Lauren Hubele
Gemmotherapy for Everyone

Leseprobe

Gemmotherapy for Everyone
von Lauren Hubele
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BY LAUREN HUBELE

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FOREWORD

I first met Lauren Hubele when she presented at the Gemmotherapy conferences in Romania, where I grew to appreciate her expertise in this subject. Therefore, I welcomed the invitation to write the preface to her new book *Gemmotherapy For Everyone: Building Immunity In Babies & Young Children*. The title of the text introduces us to a specific theme: to take care of the most delicate age of the human being, a choice that denotes the special sense of the author who has experience as a mother, wife, practitioner, author, and teacher.

The purpose of the text is to raise the awareness for parents to care for the well-being of their children using Gemmotherapy extracts and proper nutrition from birth. Hubele has helped many children in her practice and has seen excellent results with the protocols proposed in her book. Treating small children requires a combination of knowledge, expertise, great experience, commitment, careful observation, weighted choices, and constant updating. These qualities are evident in every page of this work where the author, a well-known expert in Gemmotherapy, has been able to combine, in a clear and rational manner, effective advice, commentary, and safe effective protocols.

The appropriate and informed use of this method can, in fact, lead to successful results even where conventional medicine often fails. We know that chemical drugs, though often necessary, almost always suppress the symptoms without healing. We also know, however, that what is not expressed is imprinted to become chronic pathology. The proposed Gemmotherapy protocols will instead support the physiological capacity of the body to restore proper immunity; to clean, drain and heal the body of babies and young children by resolving their symptoms instead of suppressing them.

To facilitate the reading and use of the text, Hubele has divided it into 7 chapters, where parents can easily choose the section in which they are most interested and easily find the information necessary to help their

child. It's a simple book to look at, which in itself is a great asset, because the author addresses parents who often have to make important decisions to protect the health of their children. In fact, she writes: "I think there are no more important decisions than how you will care for the health of your child. While there is already an established mainstream path, my goal is to expose you to an alternative, a path that supports the innate healing process of your child and building a natural immunity."

The book is not to replace the pediatrician's care and expertise, but is a precious reference manual with helpful advice that every parent should have at their disposal. The author's main merit is to be able to share these important natural remedies specifically for the pediatric age group in a comprehensible and easy-to-grasp language. Due to this the content is pleasant and useful reading, supporting the reader to recognize the Gemmotherapy extracts most suitable for the first years of life.

Finally, I believe and hope that this new knowledge of the capabilities of Gemmotherapy will be a stimulus to deepen their use by pediatricians who in turn may use them to treat their smallest patients according to the most important principle of hippocratic medicine: "Primum non nocere: Above all else do no harm".

— Dott. Fernando Piterà of Clima, Genoa Italy

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