

Gemmotherapy for Rejuvenation

“The plants release Earth’s subtle chemistries through their intertwined, interdependent synaptic feedback loops faster and more complexly than researchers or anyone, can write them down. Their meanings pile one on top of another until the linear mind is overwhelmed. They shift the fabric of our world and touch us with meaning, in ways too complex for our conscious minds to grasp. Nevertheless we can grasp them. They come in Gestalts to the attentive mind and caring heart, concise reflections of plant and Earth interrelationships, in knowledge Whole and complete.”

- from The Lost Language of Plants by Stephen Harrod Buhner

This is the time of year when we are all thinking of the new season to come and often it is a period when we initiate ideas and plans that we have put on hold. The burst of energy and renewal that arrives with the increase in day length spurs us into action to work towards goals for the New Year such as improving our level of fitness and resolving lingering health issues.

In this modern age we are faced with an increase in chronic degenerative diseases and immune problems. These special health problems that we are facing as a species in our inner environments (allergies, immune dysfunction, toxicity) are also reflected in our outer environment, (climate change, soil and water degradation and pollution). More and more people are seeking to avoid man-made, chemical solutions for their health challenges in order to reduce the impact of chemicals on their own bodies and on the external environment, where they ultimately accumulate and wreak havoc. Many health practitioners today consider the key to avoiding disease is to reduce the amount of toxins in the cells of the body and that these toxins must be eliminated in order for true healing, not just suppression, to occur, tissues to be repaired and optimal cell function restored.



Plants too are activated at this time of year and it is often encouraging to see the first buds appear on the trees and shrubs, signaling the arrival of warmer days. Plants have their own contributions to make to the ecosystems to which they belong and their energies are directed towards

that end. Plants can influence their environment through stabilization of climate, control of floodwater, recharge and purify the groundwater, restore soil fertility and stop erosion. They also take up carbon dioxide and release oxygen, a critical role in rebalancing the environment as we burn too many fossil fuels. Interestingly, plants can also cleanse ecosystems through removal of heavy metals and toxins from soils via uptake into the plant. Plants evolved during a time in Earth’s history when the planet’s soils were rich in trace metals and their removal from the earth’s ecosystem helped pave the way for the emergence of higher organisms that were unable to thrive in toxic conditions. Different trees and shrubs evolved in different environmental conditions and have developed unique capacities for survival reflected in their own unique biochemistries. It is believed that the detoxifying effects plants perform in the external environment also occur in the inner environment of the body slowly, subtly restoring the disturbed ecology and damaged tissues that often is the result of our modern way of eating and living in this world.

The world of plants has answers to many of our health problems and historically therapies such as Homeopathy, Herbalism, Chinese and Ayurvedic medicine have had tremendous successes in the treatment of diseases.

What is Gemmotherapy?

Gemmotherapy, also known as “plant stem cell therapy” was developed by a Homeopathic Physician, Dr Pol Henry in Belgium in 1960. He investigated the embryonic parts of plants: buds, roots and shoots of trees and shrubs. He discovered that with small dosages of extracts from these plant parts, our bodies are stimulated to enhance their own powers of elimination, regeneration and detoxification of metabolic and man-made toxins. It is a fairly recent and

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exciting therapy, closely related to homeopathy and Herbalism that can act as a bridge between more energetically based therapies such as Homeopathy and the allopathic, herbal and biochemically based treatments.

Gemmotherapy remedies are extracted from buds and shoots in the spring at a critical stage in the plants growth when much of the plants energy is directed to the growing areas. Buds and shoots of plants are reservoirs of plant embryonic cells that have the potential to differentiate into more specialized cells much like animal embryonic tissue.

The buds are rich in nucleic acids, minerals, vitamins, enzymes and growth factors such as auxins and giberellins. These latter two chemicals have very powerful effects in cells at very low concentrations. They regulate cell growth, enlargement, division, aging and dormancy. Remedies derived from these growth centers have been found to act faster and more powerfully than whole plant herbal extracts from the same plants.

Gemmotherapy remedies exert their effects by acting on the organs of drainage and elimination, including the kidneys, liver, skin, lungs and bladder, stimulating their function in order to enhance detoxification. Gemmotherapy was found to enhance the regulation and regeneration of worn out vital organs and dying cells. Gemmotherapy has come of age in an era when many of us are suffering from an over accumulation of toxins in our bodies from an increasingly polluted environment.

Some of the effects of Gemmotherapy remedies:

- Stimulates reticulo endothelial system, which cleans up old dead debris in tissues that would otherwise provide a toxic environment for opportunistic infections.
- Enhances detoxification through skin, kidneys, liver and lungs.
- Acts on tissue and cellular regeneration to prevent aging at a cellular level.
- Prevents damage to genes.
- Regulates hormonal levels.

Some examples of Gemmotherapies:

Rosa canina:

The Dog Rose or Wild Rose: rosehips are extremely rich in vitamin C. In Gemmotherapy the young shoots of this common shrub are a mainstay for all kinds of upper respiratory tract infections. For use in children as well as in

adults and especially in those cases that seem resistant to conventional treatment – for example, where a child is sick all winter despite repeated course of antibiotics.

Remedies for old age:

Malus communis (Crab apple):

The remedy is made from the buds of this tree. It has a number of important applications in gemmotherapy, mainly for patients in the second half of their life. Like every remedy, it has its own unique place in the therapeutic range.

Max Tetau MD, one of the founding fathers of gemmotherapy, has been writing books and papers on the subject for over forty years. Among the indications for *Malus communis* which he lists in his latest book, *Rajeunir Nos Tissus Avec Les Bourgeons*, are: High cholesterol levels, arthritis, high blood pressure, inflammatory conditions, anxiety and anguish, short-term memory loss, loss of libido, hot flushes and osteoporosis at menopause, acting like a plant form of HRT. Tetau considers it to be a 'remarkable anti-senescent remedy' and recommends its regular use from the age of fifty onwards.

Gingko biloba:

An ancient tree, unchanged in evolutionary terms for 270 million years. Its main action is on the brain and the vascular system, and the deficiencies common to them in old age.

Olea europaea:

This tree lives for up to two thousand years, and comes to resemble the very old in its twisted and gnarled branches. It is one of the main remedies for the cardio-vascular system, including high blood pressure and high cholesterol levels.

Rubus fruticosus:

This shrub is another member of the Rosaceae family. It has a general anti-senescent action and an affinity for the respiratory, osteo-articular and circulatory systems. It covers such problems as emphysema, osteoporosis and arthritis, as well as late-onset diabetes.

Sequoia giganteum:

The largest of all trees, it can live for thousands of years. It also has an overall tonic and anti-senescent action. It is indicated in depressed and weakened states in the elderly, and also at menopause and andropause ('male menopause'). ▲

