiratory system.
 - Supports lung function, making it beneficial for individuals with chronic bronchitis or asthma.
- Joint & Musculoskeletal Support
 - Helps with arthritis, rheumatism, and inflammatory joint conditions.
 - Reduces pain and swelling in stiff, inflamed joints.
 - Supports tissue regeneration in cases of chronic musculoskeletal issues.
- Skin & Tissue Healing
 - Helps promote healing of wounds, ulcers, and skin conditions.
 - Can be beneficial in cases of poor circulation affecting skin health (such as diabetic ulcers).
- How to Use Common Alder Gemmotherapy
 - 1-15 drops once or twice daily
 - Best taken in the morning to support circulation and inflammation control.
 - Works well in combination with other gemmotherapy extracts for vascular or inflammatory conditions.



Gemmotherapy Remedies

Price: \$22 for 15ML bottle



COMMON BIRCH

Common Birch Gemmotherapy (*Betula pubescens* tree) is known for its detoxifying, anti-inflammatory, and regenerative properties, particularly supporting the liver, kidneys, joints, and immune system.

- Detoxification & Drainage
 - Stimulates the liver, kidneys, and lymphatic system, helping the body eliminate toxins.
 - Supports the removal of heavy metals and metabolic waste.
 - Aids in reducing water retention and swelling.
- Joint & Bone Health
 - Helps with arthritis, rheumatism, and gout by eliminating uric acid and reducing inflammation.
 - Supports cartilage and bone regeneration, making it beneficial for osteoporosis.
 - Relieves stiff joints and muscular pain caused by toxin buildup.
- Immune System & Allergy Relief
 - Boosts immune defenses, helping the body fight chronic infections.
 - Reduces seasonal allergies and histamine reactions.
 - Has anti-inflammatory properties, beneficial for autoimmune conditions.
- Skin Health & Regeneration
 - Helps with eczema, psoriasis, acne, and other inflammatory skin conditions.
 - Promotes tissue healing and skin detoxification.
 - Supports lymphatic drainage, reducing puffiness and improving complexion.
- Energy & Vitality Booster
 - Acts as a general tonic, reducing fatigue and restoring vitality.
 - Helps with adrenal fatigue and burnout by supporting metabolic function.
 - Aids recovery after illness, exhaustion, or physical exertion.



Gemmotherapy Remedies

Price: \$22 for 15ML bottle

- Liver & Kidney Support
 - Supports hepatic and renal detoxification, improving overall metabolism.
 - Helps with fatty liver, sluggish digestion, and gallbladder function.
 - Reduces kidney stone formation and urinary inflammation.
- How to Use Common Birch Gemmotherapy
- 1-15 drops once or twice daily
- Best taken in the morning for detox and vitality support.
- Works well in detox programs, especially in spring.



COMMON FIG

Common Fig (*Ficus carica*) Gemmotherapy is known for its effects on the nervous system, digestive health, and emotional balance. Derived from the young buds of the fig tree, it acts as a natural regulator of stress, digestion, and inflammation.

- Nervous System & Emotional Balance
 - Acts as a natural adaptogen, helping to manage stress and anxiety.
 - Supports deep sleep and is beneficial for insomnia, especially due to overthinking.
 - Helps regulate the hypothalamus-pituitary-adrenal (HPA) axis, reducing cortisol spikes.
 - Aids in cases of emotional trauma, nervous tension, and mood swings.
- Digestive Health & Gut Regulation
 - Regulates acid reflux, gastritis, and stomach ulcers by balancing stomach acid production.
 - Helps with irritable bowel syndrome (IBS) and emotional gut-related issues.
 - Improves intestinal motility, making it useful for both constipation and diarrhea.
 - Supports gut-brain connection, relieving digestive issues caused by stress or emotions.
- Cardiovascular & Metabolic Support
 - Has a mild effect on lowering high blood pressure by reducing stress-related tension.
 - Aids in balancing blood sugar levels and improving metabolic function.
 - Supports liver detoxification, helping to clear toxins and reduce inflammation.



Gemmotherapy Remedies

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- Respiratory & Allergy Support
 - Helps with respiratory conditions linked to emotional stress, such as asthma or nervous coughs.
 - Has mild anti-inflammatory and antihistamine properties, making it useful for allergies.
 - Supports lymphatic drainage, aiding in toxin elimination.
- Hormonal Balance & Endocrine Regulation
 - Helps regulate the hypothalamus, making it beneficial for hormonal imbalances.
 - Can support thyroid function, especially in cases of stress-related dysfunction.
 - Aids in regulating appetite and emotional eating patterns.
- How to Use Common Fig Gemmotherapy
 - 1-15 drops once or twice daily).
 - Best taken before meals or in the evening for nervous system support.

DOG ROSE

Dog Rose Gemmotherapy(*Rosa canina*) is known for its immune-boosting, anti-inflammatory, and respiratory-supporting properties. It is particularly beneficial for individuals with chronic infections, allergies, and inflammatory conditions.

- Immune System Strengthening
 - Enhances immune response, making it useful for frequent colds, flu, and viral infections.
 - Helps those prone to chronic infections, such as sinusitis, ear infections, and tonsillitis.
 - Supports post-illness recovery, restoring energy and resilience.
- Allergy & Inflammation Regulation
 - Helps with seasonal allergies, hay fever, and histamine intolerance.
 - Reduces chronic inflammation, making it beneficial for autoimmune conditions.
 - Regulates overactive immune responses, aiding in skin and respiratory allergies.
- Skin & Mucosal Membrane Repair
 - Aids in wound healing and skin regeneration.
 - Helps with eczema, dermatitis, and other inflammatory skin conditions.
 - Supports the repair of intestinal & respiratory mucosal linings, improving gut & lung health.



Gemmotherapy Remedies

Price: \$22 for 15ML bottle



- Joint & Connective Tissue Health
 - Reduces joint inflammation and stiffness, making it beneficial for arthritis and rheumatism.
 - Supports collagen production, aiding in tissue regeneration and flexibility.
 - Helps with tendon and ligament health, assisting in recovery from injuries.
- Emotional & Nervous System Balance
 - Helps individuals prone to stress-related immune suppression.
 - Aids in emotional resilience, especially for those who experience frequent illnesses due to stress.
 - Provides mild nervous system support, improving emotional well-being.
- How to Use Dog Rose Gemmotherapy
 - 1-15 drops once or twice daily).
 - Best taken in the morning for immune support and inflammation control.
 - Works well in combination with respiratory, immune, and joint-supporting remedies.

ELM

Elm Gemmotherapy (*Ulmus campestris* (Field Elm) tree), is known for its effects on skin health, detoxification, immune regulation, and digestive balance. It is particularly beneficial for chronic skin conditions, lymphatic drainage, and gastrointestinal inflammation.

- Skin Health & Tissue Regeneration
 - Helps with eczema, psoriasis, acne, and other chronic inflammatory skin conditions.
 - Aids in the healing of wounds, ulcers, and burns.
 - Supports tissue regeneration and hydration, preventing skin dryness and irritation.
- Detoxification & Lymphatic Drainage
 - Stimulates the lymphatic system, promoting the elimination of toxins and waste.
 - Helps clear metabolic and environmental toxins from the body.
 - Supports the kidneys and liver, aiding in overall detoxification.
- Immune System & Inflammation Regulation
 - Strengthens the immune system, making it useful for chronic infections and immune deficiencies.
 - Helps modulate immune overactivity in autoimmune or allergic conditions.
 - Reduces chronic inflammation, particularly in the skin and digestive system.



Gemmotherapy Remedies

Price: \$22 for 15ML bottle



- Digestive Health & Gut Repair
 - Supports intestinal mucosa healing, making it beneficial for leaky gut syndrome.
 - Reduces gastric and intestinal inflammation, helping with conditions like colitis and gastritis.
 - Improves gut microbiome balance, assisting in cases of candida overgrowth or dysbiosis.
- Kidney & Urinary Health
 - Helps eliminate uric acid and metabolic waste, reducing the risk of gout and kidney stones.
 - Supports urinary tract health, preventing infections and inflammation.
 - Aids in reducing water retention and bloating.
- Emotional & Nervous System Support
 - Has a mild calming effect, helping with stress-related skin and digestive issues.
 - Supports emotional resilience in cases where stress triggers physical symptoms
 - May assist in balancing nervous tension that manifests through skin irritation or breakouts.
- How to Use Elm Gemmotherapy
 - 1-15 drops once or twice daily
 - Best taken in the morning to support detox and lymphatic drainage.
 - Works well in combination with other skin, digestive, or immune-supporting remedies.

EUROPEAN BLUEBERRY

European Blueberry (*Vaccinium myrtillus*) Gemmotherapy is known for its effects on vascular health, vision, and metabolism.

- Eye Health & Vision Support
 - Protects against retinal degeneration and supports overall eye health.
 - Enhances night vision and may help with conditions like macular degeneration and diabetic retinopathy.
 - Supports capillary strength in the eyes, reducing strain and fatigue.



Gemmotherapy Remedies

Price: \$22 for 15ML bottle



- Circulatory & Cardiovascular Support
 - Strengthens blood vessels and capillaries, improving circulation.
 - Helps prevent varicose veins, hemorrhoids, and fragile capillaries.
 - Supports the microcirculation system, making it useful for diabetic vascular complications.
- Metabolic & Blood Sugar Regulation
 - Aids in balancing blood sugar levels, making it helpful for pre-diabetes and diabetes.
 - Improves insulin sensitivity and reduces sugar cravings.
 - Supports pancreatic function and may aid in weight management.
- Digestive & Liver Support
 - Acts as a gentle detoxifier for the liver and digestive system.
 - Helps regulate gut flora, improving digestion and nutrient absorption.
 - Can assist in cases of diarrhea or intestinal inflammation.
- Anti-Inflammatory & Antioxidant Properties
 - Rich in flavonoids and anthocyanins, reducing oxidative stress and inflammation.
 - Supports immune function and protects against chronic inflammatory conditions.
 - May be beneficial for joint pain and arthritis.
- How to Use European Blueberry Gemmotherapy
- 1-15 drops once or twice daily
- Best taken in the morning or before meals for metabolic support.

HORNBEAM

Hornbeam Gemmotherapy (*Carpinus betulus* tree) is known for its regenerative and detoxifying properties.

- Respiratory Health
 - Supports lung function and relieves mild respiratory congestion.
 - Helps with sinus infections and chronic bronchitis.
 - Acts as a natural expectorant, aiding in the clearance of mucus.



Gemmotherapy Remedies

Price: \$22 for 15ML bottle



- Circulatory & Blood Health
 - Stimulates platelet production, making it beneficial for low platelet counts.
 - Helps with mild anemia by promoting red blood cell regeneration.
 - Improves overall blood circulation, reducing the sensation of heavy legs.
- Mental Fatigue & Cognitive Function
 - Alleviates mental exhaustion, brain fog, and lack of focus.
 - Supports adrenal function, reducing chronic fatigue symptoms.
 - Helps improve sleep quality, particularly in cases of insomnia due to overthinking.
- Joint & Muscle Support
 - Assists in reducing muscle stiffness and soreness.
 - Supports connective tissue and cartilage regeneration.
 - May help with tendonitis and joint pain.
- Detoxification & Immune Support
 - Stimulates liver detoxification, aiding in the removal of toxins.
 - Boosts immune function, helping the body resist infections.
 - Has mild anti-inflammatory properties, making it useful for allergies.
- How to Use Hornbeam Gemmotherapy
 - 1-15 drops once or twice daily
 - Best taken in the morning to support energy and circulation.

LITHY TREE

Lithy Tree Gemmotherapy (*Viburnum lantana*) is known for its antispasmodic, anti-inflammatory, and lung-supporting properties, making it a valuable remedy for individuals with respiratory issues, nervous tension, and vascular disorders.

- Respiratory Health & Lung Support
 - Acts as a natural bronchodilator, helping with asthma, bronchitis, and chronic respiratory conditions.
 - Helps relieve spasmodic coughing and airway constriction.
 - Reduces inflammation and mucus buildup, making breathing easier.



Gemmotherapy Remedies

Price: \$22 for 15ML bottle



- Nervous System Relaxation & Stress Relief
 - Has calming and antispasmodic properties, helping with stress, anxiety, and nervous tension.
 - Supports better sleep and relaxation, especially in individuals with nervous agitation.
 - Aids in cases of nervous-induced respiratory distress, such as hyperventilation.
- Circulatory & Cardiovascular Support
 - Improves blood circulation and supports vascular health.
 - Helps with spasms in blood vessels, benefiting conditions like Raynauds syndrome and hypertension.
 - May assist in preventing vascular inflammation and improving arterial elasticity.
- Muscle & Uterine Spasm Relief
 - Helps relax muscle spasms and cramps, making it useful for menstrual pain and digestive spasms.
 - Supports smooth muscle relaxation, helping with conditions like irritable bowel syndrome (IBS).
- Anti-Inflammatory & Immune Support
 - Reduces chronic inflammation in both the respiratory and circulatory systems.
 - Helps modulate immune function, especially in conditions with autoimmune or allergic components.
- Skin & Connective Tissue Health
 - May support wound healing and tissue repair, particularly in cases of inflammation.
 - Supports the body's ability to regenerate connective tissues and improve resilience.
- How to Use Lithy Tree Gemmotherapy
 - 1-15 drops once or twice daily
 - Best taken before bed if used for relaxation or respiratory support.
 - Works well in combination with other lung or vascular-supporting remedies.



Gemmotherapy Remedies

Price: \$22 for 15ML bottle

OAK

Oak Gemmotherapy (*Quercus robur* tree) is known for its energizing, adrenal-supporting, and immune-boosting properties. Oak is particularly beneficial for individuals experiencing fatigue, weakness, and hormonal imbalances.



- Energy & Vitality Booster
 - Acts as a natural tonic for chronic fatigue, exhaustion, and burnout.
 - Stimulates the adrenal glands, making it beneficial for adrenal fatigue and low energy levels.
 - Helps restore strength in cases of physical or mental weakness.
- Hormonal & Endocrine System Support
 - Supports testosterone production, making it helpful for male vitality and libido.
 - Aids in balancing hormones in both men and women, particularly for individuals experiencing low energy due to hormonal imbalances.
 - Can support thyroid function, particularly in cases of hypothyroidism or adrenal-thyroid imbalances.
- Immune System & Recovery
 - Enhances the body's immune defenses, making it useful during recovery from illness.
 - Helps strengthen individuals who are prone to frequent infections, colds, and flu.
 - Supports post-illness convalescence, restoring strength and resilience.
- Cognitive Function & Mental Clarity
 - Helps combat brain fog, mental fatigue, and lack of focus.
 - Improves concentration, memory, and mental endurance.
 - Can assist individuals with stress-related cognitive decline or chronic mental exhaustion.
- Sexual Health & Reproductive Function
 - Known as a natural male tonic, improving libido, stamina, and vitality.
 - Supports individuals experiencing low libido due to fatigue or adrenal exhaustion.
 - May aid in cases of erectile dysfunction linked to low energy or stress.



Gemmotherapy Remedies

Price: \$22 for 15ML bottle

- Muscular Strength & Physical Endurance
 - Helps restore muscle strength and stamina after illness or intense physical exertion.
 - Aids in the recovery of athletes or those with muscle weakness and chronic fatigue syndrome.
- How to Use Oak Gemmotherapy
 - 1-15 drops once or twice daily
 - Best taken in the morning for energy support.
 - Avoid taking at night, as it can be too stimulating for some individuals.



SILVER BIRCH (TREE BUD)

Silver Birch Bud Gemmotherapy (*Betula verrucosa* tree) is known for its detoxifying, anti-inflammatory, regenerative, and immune-boosting properties. It is particularly beneficial for joint health, liver and kidney detoxification, skin conditions, and immune modulation.

- Joint & Bone Health
 - Helps with arthritis, osteoarthritis, and rheumatism by reducing inflammation.
 - Aids in the regeneration of cartilage, supporting joint flexibility and mobility.
 - Supports bone remineralization, making it beneficial for osteoporosis.
- Liver & Kidney Detoxification
 - Stimulates hepatic (liver) and renal (kidney) detox pathways, helping eliminate toxins.
 - Supports the elimination of uric acid, reducing the risk of gout and kidney stones.
 - Improves fat metabolism and digestion, aiding those with sluggish liver function.
- Immune System Modulation
 - Strengthens the immune response, making it useful for chronic infections and immune deficiency.
 - Acts as a natural anti-inflammatory, helping with autoimmune conditions.
 - Reduces seasonal allergies and histamine-related reactions.



Gemmotherapy Remedies

Price: \$22 for 15ML bottle



- Skin Health & Regeneration
 - Supports eczema, psoriasis, acne, and other inflammatory skin conditions.
 - Promotes wound healing and tissue repair.
 - Enhances lymphatic drainage, helping with puffiness and detoxification.
- Energy & Vitality Booster
 - Acts as a general tonic, reducing fatigue and enhancing stamina.
 - Supports adrenal function, helping those with burnout or chronic stress.
 - Improves mental clarity and focus, especially in cases of brain fog.
- Circulatory & Cardiovascular Support
 - Supports healthy blood circulation, preventing varicose veins and fluid retention.
 - Helps regulate blood pressure, particularly when linked to inflammation or poor vascular health.
- How to Use Silver Birch Bud Gemmotherapy
 - 1-15 drops once or twice daily
 - Best taken in the morning to support detoxification and energy levels.
 - Works well in combination with other detoxifying or joint-supporting remedies.

SILVER BIRCH (TREE BUD)

Silver Birch Sap Gemmotherapy (*Betula verrucosa* tree) is known for its detoxifying, remineralizing, and immune-boosting properties, supporting overall vitality and well-being.

- Detoxification & Drainage
 - Acts as a deep detoxifier, helping to cleanse the body of toxins, heavy metals, and metabolic waste
 - Supports liver, kidney, and lymphatic drainage, improving overall elimination.
 - Aids in reducing water retention and swelling.
- Joint & Bone Health
 - Helps with rheumatism, arthritis, and joint pain by reducing inflammation and aiding tissue regeneration.
 - Supports bone remineralization, making it beneficial for osteoporosis and post-fracture recovery.
 - Aids in the elimination of uric acid, reducing the risk of gout.



Gemmotherapy Remedies

Price: \$22 for 15ML bottle



- Skin Health & Regeneration
 - Supports the elimination of skin-related toxins, helping with eczema, psoriasis, and acne.
 - Enhances wound healing and tissue repair.
 - Strengthens nails, hair, and connective tissues.
- Immune System Support
 - Boosts immune function and helps the body resist infections.
 - Aids in post-illness recovery, restoring strength and energy.
 - Acts as a natural anti-inflammatory, reducing allergic reactions and chronic inflammation.
- Energy & Vitality
 - Acts as a natural tonic, reducing fatigue and enhancing endurance.
 - Supports adrenal function, helping with burnout and chronic stress.
 - Provides essential minerals (such as calcium, magnesium, potassium) for optimal cellular function.
- Kidney & Urinary Health
 - Helps flush out toxins from the kidneys, reducing the risk of kidney stones.
 - Supports urinary tract health, preventing infections and inflammation.
 - Aids in the removal of excess uric acid, preventing kidney-related discomfort.
- How to Use Silver Birch Sap Gemmotherapy
 - 1-15 drops once or twice daily
 - Best taken in the morning, as it helps cleanse and energize the body.
 - Works well in detox programs to rejuvenate the body after winter stagnation.

WALNUT

Walnut Gemmotherapy (*Juglans regia* tree) It known for its effects on digestion, immunity, detoxification, and emotional balance.

- Hormonal & Endocrine Regulation
 - Supports the thyroid gland, especially in cases of autoimmune thyroid issues (Hashimoto's, hypothyroidism).
 - Helps regulate hormonal imbalances related to gut health.



Gemmotherapy Remedies

Price: \$22 for 15ML bottle



- Gut Health & Microbiome Regulation
 - Acts as a natural prebiotic, supporting healthy gut flora.
 - Helps with intestinal imbalances, including dysbiosis, candida overgrowth, and leaky gut syndrome.
 - Aids digestion by regulating bloating, constipation, and diarrhea.
 - Supports liver function and detoxification.
- Immune System Support
 - Strengthens the immune system, making it useful for chronic infections.
 - Helps in recovery from antibiotic use by restoring gut flora.
 - Has antifungal, antibacterial, and antiparasitic properties.
- Skin Health & Detoxification
 - Supports skin conditions such as eczema, psoriasis, acne, and fungal infections.
 - Aids in the elimination of toxins, reducing skin breakouts.
 - Helps with allergic reactions linked to gut health issues.
- Emotional Balance & Nervous System Support
 - Assists in emotional transitions and adaptation, helping to manage change and stress.
 - Supports nervous system regeneration, making it beneficial for emotional trauma and resilience.
 - Helps with sleep disturbances linked to stress or digestive imbalances.
- Allergy & Sensitivity Reduction
 - Helps regulate food intolerances and immune overreactions.
 - Supports individuals who have histamine intolerance or seasonal allergies.
- How to Use Walnut Gemmotherapy
 - 1-15 drops once or twice daily
 - Best taken before meals to support digestion and detoxification.



Gemmotherapy Remedies

Price: \$22 for 15ML bottle

WHITE WILLOW

White Willow Gemmotherapy (Salix alba tree) is well known for its natural anti-inflammatory, analgesic, and circulatory-supporting properties.



- Natural Pain Relief & Anti-Inflammatory Action
 - Contains salicin, a natural precursor to aspirin, which helps reduce pain and inflammation.
 - Effective for chronic pain conditions such as arthritis, rheumatism, and joint stiffness.
 - Provides relief from headaches and migraines, especially those related to stress or inflammation.
- Musculoskeletal & Joint Support
 - Helps with osteoarthritis, rheumatoid arthritis, and gout by reducing joint inflammation.
 - Aids in cartilage regeneration and supports joint flexibility.
 - Can be beneficial for muscle pain and recovery after exercise or strain.
- Circulatory & Cardiovascular Benefits
 - Supports healthy blood circulation, preventing clot formation.
 - Helps regulate blood pressure by improving vascular tone.
 - Assists in reducing arterial inflammation, lowering risk of cardiovascular disease.
- Immune & Fever Regulation
 - Has mild antipyretic (fever-reducing) properties, making it useful for colds and flu.
 - Supports the immune system in fighting infections.
 - Helps regulate excessive immune responses in autoimmune conditions.
- Nervous System & Stress Reduction
 - Has a mild calming effect on the nervous system, helping with stress tension.
 - Can support better sleep, especially when pain or inflammation disrupts rest.
 - Helps with nerve pain such as sciatica and neuralgia.
- How to Use White Willow Gemmotherapy
 - 1-15 drops once or twice daily
 - Best taken in the morning or before meals for anti-inflammatory support.





**FOR QUESTIONS, PLEASE EMAIL
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