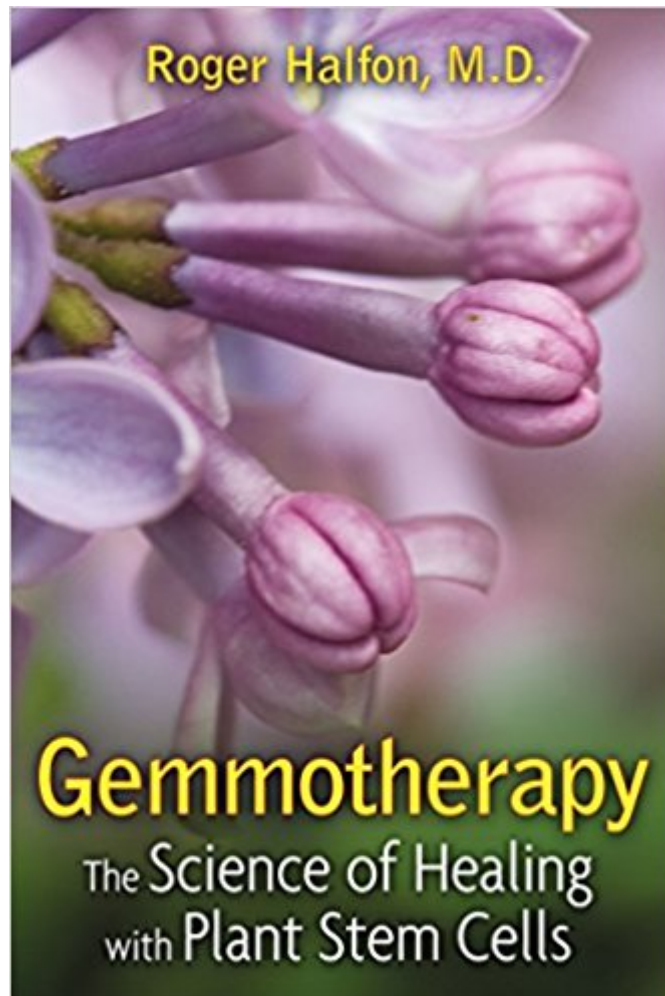




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# Gemmotherapy: The Science Of Healing With Plant Stem Cells



## Synopsis

Harnessing the vital energy of plant buds for detoxification and rejuvenation    The uses and healing properties of 34 tree and plant buds, including hawthorn, maple, and lilac    Catalog of more than 30 common ailments and their remedies    Resources for obtaining the remedies and preparation guidelines    Gemmotherapy--the medicinal use of plant buds and young shoots--harnesses the healing power of trees and shrubs at the peak of energetic activity in their annual cycle, capturing powerful nutrients, vitamins, plant hormones, and enzymes. Perfect for combatting the unavoidable amount of pollutants we encounter in modern society, gemmotherapy is primarily aimed at draining the body of toxins and acts by gently stimulating and promoting elimination. The potency of these plant "stem cells" also enables gemmotherapy remedies to treat far more ailments than just those for which these plants are prescribed in traditional herbalism. This therapy can be used to treat many common conditions, such as asthma, osteoporosis, kidney stones, and anxiety, and is especially effective at alleviating allergies. This book describes the gemmotherapeutic uses and healing properties of 34 trees and plants, including hawthorn, maple, lilac, as well as covering the history and biological foundations of gemmotherapy. It contains a catalog of more than 30 ailments with in-depth remedy protocols, a resource section, and detailed information on how gemmotherapy extracts are prepared. An adjunct to both traditional herbalism and homeopathy, gemmotherapy offers an all-natural path to detoxification and healing with no side effects.

## Book Information

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Dieting > Alternative Medicine > Herbal Remedies

## Customer Reviews

"Dr. Halfon offers lay people and alternative / complementary practitioners an opportunity to add another dimension to their health practice. The concise but informative manner makes it simple to understand and implement. Gemmotherapy is the way to go." (Irene Watson, Reader Views, August 2010)"The reader will find detailed descriptions of 34 gemmotherapy remedies and a section devoted to treatment protocols." (Anna Jedrzejewski, New Age Retailer, October 2010)

ALTERNATIVE HEALTH / HERBS Gemmotherapy--the medicinal use of plant buds and young shoots--harnesses the healing power of trees and shrubs at the peak of energetic activity in their annual cycle, capturing powerful nutrients, vitamins, plant hormones, and enzymes. Perfect for combatting the unavoidable amount of pollutants we encounter in modern society, gemmotherapy is primarily aimed at draining the body of toxins and acts by gently stimulating and promoting elimination. The potency of these plant "stem cells" also enables gemmotherapy remedies to treat far more ailments than just those for which these plants are prescribed in traditional herbalism. This therapy can be used to treat many common conditions, such as asthma, osteoporosis, and kidney stones, and is especially effective at alleviating allergies. This book describes the gemmotherapeutic uses and healing properties of 34 trees and plants, including hawthorn, maple, lilac, as well as covering the history and biological foundations of gemmotherapy. It contains a catalog of more than 30 ailments with in-depth remedy protocols, a resource section, and detailed information on how gemmotherapy extracts are prepared. An adjunct to both traditional herbalism and homeopathy, gemmotherapy offers an all-natural path to detoxification and healing with no side effects. ROGER HALFON, M.D., is a physician, psychiatrist, homeopath, auriculotherapist, and herbalist. He has published numerous books on health in French, including *Guide pratique des fleurs de Bach* [Practical Guide to Bach Flowers], *Comment renforcer ses dÃ©fenses immunitaires* [How to Strengthen Your Immune System Defenses], and *Migraines et acouphÃ©nes enfin traitÃ©es* [Finally a Treatment for Migraines and Tinnitus]. He lives in France.

Easy to understand and safely implement this delightful therapy. I am a flower essence and homeopathy practitioner and these are new to me. I think the remedies are quite lovely. They are subtle, but leave a vibration that seems to be accumulative.

Poorly written info, extremely basic, not for a Health Care Professional. Impractical book, lacks organization, dangerous for the lay person.

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