

# GEMMOTHERAPY: A POWERFUL TOOL BY DANIEL P. TOWLE, D.C., DNBHE

*Gemmotherapies are one of the most effective ways to restore homeostasis and vitality. ~  
Jennifer Sierzant*

DRAINAGE

DETOX

PLANTS

HEALTH

## Overview

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Gemmotherapy extracts are the most potent addition to the field of plant-based therapies. Gemmotherapy extracts are produced from select plant embryonic tissues, most often the tree branch buds for health restoration and maintenance. The tree buds contain the growth material of the entire plant and are the most nutrient dense part of the plant. The action of these extracts on a cellular level promote drainage, toxification and rejuvenation of organs. The use of Gemmotherapy extracts for acute and chronic symptoms leads to a restoration of immunity, which is the foundation for health.

Gemmotherapy has undergone over 50 years of university-level biochemical and clinical studies in Europe to determine the individual 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 and the making of the extracts is outlined in the European Pharmacopoeia. Today, Gemmotherapy has started to catch the attention of those seeking natural methods to improve their immunity as well as healthcare providers such as homeopaths, naturopaths, chiropractors, acupuncturists, midwives, nurse practitioners, pediatricians and family practice doctors.

Gemmotherapy incorporates the buds of fresh plants or embryonic tissues in the growth phase, such as young shoots. These tissues are rich in growth factors, including phyto hormones, auxins and gibberellins. The active principles in the gems are present which start to disappear after a plant reaches a certain point in its growth. An example is auxin which is a hormone found in plants, in vitro studies show that auxins stimulate cell growth. Auxins have a fetal hormonal action and are found only in the buds of a plant. Gibberellins are the other principle factors in these remedies. They stimulate RNA and protein synthesis. Like the auxins, they are present only in the buds and are not found in the whole plant. Therefore all of our current homeopathic remedies that are prepared from the whole plant (usually flowering) do not have these key elements present.

There are a number of therapies that have been used for the last thirty-five to two-hundred years that follow some homeopathic /herbal principles and are powerful adjuncts to classical homeopathic prescribing. Gemmotherapy is a branch of phytotherapy which was discovered by Henri Pol Bruxele and colleagues in 1965. The oligo elements catalyze

the enzymatic systems of the body to more efficiently utilize the gemmotherapy: allowing detoxification that would take months with gemmotherapy alone to happen within weeks.

## THE PRIMARY USE OF GEMMOTHERAPY

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The primary use of gemmotherapy is for drainage and detox. Only when this happens can the body truly heal itself. Most of us struggle with lowered immunity and the wide range of chronic symptoms that come with it. When our immune system is compromised, our bodies are unable to optimally remove waste. This puts a lot of stress on the kidneys. If this state is prolonged, the liver, lymphatic and circulatory systems become congested and the entire immune system suffers, leaving us more susceptible to illness. In this state of poor elimination, the pH of the body can no longer remain neutral. States of acidosis develop and tissues begin to deteriorate. Healthy cell production cannot occur in a state of acidosis. This degeneration reduces the performance of any organ or glands in the affected areas.

What this boils down to: our bodies cannot fight off or recover from illnesses in this state. To return our bodies to health, we have to find our way back to healthy cell production. And here is the beauty of Gemmotherapy! When used holistically and systematically, it excels at shifting states of acidosis and healing the immune system from that cellular level. Its power lies in its effectiveness at reminding the body of what it can do when it's operating at its optimum capacity.

Healing starts at the cellular level and healing cannot occur when cellular functions are blocked due to toxins. Gemmotherapies also stimulate the proper functioning of the organs by allowing them to remove their toxic load. Drainage and detoxing has changed over the centuries – hormones, vaccinations, drugs and petrochemicals are rampant in our environment as compared to in the past. These toxins can block the replication of cells. Without these cell replications, organ failure results.

For many years gemmotherapy held an important place within French homeopathic circles where these macerations were used for the purpose of drainage and detoxification. It is for this reason that the first comprehensive studies on such therapy came about from the Homeopathic Society of Normandy and constituted the object of important publications in the homeopathic archives of Normandy. Dr. Max Tetau states: "When an emunctory of the organism, that is an excretory system such as the kidneys, the liver, etc., is inadequate or blocked, when a glandular or tissulary system is deficient, when a well individualized treatment conforming to the similitum of the patient does not give the hopeful results, but on the contrary presents aggravations or the appearance of new troubles, it is necessary to stimulate the organs of elimination by means of medications whose organic tropism or physiological affinities are known.

"The term drainage expresses the dynamics of this therapeutic which consists of one or many organs with an excretory function. Thus in some way the outlets are opened which permit the toxins liberated by the homeopathic medication to exteriorize themselves and be thus eliminated from the organism."

Three types of drainage have been distinguished:

1. Drainage by means of organ stimulation.
2. Drainage by means of tissue excitation.
3. Drainage by means of toxin elimination.

Gemmotherapy provides us with a modern method of drainage, perfectly adapted to the Vital Force disturbance being treated. It can easily be combined with other homeopathic prescriptions. If people are considered as a whole, the elements to which they fall prey develop on a terrain weakened by the slowing down of the elimination organs -

emunctories - which are trying to work while there is a continued growth of a pool of toxic substances, badly broken down metabolites, waste material and immune complexes. There is also a concurrent decrease in the defense systems.

## WHERE DO GEMMOTHERAPIES COME FROM?

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As soon as they are harvested, the bud and embryonic plant tissue are soaked in a mixture of glycerin and alcohol, in a ratio of 1/20 of the dry weight of the fresh plant used. Glycerin is selected as an excipient as it allows for better extraction of the embryonic ingredients. After three weeks, the macerate is filtered and diluted to 1/10 with a mixture of water, alcohol and glycerin. With this 1/10 solution, Hahnemann's first decimal (DH), is the medicinal form of gemmotherapy remedies. It is the only one prescribed since it is the formula that provides the maximum and, above all, the most consistent effect.

All of the gems must be prescribed in separate bottles and not be mixed until they are used. Mixing in the same bottle carries the risk of chemical reactions that could modify or alter their therapeutic properties.




## HOW DOES GEMMOTHERAPY WORK?

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Drainage always occurs in the centrifugal manner carrying waste towards the organ which it is providing for their elimination to the outside. It then involves not only the organ or the tissue which functions as an emunctory (liver, kidney, intestines, skin) but also the organic liquids (blood, lymph) which transport waste as well as the nerve constituents assuring the regulation of cellular excretions.

These uses of gemmotherapy have become so precise that people can be treated with specific types of gems according to their constitutions. This is possible because of the affinity that each gem presents for a single organ in the human body. These clinical indications provide a repertory that a practitioner can use in a simple matter. In most cases, these indications are valid and allow for a rapid application of this method with beneficial results.

The use and research behind each of the gemmotherapies is well documented in French homeopathic literature. They have spent decades doing the chemical analysis of the buds, young shoots, rootlets and a comparison in the qualitative and quantitative distribution of the different components as compared to the adult plant. They have studied the high performance liquid chromatography (HPLC) properties as an assessment of the activity of the whole bud as opposed to the active ingredient isolated in the whole plant. They have also carried out clinical experimentation that enables the physician to know the precise therapeutic possibilities of gemmotherapy and determine its main indications.

WHAT	THEY	TREAT
		

## WHAT THEY TREAT

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Many of the gems overlap in their indications and usage for a variety of commonly treated conditions. These will be described below in alphabetical order and the information presented will allow treatment beyond these listed disorders by applying the general principles elucidated below.

ACNE, ARTHRITIS, ASTHMA, BACTERIAL INFECTIONS, BLOOD CONDITIONS, BRONCHITIS, CARDIAC INSUFFICIENCY, CYSTITIS, DEPRESSION AND ANXIETY, DERMATOLOGY, EMPHYSEMA, EYES, EARS, NOSE AND THROAT, FEMALE HORMONES, FIBROIDS, FRACTURES, GALL BLADDER, GASTRITIS AND DUODENAL ULCERS, GOUT, GROWING PAINS, GUM DISEASE AND PERIODONTITIS, HAY FEVER AND ALLERGIES, HEPATIC CONDITIONS, HEPATITIS C AND HERPES, HYPERTENSION, HYPOTENSION, INFLAMMATORY ARTHRITIC CONDITIONS, INSOMNIA, INTESTINES (GUT HEALTH), KIDNEY PROBLEMS, LYME DISEASE, MALE GENITAL SYSTEM, MENOPAUSE, MIGRAINES, MUSCLE SPASMS, OSTEOPOROSIS, PANCREAS AND STOMACH, POST CONCUSSION SYNDROME, (PTSD) POST TRAUMATIC STRESS SYNDROME, SENILE MEMORY LOSS, SINUSITIS, SKIN - ACNE, SOFT TEETH IN CHILDREN, TACHYCARDIA AND PALPITATIONS, UTI, VARICOSE VEINS, VIRAL, WEIGHT MANAGEMENT.

## SUMMARY


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Gemmotherapy can offer an extremely useful tool to expedite recovery when utilized with classical homeopathic prescribing and nutritional support. Dr. Greaves offers the following guide lines on how soon to expect results, 1. Expect approximately one month for each year of disease. 2. Depends on the state of the liver and the pancreas as well as the strength of their Vital Force. 3. For a normal person, treatments take anywhere between 4 weeks and 4 months.

As previously mentioned, gemmotherapy benefits the entire system and all the organs, it increases the tissue defenses and normalizes the local altered metabolism. Due to its selectively localized action on various emunctories of the human body and stimulation of the reticulo-endothelial system, gemmotherapy assures a profound detoxifying action of the body. Gemmotherapy proves to be efficacious and perfectly integrates the ideal therapy established by Hippocrates: "If nature is not sufficient to cure, art teaches us to provoke the nonviolent powers within the human body, which would help, without risk to get rid of whatever burdens."

## TO WORK WITH ME FOR A PERSONALIZED GEMMOTHERAPY PROTOCOL:



- Jennifer Sierzant (Naturopath)
-  Jennifer Sierzant
- Remote Consults only