

Lauren Hubele

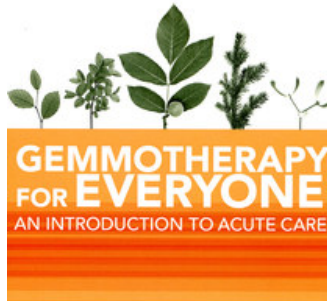
Gemmotherapy for Everyone

Reading excerpt

[Gemmotherapy for Everyone](#)

of [Lauren Hubele](#)

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BY LAUREN HUBELE

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FOREWORD

Gemmotherapy: A Common Love

Lauren and I first met when I supervised the online clinic for Nick Churchill's School of Gemmotherapy. Our friendship started with our mutual love for Gemmotherapy, natural therapies, and a willingness to help and educate people at the center. I later had the joy and privilege to meet and work with Lauren in Romania during her visits to my practice, in Constanta in 2013, and when she spoke and attended our National Conferences of Gemmotherapy. I have found Lauren to be one of the most dedicated and open-minded therapists I have met in all the years I have guided practitioners on the path of natural medicine.

As an MD in Romania, I have practiced Homeopathy and Herbal medicine for more than 25 years. I added Gemmotherapy the last 10 years, and my results are better and better. Romania is a special place for the study of natural medicine. Only medical doctors are allowed to practice these therapies, alongside "classical" medicine. The Romanian Association of Gemmotherapy and Homeopathy (ARGH) has more than 2000 members today. Can you imagine so many medical doctors going back to nature, studying plants and using natural remedies such as Gemmotherapy in their daily practice? There is quite a movement happening in Romania, right now!

Many of these doctors have remarkable experiences with Gemmotherapy and some have produced impressive clinical research. Additionally, Romanian doctors have published books and have translated original French and Italian texts on Gemmotherapy. There is plenty of literature on Gemmotherapy in the Romanian language, but there is very little in the English language. With few notable exceptions, there is no significant book on Gemmotherapy in the

English language, today. There is a huge empty space, which Lauren Hubele begins to fill with this first (and I know it will not be the last) book about Gemmotherapy.

Lauren was very inspired to start with a synthesized book about acute therapy and strategies for quick choices of the best remedies needed in every day practice. I like the simple and precise way she has described each of the most frequently used Gemmotherapy extracts together with wonderful graphics showing the organs involved in each problem. Lauren's cases in this book allow you to witness the same "magic" we all have encountered in our practice, using Gemmotherapy.

It is my wish that Lauren's book reaches every practitioner looking to help their clients with easy, quick, and gentle protocols. I wish that any person looking for the most active and effective therapy to clean and support the body to encounter this book at the right time and moment and to learn about the powers of buds and young tissues.

Thank you, Lauren, for taking the time to write the book I know how hard you work on all your projects and I know how dedicated and close you always are to your clients.

It is a honour for me to write these words for the present book and I am grateful to know you and share with you this passion for nature and natural therapies.

Sorina Soescu, MD
Constanta, Romania
July 2016

AUTHOR'S NOTE

This first book in my Gemmotherapy for Everyone series begins with an introduction to Gemmotherapy extracts and provides simple yet reliable protocols to be used straight away by my practitioner colleagues and individuals with a personal interest in natural therapies.

It was not until the conclusion of this book that I came to the realization that this is actually THE most important book in the series and for one very good reason. It is how we choose to address acute symptoms that directly impact whether chronic conditions even develop. The repetitive and widely accepted practice of suppressing acute symptoms paves the path for inflammatory chronic conditions. Alternatives to this are vital. With that in mind, these simple protocols take on an important new significance.

The suppression of symptoms can be observed so clearly in an infant. How the early symptoms of reflux or colic are handled or how that first fever or ear infection is managed has substantial impact on what happens next for that child. If the symptoms are suppressed in any way, inflammation begins to accumulate. Inhibited or "managed" symptoms only lead to the next expression of inflammation. Suppress a fever and the symptoms accompanying the fever will linger, suppress digestive symptoms and skin and/or sinus conditions will follow and the pattern goes on.

I see each acute symptom as an invitation to heal differently. Rather than suppressing symptoms, the use of Gemmotherapy protocols provides organ support:

1. to the adrenal glands that lead the immune response
2. to the the lymphatic and circulatory systems as they clean and feed the cells
3. for the bowel and kidneys so that the inflammation is eliminated instead of accumulated

This support can be effectively provided by Gemmotherapy extracts and it is my hope that by the conclusion of this book you will understand why.

Gemmotherapy extracts are the most potent and newest addition to the field of plant based therapies. While the original concept can be dated back to the Egyptians, the first documented studies began in 1959, and since this time the materia medica has grown exponentially with contributions by numerous European scholars, physicians, and biochemists. However, while the body of knowledge regarding the action of each extract expanded, practical guides to its application remained limited.

It is this gap in information that led me to dedicate the past four years to an intense personal study and clinical use of Gemmotherapy. Throughout this period of time I have been gifted with opportunities to work alongside, be mentored by, and study with many of the key individuals who have worked tirelessly to bring Gemmotherapy to the forefront.

Each single contribution has shaped the lens through which I see Gemmotherapy, how I apply it in my practice, and the approach I teach practitioners today. Without such foundation, my protocols would have no basis. I am forever grateful to the following individuals:

- Pol Henry, Belgium
- Max Tetau, France
- Gerard Guenoit, France
- Franck Ledoux, France
- Fernando Pitera, Italy
- Sorina Soescu, Romania
- Didi Surcel, Romania
- Simona Nitu, Romania
- Marcus Greaves, U.S.
- Joe Rozencwajg, New Zealand
- and countless others.

In this book, I share with readers exactly what I had searched for as an early home user and practitioner finding my way with a therapy so full of potential. You will read within a brief introduction to

Gemmotherapy, as it has been shared with me, an introduction to the 20 Gemmotherapy extracts used most often for acute symptoms, and most importantly, a set of straightforward easy to follow protocols to address acute symptoms.

Whether you are using this book at your home for yourself and family or in your health care practice, you will discover exactly what you need for acute care with Gemmotherapy extracts. The protocols I share come directly from my own practice and their success has been proven time and again.

Please note that this book is intended only for treatment of acute symptoms, those that appear suddenly and are not recurring. While Gemmotherapy has a substantial and well deserved role in protocols for chronic symptoms, that approach is quite different and highly individualized. I share an overview of my approach to chronic symptoms in the final chapter with the hope of encouraging you to study further.

Finally, I want to clarify the terminology used throughout this book in regards to Gemmotherapy extracts acknowledging that Gemmotherapy is considered a full medicine in Europe, as confirmed by the European Union. When speaking of its use in Europe, I do use the term medicine. In the United States, however, it is classified as an Herbal extract by the FDA and therefore, in the most part, it is referred to as a therapy in this book.

If you are using this book as a home guide and treating yourself for acute symptoms, please keep in mind that this information is not meant to replace the care and instructions provided by your healthcare practitioner. Should your symptoms not improve or worsen within 24 hours, it is advised you promptly see your practitioner.

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What is Gemmotherapy?

Gemmotherapy is the application of plant embryonic tissues (embryophytotherapy) for health maintenance and restoration that is accomplished through drainage, detoxification, immune stimulation, and nutrition.

On the surface Gemmotherapy looks very similar to the liquid Herbal tinctures frequently prescribed by a variety of health practitioners or purchased by individuals for self care. However, beyond the visual similarities lie remarkable differences in their therapeutic capabilities.

It is the specific type of plant material used in making Gemmotherapy that makes it stand apart from Herbal tinctures, supplements, and Homeopathy. Gemmotherapy is produced from the first buds and shoots of select trees and shrubs each spring that contain the growth material for the entire plant.

The embryological tissues of the buds and shoots are the most nutrient dense part of the plant. These tissues contain more vitamins, oligo-elements, minerals, nucleic acids, and growth material than any other part of the plant. The embryological tissue also contains meristem cells. Meristems are the growth cells of the plant, that possess tremendous regenerative properties, much like human stem cells, and have infinite and indefinite self-replicating properties. These cells possess all the power of the future plant and all the genetic information as well as the energetic imprint. Due to this, Gemmotherapy extracts are able to clean and fortify human cells simultaneously.

Gemmotherapy has undergone over 50 years of university level biochemical and clinical studies in Europe to determine the individ-

ual properties and actions each extract has on particular organs and organ systems. Through these studies and the collection of empirical data, Gemmotherapy was granted the status of an approved medicine by the European Union.

Since its approval, Gemmotherapy has gained popularity within circles of physicians, Homeopaths and Naturopaths in Australia, Belgium, Canada, France, Germany, Italy, New Zealand and Romania. However, the spread of it has at times been hindered by language barriers and limited opportunities for formal training.

In the United States, Gemmotherapy is viewed by the FDA as an Herbal supplement rather than a medicine and is yet relatively unknown. There is however a growing loyal following among small sets of health practitioners who were fortunate enough to study with or be mentored by a European trained expert. Because of its versatility, Gemmotherapy is attracting the attention today of Homeopaths, Naturopaths, Chiropractors, Acupuncturists, Midwives, Nurse Practitioners, Pediatricians, Family Practice Doctors, and home users.

As the youngest researched and practiced plant based therapy, the healing potential of Gemmotherapy is still emerging. I find that this makes the study of Gemmotherapy especially exciting and fulfilling. Due to the ongoing research of its bio-therapeutic properties in clinics and laboratories throughout Europe, we are continually learning as our body of knowledge expands.

The fact that this botanical therapy has potential capabilities that far exceed all current phytotherapy treatments available today is remarkable. It is exactly this potential that attracted me to dedicate myself to the study of Gemmotherapy and then eventually move it to the lead position in protocols I use for acute and chronic symptoms for all of my clients.

I believe that the gentle yet powerful effects of Gemmotherapy along with its ease of use and affordability make it a highly sustainable therapy for our future. In an age when the practice of medicine has turned toward increasingly toxic treatments for both acute and chronic symptoms, Gemmotherapy is now available offering a myriad of new possibilities and hope.

Let's take a brief look at the production of Gemmotherapy extracts. Each spring, producers of the extracts will collect the first appearing buds, shoots and in some cases roots, from select trees

and shrubs to use as raw material. The method of extraction is highly specified by the European Pharmacopoeia.

Production method for D1 Gemmotherapy Extracts

STEP 1 The fresh plant materials (buds, shoots, or roots) that have been harvested in their most active phase of the growth cycle in the spring are mixed with alcohol and glycerin at a 1:20 dilution.

STEP 2 This macerate is allowed to sit for 21 days in a cool, shaded setting, agitating the liquid on regular intervals.

STEP 3 The liquid is filtered, potentized and diluted to 1:10 using a mixture of glycerin, alcohol, and purified water and then bottled.

It is important to note that if properly stored in lightproof bottles and a cool, preferably dark, environment, the therapeutic qualities of Gemmotherapy remedies do not diminish significantly over time. In Europe, regulations do stipulate that the extracts should be used within five years of the date on which the plant material from which they were made was picked.

How is it used?

Gemmotherapy extracts are taken as liquid drops added to water as needed for acute symptoms or as a part of a daily protocol for chronic conditions. Due to ongoing research, we know this gentle yet powerful therapy can be used on newborns to geriatric clients and the majority of the extracts are safe during pregnancy. Gemmotherapy has been proven to provide immediate support for acute illness and infections, leaving the affected organs clean and fortified at the end of treatment. A practical methodology to treat chronic conditions with Gemmotherapy has evolved to a level that it can now be taught in a structured and linear fashion.

Additionally, we are learning through clinical studies that as

Gemmotherapy restores the natural functions of organs the need for supplemental vitamin and minerals that the body naturally produces is reduced or eliminated (Soescu).

New Gemmotherapy extracts are continually being tested and developed and today there are about 60 individual products in regular use and production. At this point in time there are several recognized large scale producers of Gemmotherapy extracts in Europe as well as multiple boutique style operations who sell their products through pharmacies. These European producers also make their products available in the United States through distributors.

Why use Gemmotherapy?

While I am certain that once exposed to Gemmotherapy you will discover your own reasons to use it, I'd like to share the main reasons I continue to use it on a daily basis in my practice:

1. Gemmotherapy offers benefits above and beyond all other forms of natural therapies by cleaning AND fortifying affected organs
2. The acute protocols are simple, straightforward, and produce reliable results
3. Its use and action is easily understood by clients
4. It streamlines acute care by eliminating the need for additional supplements and tinctures
5. When applied according to tested acute care protocols, symptom aggravation is rare

Case Examples

I'd like to draw your attention to five acute cases from my practice. These cases demonstrate the effectiveness of Gemmotherapy whether using it with clients in your practice or at home treating yourself and/or family members. Specific dosages for these protocols will be found in Chapter Five.

Peter: acute croup

Peter's mom brought him to my office because he would experience a dry cough that escalated into spells of spasmodic coughing at the

onset of rapid weather changes. Because these changes are common where the family lives, at night time, she needed a solution that would work.

I advised her to dose Peter with alternating doses of Black Currant and Lithy, giving him one each hour on the nights a dramatic weather change was expected and/or when Peter exhibited the first sign of the dry tickling cough. Seven year old Peter is a very independent and mature young man. I explained that his mom could leave his Gemmotherapy doses prepared on his bedside table and how he could take them in the middle of the night on his own.

The first cold spell presented itself early one evening. They began the protocol before bed and Peter was able to have one dose of each. While Peter did wake once in the night and took a dose of Black Currant himself, he slept soundly the rest of the night.

They continued this protocol a full 24 hours with Peter experiencing occasional coughing. The following morning we reduced the dosing to every 4 hours as there was no cough present and as of the third day, he took one dose of Black Currant in the morning and one dose of Lithy in the evening.

Peter continued this for a full week. When the next weather change occurred Peter's mom was able to give him two doses of each extract before bed and he never woke during the night.

Jane: acute anxiety/panic

Jane arrived late for her appointment tearful and clearly shaken. As she had entered the neighborhood of my practice she witnessed a car clipping a bicyclist who went sailing. She had to continue on with the traffic but could not get the sight out of her mind or stop worrying for the safety of the cyclist.

Jane was restless and exhausted all at once and was feeling quite nauseated. As she took a seat in my office, I quickly mixed a dose of Fig and Lime to have her sip on while she shared more of her feelings. Before she finished the small amount in the glass of water the color had returned to her face and she was no longer shaking. She was astounded by how quickly she began to relax and breathe easily.

I prepared another two doses in her water bottle to sip on the rest of her day while she was at work. She wrote the next morning to thank me. Jane told me that she had been quite worried that she

would have a night full of restlessness and bad dreams but instead slept more soundly than ever.

Sara: urinary tract infection

Six year old Sara complained on the way home from school of a burning sensation that she experienced when urinating. She told her mom that it had just started after lunch. Sara's mom reached out for help. I suggested our standard two extracts for any urinary tract inflammation, Black Currant and Lingonberry. As in Peter's case for croup, I suggested alternating doses of these two extracts hourly (while awake) for a full 24 hours.

Sara received the first dose of Black Currant in my office and an hour later a dose of Lingonberry. She received 2 more doses of each extract before bedtime. After urinating right before getting into bed Sara told her mom that there was not any discomfort.

However, when Sara woke up she did have a slight burning sensation upon her first urination and, as I had advised, her mother continued giving her alternating doses all that day. There were no further complaints that day.

When Sara's mother checked back in with a report at the end of 24 hours I suggested that since the symptoms had improved so quickly she could significantly reduce the dosage. For the next week Sara received, together this time, one dose of Black Currant and Lingonberry in the morning and the same in the early evening. Sara had no further symptoms.

Kristy: postpartum mastitis

Kristy, a 36 year old new mom, contacted our office for the first time just days after the delivery of her son. Kristy was experiencing all the classic signs of mastitis, red hot throbbing painful breasts and a low grade fever. Not wanting to be prescribed antibiotics, her postpartum doula recommended she try Gemmotherapy.

I made a house call to Kristy as she was in the neighborhood and was better off staying at home these first weeks like all new mothers. Kristy was in quite a bit of discomfort as well as very anxious and fearful about her state. I explained to Kristy that my plan was to have her take Gemmotherapy extracts that would reduce the acute

inflammation and pain as well as one that would restore optimal elimination post delivery.

Kristy was to take Silver Birch Buds, Black Currant and Lingonberry together, repeated 4x daily. She took her first dose while I was still there with her and by the time I got back into my office she had emailed that she already experienced a 25% improvement. She felt very encouraged and her anxiety was greatly reduced as well.

As with all of my acute cases I had Kristy check in at the 24 hours point. She stated that at this point there was no longer any pain, the heat was gone, yet there was in fact some breast sensitivity which appeared to be in the normal range for a new mother.

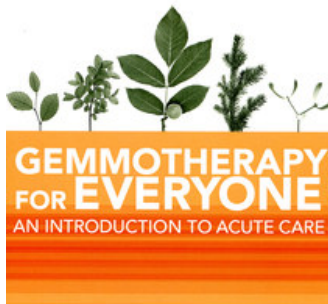
I then had Kristy reduce the dosage to 3x daily for the next five days. On the sixth day, when there were no longer any symptoms present, I suggested she reduce the dosage again to one that would maintain her current state and support good elimination. For the next 6 weeks Kristy took Silver Birch Buds & Black Currant in the morning and Lingonberry in the evening.

Philip: acid reflux

Philip's struggle with reflux became apparent at 2 months of age when he was spitting up after every nursing. A vaginally delivered, fully breastfed baby, Philip's weight gain now seemed to be affected by his symptom.

Philip's mother decided to try Gemmotherapy for his reflux. What Philip needed was a Gemmotherapy extract that would support his developing digestive system and soothe the action of digestion from mouth to stomach. Fig, known as the guardian of digestion, would do just that.

I instructed Philip's mother to give him the drops directly in his mouth prior to nursing, beginning with 4x daily until his reflux subsided. Once consistent with the dosage, an improvement was seen within the week. I advised continuing the 4x daily dosage until the reflux was no longer occurring and then continue 2x daily as a maintenance. Because Gemmotherapy extracts support healthy growth and development of organ tissue, instead of suppressing a symptom, the continued use is only helpful. After 6 weeks we will see if 1x daily is enough to prevent his symptoms from returning until he reaches six months of age.



BY LAUREN HUBELE

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