



# **Gemmotherapy:**

## **Key Applications for Clinical Practice Today**

*Session 2 of 4*

**Presented by Dr. Mikhael Adams, BSc, ND**





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# Individual Organ Systems

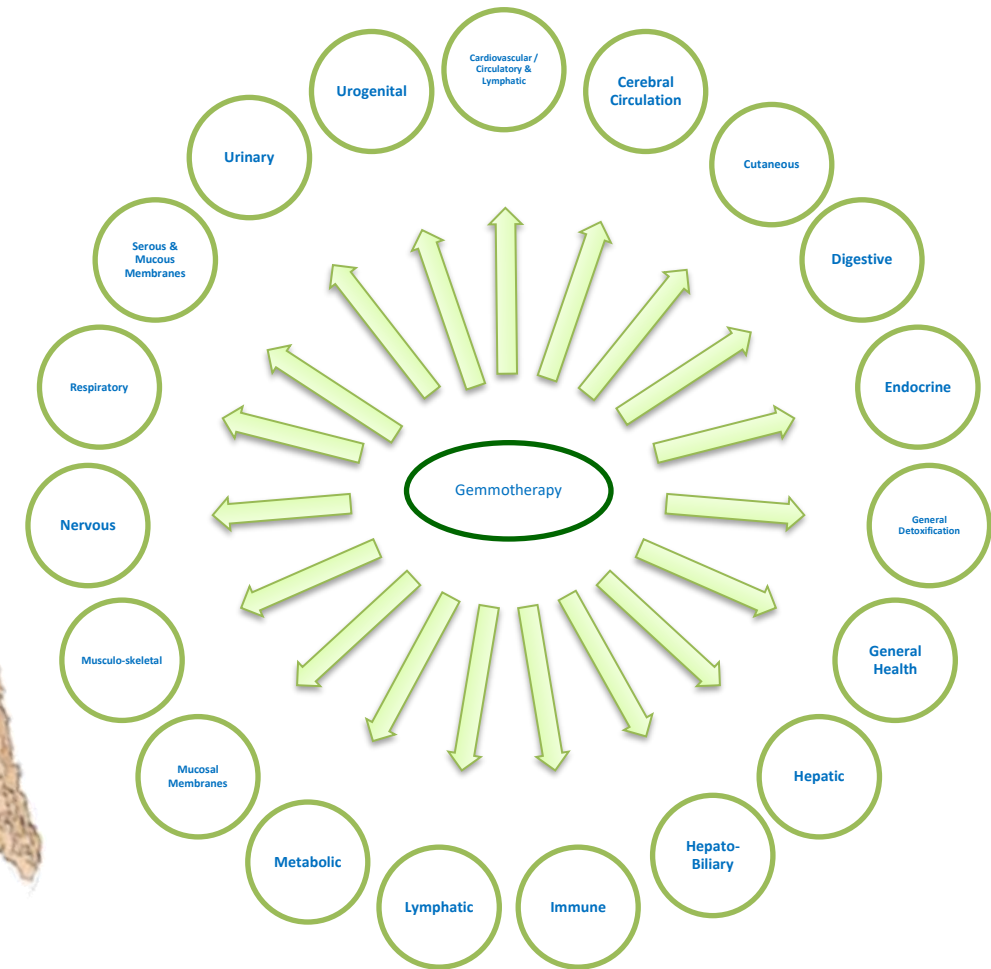


Individual embryonic plant tissue extracts have a distinct affinity to specific organ systems

Their properties support the elimination of toxins as well as tissue repair and regeneration in the related organ systems

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

When used in conjunction with Oligotherapy, Gemmotherapy facilitates the Biotherapeutic Drainage® paradigm



# Gemmotherapy Remedies



Gemmotherapy Remedy	Associated System(s)
Abies Alba	Cardiovascular, General Health, Immune, Musculoskeletal
Acer Campestre	Cardiovascular, Hepato-biliary, Immune, Metabolic, Nervous
Aesculus Hippocastanum	Cardiovascular, Endocrine
Alnus Glutinosa	Cardiovascular, Digestive, Immune, Mucosal Membranes, Musculoskeletal, Respiratory, Urogenital
Ampelopsis Veitchii	Cardiovascular, Musculoskeletal
Betula Pendula Bud	Cardiovascular, Hepatic, Metabolic, Immune, Musculoskeletal, Nervous, Urinary
Betula Pubescens Bud	Digestive, Immune, Metabolic, Musculoskeletal, Urinary
Cedrus Libani	Cutaneous, Hepatic, Immune, Urinary
Crataegus Oxyacantha	Cardiovascular, Endocrine, Nervous
Ficus Carica	Digestive, Immune, Metabolic, Nervous
Juglans Regia	Cutaneous, Digestive, Endocrine, Immune, Nervous, Urogenital
Juniperus Communis	Digestive, Hepatic, Immune, Metabolic, Urinary



# Gemmotherapy Remedies



Gemmotherapy Remedy	Associated System(s)
Olea Europaea	Cardiovascular, Metabolic, Nervous
Pinus Montana	Hepatic, Musculoskeletal
Platanus Orientalis	Cutaneous, Mucosal Membranes
Prunus Amygdalus Bud	Cardiovascular, Endocrine, Hepatic, Metabolic, Urogenital
Quercus Pedunculata	Endocrine, General Health, Immune
Ribes Nigrum	Endocrine, General Health, Immune, Metabolic, Musculoskeletal
Rosa Canina	Endocrine, Immune, Musculoskeletal
Rosmarinus Officinalis	Cardiovascular, Digestive, General Health, Hepatic, Immune, Metabolic, Nervous
Rubus Idaeus	Endocrine, Hepatic
Sequoia Gigantea	Endocrine, Hepatic, Musculoskeletal
Sorbus Domestica	Cardiovascular, Cerebral Circulation, Lymphatic
Syringa Vulgaris	Cardiovascular, Immune, Metabolic





# Gemmotherapy Remedies



Gemmotherapy Remedy	Associated System(s)
Tilia Tomentosa	Cardiovascular, Digestive, Endocrine, General Detoxification, Nervous
Ulmus Campestris	Cutaneous, Hepatic, Immune, Metabolic, Musculoskeletal, Nervous, Urinary
Vaccinium Vitis Idaea	Digestive, Endocrine, Metabolic, Serous Mucous Membranes, Urinary
Zea Mais	Cardiovascular, Hepatic, Urinary



# Lymphatic System

# Lymphatic System Overview

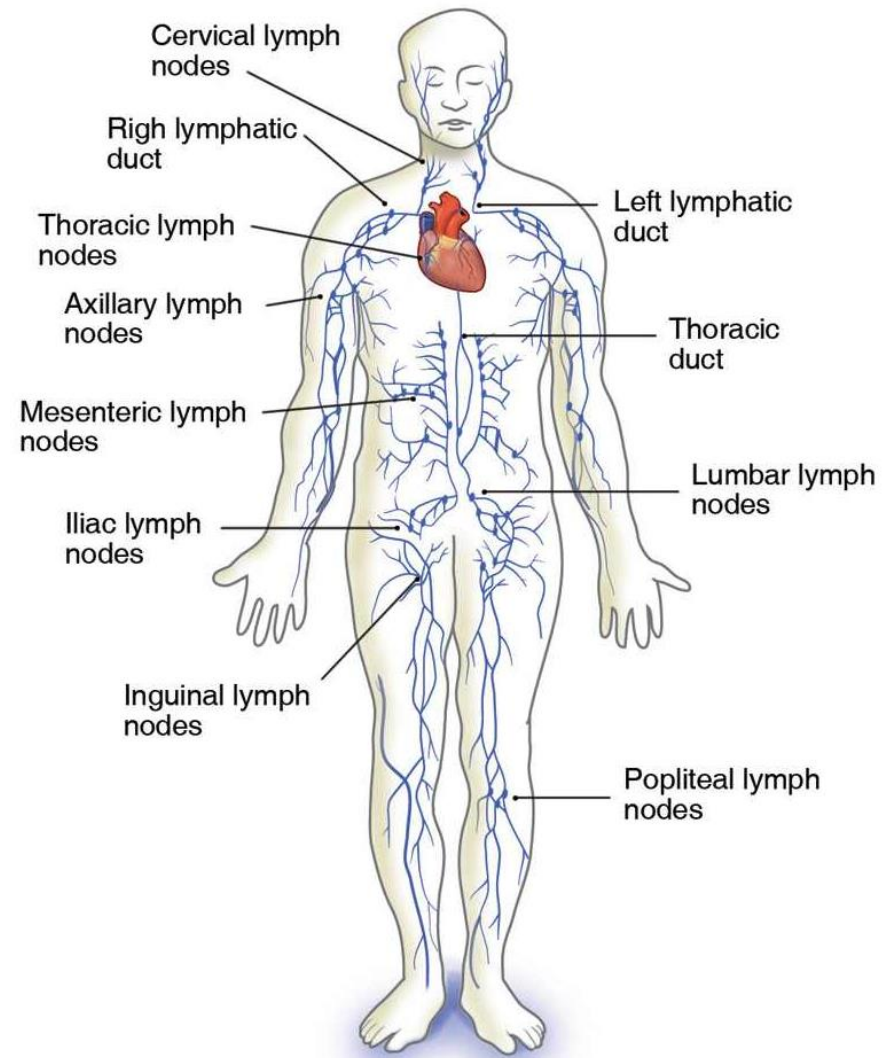


- The lymphatic system spans across the circulatory and the immune systems
- This system comprises of a complex network of lymphatic vessels, tissues and organs that utilize lymph to:
  - Scavenge cellular debris and waste
  - Help to protect the body's immune response by supplying lymphocytes
  - Help to maintain fluid-balance in the body by collecting excess fluid and depositing them in the bloodstream





# Lymphatic System



# Lymph



## Sorbus domestica

- Drains the lymphatic system
- Venous drainer and tonifier
- Opens BBB



# History of Sorbus Domestica (Service Tree)



The Service Tree is a Mediterranean tree from the Rosacea family. It grows slowly over the course of 500 to 600 years, in high light, and roots itself in deep, thick calcareous soil

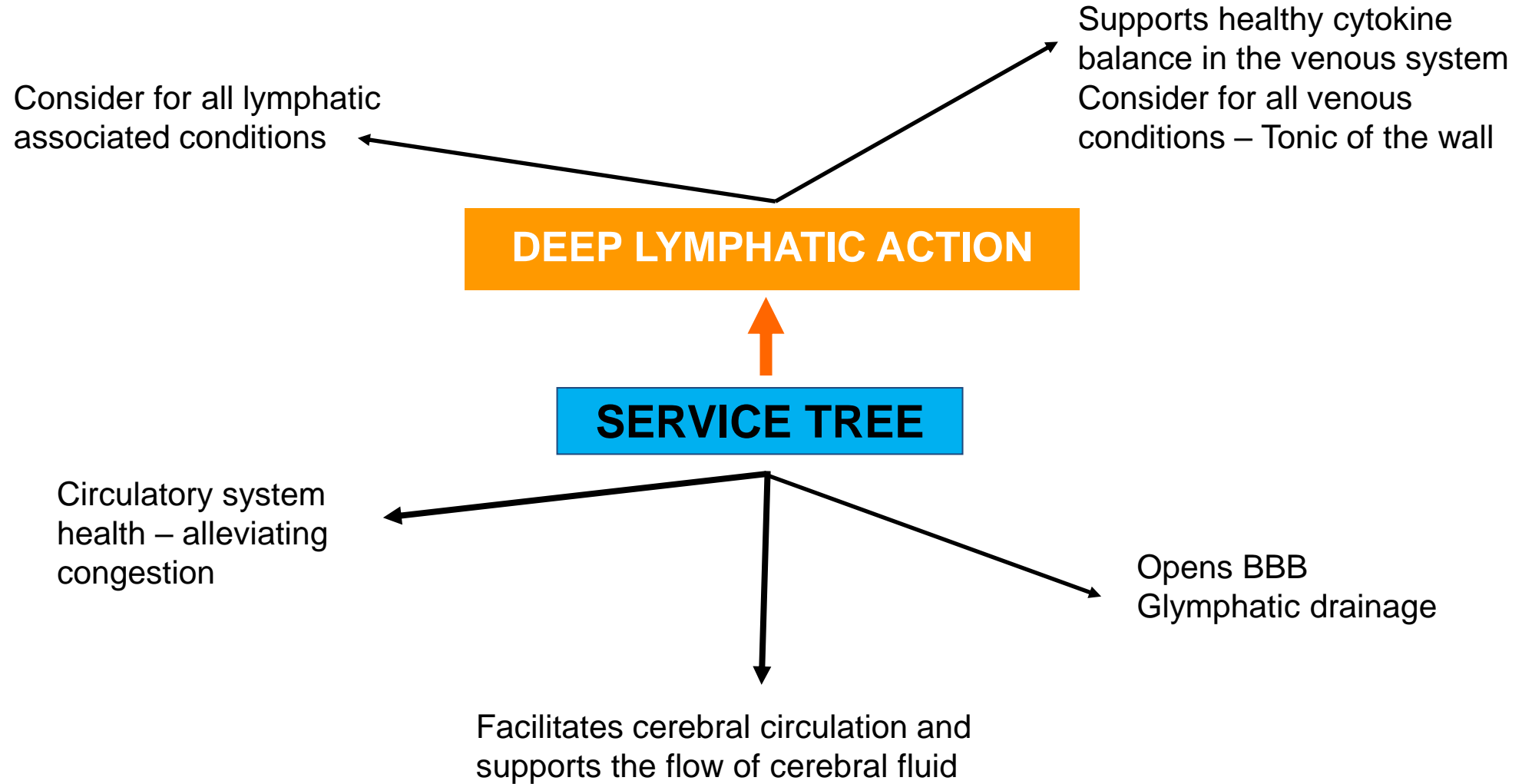
Its fruits are rich in tannins, sorbitol and vitamin C, while its buds are viscous

The traditional use of the Service Tree in Phytotherapy primarily involves venous integrity. The Service Tree is to the veins as Hawthorn is to the arteries

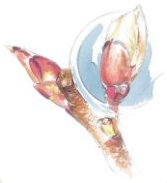
The Service Tree also acts on the ear-nose-throat and urogenital spheres



# Sorbus Domestica



# Sorbus Domestica



## Organ System Applications:

Cardiovascular, **Cerebral Circulation**, Lymphatic

## Applications:

### Supports:

- Circulation in the venous, cerebral and lymphatic systems
- Healthy cytokine balance in the venous system



### EACH DROP (0.025 ml) CONTAINS:

Service Tree (*Sorbus domestica*) Bud Extract (1:200) ..... 0.025 ml  
0.125 mg Dried Equivalent



# Cutaneous System

# Cutaneous System Overview

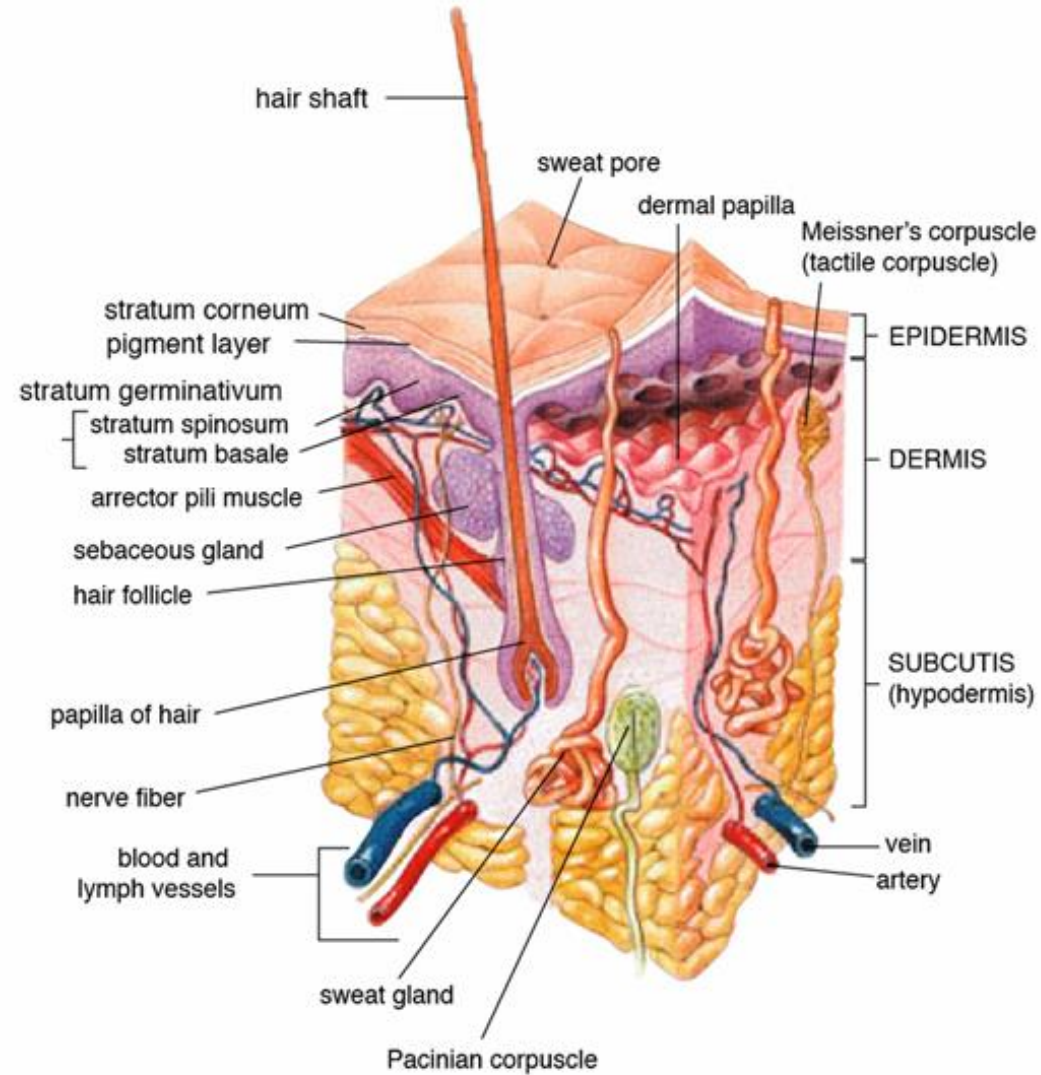


- The skin is the largest organ in the body. The cutaneous system comprises of the skin, it's nerve fibers and deeper tissues
- This system serves primarily to:
  - Act as a barrier to protect the body and its deeper tissues from the external environment
  - Support temperature regulation and protect the body from dehydration
  - Be a receptor for touch, pressure, pain, heat, and cold
  - Provide Vitamin D synthesis
  - Serve as a secondary emunctory





# Cutaneous System



# Ulmus Campestris



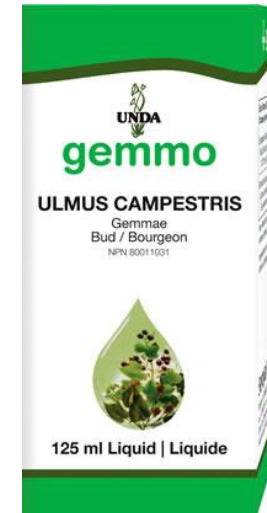
## Organ System Applications:

**Cutaneous**, Hepatic, Immune, **Metabolic**, Musculoskeletal, Nervous, **Urinary**

## Applications:

### Supports:

- Healthy cytokine balance in the skin
- Skin health with a renal association
- Renal health
- Healthy mineral balance
- Healthy uric acid balance
- Hepatic drainage

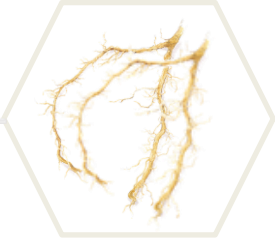


### EACH DROP (0.025 ml) CONTAINS:

European Field Elm (*Ulmus campestris*) Bud Extract (1:200)..... 0.025 ml  
0.125 mg Dried Equivalent



# Zea Mays



## Organ System Applications: Cardiovascular, Hepatic, Urinary

### Applications:

#### Supports:

- Healthy cytokine activity in the arterial system
- Cardiovascular health
- Healthy cytokine activity in the renal system
- Kidney health
- Healthy cytokine activity in the hepatic system



#### EACH DROP (0.025 ml) CONTAINS:

Corn (*Zea mays*) Rootlet Extract (1:200) ..... 0.025 ml  
0.125 mg Dried Equivalent



# Betula Pendula Bud



## Organ System Applications:

Cardiovascular, **Hepatic**, Metabolic, Immune, **Musculoskeletal**, Nervous, Urinary

## Applications:

### Supports:

- Hepatic detoxification and health function
- Stimulation of splenic macrophages
- Hepatosplenic health function
- Stimulation of Kupffer cells
- Excretion of urea and uric acid
- Connective tissue and joint health
- Osteoblastic activity
- Renal health and diuretic activity
- Cardiovascular health and healthy lipid metabolism

Each Drop (0.025 ml) Contains/  
Chaque goutte (0,025 ml) contient:

Birch (*Betula pendula*)  
Bud Extract (1:200) . . . . . 0.025 ml  
0.125 mg Dried Equivalent



# History of Platanus Orientalis (Oriental Planetree)



The Oriental Planetree is considered a giant of trees. It can grow as high as 50 meters tall and 10 meters in circumference

Used as a gemmotherapy preparation, the primary action of this tree is on the skin

In addition, to skin health, it also supports natural defenses and promotes healthy immune response and function





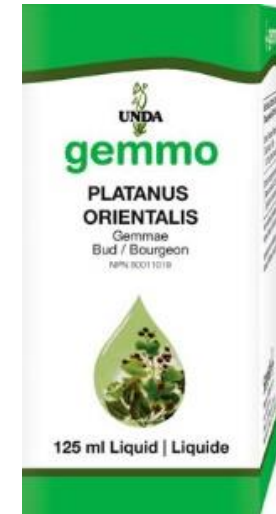
# Platanus Orientalis



## Organ System Applications: Cutaneous, Mucosal membranes

### Applications:

- Supports natural defenses particularly relating to the skin
- Supports skin health – helps with regeneration and situations related to de-pigmentation



### EACH DROP (0.025 ml) CONTAINS:

Oriental Planetree (*Platanus orientalis*) Bud Extract (1:200) ..... 0.025 ml  
0.125 mg Dried Equivalent



# Digestive System



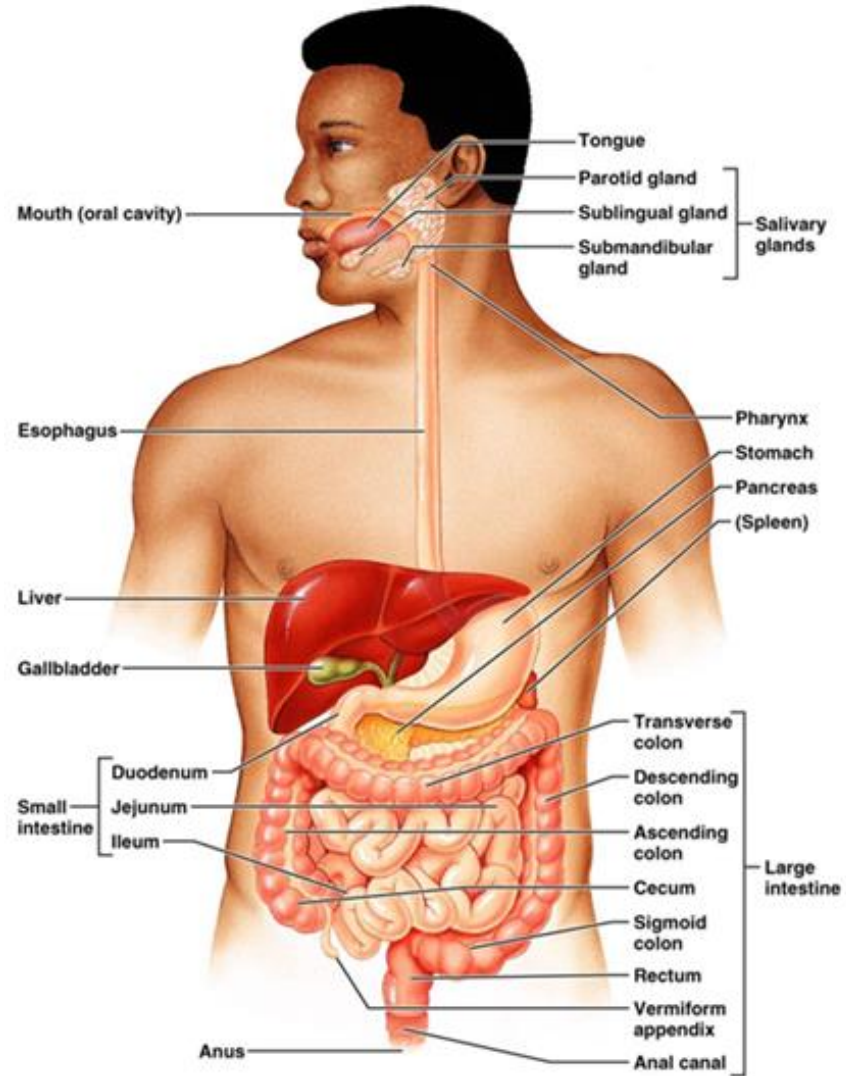
# Digestive System Overview



- The digestive system is a key segment of the gastro-intestinal tract, and is responsible for ingestion, secretion, mixing and propulsion, digestion, absorption and defecation
- Essentially, taking everything that we consume, processing it, absorbing nutrients, and finally expelling waste. This impacts our general health and wellbeing
- Our Enteric Nervous System (ENS) resides in the lining of our gastrointestinal track and is referred to as our “second brain”. Hence the health of our digestive system impacts our health on numerous levels



# Digestive System



# Immune System

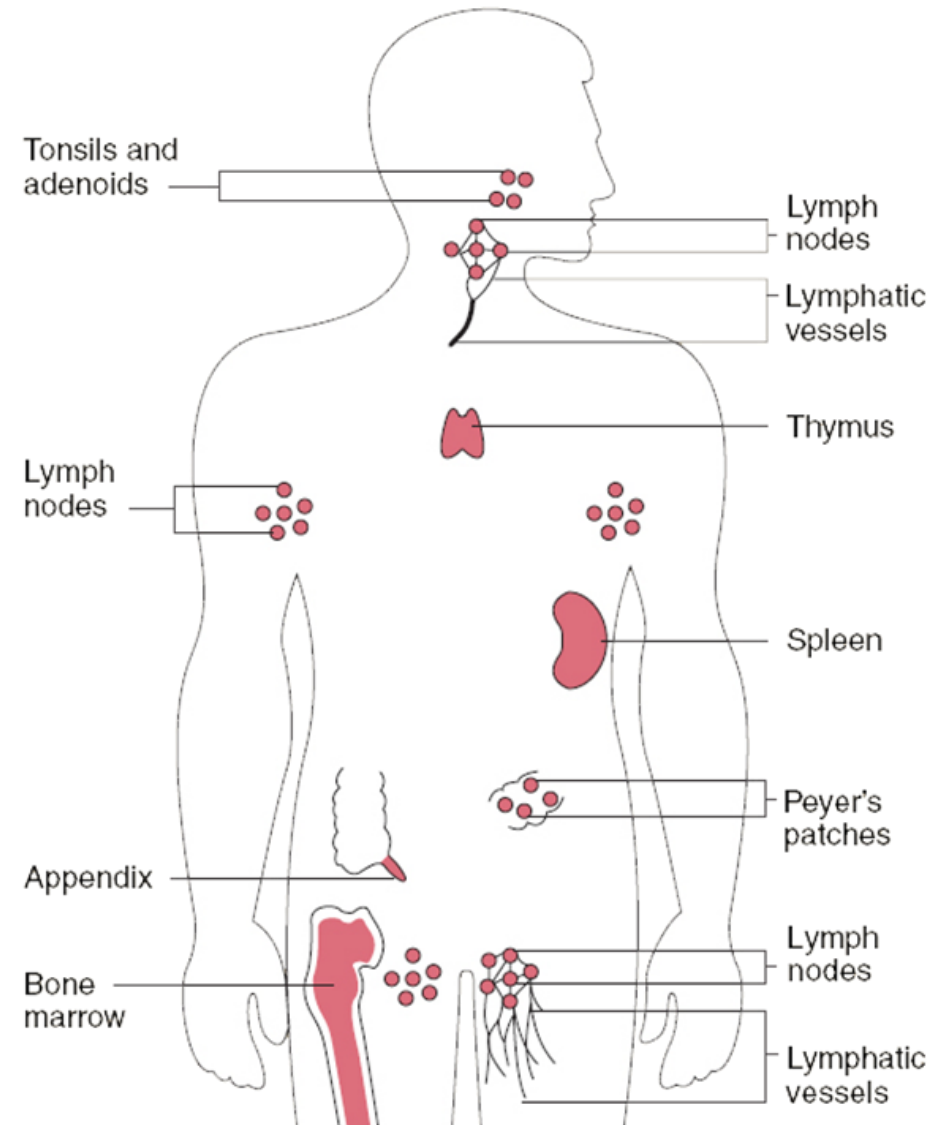
# Immune System Overview



- The immune system is a network of cells, tissues, organs and processes that work together to protect the body from infection and disease and supports general health
- Major components of the immune system are bone marrow, GI system including peyer's patches, lymph nodes, lymphatic vessels, spleen, thymus, tonsils and adenoids; with approximately 80% of the immune system residing in the GI system
- A healthy immune system is essential to continuously detects invaders and either utilize barriers to prevent microbes from entering the body and/or to eliminate invaders and irregular cells before they infiltrate the system



# Immune System



# History of Ficus Carica (Fig)



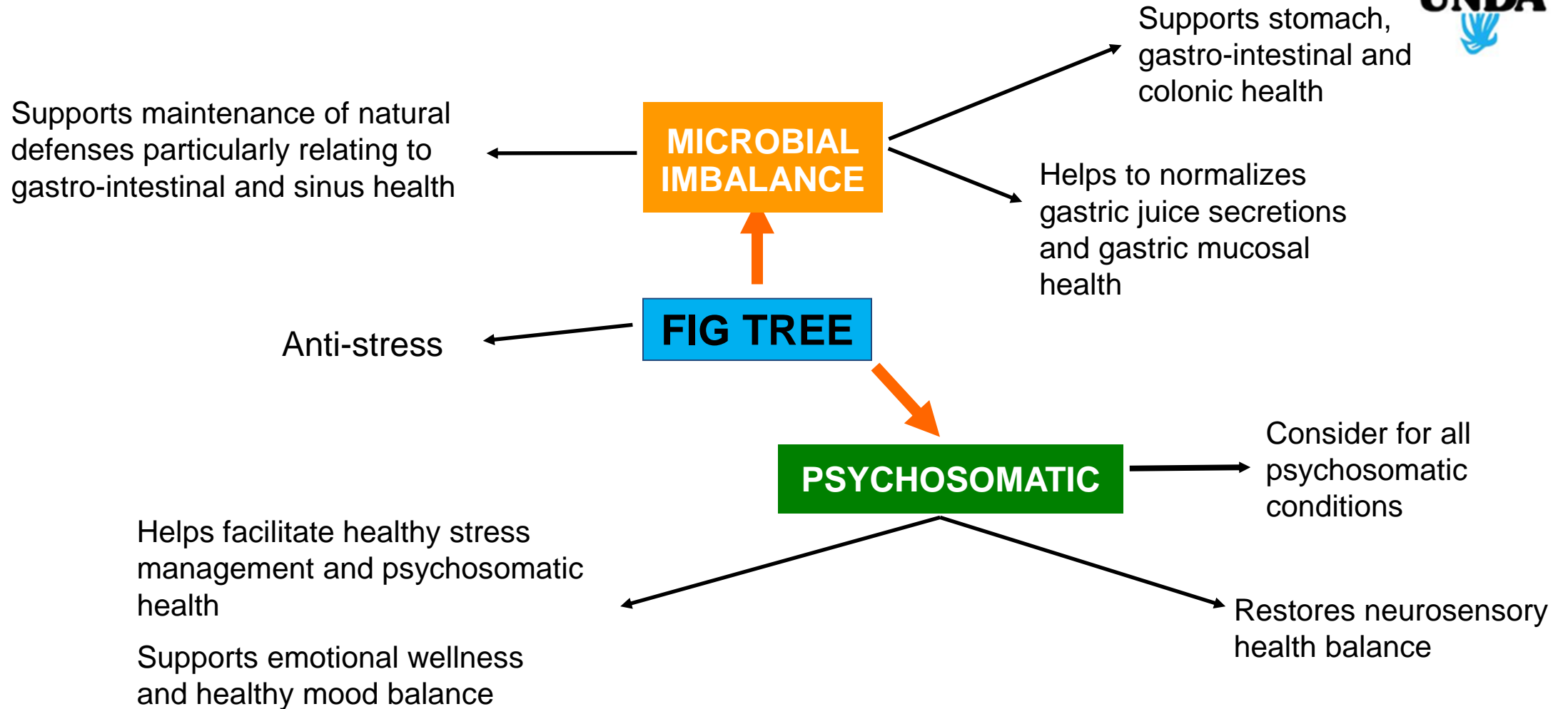
The Fig tree originated in Asia Minor and North Africa, and naturalized throughout Italy, Spain and the south of France. It grows in uncultivable soil and regenerates these intolerable terrains, making the soil hospitable for other plant species to grow

Many parts of this tree contain an acrid and caustic milky substance that reflects the tree's doctrine of traditional use in gastrointestinal health. On the other hand, figs, the fruits of this tree, are nourishing and rich in sugars, mucilages and oligo-elements

Components of the fig bud traditionally have been used to regulate the gastrointestinal system. Figs are also used in Phytotherapy to exert a powerful regulatory action in the cerebral hemisphere. In addition to their effects on the nervous system, they support hormone-regulating activities



# Ficus Carica





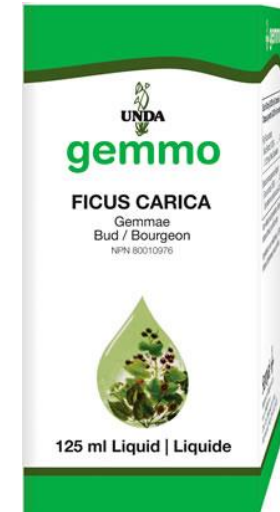
# Ficus Carica



## Organ System Applications: Digestive, Immune, Metabolic, **Nervous**

### Applications:

- Supports stomach, gastro-intestinal and colonic health
- Supports neuro-sensory health balance
- Help with healthy stress management and psychosomatic health
- Support for maintenance of natural defenses particularly relating to gastrointestinal and sinus health



### EACH DROP (0.025 ml) CONTAINS:

Fig (*Ficus carica*) Bud Extract (1:200) ..... 0.025 ml  
0.125 mg Dried Equivalent



# History of Juglans Regia (English Walnut)



English Walnut travelled to the south-eastern regions of Europe during the last glacial age, around 800 BC. It requires deep, fertile calcareous soil to grow

The outer shell of the English Walnut appears like a small brain with all the evident corrugations, and its nut is rich in omega-3 essential fatty acids

English Walnut also contains high levels of polyphenols with antioxidant activities and is traditionally used regulate the immune, integumentary and pulmonary systems. Its constituents are also used for their sedative properties

Additionally, English Walnut's use in Phytotherapy traditionally has revolved around its digestive and astringent properties

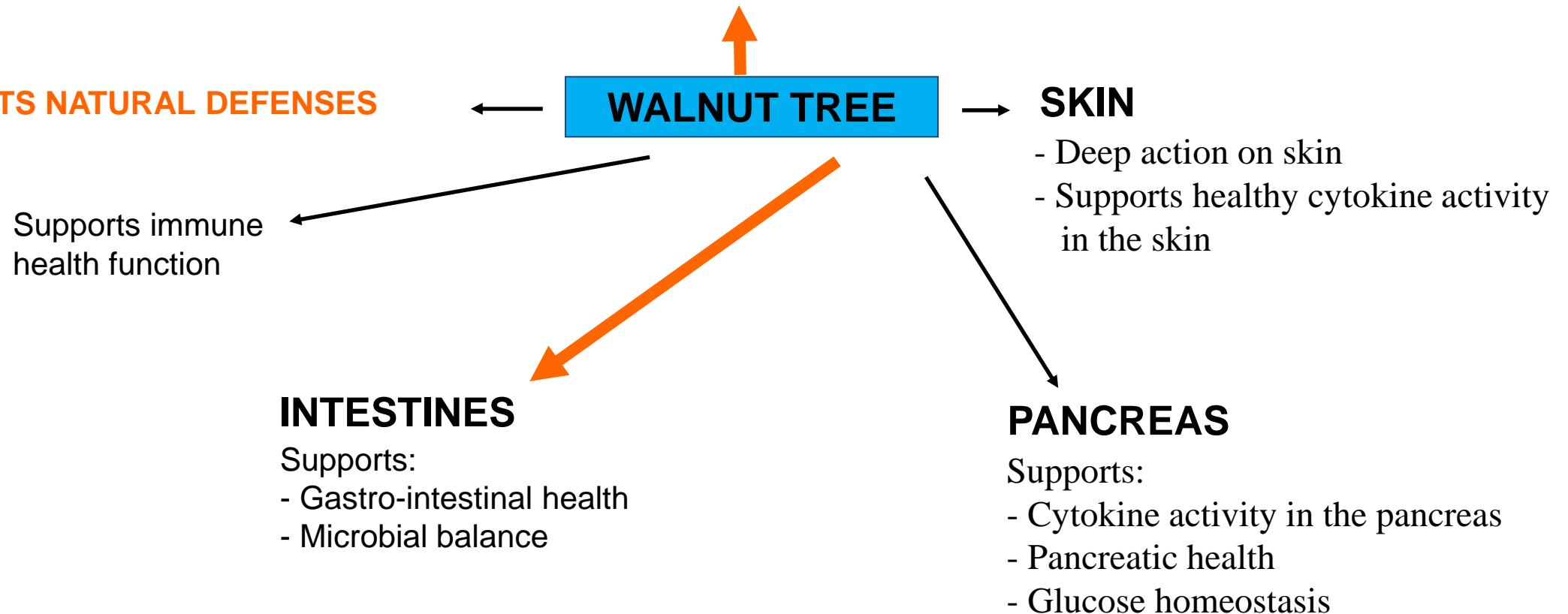


# Juglans Regia



**Barriers - Territory**  
Immune Function ("Identity")

**PROTECTS NATURAL DEFENSES**



# Juglans Regia



## Organ System Applications:

**Cutaneous, Digestive, Endocrine, Immune, Nervous  
Urogenital**

## Applications:

- Supports:
  - Maintenance of healthy cytokine activity in the pancreas and skin
  - Pancreatic health
  - Glucose homeostasis
  - Gastro-intestinal health
  - Immune function and natural defenses



**EACH DROP (0.025 ml) CONTAINS:**  
English Walnut (*Juglans regia*) Bud Extract (1:200)..... 0.025 ml  
0.125 mg Dried Equivalent



# History of Acer Campestre (Field Maple)



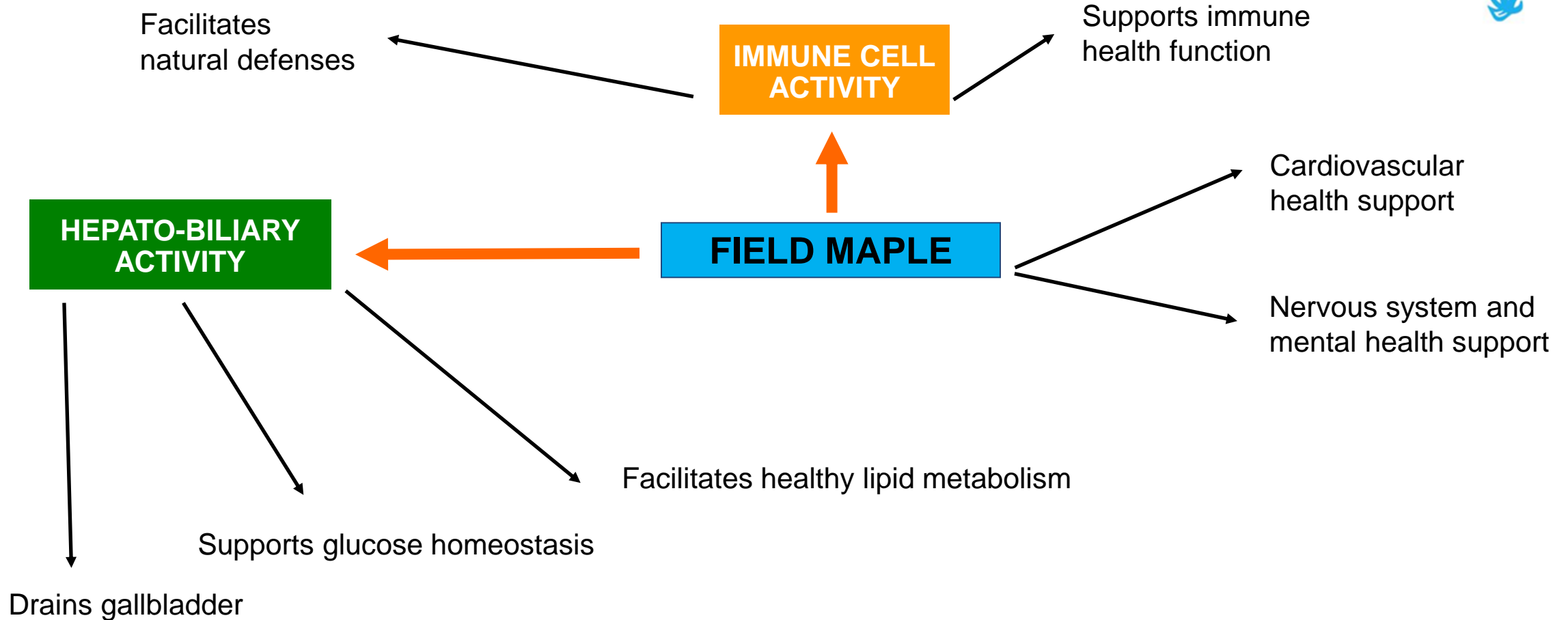
The Field Maple belongs to the Aceraceae family of trees and thrives in rich calcareous soil

The ecology and phytosociology of this plant is that it is protective in the soil it grows in

It operates quite similarly when administered orally in the gemmotherapy format, by protecting natural defenses and supporting immune function



# Acer Campestre





# Acer Campestre



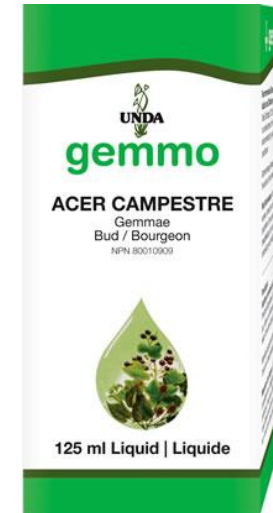
## Organ System Applications:

Cardiovascular, Hepato-biliary, **Immune**, Metabolic, Nervous

## Applications:

Supports:

- Immune function and natural defenses
- Healthy lipid metabolism and metabolic health
- Gallbladder health



## EACH DROP (0.025 ml) CONTAINS:

Field Maple (*Acer campestre*) Bud Extract (1:200)..... 0.025 ml  
0.125 mg Dried Equivalent





# History of Cedrus Libani (Cedar of Lebanon)



Cedar of Lebanon is a rustic and strong tree that is adaptable enough to survive in unfamiliar environments

Its constituents have a special affinity to supporting skin health. It also has impact on the renal system



# Cedrus Libani



Detoxifies and drains the skin and supports general cutaneous health

Consider in all skin-related conditions

**SKIN DRAINER**

**CEDAR OF LEBANON**

Deep drainage of the body (liver - kidney)

Abnormal cell changes



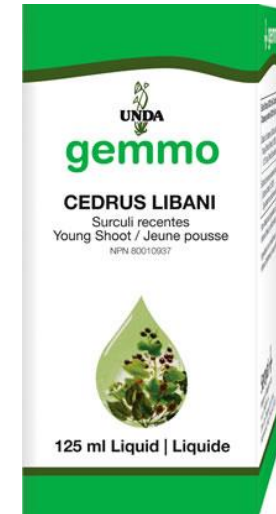
# Cedrus Libani



**Organ System Applications:**  
Cutaneous, Hepatic, Immune, **Urinary**

**Applications:**

- Detoxifies and drains the skin and supports general cutaneous health
- Supports detoxification of the hepatic and renal systems



**EACH DROP (0.025 ml) CONTAINS:**  
Cedar of Lebanon (*Cedrus libani*) Young Shoot Extract (1:200) ..... 0.025 ml  
0.125 mg Dried Equivalent



# History of Rosa Canina (Dog Rose)



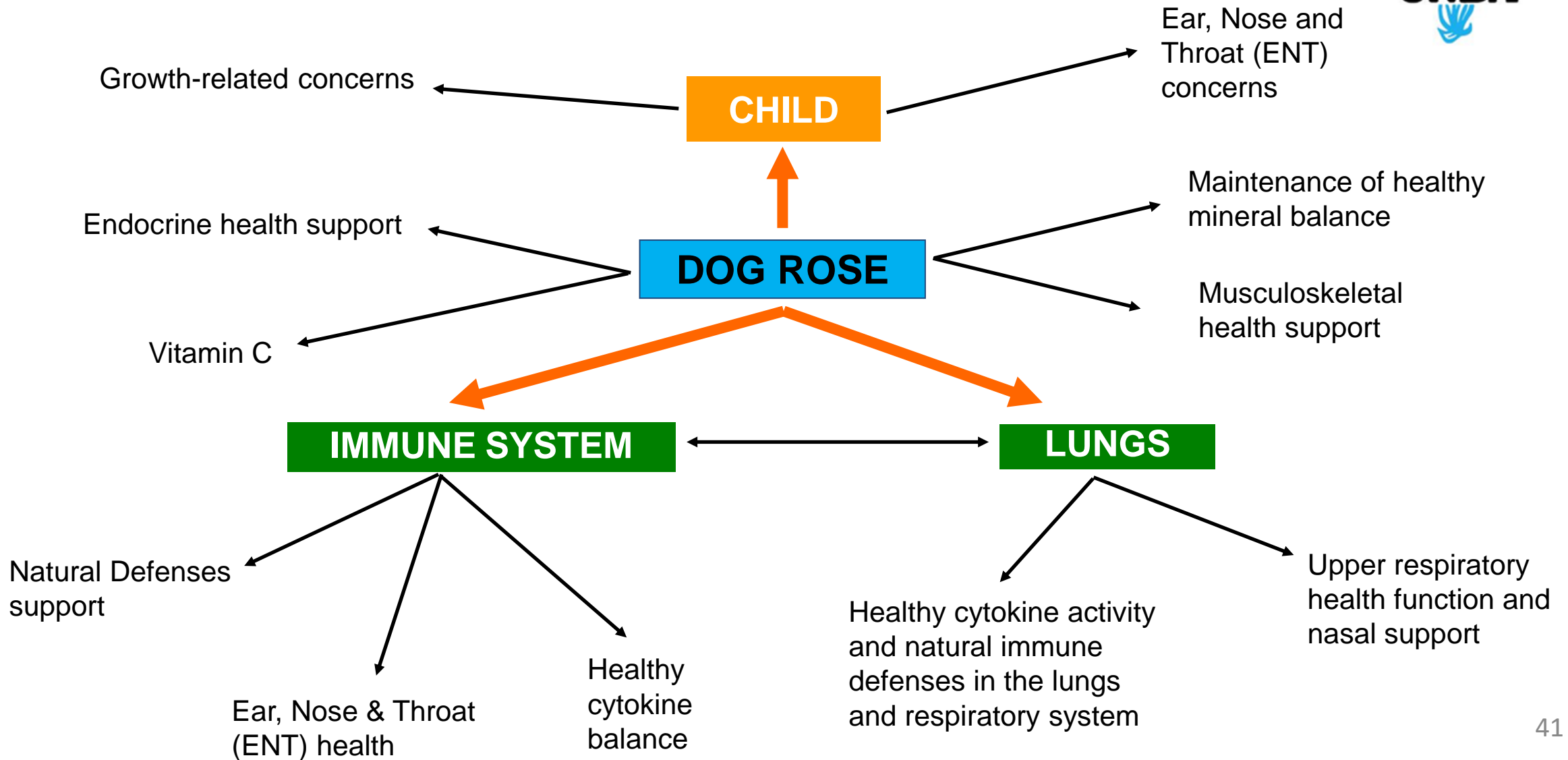
Dog Rose belongs to the innumerable species of wild roses that grow almost everywhere in the forests of Europe, North Africa and Asia

These plants are rigorous, durable and can adapt to grow on many rough terrains

In Phytotherapy, Dog Rose is one of the primary remedies used on the sphere of the ear, nose and throat. It also has a role in regulating the immune and respiratory systems. The use of Dog Rose also relates to skin and joint health



# Rosa Canina





# Rosa Canina

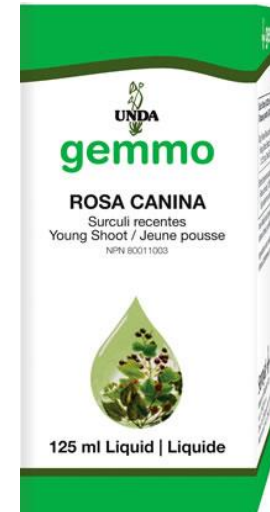


## Organ System Applications:

Endocrine, **Immune**, Musculoskeletal

## Applications:

- Supports:
  - Healthy cytokine activity and natural immune defenses in the lungs and the respiratory system in general
  - Ear, nose and throat (ENT) health
  - Upper respiratory function and nasal support
  - Maintenance of healthy mineral balance



## EACH DROP (0.025 ml) CONTAINS:

Dog Rose (*Rosa canina*) Young Shoot Extract (1:200) ..... 0.025 ml  
0.125 mg Dried Equivalent



# History of Vaccinium Vitis Idaea (Lingonberry)



Lingonberry is primarily used in Phytotherapy as a female remedy. Lingonberry is to women what Giant Sequoia is to men

It is a versatile remedy primarily acts on the urogenital sphere. It traditionally has been used to regulate hormonal balance and is especially useful for menopausal women

Lingonberry is also used for its action in the digestive plane, as it regulates the gastrointestinal system. It is a primary remedy for bone health, and has roles in the renal and urinary systems

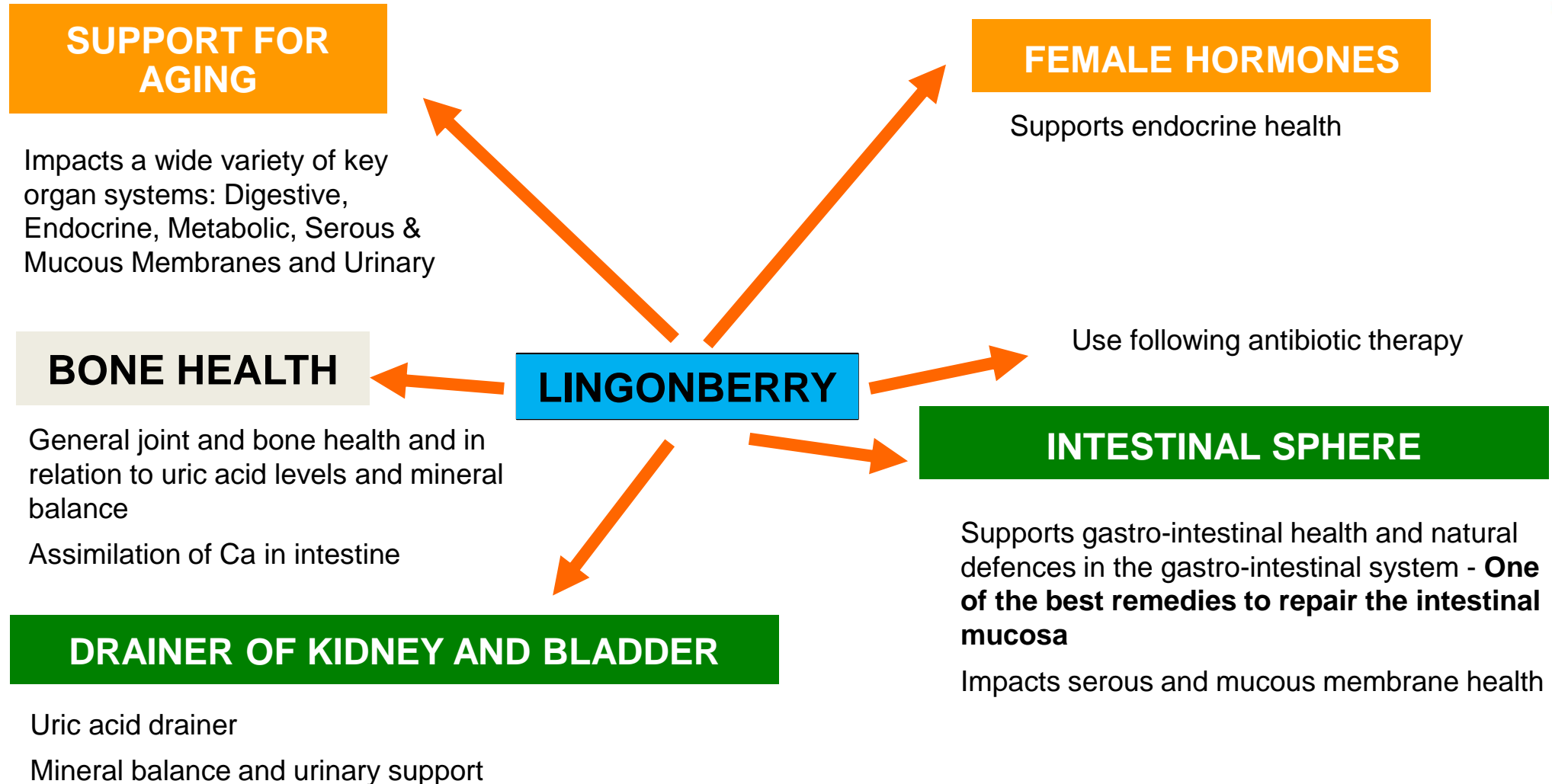




# Vaccinium Vitis Idaea



## GREAT FEMALE REMEDY



# Vaccinium Vitis Idaea

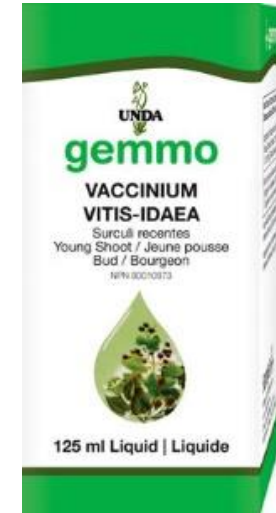


**Organ System Applications:**  
**Digestive, Endocrine, Metabolic, Serous & Mucous Membranes, Urinary**

## **Applications:**

### **Supports:**

- Repair and health of the intestinal mucosa
- Gastrointestinal health and natural defenses in the gastrointestinal system
- Uric acid and mineral balance
- Endocrine health



### **EACH DROP (0.025 ml) CONTAINS:**

Lingonberry (*Vaccinium vitis-idaea*) Young Shoot Extract (1:200) ..... 0.025 ml  
0.125 mg Dried Equivalent



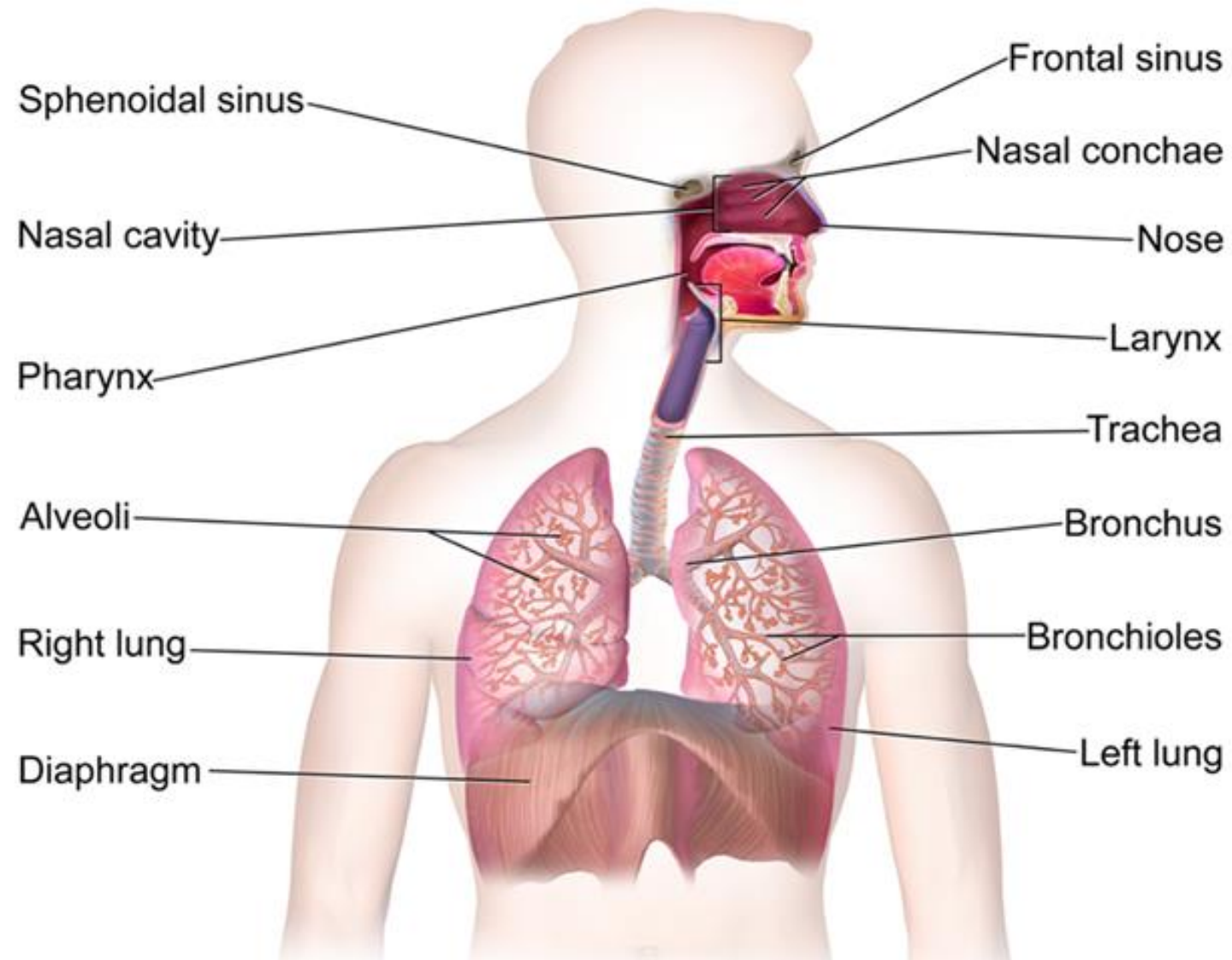
# Respiratory System Overview



- The respiratory system consists of the nose, nasal cavity, trachea, sinuses, larynx, pharynx, bronchi, lungs, and diaphragm
- This system includes one of the key emunctories of the body. Primary functions of the respiratory system are, to facilitate:
  - O<sub>2</sub> and CO<sub>2</sub> gas exchange
  - Altering pH of blood
  - Angiotensin converting enzyme
  - Shock absorbency for the heart



# Respiratory System



# Alnus Glutinosa

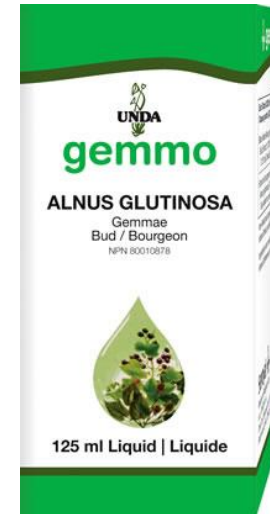


## Organ System Applications:

**Cardiovascular, Digestive, Immune, Mucosal Membranes, Musculoskeletal, Respiratory, Urogenital**

## Applications:

- Supports arterial, venous and vascular health
- Supports healthy cerebral and coronary circulation
- Polyvalent in the maintenance of cytokine activity – supporting the cardiovascular, respiratory, digestive and urogenital systems
- Supports neuro-cognitive health function



## EACH DROP (0.025 ml) CONTAINS:

Black Alder (*Alnus glutinosa*) Bud Extract (1:200) ..... 0.025 ml  
0.125 mg Dried Equivalent



# Clinical Case #1



# Female with Multiple Concerns



Visit: # 1 N/V

Date: February 9<sup>th</sup>

**Age:** 49

**Sex:** Female

**Emotional/Psychological:** Concerned about health consequences of Chemo

**CC:** *In tx for Breast Cancer (Chemo (Current)/Mastectomy (5 Nov. 2009))*

*Wants to optimize Health/Recovery*

*Perimenopause*

**Skin:** Dry, past hx of Rashes & Hives, Recent night sweats

**Digestive:** Food allergies, hemorrhoids, rectal bleeding, indigestion, gas, nausea, constipation, all worse since chemo

**Respiratory:** Past hx of hayfever, pneumonia, bronchitis, chronic cough





# Female with Multiple Concerns



Visit: # 1 N/V

Date: February 9<sup>th</sup>

**Genital:**

**Urinary:** Increased frequency

**Glandular:** PMS - Depression, bloating, breast tenderness , swelling of hands, feet, ankles with period

**Musculo-skeletal:** Joint pain/stiffness, hip pain

**Cardio-vascular:**

**Nervous system:** Loss of memory, poor memory, stress-teenage daughter

**Immune:** Abnormal Cell development in L Breast

**Systemic:** Fatigue

**Medications:** One more round of chemo in 2 wks - Adriamycin/cyclophosphamide



# Female with Multiple Concerns



Visit: # 1 N/V

Date: February 9<sup>th</sup>

## Health Hx: All vaccinations

Antibiotics as child & adult

Uses AI antiperspirant

Age 7 tonsillectomy

Age 16 Pluerisy

Age 17 Lumpectomy

Amalgams removed in 20's - used rubber dam

Age 29 - 30 3 miscarriages

Age 32 Pneumonia

Age 49 CA Stage1, Type II, Estro +, No met. to lymph, Lumpectomy L.Br.,  
mastectomy L.Br., chemotherapy



# Female with Multiple Concerns



Visit: # 1 N/V

Date: February 9<sup>th</sup>

**Drinks:** Tap water, 3-4 cups non-organic black tea/day, 3-5 alcoholic drinks/wk

**Diet:** Typical Cdn - 1 snack, 3 meals/day - non organic

**Fam. Hx:** Arthritis, digestive probs, high B/P, CVD, Cancer in Aunts & Uncles

**Exercise:** Cardio, strength trng, yoga, walking 9-12hrs/wk

**Hgt:** 5'5"

**Wgt:** 130lb

**B/P:** 120/80

**P:** 68

No blood tests brought in



# Female with Multiple Concerns



Visit: # 1 N/V

Date: February 9<sup>th</sup>

**Assessment:** Dysbiosis ← Toxicity ← Kidney ← Liver ← Toxicity

## Protocol Plan:

R/O Water

Alkaline/Organic Diet

Cocktail of:	Juniperus communis	75gtts bid
	Sorbus domestic	75gtts bid
	Ficus carica	50gtts bid
	together in water, *away from food	



# Female with Multiple Concerns



Visit: # 1 N/V

Date: February 9<sup>th</sup>

## Protocol Plan (cont.):

AM before or after gemmo CuAuAg, dissolve in mouth, \*away from food

PM before or after gemmo MnCo, Hold in mouth 1 min., \*away from food

Orti C - 2 bid with food in AM & Midday

HMF Intensive - 1 bid

RTC - 3 wks

\*away from food = 15 minutes or more before or after food & beverages except water



# Female with Multiple Concerns



Visit: # 2 F/U

Date: March 10<sup>th</sup>

**Age:** 49

**Sex:** Female

**Emotional/Psychological:** Concerned about health consequences of Chemo

**CC:** *In tx for Breast Cancer (Chemo (Current)/Mastectomy (5 Nov. 2009))*

*Wants to optimize Health/Recovery*

*Perimenopause*

**Changes noted:** Rx O.K., Feeling Better, Chemo finished

**New Complaints:** none

**Medications:** none



# Female with Multiple Concerns



Visit: # 2 F/U

Date: March 10<sup>th</sup>

**Assessment:** Liver ← Lymph ← Toxicity

## Protocol Plan:

R/O Water

Alkaline/Organic Diet

Cocktail of:	Sorbus domestic	75gtts bid
	Ulmus campestris	75gtts bid
	Betula pubescens	50gtts bid
	Juglans regia	50gtts bid
	Ficus carica	25gtts bid
	Cedrus lebani	25gtts bid

together in water, \*away from food





# Female with Multiple Concerns



Visit: # 2 F/U

Date: March 10<sup>th</sup>

## Protocol Plan (cont.):

AM before or after gemmo CuAuAg, dissolve in mouth, \*away from food

PM before or after gemmo MnCo, Hold in mouth 1 min., \*away from food

Maxum Multi Vite - 2 bid with food in AM & Midday

Orti C - 2 bid with food in AM & Midday

Vitamin D3- 1000 - 1 qd

HMF Intensive - 1 bid

RTC - 4 wks

\*away from food = 15 min. or more before or after food & beverages except water



# Female with Multiple Concerns



Visit: # 3 F/U

Date: April 8<sup>th</sup>

**Age:** 49

**Sex:** Female

**Emotional/Psychological:** Concerned about health consequences of Chemo

**CC:** *In tx for Breast Cancer (Chemo (Current)/Mastectomy (5 Nov. 2009))*

*Wants to optimize Health/Recovery*

*Perimenopause*

**Changes noted:** Rx O.K., Everyday feeling better & better! Decided NO Radiation

**New Complaints:** none

**Medications:** Tomoxafin



# Female with Multiple Concerns



Visit: # 3 F/U

Date: April 8<sup>th</sup>

**Assessment:** Liver ← Lymph ← Toxicity

## Protocol Plan:

R/O Water

Alkaline/Organic Diet

Cocktail of: Sorbus domestic	50gtts bid
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Betula pubescens	50gtts bid
------------------	------------

Zea mays	10gtts bid
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together in water, \*away from food



# Female with Multiple Concerns



Visit: # 3 F/U

Date: April 8<sup>th</sup>

## Protocol Plan (cont.):

AM before or after gemmo CuAuAg, dissolve in mouth, \*away from food

PM before or after gemmo MnCo, Hold in mouth 1 min., \*away from food

Maxum Multi Vite -	2 bid with food in AM & Midday
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Orti C -	2 bid with food in AM & Midday
----------	--------------------------------

D3-1000 -	1 qd
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Super Cal Mag -	1 bid
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HMF Intensive -	1 bid
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RTC - 6 wks

\*away from food = 15 min. or more before or after food & beverages except water



# Female with Multiple Concerns



Visit: # 4 F/U

Date: May 19<sup>th</sup>

**Age:** 49

**Sex:** Female

**Emotional/Psychological:** Concerned about health consequences of Chemo

**CC:** *In tx for Breast Cancer (Chemo(Current)/Mastectomy(5 Nov. 2009))*

*Wants to optimize Health/Recovery*

*Perimenopause*

**Changes noted:** Rx O.K., Everyday feeling better & better!

**New Complaints:** Dev. Cold - Chest heavy, Emotional all the time

**Medications:** Tomoxafin



# Female with Multiple Concerns



Visit: # 4 F/U

Date: May 19<sup>th</sup>

**Assessment:** Virus ← Lymph ← Toxicity

## Protocol Plan:

R/O Water

Alkaline/Organic Diet

Cocktail of: Sorbus domestic	50gtts bid
Betula pubescens	50gtts bid
Zea mays	10gtts bid

together in water, \*away from food



# Female with Multiple Concerns



Visit: # 4 F/U

Date: May 19<sup>th</sup>

## Protocol Plan (cont.):

AM before or after gemmo CuAuAg, dissolve in mouth, \*away from food

PM before or after gemmo MnCo, Hold in mouth 1 min., \*away from food

Maxum Multi Vite - 2 bid with food in AM & Midday

Orti C - 2 bid with food in AM & Midday

D3-1000 - 1 qd

Super Cal Mag - 1 bid

HMF Intensive - 1 bid

RTC - 8 wks

\*away from food = 15 min. or more before or after food & beverages except water





# Female with Multiple Concerns



Visit: # 4 F/U

Date: May 19<sup>th</sup>

## Protocol Plan (cont.):

**Add:** Belladonna 30K  
Mercurius solubilis 30K  
Causticum 30K

Take 3 pills of each, together, dissolve under tongue, \*away from food, tid, for 10 days. Call if no improvement in 3 days

RTC - 8 wks

\*away from food = 15 min. or more before or after food & beverages except water



# Female with Multiple Concerns



Visit: # 5 F/U

Date: August 10<sup>th</sup>

**Age:** 49

**Sex:** Female

**Emotional/Psychological:** Concerned about health consequences of Chemo

**CC:** *In tx for Breast Cancer (Chemo(Current)/Mastectomy(5 Nov. 2009))*

*Wants to optimize Health/Recovery*

*Perimenopause*

**Changes noted:** Rx O.K., Everyday feeling better & better! Continued all Rx

**New Complaints:** Congestion in throat that won't go away, <night, < early AM

**Medications:** Tomoxafin



# Female with Multiple Concerns



Visit: # 5 F/U

Date: August 10<sup>th</sup>

**Assessment:** Still clearing toxicity

**Treatment Protocol:**

R/O Water

Alkaline/Organic Diet

No more Gemmos (maybe irritating throat)

Maxum Multi Vite - 2 bid with food in AM & Midday

Orti C - 2 bid with food in AM & Midday

Livton - 2 bid

Super Cal Mag - 2 bid

Nevaton - 1 bid

HMF Intensive - 1 bid

RTC - 12 wks



# Female with Multiple Concerns



Visit: # 6 F/U    Date: November 16<sup>th</sup>

**Age:** 49

**Sex:** Female

**Emotional/Psychological:** Concerned about health consequences of Chemo

**CC:** *In tx for Breast Cancer (Chemo(Current)/Mastectomy(5 Nov. 2009))*

*Wants to optimize Health/Recovery*

*Perimenopause*

**Changes noted:** Rx O.K., No Cold/Flu, Congestion gone, All tests Normal

**New Complaints:** Irritable - Family stress

**Medications:** Tamoxifen



# Female with Multiple Concerns



Visit: # 6 F/U    Date: November 16<sup>th</sup>

**Assessment:** System Balanced, Liver affected by family stress

## Protocol Plan:

R/O Water

Alkaline/Organic Diet

Maxum Multi Vite -            2 bid with food in AM & Midday

Orti C -                            2 bid with food in AM & Midday

Livton -                          2 bid

Super Cal Mag -                2 bid

HMF Intensive -                1 bid

D3-1000 -                        1qd

Silymarin -                        1 qd

Nevaton -                         1 qd

RTC - 6 months



# Female with Multiple Concerns



Visit: # 7 F/U

Date: April 11<sup>th</sup>

**Age:** 50

**Sex:** Female

**Emotional/Psychological:** Concerned about health consequences of Chemo

**CC:** *In tx for Breast Cancer (Chemo (Current)/Mastectomy (5 Nov. 2009))*

*Wants to optimize Health/Recovery*

*Perimenopause*

**Changes noted:** Rx O.K., Over Cold/Flu, cleared quickly, All tests Normal

**New Complaints:** Low Emotionally, M.D. recommended antidepressant

**Medications:** Tomoxafin, Didn't take antidepressant



# Female with Multiple Concerns



Visit: # 7 F/U

Date: April 11<sup>th</sup>

**Assessment:** Liver ← Emotions

**Treatment Protocol:**

R/O Water

Alkaline/Organic Diet

**In Office:** Homeopathic Ignatia Amara CMK 1 dose of 3 pills, under the tongue

Maxum Multi Vite - 2 bid with food in AM & Midday

Orti C - 2 bid with food in AM & Midday

Livton - 2 bid

Super Cal Mag - 2 bid

HMF Intensive - 1 bid

RTC - 6 months





# Female with Multiple Concerns



Visit: # 8 F/U

Date: May 16<sup>th</sup>

**Age:** 50

**Sex:** Female

**Emotional/Psychological:** Concerned about health consequences of Chemo

**CC:** *In tx for Breast Cancer (Chemo(Current)/Mastectomy(5 Nov. 2009))*

*Wants to optimize Health/Recovery*

*Perimenopause*

**Changes noted:** Rx O.K., Has been feeling fine till now, all tests Normal

**New Complaints:** Cold/Flu - Sore throat, chills, fever, swollen glands

Emotionally down

**Medications:** Tomoxafin, doesn't want to take antidepressant



# Female with Multiple Concerns



Visit: # 8 F/U

Date: May 16<sup>th</sup>

**Assessment:** Bacteria ← Virus ← Emotions

## Protocol Plan:

R/O Water

Alkaline/Organic Diet

**In Office:** Homeopathic Aurum metallicum CMK 1 dose of 3 pills, under the tongue

Maxum Multi Vite -	2 bid with food in AM & Midday
Orti C -	2 bid with food in AM & Midday
Livton -	2 bid
Super Cal Mag -	2 bid
HMF Intensive -	1 bid



# Female with Multiple Concerns



Visit: # 8 F/U

Date: May 16<sup>th</sup>

## Protocol Plan (cont.):

**Add:** Belladonna 30K  
Mercurius solubilis 30K  
Causticum 30K

Take 3 pills of each, together, dissolve under tongue, \*away from food, tid, for 7days.

Berberis Formula - 4 pills bid for 7 days, with food

Call if no improvement in 3 days

In 7 days start Mucocccinum 1 pill q 2 wks, away from food.

RTC - as scheduled in 6 months

\*away from food = 15 min. or more before or after food & beverages except water



# Female with Multiple Concerns



Visit: # 9 F/U

Date: October 24<sup>th</sup>

**Age:** 50

**Sex:** Female

**Emotional/Psychological:** Concerned about health consequences of Chemo

**CC:** *In tx for Breast Cancer (Chemo (Current)/Mastectomy (5 Nov. 2009))*

*Wants to optimize Health/Recovery*

*Perimenopause*

**Changes noted:** Rx O.K., Has been feeling fine till now, All blood tests Normal

**New Complaints:** Mammogram in Aug. - Lump in R Breast, Emotionally down

**Medications:** Tamoxifen, Doesn't want to take antidepressant



# Female with Multiple Concerns



Visit: # 9 F/U

Date: October 24<sup>th</sup>

**Assessment:** Low Vit. D ← Liver ← Emotions

## Protocol Plan:

R/O Water

Alkaline/Organic Diet

**In Office:** Homeopathic Aurum metallicum CMK 1 dose of 3 pills, under the tongue

Maxum Multi Vite - 2 bid with food in AM & Midday

Orti C - 2 bid with food in AM & Midday

Livton - 2 bid

Super Cal Mag - 2 bid

D3-1000 - 1qd

HMF Intensive - 1 bid

RTC - 6 months



# Female with Multiple Concerns



**Follow-up visits to be continued in Session # 3**





Thank you for your participation!

