



Gemmotherapy: The Science of Healing with Plant Stem Cells

Roger Halfon M.D.

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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.

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