

GEMMOTHERAPY FOR EVERYONE

## 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



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## 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.

## A C K N O W L E D G E M E N T S

**To my dear friends and esteemed colleagues:**

Nick Churchill, for being a pioneer in educating practitioners in Gemmotherapy and sharing your passion for this beautiful therapy.

Dr. Sorina Soescu, for literally taking me under your wing, interpreting my discoveries, shedding light on my frustrations, and leading me by example personally and professionally.

Pharmacist Carmen Ponoran, Dr. Neli Olah, and all of the Plant Extrakt Team for your willingness to work with me and my determination to spread the use of Gemmotherapy in the United States.

To the leadership team and members of the Romanian Gemmotherapy and Homeopathy Organization (ARGH) for welcoming me into your fold and hosting me as a speaker at your conferences these past years. This unique opportunity has allowed me an annual overview of the magnificent work in Gemmotherapy underway in Romania.

Jhuma Biswas CCH, RSHom (NA), for your steadfast role as confidant, companion, and loyal supporter as we have and continue to travel together uncovering the potential of Gemmotherapy.

Dr. Tim Dooley MD, for the encouragement and insight you have provided.

Robin DiPasquale ND, RH (AHG), for sharing your personal work and expertise with Gemmotherapy and your openness to exploring new ideas in bringing this therapy forward.

Vivian Ballard, my dear friend and hometown cheerleader for her constant encouragement and superb proofing skills.



**To my faithful team:**

Aaron Thompson, my assistant, who has had the task of organizing my days in order to make this book happen and has certainly read every word written no less than five times.

Christine Terrell, my designer, who has guided me in the fine art of communicating what I really want and has brought life and beauty to what would have otherwise been a rather boring book.

Gail Hurt, my business coach, who has trained me with great skill to reign in my creative ideas, stay focused, and produce real results.

**To my dear family:**

Joachim, Meghan, Kate, Joe, and Sebastian thank you for your love, encouragement, and sense of humor. Just a warning that there is only a short reprieve before the next book is underway.

Finally, to all the friends, acquaintances, and even random strangers who have had to endure my injection of the topic of Gemmotherapy into our one-off conversations. While I humbly beg your forgiveness, I fully expect this behavior to continue.

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CHAPTER ONE

# Gemmotherapy for Everyone





It is the specific type of plant material used in making Gemmotherapy that makes it stand apart from Herbal tinctures. 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.



## 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.

CHAPTER TWO



# A Brief History of Gemmotherapy



Pol Henry is considered the grandfather of Gemmotherapy. His first research and published findings date back to 1959. In 1970, Bases Biologiques de la Gemmotherapie, formed the foundation for Gemmotherapy today.



To understand Gemmotherapy today it would be helpful to have a brief look at its evolution. In this chapter I share the history of Gemmotherapy as it has been taught to me. Please accept that this is by no means an exhaustive list of contributors, as there are many who have dedicated hours of research in their own practices striving to understand the full potential of this emerging therapy. Included are those of whom I am aware, that have played key roles in increasing our understanding of Gemmotherapy.

**Pol Henry** is considered the grandfather of Gemmotherapy. His first research and published findings date back to 1959. In 1970, *Bases Biologiques de la Gemmotherapie*, formed the foundation for Gemmotherapy today.

Henry conducted the first known comprehensive research on the therapeutic qualities of plant buds. An MD Homeopath in Belgium, Pol Henry furthered his studies to include the roots, shoots, and bark of plants that had been used in traditional plant therapies over the centuries. His discoveries of the healing potential within meristem tissue, the embryonic cells of the plant, is what qualifies Gemmotherapy as the most potent plant based therapy of our time. In his published studies and book Henry called his medicine Gemmotherapie.

**Max Tetau**, a French MD, was a collaborator with Pol Henry from the early 1960's. He and his team continued on after Henry's passing. Tetau was able to expand the findings of Henry throughout his professional career right up to his own passing in 2012.

Tetau aligned with many French physicians who had preceded him in believing in the terrain theory of dis-ease as oppose to the germ theory. Tetau believed that what we see as chronic dis-ease today is due to an accumulation of toxins from within the body. He believed that the only route to heal was through the elimination of toxins so that tissue could then repair itself. It was these deep-seated

beliefs that drove Tetau to study further with Henry and bring forth a therapy that could successfully drain toxins and heal tissue on a cellular level.

**Professor Fernando Piterà** was the guiding force behind the spread of Gemmotherapy research to Italy beginning during the lifetime of Tétau. As a leading physician, Homeopath, and scientist at the University of Genoa, Piterà began to emerge as the next academic voice in the study of Gemmotherapy. Dr. Piterà published (in Italian) the first complete exposition on Gemmotherapy in 2000, *Compendio di Gemmoterapia Clinica*. This publication gave him a firm position as the leading authority on the subject for our time.

Piterà teaches that young plant tissues are actually phytocomplex biological systems made of thousand of molecules acting as a whole. He has proven that the classical use of single parts of the plants such as leaves, roots, bark, seeds, or the whole plant, as opposed to the use of young embryonic tissue, does not have the same dynamic impact.

Piterà's work has shown that Gemmotherapy has infinite, indefinite, self-replicating capacities and that Gemmotherapy, based on meristems, is able to extend its action beyond to the organic and cellular levels while classical Herbal therapy works only at the functional and metabolic level. Classical Herbal therapy actually loses the most active source of the plant world and should be used only as a secondary resource for therapeutic purposes.

Dr. Piterà, who has dedicated his life's work to Gemmotherapy and its combined use with Homeopathy, still gives lectures and seminars throughout Europe on his latest findings. His immense contributions to this field are unsurpassed and his writing and studies continue today.

Over the past decade, several multi-lingual Gemmotherapy practitioners have been instrumental in making information available to others in English, each sharing their own unique contribution. It is due to their pioneering work that Gemmotherapy became accessible to English-only speakers.

**Dr. Marcus Greaves**, a French educated physician, who authored *Gemmotherapy and Oligotherapy Regenerators of Dying Intoxicated Cells* in 2002, shared his research and clinical practice using Gemmotherapy, Oligotherapy, and Homeopathy together.

**Dr. Joe Rozencwajg**, a New Zealand NMD and accomplished author in the fields of Homeopathy and nutrition, wrote *Dynamic Gemmotherapy*, 2008. Dr. Rozencwajg has developed and teaches his own style of integrated protocols using a variety of natural therapies to include Gemmotherapy.

**Dr. Stephen Blake**, a California veterinarian made his mark in the field in 2011 with the first and only book on Gemmotherapy for animals titled, *Gemmotherapy for our Animal Friends*. Dr. Blake has created a wide following of veterinarians and pet owners who adhere to his protocols and have integrated Gemmotherapy into their private practices.

**Philippe Andrienne**, a botanist, scholar, and Gemmotherapy extract producer from Belgium, has contributed a sizable amount of knowledge on the biochemical makeup of each Gemmotherapy extract. His most recent published work is *Traité de Gemmotherapy*, 2011.

The combined work of **Drs. Franck Ledoux** and **Gerard Gueniot** is the most recent published work on Gemmotherapy. *Phytotherapy, the Embryo of Gemmotherapy*, 2012, features an introduction into Gemmotherapy as a medicine and includes beautiful and at times poetic descriptions of 54 extracts and their uses. The forward for this resource book was provided by Dr. Fernando Piterà.

**Nick Churchill**, a UK Homeopath and Gemmotherapy scholar, is the first to make high quality training in the English language available worldwide through his online International School of Gemmotherapy. Churchill began his program after learning of Gemmotherapy during his extensive studies with Italian Homeopath, Massimo Mangialavori.

Churchill is an expert on trees and their potential action on the body. His program reflects his passion for Gemmotherapy in various



lessons regarding its history and development, the science behind Gemmotherapy, suggested protocols, and detailed information regarding each single Gemmotherapy extract and potential uses.

**Dr. Didi Surcel**, a foremost Romanian specialist in immunology and leading researcher in Gemmotherapy, has lectured internationally on the topic and its use along with Homeopathy. In this quote she sums up well the Romanian view of Gemmotherapy:

As an element of the universe, human beings incorporate in the depth of their structure all that exist in the universe. So it is natural that any imbalance of the human body has a remedy in nature. This is the field covered by alternative and complementary medicine, where Homeopathy and Gemmotherapy have important places. Through the major functions of the immune system to communicate at a cellular level to clean, eliminate, maintain the homeostasis of the body, and its own evolution, both therapy systems, Homeopathy and Gemmotherapy, have proven their efficiency even in the most diverse situations of altered health states.

**Dr. Sorina Soescu** is a founding member of the Romanian Gemmotherapy and Homeopathy Association (ARGH) and a key figure in the development and promotion of Gemmotherapy as an accessible and sustainable medicine across Romania. She made a significant contribution early on by translating and publishing Dr. Piterà's, *Compendio di Gemmotherapia Clinica* into the Romanian language.

Since that time, along with managing her busy family practice clinic, she has led monthly training forums, mentored countless practitioners, and written a collection of her own books. Additionally, Dr. Soescu served for several years as the director of the online clinic for the International School of Gemmotherapy.

At this moment in history, it is my opinion that beyond Dr. Piterà's work in Italy, the most cutting edge research in Gemmotherapy is occurring in Romania. The growing integrated use of Gemmotherapy

in the daily clinical work of Romanian family practice physicians and specialists has contributed greatly to their lead.

The Romanian Association of Gemmotherapy and Homeopathy (ARGH) has served as a forum to collect and present the most current discoveries. The Association publishes an annual journal and sponsors a lively, well attended conference at the start of each summer. Member physicians, pharmacists, therapists, and scientists gather to share the results of their work with Gemmotherapy. They are joined by Dr. Fernando Piterà who has historically been the keynote speaker.

It is quite interesting to note that Gemmotherapy, Homeopathy, and Herbal therapies all took hold in Romania during the 1980's financial crisis imposed by the last communist dictator, Nicolae Ceausescu. Because imports were restricted and the cost of pharmaceutical medications were out of reach, the government looked to natural therapies as a financially sound option.

As a governmental solution, medical schools implemented full training programs in Gemmotherapy, Homeopathy, and Herbal therapies. Thus, University research was funded to discover the potential of these therapies. What was a health care crisis for sure, in turn created a renaissance of the use of Homeopathy and elevated the newest plant therapy, Gemmotherapy, to its status today.

As opposed to Homeopathy, the history of Gemmotherapy is still a very short story to share. No doubt, with the addition of published works in English, it will begin to grow exponentially in the coming years as the number of practitioners increase and its use spreads through the grassroots by home users. I'm looking forward to the opportunity to add to this chapter in years to come.