



# Gemmotherapy

EMBRYONIC PLANT TISSUE EXTRACTS TO STIMULATE ORGAN SYSTEMS TOXIN ELIMINATION TOWARD THE EMUNCTORIES



## Introduction

Gemmotherapy is a branch of phytotherapy that uses the embryological tissues of plants to enhance organ function and facilitate tissue regeneration, encouraging toxin elimination by directing them towards the emunctories. It differs from other forms of phytotherapy as it is inspired by the homeopathic principles of drainage (Tetau, 1987).

In the 1950s, Dr. Pol Henry, a renowned Belgian homeopathic doctor, conducted preliminary research on the therapeutic properties of the buds of plants in Belgium. He applied this research in the 1960s and, in 1970; he published his clinical findings, coining this new therapy, "Phytoembryotherapy".

Dr. Pol was most likely inspired by Johann Wolfgang von Goethe's (1749-1832) book, "The metamorphosis of plants" in his development of Phytoembryotherapy.

This new therapy was further adapted by Dr. Max Tetau, a French Homeopath, who renamed this discipline "Gemmotherapy", the name by which it is known today (Tetau, 1987) (Sirois, 2009) (Greaves 2002). Other Belgian and French doctors contributed to the further development and research of this unique therapy.

Dr. Tetau went on to become the president of the Medical Society of Biotherapy. Other Belgian and French doctors and researchers, such as Jean-Claude Leunis, contributed to the further development and research of this unique therapy. The term, "Gemmotherapy", is derived from the Latin word, "gemmae", which means bud of a plant or gem/jewel.

## The Concept of Gemmotherapy

The concept of Gemmotherapy encompasses the basis of natural medicine and the fundamental principles of homeopathic medicine as founded by Samuel Hahnemann:

1. First, do no harm.
2. The body is capable of self-regulation.
3. Physiology prevails over pathology.
4. Restoring the physiology is essential to healing the pathology.
5. The four pillars of health must be also taken into account with equal value: diet, elimination, psychological equilibrium, balanced hereditary characteristics.

The aim of this comprehensive product reference guide is for practitioner use only and to assist in building more effective and successful patient treatment strategies. The reference guide is to be used as an adjunct to Seroyal Continuing Education and is not intended to be utilized as a diagnostic tool nor replace any other required education. The remedies indicated in this reference guide are potent medicines that can have profound therapeutic effects on patients. As with any intervention, the dosage may need to be adjusted for those with chronic conditions, very sensitive individuals and those taking multiple medications. Practitioners are solely responsible for the care and treatment provided to their own patients. The information provided by the speaker or speakers in the Seroyal Continuing Education program together with any written material provided do not necessarily represent the views of Seroyal and are not intended as medical advice or an endorsement of any products. This information is for professional use only and is not meant to diagnose, treat, cure, prevent any disease or replace traditional treatment, and has not been evaluated by the FDA or Health Canada. Copyright © 2011 Seroyal. All rights reserved. No part of this information may be used or reproduced in any form or by any means, or stored in a database or retrieval system, or be distributed or replicated without express permission of Seroyal. Making copies of any part of this information for any purposes other than your own personal use is a violation of copyright law.

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## Using Gemmotherapy

Gemmotherapy remedies are unique: young shoots and buds are used, as they contain the peak life essence of the plant. These embryological tissues are richer in vitamins, oligo-elements, minerals, nucleic acids and growth hormones than other plant tissues (Sirois, 2009). Additionally, Gemmotherapy contains other active substances (such as gibberelins and auxins) that are lost if a plant is allowed to reach a later stage in its growth cycle before harvesting.

These fresh, embryonic tissues are harvested in their most active phase of the growth cycle in the spring, in Belgium, to ensure the highest concentration of biologically active substances. The tissues are then allowed to macerate for 21 days and are potentized and diluted in a 1X Hahnemanian dilution (also known as a D1 dilution), using a mixture of glycerin, alcohol, and purified water. All gemmotherapy remedies are prepared and delivered at this dilution, with the exception of *Viscum album*, which is prepared at a 1CH dilution.

The alcohol extracts all active principles such as alkaloids, heterocycles, and glycosides. The glycerin extracts all of the essential oils, phenols, and flavonoids. This ensures that the entire profile of all active biochemical ingredients is extracted and concentrated; not only those that are alcohol-soluble as is found in most herbal tinctures.



Gemmos being macerated

## How Gemmotherapy Works

The main actions of Gemmotherapy are to:

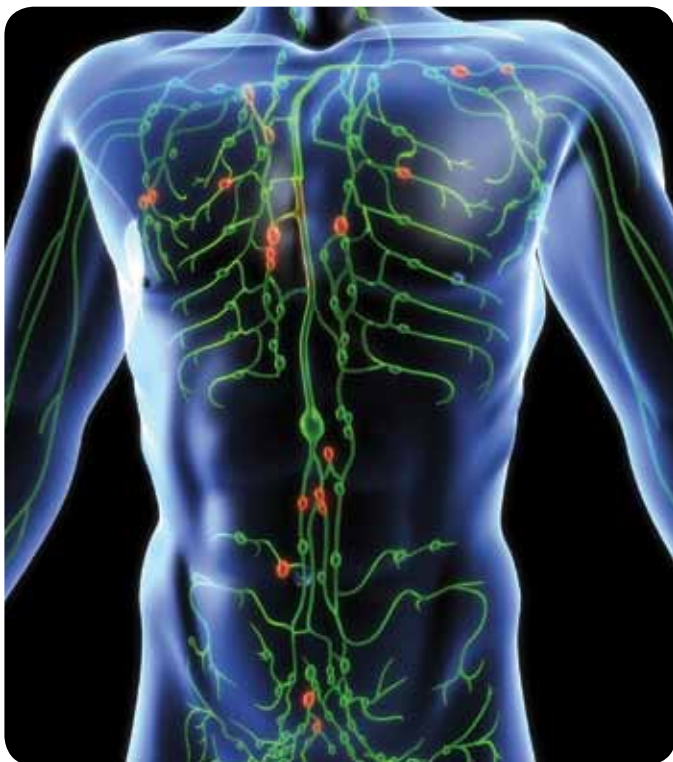
1. Facilitate the detoxification of the system
2. Aid in tissue regeneration via their active constituents
3. Favour growth development via active ingredients (Gibberelin)
4. Encourage toxin elimination towards the emunctories by acting as biochemical remedies
5. Encourage proper functioning of the organs so that the organism can send toxins to the emunctories. Gemmotherapy is not true drainage.

Gemmotherapy aids in tissue regeneration and favourable growth development.

Gemmotherapy has the ability to help the body eliminate both endogenous and exogenous toxins by directing them towards the emunctories and by opening up the emunctories (routes of excretion) of the body (Greaves, 2002). When toxins are present, they disrupt the biological balance in the body, impairing immune system function. Gemmotherapy facilitates immunological identity in children over 12 years old and strengthens immune function in adults by aiding in toxin elimination.

They can be used alone or as a starting point to enable other therapies to work more effectively. (Greaves, 2002). Naturopathic therapies are designed to help relieve toxic burden from the body. Many of these therapies are time consuming, costly and labor intensive. They also may invoke a healing crisis. This is rarely seen with Gemmotherapy.

Gemmotherapy is able to respect the specificity of the reactional modes of the individual, through their action on the diathesis. The diathesis expresses itself through the manner in which an individual eliminates their toxins and whether or not the principles of natural immunity (non-specific) of the individual are followed.



## Gemmotherapy Production

### Harvesting

UNDA uses only fresh embryonic tissues (young shoots, rootlets and buds) that are harvested in their most active phase of the growth cycle in the spring. The herbs are wild-crafted and harvested in Belgium.

### Preparation

These fresh embryonic tissues are allowed to macerate for 21 days in a mixture of alcohol and glycerin, in accordance with the French Pharmacopeia at a 1:20 ratio of fresh bud to mixture. This is key as it allows for the extraction of the complete profile of active constituents of the plant. After 3 weeks of maceration, the product is then filtered and potentized at a 1/10th dilution (1X Hahnemanian dilution) in a mixture of glycerin, alcohol, and purified water. This is known as a D1 dilution.

### Bottling

The Gemmotherapy remedies contain 35% alcohol in volume.

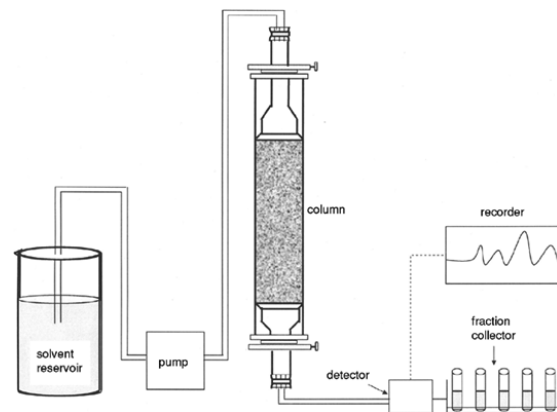
## Quality Control

UNDA is a homeopathic company located in Brussels and Harze, Belgium, world-renowned for high quality and consistent effectiveness of their homeopathic products.

UNDA performs the following laboratory analyses on their products to ensure quality, effectiveness, and that the appropriate concentrations are verified.

### Column Chromatography

This technique is used to identify the organic substance composition of the product. Four curves of light (yellow, blue, red, black) are used. Each product absorbs light differently and has its own 'fingerprint' so it can be uniquely identified.



### Infrared Spectrometry

This technique is used to identify a sample's organic and inorganic chemical composition. Organic chemicals are ground up and put into a gel. The compound migrates up the plate under a field of electricity. Each product has a unique identification pattern.

In addition to the extensive laboratory analyses as described above, UNDA has implemented the principles of the HCCAP (Hazard Analysis and Critical Control Point) in the production of all Gemmotherapy products. The final products are tested to ensure they are free of microbes, pesticides and heavy metals, as outlined in the United States Pharmacopeia (USP). The only non-medicinal ingredients are: glycerin, ethanol, and purified water, which are necessary for the extraction and concentration of the active ingredients. The glycerin is 100% vegetable-sourced from *Zea mays*; the source of alcohol is beets.

All of our Gemmotherapy products are tested according to approved specifications outlined by Health Canada to ensure product quality. We test for microbial contaminants such as: *Escherichia coli*, *Salmonella spp*, *Staphylococcus aureus*, *Pseudomonas aeruginosa*, total aerobic count and contaminating fungus (yeast and moulds); additionally we test for chemical contaminants such as pesticides and heavy metals at the finished product stage.



## Dosage

The standard recommended dosage for adults is 50 drops, three times a day, in a small amount of distilled or reverse osmosis water. It is best taken before meals, and the solution should be held in the mouth for one minute before swallowing. It is permissible to mix different Gemmotherapy remedies together for combined effects.

Refer to each individual Gemmotherapy description for further risk information.



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## REFERENCES

- Greaves, Dr. Marcus. *Gemmotherapy and Oligotherapy Regenerators of Dying Intoxicated Cells*. US: Marcus Greaves; 2002.
- Pol, Dr. Henry. *Gemmotherapie*. Belgium.
- Sirois, Simone. *What is Gemmotherapy?* Sante Health Network: February 2009. <http://www.santehealthnetwork.com>.
- Tétau, Dr. Max. *Nouvelles Cliniques de Gemmotherapie*. Editions Simila: 1987.

# Quick Reference Guide

RESPIRATORY SYSTEM	ENDOCRINE SYSTEM	NERVOUS SYSTEM	DIGESTIVE SYSTEM	CARDIOVASCULAR SYSTEM
<p>Abies Alba<sup>1,2</sup>                      Alnus Glutinosa<sup>3</sup>                      Betula Pendula Seed<sup>4</sup>                      Betula Pubescens Bud<sup>5</sup>                      Carpinus Betulus<sup>6,7,8</sup>                      Citrus Limonum<sup>9</sup>                      Corylus Avellana<sup>10,11</sup>                      Fagus Sylvatica<sup>12</sup>                      Ligustrum Vulgare<sup>13</sup>                      Lonicera Nigra<sup>14</sup>                      Ribes Nigrum<sup>15,16</sup>                      Rosa Canina<sup>17</sup>                      Rubus Fruticosus<sup>18</sup>                      Viburnum Lantana<sup>19</sup></p>	<p>Betula Pubescens Bud<sup>20</sup>                      Cornus Sanguinea<sup>21,22</sup>                      Juglans Regia<sup>23</sup>                      Prunus Amygdalus Rootlet<sup>24</sup>                      Quercus Pedunculata<sup>25,26</sup>                      Ribes Nigrum<sup>27</sup>                      Rosmarinus Officinalis<sup>28</sup>                      Rubus Idaeus<sup>29</sup>                      Sequoia Gigantea<sup>30</sup>                      Vaccinium Vitis Idaea<sup>31</sup></p>	<p>Betula Pendula Bud<sup>32</sup>                      Citrus Limonum<sup>33</sup>                      Ficus Carica<sup>34,35,36</sup>                      Ilex Aquifolium<sup>37</sup>                      Lonicera Nigra<sup>38,39</sup>                      Olea Europaea<sup>40</sup>                      Prunus Amygdalus Bud<sup>41</sup>                      Prunus Amygdalus Rootlet<sup>42</sup>                      Tilia Tomentosa<sup>43</sup></p>	<p>Betula Pendula Bud<sup>44</sup>                      Carpinus Betulus<sup>45</sup>                      Citrus Limonum<sup>46,47</sup>                      Corylus Avellana<sup>48,49</sup>                      Ficus Carica<sup>50,51</sup>                      Ilex Aquifolium<sup>52</sup>                      Juglans Regia<sup>53</sup>                      Juniperus Communis<sup>54</sup>                      Ligustrum Vulgare<sup>55</sup>                      Lonicera Nigra<sup>56</sup>                      Prunus Amygdalus Bud<sup>57</sup>                      Ribes Nigrum<sup>58,59</sup>                      Rosmarinus Officinalis<sup>60</sup>                      Secale Cereale<sup>61</sup>                      Vaccinium Vitis Idaea<sup>62</sup>                      Vitis Vinifera<sup>63</sup></p>	<p>Acer Campestre<sup>64</sup>                      Aesculus Hippocastanum<sup>65</sup>                      Alnus Glutinosa<sup>66</sup>                      Alnus Incana<sup>67</sup>                      Carpinus Betulus<sup>68</sup>                      Castanea Vesca<sup>69,70</sup>                      Cercis Siliquastrum<sup>71</sup>                      Citrus Limonum<sup>72</sup>                      Cornus Sanguinea<sup>73,74</sup>                      Corylus Avellana<sup>75</sup>                      Crataegus Oxyacantha<sup>76,77</sup>                      Olea Europaea<sup>78</sup>                      Populus Nigra<sup>79,80</sup>                      Prunus Amygdalus Bud<sup>81</sup>                      Prunus Amygdalus Rootlet<sup>82</sup>                      Sorbus Domestica<sup>83</sup>                      Syringa Vulgaris<sup>84</sup>                      Tamarix Gallica<sup>85</sup>                      Zea Mays<sup>86</sup></p>
DERMATOLOGICAL SYSTEM	URINARY SYSTEM & (UROGENITAL) SYSTEM	MUSCULOSKELETAL SYSTEM & CONNECTIVE TISSUE	METABOLIC SYSTEM	IMMUNE SYSTEM
<p>Cedrus Libani<sup>87</sup>                      Juglans Regia<sup>88,89</sup>                      Platanus Orientalis<sup>90</sup>                      Secale Cereale<sup>91</sup>                      Ulmus Campestris<sup>92</sup></p>	<p>Ilex Aquifolium<sup>93</sup>                      Juniperus Communis<sup>94</sup>                      Lonicera Nigra<sup>95</sup>                      Prunus Amygdalus bud<sup>96,97</sup>                      Ribes Nigrum<sup>98</sup>                      Rubus Idaeus<sup>99,100</sup>                      Ulmus Campestris<sup>101</sup>                      Viscum Album<sup>102</sup>                      Zea Mays<sup>103</sup></p>	<p>Abies Alba<sup>104,105</sup>                      Ampelopsis Veitchii<sup>106</sup>                      Betula Pendula Bud<sup>107</sup>                      Betula Pubescens Bud<sup>108</sup>                      Betula Pubescens Sap<sup>109</sup>                      Cercis Siliquastrum<sup>110</sup>                      Fraxinus Excelsior<sup>111</sup>                      Pinus Montana<sup>112</sup>                      Rosa Canina<sup>113</sup>                      Rubus Fruticosus<sup>114,115</sup>                      Sequoia Gigantea<sup>116</sup>                      Vaccinium Vitis Idaeus<sup>117</sup>                      Viscum Album<sup>118</sup>                      Vitis Vinifera<sup>119,120</sup></p>	<p>Fraxinus Excelsior<sup>121</sup>                      Olea Europaea<sup>122</sup>                      Prunus Amygdalus Bud<sup>123</sup>                      Prunus Amygdalus Rootlet<sup>124</sup>                      Ulmus Campestris<sup>125</sup></p>	<p>Abies Alba<sup>126</sup>                      Acer Campestre<sup>127</sup>                      Alnus Glutinosa<sup>128</sup>                      Betula Pendula Bud<sup>129</sup>                      Betula Pendula Seed<sup>130</sup>                      Betula Pubescens Bud<sup>131</sup>                      Carpinus Betulus<sup>132</sup>                      Fagus Sylvatica<sup>133</sup>                      Juglans Regia<sup>134</sup>                      Lonicera Nigra<sup>135</sup>                      Pinus Montana<sup>136</sup>                      Platanus Orientalis<sup>137</sup>                      Ribes Nigrum<sup>138,139</sup>                      Rosa Canina<sup>140,141</sup>                      Rosmarinus Officinalis<sup>142</sup>                      Rubus Fruticosus<sup>143</sup>                      Viburnum Lantana<sup>144,145</sup></p>

## GEMMOTHERAPY OVERVIEW

### ABIES ALBA

(FORMERLY ABIES PECTINATA)

Silver Fir Bud



Abies Alba is a delicate pine tree. It grows slowly in rich silicic soil under the shelter of surrounding conifers for the protection they offer to facilitate its growth.<sup>146</sup> Through this doctrine of signatures, it is evident how this plant species becomes relevant in facilitating the growth of children with the strong mineralization aspects required to sustain healthy development.<sup>147</sup>

The Abies alba species also has great regenerative properties. When combined with Betula Pendula, Abies Alba buds stimulate a state of vibrancy and helps fixate calcium to bones which is especially beneficial in pediatric growth disorders, fractures, rickets, and dental carries.<sup>148</sup>

When combined with Rosa Canina and Betula Pendula their unique synergy combines together for the non-suppressive resolution and treatment of pediatric upper respiratory tract infections in the sphere of ear, nose and throat afflictions.<sup>149</sup>

#### INDICATIONS

Childhood Rhinopharyngitis<sup>150</sup> Fractures<sup>154</sup>

Children's Throat Infections<sup>151</sup> Rickets<sup>155</sup>

Decalcification<sup>152</sup> Tonsillitis<sup>156</sup>

Dental Caries<sup>153</sup>

#### Each Drop (0.025 ml) Contains:

Silver Fir (*Abies alba*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010886**

**125 ml**

### ACER CAMPESTRE

Field Maple Bud



The maple tree belongs to the Aceraceae family.<sup>157</sup> This hedge Maple is a slow growing hardwood that disseminates along the plains and hillsides of Europe and Eastern Asia in rich calcareous soil that provides this tree with its strength and vigor.<sup>158</sup>

The ecology and phytosociology of Acer Campestre is that it is protective of the soil in which it grows<sup>159</sup> making it the ideal remedy for treating a viral terrain to fight off chronic viral infections.<sup>160</sup>

When combined with Fraxinus Excelsior, the Acer Campestre buds will exert a strong biliary drainage action that helps mobilize gluey toxins and slows the formation of biliary sediments or calculi<sup>161</sup> for improved lipid, cholesterol and triglyceride metabolism.<sup>162</sup>

Acer Campestre is helpful in treating many types of fatigue as well as fibromyalgia.<sup>163</sup>

When used with Tilia Tomentosa, the combination treats a nervous anguish stemming from an unknown source.<sup>164</sup>

#### INDICATIONS

Chronic Viral Infections<sup>165</sup> Herpes<sup>168</sup>

Fatigue<sup>166</sup> Nervous Anguish<sup>169</sup>

Fibromyalgia<sup>167</sup>

#### Each Drop (0.025 ml) Contains:

Field Maple (*Acer campestre*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010909**

**125 ml**

### AESCULUS HIPPOCASTANUM

Horse Chestnut Bud



The Indian Aesculus originated in Turkey and was eventually introduced to Europe as an ornamental tree in the 16<sup>th</sup> century around 1550.<sup>170</sup> Based on the doctrine of signatures, the cracked fruit mimicked the semblance of a hemorrhoid and thus began the signature of this Gemmotherapy.<sup>171</sup>

The primary action of Aesculus is as a portal system drainer with an affinity for the lower burner and a secondary site of action on the pulmonary sphere.<sup>172, 173</sup> The unique qualities of these buds help strengthen capillary resistance and reduce inflammation and swelling thus reducing capillary permeability while decongesting the portal venous system and easing respiratory insufficiencies.<sup>174</sup>

Aesculus Hippocastanum has a complementary action to Castanea Vesca.<sup>175</sup>

#### INDICATIONS

Haemorrhoids<sup>176</sup>

Poor Venous Circulation<sup>177</sup>

#### Each Drop (0.025 ml) Contains:

Horse Chestnut (*Aesculus hippocastanum*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010978**

**125 ml**

## ALNUS GLUTINOSA

Black Alder Bud



*Alnus Glutinosa* is a robust pioneering tree. It colonizes along the river's edge and protects surrounding trees from excess humidity with its radicular tuberosities that reach deep into turbulent soil to regenerate the terrain in which it grows.<sup>178, 179</sup>

The *Alnus Glutinosa* bud is round and sticky, and mimics this signature in the treatment of acute venous thrombosis. The *Alnus Glutinosa* bud also has an affinity for the arterial capillaries and thus helps facilitate cerebral perfusion, circulation and oxygenation.<sup>180</sup>

This bud works well in the treatment of suppurative, inflammatory and subacute diffuse inflammatory conditions on the mucosal terrain.<sup>181</sup> By this doctrine, *Alnus Glutinosa* also helps with the resolution of painful hydrogenoid rheumatism.<sup>182</sup>

### INDICATIONS

Articular Rheumatism<sup>183</sup>      Inflammatory Consequences<sup>186</sup>  
Cerebral Circulation<sup>184</sup>      URTI<sup>187</sup>  
Cerebral Functions<sup>185</sup>

#### Each Drop (0.025 ml) Contains:

Black Alder (*Alnus glutinosa*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

##### (Adults and Children over 12 years old)

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010878**

125 ml

## ALNUS INCANA

Mountain Alder Bud



*Alnus Incana* is a mountain alder that grows high in the Alps, Apennines, Scandinavia, Finland and Laponie in the transitional zones between the sub-polar tundra and the mountain forests.<sup>188</sup> Because of these harsh conditions in which it grows, *Alnus Incana* demonstrates great resilience and an incredible adaptability to survive in drastic extremes.

This doctrine of signature translates to the *Alnus Incana* buds' profound tissular actions and extreme effectiveness in anti-inflammatory actions within the circulatory system.<sup>189</sup> This bud can help minimize the damage to myocardial tissue.<sup>190</sup>

This bud also has the ability to alter the terrain in severe medical conditions including advanced neurological degenerative decline.<sup>191</sup> The actions of *Alnus Incana* are stronger than those of *Alnus Glutinosa* but have a shorter duration of action lasting approximately 2-3 weeks.<sup>192</sup>

### INDICATIONS

Inflammation<sup>193</sup>  
Neurological Decline<sup>194</sup>

#### Each Drop (0.025 ml) Contains:

Mountain Alder (*Alnus incana*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

##### (Adults and Children over 12 years old)

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010977**

125 ml

## AMPELOPSIS VEITCHII

Boston Ivy Young Shoot



*Ampelopsis Veitchii* is a remarkable gripping vine from the Vitaceae Family.<sup>195</sup> It grows by attaching its tendrils to hard surfaces, adhering and anchoring its offshoots in order to support its progressive growth.<sup>196</sup> These natural adhering properties mirror the plants remarkable ability to correct connective tissue disorders for straightened growth.

*Ampelopsis Veitchii* has an affinity for the articulating surfaces such as ligaments, tendons and the synovia.<sup>197</sup> This is particularly beneficial in the treatment of inflammatory rheumatismal conditions with fibrous indurations, especially in those that lead to deformity and ankylosis.<sup>198</sup>

Combine with *Ribes Nigrum* in inflammatory conditions for enhanced clinical results.

### INDICATIONS

Ankylosing Spondylitis<sup>199</sup>      Dupuytren's Disease<sup>202</sup>  
Cartilage Regeneration<sup>200</sup>      Rheumatoid Arthritis<sup>203</sup>  
Chronic Rheumatism<sup>201</sup>

#### Each Drop (0.025 ml) Contains:

Boston Ivy (*Ampelopsis veitchii*) Young Shoot Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

##### (Adults and Children over 12 years old)

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010972**

125 ml

## BETULA PENDULA (BUD)

[FORMERLY BETULA VERRUCOSA (BUD)]

European White Birch Bud



Betula Pendula is a European white birch. By species, this birch tree's root system has a drier propensity comparative to its cousins.<sup>204</sup> It is a resilient tree that can colonize in dry, sterile, uncultivated land or regenerate a silicic rich forest in the process of degradation.<sup>205</sup>

The primary therapeutic indications of these buds revolve around the growing or regenerative osteoblastic actions on bone health especially when combined with *Abies Alba* for children and adolescents who suffer from demineralizing conditions.<sup>206</sup> It is also indicated in nervous system depletion and intellectual exhaustion.<sup>207</sup>

Betula Pendula has a short lived immune stimulating effect, and is thus useful in the treatment of acute infections.<sup>208</sup> The Betula Pendula buds also stimulate the Kupfferian and splenic macrophage cells and are useful in the early onset stages of renal disorders, albuminuria, nephritis, and certain hepatic, pancreatic and splenic disorders.<sup>209</sup>

Betula Pendula also has a strong diuretic action and uric acid elimination capacities for improved renal health and relief of the pain associated with rheumatoid conditions.<sup>210</sup>

When combined with *Ilex Aquifolium*, the two Gemmotherapy remedies reduce benign breast fibroadenomas.<sup>211</sup>

### INDICATIONS

Albuminuria <sup>212</sup>	Nephritis <sup>218</sup>
Benign Breast Cysts <sup>213</sup>	Nervous System Depletion <sup>219</sup>
Bone Fractures <sup>214</sup>	Osteomyelitis <sup>220</sup>
Demineralization in Children & Adolescents <sup>215</sup>	Pancreatic Disorders <sup>221</sup>
Intellectual Exhaustion <sup>216</sup>	Splenic Disorders <sup>222</sup>
Liver & Kidney Conditions <sup>217</sup>	

#### Each Drop (0.025 ml) Contains:

European White Birch (*Betula pendula*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010956**

**125 ml**

## BETULA PENDULA (SEED)

[FORMERLY BETULA VERRUCOSA (SEED)]

European White Birch Seed



The seeds of the Betula Pendula birch species are a vast source of oligo-elements, particularly rich in silica and omega-3 essential fatty acids.<sup>223</sup>

This Gemmotherapy is particularly beneficial for pediatric patients with repeated rhinopharyngitis especially when combined with *Ribes Nigrum* and *Rosa Canina*.<sup>224</sup>

The rich source of omega-3 essential fatty acids contained within these embryological seeds are used for their mood balancing effects and improved cerebral faculties especially for students and those requiring enhanced cognitive functions when used as an intellectual tonic.<sup>225</sup>

### INDICATIONS

Acute Rhinopharyngitis <sup>226</sup>	Repeated Childhood Rhinopharyngitis <sup>228</sup>
Intellectual Tonic <sup>227</sup>	

#### Each Drop (0.025 ml) Contains:

European White Birch (*Betula pendula*) Seed Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010990**

**125 ml**

## BETULA PUBESCENS (BUD)

White Birch Bud



The Betula Pubescens is a pioneering tree that colonizes where the land is drying out and the terrains are turbid.<sup>229</sup>

This species has a greater affinity for colder climates, and has a deeper action than Betula Pendula because of its rich embryological principles and multiple therapeutic actions.<sup>230</sup>

Betula Pubescens stimulates the immune system, in particular, the reticulo-endothelial system, the liver, lymph nodes and spleen to monitor and destroy invading organisms within the vascular system.<sup>231</sup>

In relation to the liver, Betula Pubescens promotes strong macrophagic actions in the Kupffer cells to help stimulate the catabolism of ureas, uric acids, cholesterol and is a major anti-toxicant for the liver.<sup>232</sup>

In terms of inflammation and thrombolytic activities, *Alnus Glutinosa* is a good complement to the Betula Pubescens bud.<sup>233</sup>

### INDICATIONS

Bone Fractures <sup>234</sup>	Impotence and Sexual Asthenia <sup>240</sup>
Colds <sup>235</sup>	Osteoarthritis <sup>241</sup>
Constipation <sup>236</sup>	Rhinopharyngitis <sup>242</sup>
Decalcification <sup>237</sup>	URTI <sup>243</sup>
Fatigue <sup>238</sup>	
Flu <sup>239</sup>	

#### Each Drop (0.025 ml) Contains:

White Birch (*Betula pubescens*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010914**

**125 ml**



## BETULA PUBESCENS (SAP)

[FORMERLY BETULA ALBA (SAP)]

White Birch Sap



There are multiple varieties of the *Betula* species, each with its unique actions and medicinal components, and many with similar cross-over in their therapeutic actions with minor distinguishing factors.

Traditionally, the sap was considered as an elixir of the spirit and was used to treat skin conditions by clearing the complexion and eliminating blemishes while flushing these toxins to the renal excretories. Orally it was gargled for apthae on the buccal mucosa.<sup>244</sup>

The *Betula Pubescens* sap is a good remedy especially in spring when the sap flows. It is used as a kidney drainer to facilitate and improve renal health through the clearance of uric acids in rheumatic conditions. The metabolic draining activity of this sap is very powerful. It can decrease uric acid levels by up to 20-30%. It also has a potent effect as a diuretic and facilitates the complete emptying of the urinary bladder.<sup>245, 246</sup>

### INDICATIONS

Arthrosis<sup>247</sup>

#### Each Drop (0.025 ml) Contains:

White Birch (*Betula alba*) Sap Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010993**

**125 ml**

## CARPINUS BETULUS

Hornbeam Bud



*Carpinus Betulus* is an occidental tree that has become an ornamental decoration throughout French gardens.<sup>248</sup> It is a social tree in nature and has great adaptability characteristics evidenced by the various environments in which it can grow. It is for these reasons that *Carpinus Betulus* has become the symbol for vital energy, vigor and adaptability.<sup>249</sup>

The primary therapeutic actions of the Hornbeam involve raising platelet counts in thrombocytopenia with an increase in agglutination factors in the prevention of haemorrhages.<sup>250, 251</sup> These traits work best when combined with *Cornus Sanguinaria*.<sup>252</sup>

The secondary action is on the liver in which *Carpinus Betulus* lowers elevated cholesterol levels and normalizes transaminases.<sup>253</sup>

Lastly, this is an excellent remedy in the upper respiratory sphere in terms of stimulating the adrenals in infectious and allergic conditions especially when combined with *Ribes Nigrum*.<sup>254</sup>

### INDICATIONS

Adult Rhinopharyngitis<sup>255</sup>

Haemorrhaging<sup>259</sup>

Bronchial Anti-Spasmotic<sup>256</sup>

Hepatic Deficiencies<sup>260</sup>

Chronic Sinusitis<sup>257</sup>

Thrombocytopenia<sup>261</sup>

Emphysema<sup>258</sup>

Tracheitis and Bronchitis<sup>262</sup>

#### Each Drop (0.025 ml) Contains:

Hornbeam (*Carpinus betulus*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010936**

**125 ml**

## CASTANEA VESCA

Chestnut Bud



*Castanea Vesca* originated in Iran over 25 centuries ago before its migration to Europe.<sup>263</sup> It was a sacred tree revered by the ancient Druids.<sup>264</sup> This tree represents a robust temperament with intolerance to contradiction.<sup>265</sup>

It is an excellent circulatory remedy on both the sanguinoid and lymphatic spheres. *Castanea Vesca* tonifies the venous system. It is a remedy for heavy legs, lower extremity edema, varicose veins and varicose ulcerations, lymphatic stagnation and extremity engorgement due to sluggish lymphatic return.<sup>266</sup>

### INDICATIONS

Lymphatic Circulation Congestion<sup>267</sup>

Spasmodic and Congestive Difficulties<sup>268</sup>

Venous Troubles<sup>269</sup>

#### Each Drop (0.025 ml) Contains:

Chestnut (*Castanea vesca*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010898**

**125 ml**

## CEDRUS LIBANI

Cedar of Lebanon Young Shoot



Cedrus Libani is a rustic and adaptable tree that can survive outside its native land when most imported trees cultivated outside of their original environment lose their enduring qualities.<sup>270</sup>

The strength of this tree is etched as the emblem on the Lebanese flag.<sup>271</sup> The temperament of this tree is represented by authoritative type figures who govern slowly but firmly with an iron clad fist.<sup>272</sup>

Cedrus is an excellent remedy with a specific affinity for the skin. It is particularly beneficial for dry, dehydrated skin conditions such as dry eczemas, rebellious psoriasis and sclerodermas.<sup>273</sup>

### INDICATIONS

Dry Eczema (Ichthyosis)<sup>274</sup>

Pruritis<sup>275</sup>

Psoriasis<sup>276</sup>

Sclerodermas<sup>277</sup>

#### Each Drop (0.025 ml) Contains:

Cedar of Lebanon (*Cedrus libani*) Young Shoot Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010937**

**125 ml**

## CERCIS SILIQUASTRUM

Judas Tree Bud



Cercis Siliquastrum originated in Palestine and was brought over to Europe during the Crusades.<sup>278</sup>

This is a unique tree in which the leaves emerge only after the blossomed flowers wither.<sup>279</sup> The temperament associated with the Judas tree is that of an artistic, poetic, impressionable and timid adolescent who blushes easily with embarrassment.<sup>280</sup>

This Gemmotherapy has a specific affinity for the arterial and cardiovascular systems. In particular, the Judas tree acts on the arterial and cardiovascular systems by reducing arterial inflammation, spasms and circulatory flow.<sup>281</sup>

This Gemmotherapy is indicated in helping to reduce the pain of inflammatory conditions such as Raynaud's and Buerger's Diseases.<sup>282</sup>

Cornus Sanguinaria is a good complimentary remedy.

### INDICATIONS

Arterial Circulation<sup>283</sup>

Juvenile Arteritis<sup>285</sup>

Buerger's Disease<sup>284</sup>

Raynaud's Disease<sup>286</sup>

#### Each Drop (0.025 ml) Contains:

Judas Tree (*Cercis siliquastrum*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010975**

**125 ml**

## CITRUS LIMONUM

Lemon Young Shoot



The Lemon Tree originated in Iran. It is one of those rare trees that are almost constantly flourishing with flowers, fruits and leaves. The lemon fruits of this tree are rich in mineral salts, gums, glucides and vitamins A, C, PP and B.<sup>287</sup>

The fruit of the lemon tree is very aromatic and has potent antiseptic qualities traditionally used to treat cholera, diphtheria and typhoid bacilli.<sup>288</sup> The citric acid contained within is a strong dissolvent of uric acids and is good for treating painful rheumatism.<sup>289</sup>

The inner bark of the stem is useful in fluidifying venous circulation.<sup>290</sup>

Citrus Limonum is an effective complimentary remedy for certain neurotoxic syndromes typically with accompanying atheromatosis such as in cases of insomnia, spasmodic coughs, hiccups, painful tics and palpitations.<sup>291</sup>

Although the primary actions of this remedy are focused on arterial and venous circulation. It also acts as a blood thinner to fluidify and improve circulation.<sup>292</sup>

As a secondary therapeutic action, Citrus Limonum can be used as a tonic for digestive migraines.<sup>293</sup>

Its actions are swift but short lived.<sup>294</sup>

### INDICATIONS

Hiccups<sup>295</sup>

Palpitations<sup>299</sup>

Insomnia<sup>296</sup>

Poor Digestion<sup>300</sup>

Migraines<sup>297</sup>

Spasmodic Coughs<sup>301</sup>

Painful Tics<sup>298</sup>

Venous Fluidifier<sup>302</sup>

#### Each Drop (0.025 ml) Contains:

Lemon (*Citrus limonum*) Young Shoot Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010995**

**125 ml**

## CORNUS SANGUINEA

Dogwood Bud



*Cornus Sanguinaria* is a tenacious hardwood tree that grows on calcareous hillsides throughout Europe.<sup>303</sup> There are two sexes to the *Cornus* tree. The *Sanguinaria* represents the female *Cornus* as each summer solstice its leaves turn red, symbolizing blood and the cyclical flow of this vital life force.<sup>304</sup> In ancient Celtic mythology, *Cornus Sanguinaria* came to represent the symbol of the heart.<sup>305</sup>

Based on this doctrine of signatures, this tree has a strong affinity with issues of the heart, ranging from blood re-absorption from traumatic hemorrhages<sup>306</sup> to assistance of circulatory flow.

Its primary actions are to clear clogged arteries especially where there is plaque formation leading to coronary insufficiency.<sup>307</sup>

The secondary action is to assist in moderating the functions of the thyroid gland with thyrotoxicosis especially when this is associated with symptoms of extrasystole and hyperhydrosis.<sup>308, 309</sup>

### INDICATIONS

Collapse of Vascular System<sup>310</sup> Haemorrhaging<sup>312</sup>  
Extrasystole<sup>311</sup> Hyperhydrosis<sup>313</sup>

#### Each Drop (0.025 ml) Contains:

Dogwood (*Cornus sanguinea*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010916**

125 ml

## CORYLUS AVELLANA

Hazel Bud



*Corylus Avellana* populated itself across Europe over 20,000 years ago.<sup>314</sup> It seeks fertile and robust soil for its rapid growth and alkalizes an acidic terrain as it grows.<sup>315</sup> To the Druids, *Corylus Avellana* had magical properties and became the symbol for the knowledge of hidden secrets and its wood was used in carvings of phallic symbols.<sup>316</sup>

There are three primary functions for the hazel bud. It is an anti-sclerotic remedy used primarily for pulmonary fibrosis to restore the elasticity lost in chronic obstructive pulmonary diseases.<sup>317, 318</sup>

It has a tonic action on the liver parenchyma and is used to treat hepatic insufficiencies due to hepatic sclerosis.

Lastly, the *Corylus Avellana* bud has anti-anemic properties to restore erythropoietin and balances hypochromic and microcytic anemias.<sup>319</sup>

### INDICATIONS

Anemia<sup>320</sup> Headaches<sup>325</sup>  
Asthma with Emphysema<sup>321</sup> Hepatic Insufficiency<sup>326</sup>  
Chronic Bronchitis<sup>322</sup> Necrosis<sup>327</sup>  
Cirrhosis<sup>323</sup> Pulmonary Fibrosis<sup>328</sup>  
Emphysema<sup>324</sup> Smoker's Cough<sup>329</sup>

#### Each Drop (0.025 ml) Contains:

Hazel (*Corylus avellana*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010996**

125 ml

## CRATAEGUS OXYACANTHA

Hawthorn Young Shoot



*Crataegus Oxyacantha* wood is hard and heavy.<sup>330</sup> It grows everywhere across Europe, except in the regions where *Olea Europaea* grows.<sup>331</sup> It is a thorny plant from the *Rosacea* family and became the symbol of longevity due to its actions on the heart and brain.<sup>332</sup>

The main focus of *Crataegus Oxyacantha* is as a cardiac tonic for enhanced cardiac perfusion and cerebral irrigation.<sup>333</sup>

There is a high concentration of glycosides in its young shoots which help regulate heart rate via cardiac impulses and myocardial tonus.<sup>334</sup>

*Crataegus Oxyacantha* has positive inotropic properties to reinforce the force and amplitude of ventricular contractions,<sup>335</sup> negative chronotropic actions to slow a rapid heart rate, dromotropic positive actions to facilitate neurocardiac impulses, repolarization and correction of ST depressions, and is bathmotropic positive to facilitate cardiac excitability.<sup>336, 337</sup> Lastly *Crataegus Oxyacantha* is a normotensio-regulator for balancing vascular tone.<sup>338</sup>

Due to its strong actions, *Crataegus Oxyacantha* must be stopped prior to ECGs and has a risk of potentiation and interference with cardiac medications therefore extreme care must be taken before administering this Gemmotherapy.<sup>339</sup>

### INDICATIONS

Precardial Pain<sup>340</sup>

#### Each Drop (0.025 ml) Contains:

Hawthorn (*Crataegus oxyacantha*) Young Shoot Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner. If you have cardiovascular disease, consult your healthcare practitioner prior to use.

**NPN 80010979**

125 ml

## FAGUS SYLVATICA

European Beech Bud



*Fagus Sylvatica* is a majestic tree with a large trunk.<sup>341</sup> As it grows, it acidifies the soil beneath and alters the terrain in which other trees grow.<sup>342</sup>

*Fagus Sylvatica* is a fibrosclerotic terrain remedy.<sup>343</sup> From a homeopathic perspective, the actions of this remedy are beneficial in carbonic constitutions.<sup>344</sup>

This is a great remedy for treating post-lesional hypogammaglobulinemia and hypimmune function following a shock or grief.<sup>345</sup> It is an antisclerotic remedy with an affinity for respiratory fibrosclerosis and nephrosclerosis.<sup>346</sup>

*Fagus Sylvatica* will stimulate renal function by increasing urinary output, decreasing uric acids, ureas, creatinine and renal lithiasis as well as addressing renal sclerosis and glomerulonephritis in repetitive or terminal collibacillosis and nephritic syndromes.<sup>347, 348</sup>

### INDICATIONS

Acquired Hypogammaglobulinemia<sup>349</sup>  
Glomerulonephritis<sup>350</sup>  
Renal Sclerosis<sup>351</sup>  
Sclerotic Respiratory Conditions<sup>352</sup>

#### Each Drop (0.025 ml) Contains:

European Beech (*Fagus sylvatica*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

NPN 80011038

125 ml

## FICUS CARICA

Fig Bud



*Ficus Carica* originated in Asia Minor, North Africa, and naturalized throughout Italy, Spain and the south of France.<sup>353</sup> It grows in uncultivable soil and regenerates these intolerable terrains making the soil hospitable for other plant species to grow.<sup>354</sup>

Many parts of this tree contain an acrid and caustic milky substance that reflects the trees doctrine for treating acidic and ulcerous conditions.<sup>355</sup> While on the other hand, the figs, the fruits of this tree, are nourishing and rich in sugars, mucilages and oligo-elements.<sup>356</sup>

*Ficus Carica* is a key remedy in Gemmotherapy. For it was under this fig tree that Buddha reached enlightenment and *Ficus* gained the reputation of being the “friend of philosophers” for its calming actions on the mental sphere.<sup>357</sup> It exerts a powerful regulatory action in the cerebral hemisphere along the cortico-hypothalamic axis to balance the realm of emotions, anguish, fears and obsessions.<sup>358</sup>

*Ficus Carica* has been defined as the psychosomatic regulator of the stomach.<sup>359</sup> These ‘emotional digester’ qualities rendered *Ficus Carica* the primary remedy for treating digestive disturbances of an emotional origin ranging from esophageal dysphagia, hiatal hernias, reflux disorders and stomach cramps.<sup>360</sup>

When combined with *Olea Europea*, *Ficus Carica* helps minimize damage in cases of facial neuralgia.<sup>361</sup>

### INDICATIONS

Colitis<sup>362</sup> Obsessive and Anxious Neurosis<sup>364</sup>  
Facial Neuralgia<sup>363</sup> Psychosomatic Difficulties<sup>365</sup>

#### Each Drop (0.025 ml) Contains:

Fig (*Ficus carica*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

NPN 80010976

125 ml

## FRAXINUS EXCELSIOR

Ash Bud



*Fraxinus Excelsior* grows in damp soil.<sup>366</sup> This tree is unique in that its wood is flexible, its bark clear and its flowers are without petals.<sup>367</sup> According to Nordic mythology, *Fraxinus Excelsior* was exalted as the “Tree of Life” for its reinvigorating properties mirrored by its roots embedding deep into the world of gods and its branches reaching up into the infinite, rendering this tree with an evaporating quality.<sup>368</sup>

The temperament of this Gemmotherapy is that of an anxious, conflicted and hysterical individual.<sup>369</sup>

This doctrine of signatures is reflected in its medicinal properties. For *Fraxinus Excelsior* has two main areas of impact; the kidneys and the articulations.<sup>370</sup> Through the deep depurative actions on the kidneys, *Fraxinus Excelsior* catabolizes nucleoproteins, increases diuresis and aids in the elimination of excess uric acids to alleviate the pain and inflammation of the articulations.<sup>371</sup> It is especially beneficial in treating Heberden’s and Bouchard’s nodes in cases of deformative arthritis due to its elastic properties.<sup>372</sup>

### INDICATIONS

Anti-Inflammatory<sup>373</sup> Excess Uric Acids<sup>376</sup>  
Anxious Temperaments<sup>374</sup> Heberden’s Nodes<sup>377</sup>  
Bouchard’s Nodes<sup>375</sup>

#### Each Drop (0.025 ml) Contains:

Ash (*Fraxinus excelsior*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

NPN 80010886

125 ml

## ILEX AQUIFOLIUM

English Holly Young Shoot



Ilex Aquifolium is an evergreen with beautiful red berries that mature at Christmas time.<sup>378</sup> It was for these reasons that Ilex Aquifolium was revered as the tree of immortality and rebirth to the ancient Druids, while the Celts buried their ancestors holding holly branches in their hands.<sup>379</sup> The resins of Ilex Aquifolium were traditionally used as glue.<sup>380</sup>

Holly works best on a nervous temperament; for those who are stressed out, aggressive, quick to react and always rushed.<sup>381</sup>

Therapeutically, Ilex Aquifolium aids in improving retinal circulation and slows the thickening of crystalline that leads to the formation of cataracts.<sup>382</sup>

Ilex Aquifolium also works on the level of the adrenal glands and stimulates cortisol secretion and will thus potentiate the actions of Ribes Nigrum.<sup>383</sup> When combined with Betula Pendula, Ilex Aquifolium helps treat benign breast cysts and will aid Tilia Tomentosa in calming the nervous system.<sup>384</sup>

Ilex Aquifolium has an additional benefit to help improve auditory functions by reducing humming sounds in the ear.<sup>385</sup>

### INDICATIONS

Benign Breast Cysts <sup>386</sup>	Hyperplasia of Fibroadenoma <sup>390</sup>
Cataracts <sup>387</sup>	Nervous Temperament <sup>391</sup>
Eczema <sup>388</sup>	Psoriasis <sup>392</sup>
Gastritis <sup>389</sup>	Renal Dysfunctions <sup>393</sup>

#### Each Drop (0.025 ml) Contains:

English Holly (*Ilex aquifolium*) Young Shoot Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

NPN 80011057

125 ml

## JUGLANS REGIA

English Walnut Bud



Juglans Regia travelled to the south-eastern regions of Europe during the last glacial age around 800BC.<sup>394</sup> For its growth, Juglans Regia requires deep, fertile calcareous soil.<sup>395</sup> The outer shell of the Juglans Regia nut appears like a small brain with all the evident corrugations, and its nut is rich in omega-3 essential fatty acids that aids in the nourishing of cerebral functions.<sup>396</sup>

This remedy belongs to a plethoric and sanguine type of temperament. They are typically hot and subject to metabolic illnesses.<sup>397</sup>

Juglans Regia has three main indications. Primarily, it helps to restore the microflora especially post-antibiotic use with subsequent diarrheas.<sup>398</sup> Juglans, as one of the medicinal components, functions with antibiotic-like properties, to increase microbial and viral resistance due to its immunoglobulin stimulating properties.<sup>399</sup>

Juglans Regia also has digestive purification properties that aids in the treatment of chronic mucous membrane suppurations. It is through these deep and depurative digestive actions that Juglans Regia helps to alleviate many skin conditions.<sup>400,401</sup>

Juglans Regia also has a primary affinity for the pancreas and assists in cases of pancreatic insufficiency and malabsorption syndromes through its stimulating actions on pancreatic secretions.<sup>402</sup>

### INDICATIONS

Impetigo <sup>403</sup>	Post-Antibiotic Diarrhea <sup>407</sup>
Infected Eczema <sup>404</sup>	Skin Infections <sup>408</sup>
Insulin Deficiency <sup>405</sup>	Varicose Ulcers <sup>409</sup>
Pancreatic Problems <sup>406</sup>	

#### Each Drop (0.025 ml) Contains:

English Walnut (*Juglans regia*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

NPN 80011036

125 ml

## JUNIPERUS COMMUNIS

Common Juniper Young Shoot



Juniperus Communis is an interesting evergreen tree with durable wood and belongs to the pine family.<sup>410</sup> It is characterized by the number three.<sup>411</sup> Having leaves as sharp needles in groups of three, three bracts per flower, and taking three years for its fruits to mature, symbolizing the trinity and the temperament of mystics, introverts, and those on a religious quest.<sup>412</sup> In Scandinavian mythology, Juniperus Communis was used to honor Thor, the God of Life and Death.<sup>413</sup>

There are two primary sites of action for Juniperus Communis. Firstly, it has depurative and vulnerary properties that aid in hepatic regeneration.<sup>414</sup> Through these therapeutic actions, Juniperus Communis can aid in the treatment of functional liver and gallbladder problems ranging from liver inflammation, elevated transaminases and GTT levels, to cirrhosis, steatosis, biliary lithiasis and parenchymal sclerosis.<sup>415</sup> This Gemmotherapy also eases portal congestion, liver hypertrophy and the ensuing decompensatory sequelae of these conditions.<sup>416</sup>

On the renal sphere Juniperus Communis facilitates diuresis and aids in the elimination of uric acids.<sup>417</sup>

Juniperus Communis is contraindicated in renal cancers.<sup>418</sup>

Maximum time of use is 5-6 weeks in non-pathological conditions.<sup>419</sup>

### INDICATIONS

Cirrhotic Syndromes<sup>420</sup>

Major Hepatic Insufficiency<sup>421</sup>

#### Each Drop (0.025 ml) Contains:

Common Juniper (*Juniperus communis*) Young Shoot Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

NPN 80010980

125 ml

## LIGUSTRUM VULGARE

Privet Young Shoot



Ligustrum Vulgare belongs to the Oleacea family.<sup>422</sup> Its branches, fruits and berries are toxic if ingested leading to the doctrine of signatures traditional uses for treating gastric distress that leads to nausea and vomiting.<sup>423</sup> Due to its strong nature, Ligustrum Vulgare is indicated for adult use only.<sup>424</sup>

The primary sites of action for this Gemmotherapy are on the mucous membranes.<sup>425</sup> In particular, Ligustrum Vulgare benefits the mucous membranes of the mouth and inhibits buccal infections ranging from alveo-dental pyorrhea, chronic tracheo-bronchitis and stomatitis.<sup>426</sup>

On the pulmonary plane, Ligustrum Vulgare protects the respiratory mucous membranes and thus facilitates respiration and blood re-oxygenation as well as by stimulating the defenses in bronchiole dilatations and emphysema.<sup>427</sup>

### INDICATIONS

Bed Sores <sup>428</sup>	Stomatitis <sup>433</sup>
Bronchitis <sup>429</sup>	Tonsillitis <sup>434</sup>
Chronic Intestinal Problems <sup>430</sup>	Ulcerations <sup>435</sup>
Colitis <sup>431</sup>	Vaginal Discharges <sup>436</sup>
Intestinal and Uterine Bleeding <sup>432</sup>	

**Each Drop (0.025 ml) Contains:**  
Privet (*Ligustrum vulgare*) Young Shoot Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### **Recommended Dose:** **(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80011041**

**125 ml**

## LONICERA NIGRA

Honeysuckle Young Shoot



There are over 200 different species of the Lonicera tree.<sup>437</sup> Out of all these many species, the Nigra variety is one of the rarest.<sup>438</sup> The flowers of the Lonicera Nigra are beautifully scented, but its berries are black and highly toxic.<sup>439</sup>

In folklore tales, Lonicera Nigra was the symbol of love and legend has it that Sir Lancelot himself offered these flowers to his betrothed.<sup>440</sup>

Lonicera Nigra is a drainer of the liver and kidneys.<sup>441</sup> It is less powerful than Juniperus Communis in respects to these actions, however, Lonicera Nigra has the additional component of being a nervo-calmant, especially when combined with Tilia Tomentosa in the case of muscular and nervous cramps.<sup>442</sup>

The depurative actions of this Gemmotherapy are indicated in alleviating pain associated with arthritis and trophic deformations.<sup>443</sup>

Through its general hepatic, renal and nervous system actions, Lonicera Nigra is indicated in cases of colibacillosis, tonsillitis, emphysema as well as urinary and hepatic manifestations and splenic inflammation.<sup>444</sup>

Not for use in children.<sup>445</sup>

### INDICATIONS

Colibacillosis <sup>446</sup>	Rheumatisms <sup>451</sup>
Calmant <sup>447</sup>	Splenitis <sup>452</sup>
Constipation <sup>448</sup>	Tonsillitis <sup>453</sup>
Emphysema <sup>449</sup>	Urinary and Hepatic Dysfunctions <sup>454</sup>
Muscular and Nervous Cramps <sup>450</sup>	

**Each Drop (0.025 ml) Contains:**  
Honeysuckle (*Lonicera nigra*) Young Shoot Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### **Recommended Dose:** **(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner. If you are taking blood thinners, consult your health care practitioner prior to use.

**NPN 80010883**

**125 ml**

## OLEA EUROPAEA

Olive Young Shoot



The Olea Europaea originated in Asia before spreading to Greece and across the European Continent.<sup>455</sup> The olive branch graciously became reknown as the universal symbol of peace, tranquility and prosperity and was crowned on the heads of youthful victorious Olympians.<sup>456,457</sup>

The Olive itself is rich in monounsaturated fatty acids and contains 75% oleic acid.<sup>458</sup> This fatty acid is an excellent remedy in the preservation of arterial suppleness on the arterial terrain in both the cerebral and cardiovascular spheres.<sup>459</sup> In addition, Olea Europaea has tremendous anti-hypercholesterolemic and anti-dyslipidemic properties that aid in the dissolution and lowering of elevated cholesterol, triglycerides, and LDL levels while subsequently increasing HDL levels.<sup>460</sup>

Olea Europaea also has great anti-sclerotic properties to facilitate in the break down of scar tissues aiding in the moderation of vascular tonality.<sup>461,462</sup>

In Bach Flower Therapy, Olive is a remedy used to treat both physical and mental exhaustion post convalescence.<sup>463</sup>

When combined with Prunus Amygdalus, one sees a decrease in nervous phobias and obsessive compulsive disorders.<sup>464</sup> When combined with Ficus Carica, facial neuralgias can be treated.<sup>465</sup>

Olea Europaea is contraindicated in cancer.<sup>466</sup>

### INDICATIONS

Compulsive Obsessions <sup>467</sup>	Hypercholesterolemia <sup>470</sup>
Dyslipemia <sup>468</sup>	Nervous Phobias <sup>471</sup>
Facial Neuralgia <sup>469</sup>	

**Each Drop (0.025 ml) Contains:**  
Olive (*Olea europaea*) Young Shoot Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### **Recommended Dose:** **(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010981**

**125 ml**

## PINUS MONTANA

### Mountain Pine Bud



Pinus Montana is a coniferous pine tree that regenerates degraded terrains, while subsequently acidifying the terrain beneath it so that other species can not grow.<sup>472</sup> To the Vikings, the resin of the Pinus Montana was made into a ceremonial drink for fortifying health and vigor before their long exploits.<sup>473</sup>

The pineol contained within the needles of Pinus Montana both stimulates and fortifies the defenses against invading bacteria and viruses.<sup>474</sup>

The main actions of Pinus Montana however are to regenerate bone and cartilage through the chondrocyte stimulant actions on the osteo-articular sphere.<sup>475</sup> This makes Pinus Montana an excellent remedy for the treatment of senile fractures and bone consolidation, arthrosis and osteoporosis.<sup>476, 477</sup>

#### INDICATIONS

Ankylosing Spondylitis<sup>478</sup>      Osteoporosis<sup>483</sup>  
Arthrosis<sup>479</sup>                      Osteoarthritis of the Hips  
Cartilage Regeneration<sup>480</sup>      and Knees<sup>484</sup>  
Chronic Rheumatism<sup>481</sup>      Vertebral Osteoarthritis<sup>485</sup>  
Immune Fortifier<sup>482</sup>

#### Each Drop (0.025 ml) Contains:

Mountain Pine (*Pinus montana*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

##### (Adults and Children over 12 years old)

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80011023**

**125 ml**

## PLATANUS ORIENTALIS

### Oriental Planetree Bud



Platanus Orientalis is a giant among giants. This tree can grow as high as 50 meters tall and 10 meters in circumference.<sup>486</sup> The vital force of this tree is strong enough to clear urban pollution and it is postulated that Hippocrates himself used to consult under the shadows of this very tree.<sup>487</sup>

Platanus Orientalis is a key stimulator of the reticulo-endothelial system and helps boost immunity against the threat of allergies and bacteria.<sup>488</sup>

The skin is the primary site of action for this Gemmotherapy with an affinity for acne, comedones, cystic and papulopustular infectious leaving behind scarring lesions.<sup>489</sup>

Platanus Orientalis is one of the main remedies used to address cases of vitiligo but must be used for a period of greater than 6 months in order to see visible changes in the treatment of this condition.<sup>490</sup>

Platanus Orientalis can also be used in the treatment of malarial sequelae.<sup>491</sup>

#### INDICATIONS

Acne and Skin Lesions<sup>492</sup>      Malaria<sup>494</sup>  
Immune Booster<sup>493</sup>              Vitiligo<sup>495</sup>

#### Each Drop (0.025 ml) Contains:

Oriental Planetree (*Platanus orientalis*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

##### (Adults and Children over 12 years old)

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80011019**

**125 ml**

## POPULUS NIGRA

### Black Poplar Bud



Populus nigra belongs to the Salicacea family.<sup>496</sup> It grows across Europe and populates itself along the borders of waters edge.<sup>497</sup> During the middle ages, it was utilized for treating the pains associated with rheumatism, ankylosis and articular pains due to its salicylic properties.<sup>498</sup>

The primary actions of this Gemmotherapy are its arterial anti-spasmodic actions and its angiogenic properties for stimulating collateral circulation.<sup>499</sup> It has been used in men who smoke and develop a progressive and evolutive arteritis of the lower limbs leading to intermittent claudication and painful leg cramps, especially when combined with a smoking cessation program and Olea Europea and Ribes Nigrum as supportive Gemmotherapy remedies.<sup>500</sup>

Populus nigra has also become associated with repeated urinary bladder infections, colibacillosis, and interstitial cystitis characterized by painful micturation and scarring of the urinary bladder.<sup>501</sup>

This Gemmotherapy is intended for short term use only, 4-5 weeks, as it can lead to hepatic degeneration with prolonged use.<sup>502</sup>

#### INDICATIONS

Obliterative Arterial Disease of the Lower Limbs and Associated Trophic Disturbances<sup>503</sup>

UTI<sup>504</sup>

#### Each Drop (0.025 ml) Contains:

Black Poplar (*Populus nigra*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

##### (Adults and Children over 12 years old)

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80011020**

**125 ml**

## PRUNUS AMYGDALUS (BUD)

Almond Bud



*Prunus Amygdalus* is a heavy hardwood from the Rosacea family that grows throughout Northern Africa and East Asia.<sup>505</sup> It was introduced to France in 1548, but grew in Greece during ancient times.<sup>506</sup>

Primarily, the buds of *Prunus Amygdalus* are used for their anti-sclerotic properties and act as a complimentary remedy with *Olea Europaea* to support arterial suppleness.<sup>507</sup> The antisclerotic actions of the *Prunus Amygdalus* buds also act on cardiovascular, cerebral and renal health.<sup>508, 509</sup>

The buds of this Gemmotherapy help tonify the cardiovascular system through the fortification of the myocardial tissue and subsequent cardiac contractibility.<sup>510</sup> These properties aid in cerebral vascularization, improving oxygenation, cognitive functions and nervous phobias.<sup>511</sup>

The added benefit is that the *Prunus Amygdalus* buds also lower elevated cholesterol and triglyceride levels and facilitate the elimination of excess uric acids.<sup>512</sup> This Gemmotherapy is indicated in cases of renal sclerotic plaques, lipidic nephritis, elevated renal amylase and cholelithiasis.<sup>513</sup>

### INDICATIONS

Antisclerotic <sup>514</sup>	Increased Prothrombin Rate <sup>518</sup>
Cholelithiasis <sup>515</sup>	Nephritis (lipid) <sup>519</sup>
High Triglyceride Levels <sup>516</sup>	Renal Amylase <sup>520</sup>
Hypercholesterolemia <sup>517</sup>	

**Each Drop (0.025 ml) Contains:**  
Almond (*Prunus amygdalus*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

##### (Adults and Children over 12 years old)

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010991**

**125 ml**

## PRUNUS AMYGDALUS (ROOTLET)

Almond Rootlet



The rootlets of the *Prunus Amygdalus* have many similar actions to the buds of *Prunus Amygdalus* as they both belong to the same tree. However, there are some main distinguishing factors between the two parts of the almond tree.

It is the *Prunus Amygdalus* Rootlets that help fluidify the blood and has deeper, complementary actions when combined with other anti-coagulant therapies.<sup>521</sup>

Preventatively, *Prunus Amygdalus* Rootlets can be used to help combat states of hyperviscosity and aid in smooth sanguinous circulatory flow before incidents arise.<sup>522</sup>

The primary difference between the buds and the rootlets is that the rootlets have a stronger thyroid stimulating action and have a stronger implication in rebalancing the endocrine system of the organism.<sup>523</sup>

The *Prunus Amygdalus* Rootlet has similar cross-over indications with respect to *Olea Europea* and can be combined in the treatment of high blood pressure, nervous phobias and obsessive compulsive disorders.<sup>524</sup>

### INDICATIONS

Compulsive Obsessions <sup>525</sup>	Hyperlipidemia <sup>527</sup>
Dyslipemia <sup>526</sup>	Nervous Phobias <sup>528</sup>

**Each Drop (0.025 ml) Contains:**  
Almond (*Prunus amygdalus*) Rootlet Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

##### (Adults and Children over 12 years old)

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80011022**

**125 ml**

## QUERCUS PEDUNCULATA

Oak Bud



The *Quercus Pedunculata* is a powerful tree that has become the emblem for longevity and tranquil force.<sup>529</sup> To the ancient Druids, *Quercus Pedunculata* embodied the strength of the human spirit and was the symbol of power for its role as the master of the forest as it protected the soil and all beneath it.<sup>530</sup>

The buds of this great tree are used medicinally for they have great regenerative and Yin tonifying actions on the glandular system, particularly in relation to the cortico-adrenal and male gonadal spheres.<sup>531, 532</sup> In relation to the adrenal glands, *Quercus Pedunculata* stimulates 17-hydroxycorticoides (urinary), noradrenalin and cortisol to tonify a deficient adrenal gland.<sup>533</sup>

In terms of hormonal health, *Quercus Pedunculata* stimulates the gonadal secretion of testosterone in men and ovarian function in women especially when there is sexual and hormonal glandular fatigue.<sup>534</sup>

*Quercus Pedunculata* is also an excellent tonic in malnourished, fatigued, hypoadrenal and convalescent states to fortify those with a low vital force.<sup>535</sup>

### INDICATIONS

Adrenal Atrophy <sup>536</sup>	Impotence <sup>539</sup>
Chronic Fatigue in Men <sup>537</sup>	Sexual Asthenia <sup>540</sup>
Constipation <sup>538</sup>	Vascular System Problems <sup>541</sup>

**Each Drop (0.025 ml) Contains:**  
Oak (*Quercus pedunculata*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

##### (Adults and Children over 12 years old)

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80011007**

**125 ml**



## RIBES NIGRUM

Black Currant Bud



Ribes Nigrum originated in the Himalayas and the plains of Nepal.<sup>542</sup> Its berries are rich in vitamin C, bioflavonoids and are useful in circulatory health although Ribes Nigrum is considered as a universal drainer, capable of cleansing the entire system.<sup>543, 544</sup>

Ribes Nigrum has a direct adreno-cortico stimulating action to promote an increase in cortisone-like actions without the iatrogenic consequences.<sup>545</sup> The increase in cortisol helps the immune system in warding and fighting off colds and flus, repeated childhood rhinopharyngitis and respiratory allergies.<sup>546, 547</sup>

Primarily, the adreno-stimulant actions have strong anti-inflammatory and anti-allergenic properties that act on the mucosal membranes of the respiratory, digestive and urinary tracts.<sup>548</sup> Ribes Nigrum can be utilized in cases of acute urticaria, Quincke's Edema and anaphylaxis resulting from insect bites and post antibiotic therapy.<sup>549</sup>

Ribes Nigrum also assists in clearing post-infectious glomerulonephritis and stimulates the catabolism of ureas, uric acids and cholesterol.<sup>550</sup>

### INDICATIONS

Allergies <sup>551</sup>	Gastritis <sup>559</sup>
Anaphylaxis <sup>552</sup>	Hayfever <sup>560</sup>
Ankylosing Spondylitis <sup>553</sup>	Migraines <sup>561</sup>
Anti-Inflammatory <sup>554</sup>	Prostate Problems <sup>562</sup>
Bronchitis <sup>555</sup>	Quincke's Oedema <sup>563</sup>
Chronic Head Colds <sup>556</sup>	Rhinitis <sup>564</sup>
Dysmenorrhoea <sup>557</sup>	Urticaria <sup>565</sup>
Emphysema <sup>558</sup>	

**Each Drop (0.025 ml) Contains:**  
Black Currant (*Ribes nigrum*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010986**

**125 ml**

## ROSA CANINA

Dog Rose Young Shoot



Rosa Canina belongs to the innumerable species of wild roses that grow almost everywhere in the forests of Europe, North Africa and Asia.<sup>566</sup> These plants are rigorous and durable and they can adapt to grow on many rough terrains.<sup>567</sup>

In Gemmotherapy, Rosa Canina helps treat local inflammations.<sup>568</sup> Its primary action is on the sphere of the ear, nose and throat as an anti-inflammatory and regenerator of these upper respiratory tract mucous membranes.<sup>569</sup>

Rosa Canina works on a deficient, fatigued, anemic and demineralized terrain.<sup>570</sup>

It has tremendous effects in fatigued children and convalescent adults by stimulating the defences in viral etiologies with repeated rhinopharyngitis as well as nasal and buccal herpes simplex outbreaks.<sup>571</sup>

This gripping vine also has an anti-infectious action on the colon that helps protect and stimulate the defences.<sup>572</sup>

### INDICATIONS

Allergies <sup>573</sup>	Herpes <sup>577</sup>
Childhood Rhinopharyngitis <sup>574</sup>	Migraines and Headaches <sup>578</sup>
Children's Throat Infections <sup>575</sup>	Osteoporosis <sup>579</sup>
Chronic Sinusitis (Adult) <sup>576</sup>	Tonsillitis <sup>580</sup>

**Each Drop (0.025 ml) Contains:**  
Dog Rose (*Rosa canina*) Young Shoot Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80011003**

**125 ml**

## ROSMARINUS OFFICINALIS

Rosemary Young Shoot



Rosmarinus Officinalis is a widely used Gemmotherapy that stems from the Mediterranean regions.<sup>581</sup>

It is primarily a liver regenerator and acts as both a liver and gall bladder drainer, with a mild affinity for the kidneys.<sup>582</sup>

Traditionally Rosmarinus Officinalis was used as a culinary digestive stimulant for its cholagogue actions and on biliary lithiasis.<sup>583</sup>

The liver tonifying properties of Rosmarinus Officinalis helps to stimulate the defences and becomes a useful remedy in chronic degenerative allergies.<sup>584</sup>

Due to the livers actions in the steroidogenic pathway, Rosmarinus Officinalis also assists with the processing of hypercholesterolemia and elevated triglycerides and balances the sex hormones in both men and women.<sup>585</sup>

For women, it helps clear the liver of excess hormones from birth control, and aids in the pains of dysmenorrhea and the treatment of hormonal acne by clearing the gluey toxins.<sup>586</sup> In men, Rosmarinus Officinalis is indicated in congestive prostate problems and hormonal sexual dysfunction.<sup>587</sup>

Rosmarinus Officinalis may cause a euphoric state.<sup>588</sup>

High doses are cautioned because it may induce an epileptic condition.<sup>589</sup>

### INDICATIONS

Biliary Colic <sup>590</sup>	Hormonal Acne <sup>596</sup>
Chronic Allergies <sup>591</sup>	Hypercholesterolemia <sup>597</sup>
Chronic Gallbladder Disorders <sup>592</sup>	Senescence <sup>598</sup>
Crohn's Disease <sup>593</sup>	Sexual Disorders <sup>599</sup>
Hepatic Hormonal Excess <sup>594</sup>	Side Effects of the Birth Control Pill <sup>600</sup>
Hepatic Insufficiency <sup>595</sup>	

**Each Drop (0.025 ml) Contains:**  
Rosemary (*Rosmarinus officinalis*) Young Shoot Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010984**

**125 ml**

## RUBUS FRUTICOSUS

Blackberry Young Shoot



Rubus Fruticosus is a thorny plant that grows in uncultivable regions of France.<sup>601</sup> It is used in respiratory fibrosis where there is respiratory insufficiency due to chronic obstructive pulmonary disease.<sup>602</sup>

Rubus Fruticosus is also a great osteoblastic stimulator.<sup>603</sup> This mechanism of action transfers over to assist in bone remineralization and consolidation post fracture, and in cases of arthritis and osteoporosis to fortify osseous tissues.<sup>604</sup>

Lastly, Rubus Fruticosus also helps to facilitate the actions of other buds, especially in terms of assisting in pain reduction.<sup>605</sup>

### INDICATIONS

Ankylosing Spondylitis<sup>606</sup> Osteoarthritis of the Elderly<sup>610</sup>  
Chronic Bronchitis<sup>607</sup> Osteoporosis<sup>611</sup>  
Decalcification Syndrome<sup>608</sup> Rheumatoid Polyarthritis<sup>612</sup>  
Sclerotic Emphysema<sup>609</sup> Respiratory Conditions<sup>613</sup>

#### Each Drop (0.025 ml) Contains:

Blackberry (*Rubus fruticosus*) Young Shoot Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80011004**

**125 ml**

## RUBUS IDAEUS

Raspberry Young Shoot



Rubus Idaeus is a member of the Rosacea family and its growth is an indicator of soil degradation due to acid blocks.<sup>614, 615</sup> Rubus Idaeus produces red raspberries.<sup>616</sup> These red berries resemble ovaries garnished with many ovocytes and its propensity for addressing ovarian dysfunction and female hypogonadal conditions is evident through this doctrine of signatures.<sup>617</sup>

Rubus Idaeus is used as an ovarian stimulant to enhance estrogen and progesterone production in cases of dysmenorrhea, female hypogonadism and precocious climacteric states.<sup>618, 619</sup> Rubus Idaeus is the main female anti-senescence remedy.<sup>620</sup>

In terms of uterine function, Rubus Idaeus is also a remarkable uterine muscular relaxant.<sup>621</sup> Therefore, Rubus Idaeus can be used for dysmenorrhea and for uterine spasms during childbirth to facilitate the efficiency of contractions.<sup>622</sup>

### INDICATIONS

Dysmenorrhoea<sup>623</sup> Menstrual Disturbances<sup>627</sup>  
Female Problems<sup>624</sup> Pelvic Pain<sup>628</sup>  
Female Senescence<sup>625</sup> Uterine Spasms<sup>629</sup>  
Female Hypogonadism<sup>626</sup>

#### Each Drop (0.025 ml) Contains:

Raspberry (*Rubus idaeus*) Young Shoot Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010985**

**125 ml**

## SECALE CEREALE

Rye Rootlet



Secale Cereale directly stimulates hepatocellular function via its actions on the hepatocytes.<sup>630</sup> It helps with liver regeneration in both acute and chronic jaundice and icterus.<sup>631, 632</sup>

Secale Cereale also has a therapeutic effect on treating dermatitis and psoriasis through its hepatic draining actions that filter toxins from the liver to prevent metabolic depositions at the level of the skin.<sup>633</sup>

### INDICATIONS

Infectious Icterus<sup>634</sup> Psoriasis<sup>637</sup>  
Jaundice<sup>635</sup> Psoriatic Dermatitis<sup>638</sup>  
Post-icteric Sequelae<sup>636</sup>

#### Each Drop (0.025 ml) Contains:

Rye (*Secale cereale*) Rootlet Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80011034**

**125 ml**

# SEQUOIA GIGANTEA

Giant Sequoia Young Shoot



Sequoia Gigantea originates in Sierra Nevada, California.<sup>639</sup> Here, this majestic tree can grow up to 100 meters high where in the Parisian climate it reaches only up to 40 meters tall outside of its native soil.<sup>640</sup>

Sequoia Gigantea stimulates and augments the 17-keto adrenal hormones.<sup>641</sup> In men, Sequoia Gigantea acts on the seminal vesicles, increases spermatozoid production, decongests a congested prostate and can be used in cases of chronic prostatitis and at the onset of prostatic adenoma (must be confirmed via lab assessment to be of a non-cancerous origin).<sup>642</sup>

The general stimulating actions of the Sequoia buds increase the morale and outlook in male sexual fatigue to enhance both form and performance.<sup>643</sup>

For women, Sequoia Gigantea assists as an estrogen precursor for menopausal transitions, as well as in the minimization of uterine fibromas.<sup>644, 645</sup>

The secondary action of Sequoia Gigantea is a remineralizer, hepatic drainer and tonifier.<sup>646</sup> In terms of bone health, Sequoia Gigantea stimulates osteogenesis in both men and women and helps counter osteoporosis and slow bone consolidation in addition to treating glass bone disease.<sup>647</sup>

Sequoia Gigantea works well when combined with Quercus Pedunculata and Ribes Nigrum.<sup>648</sup>

## INDICATIONS

- Acute Prostatitis<sup>649</sup>
- Adrenal Insufficiency<sup>650</sup>
- Dysmenorrhoea<sup>651</sup>
- Glass Bone Disease<sup>652</sup>
- Mental & General Tonic<sup>653</sup>
- Osteoporosis (Senile & Menopausal)<sup>654</sup>
- Prostatic Adenoma Onset<sup>655</sup>
- Trophic & Psychic Disorders of Senescences<sup>656</sup>
- Uterine Fibromas<sup>657</sup>

**Each Drop (0.025 ml) Contains:**  
Giant Sequoia (*Sequoia gigantea*) Young Shoot Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

**Recommended Dose:**  
**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010925**

**125 ml**

# SORBUS DOMESTICA

Service Tree Bud



Sorbus Domestica is a Mediterranean tree from the Rosacea family.<sup>658</sup> It grows slowly over a course of 5-600 years, in high light, and roots herself in deep, thick calcareous soil.<sup>659</sup> Its fruits are rich in tannins, sorbitol and vitamin C while its buds are viscous.<sup>660, 661</sup>

In Gemmotherapy, the Sorbus Domestica buds are used.<sup>662</sup>

Sorbus Domestica has a primary action on increasing the tone of the venous walls.<sup>663</sup> As a venous tonic, Sorbus Domestica works on the venous plethora to reduce heaviness and varicosities of the veins.<sup>664</sup> Sorbus Domestica is to the veins as Crataegus Oxyacantha is to the arteries.<sup>665</sup>

Sorbus Domestica also has anti-inflammatory and regenerative effects on the blood to fluidify and decrease hyperviscosity, just as the doctrine of its buds suggest.<sup>666</sup>

Sorbus Domestica also serves as a strong lymphatic drainer and assists in decreasing buzzing in the ears resulting from lymphatic congestion.<sup>667, 668</sup>

## INDICATIONS

- Blood Hyperviscosity<sup>669</sup>
- Lymphatic Congestion<sup>670</sup>
- Menopausal Circulatory Disorders<sup>671</sup>
- Phlebitis Sequelae<sup>672</sup>
- Venous Problems<sup>673</sup>

**Each Drop (0.025 ml) Contains:**  
Service Tree (*Sorbus domestica*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

**Recommended Dose:**  
**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010923**

**125 ml**

# SYRINGA VULGARIS

Lilac Bud



Syringa Vulgaris is of Persian origin.<sup>674</sup> It was introduced to France in 1597 for the beautiful perfume of its flowers as ornamentals in French gardens.<sup>675</sup>

Syringa Vulgaris aids in decreasing arteriospasm.<sup>676</sup>

Syringa Vulgaris can be used both pre and post infarct to help alter a risky terrain when combined with the proper corresponding remedies.<sup>677</sup>

Extreme caution must be exerted when using this remedy.<sup>678</sup> Low doses only are to be used in the elderly due to the positive inotropic actions which can cause pounding of the heart.<sup>679</sup>

## INDICATIONS

- Angina Pectoris<sup>680</sup>
- Arteriospasm<sup>681</sup>
- Coronary Disorders<sup>682</sup>

**Each Drop (0.025 ml) Contains:**  
Lilac (*Syringa vulgaris*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

**Recommended Dose:**  
**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010949**

**125 ml**

## TAMARIX GALLICA

Tamarisk Young Shoot



Tamarix Gallica originates from India.<sup>683</sup> Traditionally, the tamarind fruits were used as digestive aids in chutneys and eventually migrated to Europe with the British and became incorporated into English condiments.<sup>684</sup>

The primary action of Tamarix Gallica is as a bone marrow stimulant to create an increase in erythropoiesis and erythrocyte formation.<sup>685</sup>

For these reasons, Tamarix Gallica can be used in the treatment of acquired thrombocytopenia, hypochromic anemias, and as an iron metabolism stimulant.<sup>686</sup>

Tamarix Gallica as Gemmotherapy accelerates the convalescent recovery of the immune system in cases of mononucleosis and Eosinophilic Granulomas.<sup>687</sup>

Due to the hypercoagulant nature of this Gemmotherapy and the potential risks of clot formation, this remedy must be used by licensed professionals who can monitor blood levels within a safe range.<sup>688</sup>

Prolonged use of Tamarix Gallica is contraindicated in arteriosclerosis and hyperviscosity states.<sup>689</sup>

### INDICATIONS

Bone Marrow Stimulant<sup>690</sup> Post-Mononucleosis<sup>693</sup>  
Eosinophilic Granulomas<sup>691</sup> Thrombocytopenia<sup>694</sup>  
Hypochromic Anemias<sup>692</sup>

#### Each Drop (0.025 ml) Contains:

Tamarix (*Tamarix gallica*) Young Shoot Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

##### (Adults and Children over 12 years old)

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010942**

125 ml

## TILIA TOMENTOSA

Silver Linden Bud



Tilia Tomentosa is a neuro-sedative known for its antispasmodic and hypnotic effects.<sup>695, 696</sup> There are some conflicting eclectic opinions in regards to this Gemmotherapy and they state that Tilia Tomentosa is more than just a simple neuro-sedative, but that it exerts a much stronger and deeper action as it is known as a regenerator of the nervous system.<sup>697</sup>

Much like Acer Campestre, Tilia Tomentosa has no real determinant or isolated actions on its own.<sup>698</sup> However, when these two individual Gemmotherapy remedies are combined, they augment their actions and help in the treatment of nervous anguish of an ill-defined nature.<sup>699</sup>

When combined with Ficus Carica, Tilia Tomentosa augments its tranquilizing effects in easing digestive issues and favors sleep in those who suffer from chronic insomnia.<sup>700, 701</sup>

When combined with Ilex Aquifolium, Tilia Tomentosa assists in regulating and calming the nervous system.<sup>702</sup>

### INDICATIONS

Headaches<sup>703</sup> Nervous Anguish<sup>706</sup>  
Insomnia<sup>704</sup> Neuralgia<sup>707</sup>  
Migraines<sup>705</sup>

#### Each Drop (0.025 ml) Contains:

Silver Linden (*Tilia tomentosa*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

##### (Adults and Children over 12 years old)

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010946**

125 ml

## ULMUS CAMPESTRIS

European Field Elm Bud



Ulmus Campestris almost disappeared from Europe due to a mycosis infection that spread across this geographical region and almost wiped out this entire species.<sup>708</sup> Fortunately, Ulmus Campestris survived this threat and today provides us with its medicines primarily as a transitional remedy complimenting the actions of other Gemmotherapeutic buds.<sup>709</sup>

Ulmus Campestris is an excellent kidney and liver drainer in metabolic skin conditions.<sup>710</sup> In terms of the integumentary system, Ulmus Campestris has a greater affinity for weeping lesions such as eczemas, acnes, herpes and psoriatic lesions.<sup>711</sup>

Ulmus Campestris exerts its effects via its catabolic actions on nucleoproteins, uric acids, metabolites and excess lipids.<sup>712</sup> Due to these actions, Ulmus Campestris can also be used for catabolizing endogenous wastes that could potentiate diarrheas and leucorrhoeas.<sup>713</sup>

Ulmus Campestris aids those with a painful rheumatic terrain.<sup>714</sup>

### INDICATIONS

Acne<sup>715</sup> Psoriatic Lesions<sup>719</sup>  
Herpes<sup>716</sup> Skin Infections<sup>720</sup>  
Metabolic Ailments<sup>717</sup> Weeping Eczema<sup>721</sup>  
Rheumatoid Ailments<sup>718</sup>

#### Each Drop (0.025 ml) Contains:

European Field Elm (*Ulmus campestris*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

##### (Adults and Children over 12 years old)

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80011031**

125 ml

## VACCINIUM VITIS-IDAEA

Lingonberry Young Shoot



The growth of *Vaccinium Vitis-Idaea* denotes a certain degradation of the soil in which it can be found.<sup>722</sup> This is a Gemmotherapy that is indicated in conditions where there is a certain biological degeneration particularly in relation to a sthenic terrain.<sup>723</sup> *Vaccinium Vitis-Idaea* is primarily a female remedy due to its estrogenic activity and the fact that the hydroalcoholic extracts of these young shoots contain estradiol.<sup>724</sup> *Vaccinium Vitis-Idaea* is to women, what *Sequoia Gigantea* is to men.<sup>725</sup>

The main action of this Gemmotherapy is on treating hyalinized conjunctive tissues; in particular the ovaries, arteries, arterioles and kidneys.<sup>726</sup> In women, *Vaccinium Vitis-Idaea* breaks down the hyaline formation of ovarian cysts and uterine fibromas.<sup>727</sup>

In menopausal women, it reactivates the estrogenic activity of the ovaries to help balance vaginal dryness and hot flashes.<sup>728</sup> On the renal plane, this Gemmotherapy breaks down glomerular and tubular hyalinization and aids in the elimination of oxalo-calcific lithiasis, and appeases the pains of cystitis.<sup>729</sup> *Vaccinium Vitis-Idaea* can also treat recurrent female urinary colibacillosis infections.<sup>730</sup>

With its ability to treat the sequelae of inflammatory hyalinization, *Vaccinium Vitis-Idaea* is also effective in treating nephritis, dermatomyositis, periarthritis nodes, viral pericarditis and rheumatoid arthritis.<sup>731</sup>

*Vaccinium Vitis-Idaea* has a secondary action on the small intestine in the prevention of leaky gut syndrome and in the digestive plane helps to regulate gastric motility problems of constipation or diarrheas in cases of spasmodic colitis.<sup>732</sup> It also assists with intestinal calcium re-absorption which is extremely beneficial in post-menopausal osteoporosis.<sup>733</sup>

### INDICATIONS

Colibacillosis <sup>734</sup>	Menopausal Osteoporosis <sup>739</sup>
Colitis <sup>735</sup>	Nephritis <sup>740</sup>
Dermatomyositis <sup>736</sup>	Periarthritic Nodes <sup>741</sup>
Hyalinization Conditions <sup>737</sup>	Pericarditis Sequelae <sup>742</sup>
Intestinal Syndromes <sup>738</sup>	Rheumatoid Arthritis <sup>743</sup>

#### Each Drop (0.025 ml) Contains:

Lingonberry (*Vaccinium vitis-idaea*) Young Shoot Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010973**

**125 ml**

## VIBURNUM LANTANA

Wayfaring Tree Bud



*Viburnum Lantana* grows in the woods of North America.<sup>744</sup> It is rich in coumadins, salicines, essential oils and tannins.<sup>745</sup>

Today, the primary uses of this Gemmotherapy are indicated for treating a chronic allergic terrain with deep actions in allergic rhinitis and eczemas.<sup>746</sup> It is a respiratory and otorhinopharyngeal nervo-relaxant with neuro-sedative actions on bronchiole spasms and anxiety attacks.<sup>747</sup>

*Viburnum Lantana* can also be combined with *Ribes Nigrum* or *Rosmarinus Officinalis* in the treatment of allergies.<sup>748</sup>

*Viburnum Lantana* is contraindicated in allergies to acetylsalicylic acid.<sup>749</sup>

### INDICATIONS

Anxiety-Induced Respiratory Distress <sup>750</sup>	Eczema <sup>753</sup> Smoker's Cough/ Bronchial Spasms <sup>754</sup>
Chronic Allergies <sup>751</sup>	
Chronic Spasmodic Rhinitis <sup>752</sup>	

#### Each Drop (0.025 ml) Contains:

Wayfaring Tree (*Viburnum lantana*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010971**

**125 ml**

## VISCUM ALBUM

European Mistletoe Young Shoot



There is a characteristic doctrine of signatures to the *Viscum Album* and it is considered as a semi-parasitic plant.<sup>755</sup> *Viscum Album* has a very unique development in that there is much anarchy in its growth pattern making it a potentially beneficial remedy in conditions that mimic this type of abnormal growth.<sup>756</sup>

The main principles of this Gemmotherapy are for its anti-sclerotic properties on the kidneys, thyroid and glandular tissues.<sup>757</sup> It can break down fibrocystic conditions of the breasts and ovaries and exerts its effects anywhere in the body to break down abnormal scar tissues and sclerotic formations secondary to trauma.<sup>758</sup>

*Viscum Album* helps in the treatment of rheumatic gout, certain types of sciatic neuralgia, hypertension with albuminuria, certain osteoarthritis and deafness due to sclerosis of the eardrum or ossicles. This prescription however must match the main biological syndrome in order to be effective.<sup>759</sup>

### INDICATIONS

Deafness <sup>760</sup>	Sciatica <sup>763</sup>
Neuralgia <sup>761</sup>	Sclerocystic Conditions <sup>764</sup>
Osteoarthritis <sup>762</sup>	

#### Each Drop (0.025 ml) Contains:

European Mistletoe (*Viscum album*) Young Shoot Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

#### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80011021**

**125 ml**

# VITIS VINIFERA

Grape Bud



Vitis Vinifera is a gripping vine.<sup>765</sup> It originated in Greece and has been used historically since 1700 BC for wine making.<sup>766</sup>

This Gemmotherapy is used primarily for its actions on fibrohyaline tissues.<sup>767</sup> This helps reduce pain in arthrosis and rheumatic conditions particularly in relation to deformations of the small articulations.<sup>768</sup>

Vitis Vinifera also aids in the break down of fibrotic tissues in prostatic adenomas, uterine fibromas, Sarcoidosis and Crohn's Disease.<sup>769</sup>

Vitis Vinifera can also aid in slowing the growth of osteophytes.<sup>770</sup>

## INDICATIONS

Antifibrotic<sup>771</sup>

Crohn's Disease<sup>772</sup>

Prostatic Adenomas<sup>773</sup>

Sarcoidosis<sup>774</sup>

Osteophytes<sup>775</sup>

Uterine Fibromas<sup>776</sup>

### Each Drop (0.025 ml) Contains:

Grape (*Vitis vinifera*) Bud Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80010915**

**125 ml**

# ZEA MAYS

(FORMERLY ZEA MAÏS)

Corn Rootlet



Zea Mays comes from corn and is not considered as a tree.<sup>777</sup> In Gemmotherapy, the rootlets of this plant are used as the medicinal ingredient.<sup>778</sup>

Zea Mays is primarily indicated for its anti-inflammatory actions on the arterial and myocardial spheres to help accelerate myocardial healing and lower transaminases post infarct.<sup>779</sup> It can be combined with *Syringa Vulgaris* to help prevent further deterioration.<sup>780</sup>

Zea Mays is also indicated in both kidney and urinary inflammations.<sup>781</sup>

Caution must be used when administering this Gemmotherapy as high doses of Zea Mays may induce fatigue.<sup>782</sup>

## INDICATIONS

Arterial Inflammation<sup>783</sup>

Kidney Inflammation<sup>784</sup>

Myocardial Inflammation<sup>785</sup>

Urinary Tract Inflammation<sup>786</sup>

### Each Drop (0.025 ml) Contains:

Corn (*Zea mays*) Rootlet Extract (1:200)

**Non-Medicinal Ingredients:** Glycerin, ethanol (beet), purified water

### Recommended Dose:

**(Adults and Children over 12 years old)**

Take 50 drops (1.25 ml) three times daily in a small amount of water, or as recommended by your healthcare practitioner.

Gemmotherapy Remedy to be used on the advice of your healthcare practitioner.

**Risk Information:** If symptoms persist or worsen, consult your healthcare practitioner. If you are pregnant or breastfeeding, do not use, unless directed by your healthcare practitioner.

**NPN 80011039**

**125 ml**

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92. Tétou and Scimeca 124.
93. Greaves 78.
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95. Greaves 82.
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97. Henry 122.
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