A Homeopath's Guide to Gemmotherapy

5 Reasons to Consider Gemmotherapy as a Homeopath

1. Unsolved Cases
2. Reduces risk of symptom aggravation
3. Solution to infertility
4. Newborns with few symptoms
5. Acute Protocols

Gemmotherapy Intake (See Intake Checklist)

1. Teamed with European colleagues
   a. Homeopath MD’s years of experience with Gemmotherapy
   b. Collaborated on over 100 cases
   c. Final intake and a four stage method of apply Gemmotherapy emerged
2. 3 categories of symptoms: Elimination, Vitality, Inflammation
3. Case taking for Gemmotherapy is taught in Introduction to The Hubele Method

Unsolved Case: M.R.

- 32 year old female
- Successful entrepreneur
- Longtime client for emotional issues of anxiety and depression
- New state emerged of painfully swollen breasts 14 days of each cycle and cystic acne
- Each well-selected remedy failed or caused aggravation of symptoms
- First case in the collaborative study
- Assessment:

<table>
<thead>
<tr>
<th>Elimination</th>
<th>Infrequent Stools</th>
<th>Difficult to pass stool every 2\textsuperscript{nd} day, just removed Mirena IUD, menses restored</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitality</td>
<td>High</td>
<td>Waking unrefreshed, skin eruptions</td>
</tr>
<tr>
<td>Inflammation</td>
<td>Medium</td>
<td>Skin and Swelling of Breasts</td>
</tr>
</tbody>
</table>
Plan:

- First stage for chronic conditions is to open Elimination.
- Two Gemmotherapy extracts cover M.R.'s elimination symptoms.
- I chose Walnut as its primary function is as a bowel opener.
- Walnut Gemmotherapy extract 2x daily beginning with 24 drops per dose in water. All fruit Breakfast each morning, no dairy products.
- Increased Walnut Gemmotherapy to 3x daily after first menses to encourage further drainage during the day.

Progress:

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 weeks</td>
<td>No new acne, breasts swelled 7 instead of 14 days, daily bowel movement- sometimes two.</td>
</tr>
<tr>
<td>8 weeks</td>
<td>Skin clearing, breasts swelled 3 days, two daily bowel movements.</td>
</tr>
<tr>
<td>12 weeks</td>
<td>Skin had only occasional spot, breast swelling barely noticeable, two bowel movements daily. Grief over loss of dog led to first Homeopathic remedy in three months.</td>
</tr>
<tr>
<td>Post Note</td>
<td>Continued protocols of Gemmotherapy &amp; Homeopathy, now expecting first child.</td>
</tr>
</tbody>
</table>

Risk of Aggravation: C.R.

- 18 month old boy
- 3 day stay in ICU the week prior for respiratory emergency
- 90% breastfed, family is vegan
- Due to steroid treatments no respiratory symptoms were present
- Both parents highly anxious about any aggravation that would send C.R. back to the hospital

Assessment:

<table>
<thead>
<tr>
<th>Domain</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elimination</td>
<td>Infrequent Stools - Difficult to pass stool 1x daily, 1 bm daily or every other day since birth</td>
</tr>
<tr>
<td>Vitality</td>
<td>Low - Head perspiration, dark circles under eyes, hair dull and thin, painful teething, family history of serious disease</td>
</tr>
<tr>
<td>Inflammation</td>
<td>Medium - Lungs (coughing, wheezing, accelerated breath)</td>
</tr>
</tbody>
</table>

Plan:

- Optimize elimination with Gemmotherapy before last treatment wears off.
- One Gemmotherapy extract best covered C.R.'s symptoms –Blueberry.
- Began protocol of 7 drops 3x daily.
- Began all fruit breakfast (cubes of fruit or smoothie).
- Prepare for first asthmatic response with an acute Gemmotherapy protocol (Black Currant and Lithy) and 30c Ipecacuanha if needed.
- Treat with constitutional remedy when out of this acute state.
### Progress:

<table>
<thead>
<tr>
<th>2 Weeks</th>
<th>C.R. has two bowel movements daily.</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Weeks</td>
<td>Family travels to Finland. Acute episode occurs last 24 hours of trip, mild but with fever. Treated episode with acute Gemmotherapy protocol &amp; 30c Ipecacuanha.</td>
</tr>
<tr>
<td>6 weeks</td>
<td>No further episodes. Continues Gemmotherapy. Bowel movements 2x daily. Consider constitutional remedy at next appointment.</td>
</tr>
<tr>
<td>9 weeks</td>
<td>Flare of symptoms, treated with acute Homeopathic remedy - Aconitum 200c, and acute Gemmotherapy protocol for asthma until symptoms settle.</td>
</tr>
</tbody>
</table>

### Risk of Aggravation: L.M.

- Very frail, underweight, 13 month old (appearance of a petite 9 month old)
- IVF baby, full term, delayed motor and social development
- Sensitive to everything - food/ people/ sounds
- Clings to mother, refuses to explore on own
- Mother says pediatrician diagnosed L.M. with a Vitamin D overdose as infant, failure to thrive

### Assessment:

<table>
<thead>
<tr>
<th>Elimination</th>
<th>Infrequent Stools</th>
<th>Difficult to pass stool, once every other day, had begun withholding stool due to pain, went into panic when stool began to pass</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitality</td>
<td>Low</td>
<td>Head perspiration, thin dry hair, dark circles under eyes, painful teething, family member with cancer, woke unrefreshed</td>
</tr>
<tr>
<td>Inflammation</td>
<td>Low</td>
<td>Pain upon bowel movement</td>
</tr>
</tbody>
</table>

### Plan:

- Open elimination with Stage One Gemmotherapy.
- Treat with constitutional remedy after Elimination is optimized.
- Blueberry Gemmotherapy - 5 drops 3x daily.
- Add all fruit breakfast to diet (extremely finicky palate).

### Progress:

<table>
<thead>
<tr>
<th>3 Weeks</th>
<th>No significant change in bowel movements. Switched to Walnut Gemmotherapy - 5 drops 3x daily.</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Weeks</td>
<td>Bowel movements now occurring on a regular basis but with fear. Family now traveling, will return in 6 weeks.</td>
</tr>
<tr>
<td>3 Months</td>
<td>Completely different baby- engaging playful, willing to come to me.</td>
</tr>
</tbody>
</table>
Willing to try new experiences, try food, explore the world. Still quite fretful when bowels move, wants to be held consoled. Constitutional remedy of Aconitum 200c.

| 4 Months | Huge change in fear overall and during bm's. Constitutional remedy of Aconitum 1 M. No return of symptoms. |

**Fertility: J.S.**

- 34 year old female, wedding in 4 months
- 7 day painful menses every 32+ days with migraine
- After exam and lab tests OB/GYN referred her to fertility specialist for treatment due to depleted egg quantity and quality. MD prescribed treatment to increase egg supply and possible IVF.
- Assessment:

<table>
<thead>
<tr>
<th>Elimination</th>
<th>Loose, Urgent Stools</th>
<th>One to two soft stools daily, stools never formed, morning stool urgent, long 7 day heavy menses, long cycle of 31-35 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitality</td>
<td>Medium</td>
<td>Dark circles under eyes, puffy corner of eyelids, tendency for cold sores on gums, family member with cancer, difficulty falling asleep, early waking, un-refreshed,</td>
</tr>
<tr>
<td>Inflammation</td>
<td>Medium</td>
<td>Chronic migraines, sciatica pain, lower back pain</td>
</tr>
</tbody>
</table>

- Plan:
  
  Would benefit from 6 months of care BEFORE pregnancy.  
  Began a Stage One Gemmotherapy protocol to first open elimination. 
  Silver Birch Sap best matched her symptoms - 18 drops 3x daily.  

- Progress:

<table>
<thead>
<tr>
<th>4 Weeks</th>
<th>Bowel movements now formed, 2x daily and not urgent. Last menses shorter cycle - 31 days. 5 days in length and lighter flow. Added Black Currant to Silver Birch Sap protocol to reduce Inflammation.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 weeks</td>
<td>Cycle now 29 days, menses 5 days. One pre-menses migraine not as intense as normal, shorter in length. Took case for Homeopathic remedy using Polarity Analysis for her migraine- Constitutional remedy of Nux Vomica 200c. Changed Gemmotherapy to Fertility Protocol.</td>
</tr>
</tbody>
</table>
13 weeks
Cycle 28 days.
Menses 5 days, pain free.
Mild headache pre-menses.
Constitutional remedy of Nux Vomica 1 M.
Continued Gemmotherapy Fertility protocol.

20 weeks
Reports pregnancy!
Change in Gemmotherapy to First Trimester Protocol.

**Newborns: A.D.**

- 8 week old infant, breastfed
- First time mother, extreme anxiety, could not provide me with any symptoms
- Extreme reflux, vomiting entire feeding
- Pediatrician concerned with lack of weight gain, prescribed medication
- Assessment:

<table>
<thead>
<tr>
<th>Elimination</th>
<th>Infrequent Stools</th>
<th>1-2 stools daily (Few for a breastfed infant)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitality</td>
<td>Low</td>
<td>Head perspiration, dull hair, dark circles under eyes, family member with serious disease</td>
</tr>
<tr>
<td>Inflammation</td>
<td>Unknown</td>
<td></td>
</tr>
</tbody>
</table>

- Plan:
  Improve digestion from mouth to stomach.
  Fig is the top choice Gemmotherapy Extract.
  Instruct mom to give him 2-3 drops of Fig directly in mouth before each feeding.

- Progress:
  1 week Mom reports significant improvement, only slight burping but no reflux.
  3 weeks Suggested reduction of dosage to twice daily - am and pm.
  8 weeks No symptoms have returned, continued with Fig twice daily.

**Acute Care UTI: A.L.**

- 36 year old female
- Interstitial cystitis, frequent UTI symptom flare pre-menses
- Sleep disturbances, anxiety
- Currently taking constitutional remedy with continued improvement in all areas
- Assessment:

<table>
<thead>
<tr>
<th>Elimination</th>
<th>Soft stools</th>
<th>Frequent day and nighttime urination, pain level at 10</th>
</tr>
</thead>
</table>
from a normal 6

<table>
<thead>
<tr>
<th>Vitality</th>
<th>Medium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin, hair loss and brittle, gum sores, dark circles under eyes, un-refreshed sleep, family history of serious disease</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Inflammation</th>
<th>Medium</th>
<th>No fever or weakness yet</th>
</tr>
</thead>
</table>

- **Plan:**
  - **First 24 hours:** Alternating doses of Black Currant and Lingonberry in water every hour.
  - **Next 24 hours:** Reduce alternating doses to every two hours.
  - **After 48 hours:** Reduce to dosing both together 3x daily for the next five days.

- **Progress:**
  - **24 hours:** Frequency and pain reduced by 50%.
  - **48 hours:** Symptoms normal, some sensitivity to external pressure remains.
  - **72 hours:** Symptom free, continued protocol as a precaution and returned to normal Gemmotherapy protocol after a full seven days from first symptom.

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**Acute Care Flu: A.T.**

- 35 year old female
- Currently taking constitutional remedy
- Sudden onset of fever, body aches, sore throat
- **Assessment:**
  
<table>
<thead>
<tr>
<th>Elimination</th>
<th>Normal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitality</td>
<td>High</td>
</tr>
<tr>
<td>Inflammation</td>
<td>High</td>
</tr>
<tr>
<td></td>
<td>Body aches, fever, weakness</td>
</tr>
</tbody>
</table>

- **Plan:**
  - Flu Protocol of Black Currant and Oak Gemmotherapy.
  - **First 24 hours:** Alternating doses, one each hour.
  - **Next 24 hours:** Reduced dosing to every 2 hours due to symptom improvement.
  - **Next week:** Maintenance dosing of each extract twice daily.

- **Progress:**
  - **24 hours:** 50% improvement of energy, mood, and physical symptoms.
  - **48 hours:** Appetite restored.
  - **72 hours:** Return to work, continued dosing each extract twice daily for the next week.
How I Integrate Gemmotherapy

1. Gemmotherapy & Dietary Changes
2. Follow-up to assess Elimination
3. Once Elimination is optimized a constitutional Homeopathic remedy can be prescribed
4. Continue with next three stages of protocols

The Hubele Method

1. Open Elimination
2. Clean and Fortify Comprised Organs
3. Optimize Organ Function
4. Harmonize

Stage One Gemmotherapy Extracts

<table>
<thead>
<tr>
<th>Extract</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blueberry</td>
</tr>
<tr>
<td>Common Birch</td>
</tr>
<tr>
<td>Fig</td>
</tr>
<tr>
<td>Horsechestnut</td>
</tr>
<tr>
<td>Lingonberry</td>
</tr>
<tr>
<td>Silver Birch Buds</td>
</tr>
<tr>
<td>Silver Birch Sap</td>
</tr>
<tr>
<td>Walnut</td>
</tr>
</tbody>
</table>

Additional Support

<table>
<thead>
<tr>
<th>Extract</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Currant</td>
</tr>
<tr>
<td>Lithy</td>
</tr>
</tbody>
</table>

What is Gemmotherapy?

1. A cleansing protocol for the body that restores the self healing capabilities.
2. The only botanical medicine that contains meristem tissues (similar to stem cells).
3. The only medicine with capabilities to clean and heal organ tissue simultaneously.
4. Useful for all ages and stages of life for acute symptoms and chronic conditions.
History of Gemmotherapy

1. Pol Henry, MD Homeopath, published works from 1950’s- 1970
2. Max Tetau, MD Homeopath, collaborator with Henry, continued research into 2012
4. Fernando Pitera’, MD Homeopath, studied Henry’s original work, published first complete exposition on Gemmotherapy including a materia medica in 2000
5. Recent Contributors: Dr. Joe Rozencwajg ND
   Dr. Marcus Greaves ND
   Nick Churchill
   Dr. Stephan Blake DVM
   Dr. Sorina Soescu, MD

Gemmotherapy Today

1. Taught in Medical Schools and Prescribed in conjunction with Homeopathy in
   - France
   - Belgium
   - Italy
   - Germany
   - Romania
2. Is THE tool for Homeopaths to open elimination

Gemmotherapy Research

1. Belgium: Herbal Gem, Philippe Andrianne (owner, botanist and scholar)
2. Romania: Plant Extrakt & ARGH (Romanian Associaton for Gemmotherapy and Homeopathy)
3. Italy: Dr. Fernando Pitera’ (Genoa University)

Getting Started

1. Begin with Acute
2. Treat yourself, family members
3. Integrate with your new clients- Begin cases by opening elimination first
4. Revisit your unsolved cases
5. Consider as a first step for sensitive clients
6. Use to enhance fertility
7. Apply simple protocols for babies

Learn More

1. *A Gemmotherapy Primer* - hpathy.com
2. *Gemmotherapy, Something to consider?* - hpathy.com
3. *Gemmotherapy for Homeopaths* - American Homeopath
4. *Phytembryotherapy, The Embryo of Gemmotherapy* - Ledoux & Gueniot
5. LaurenHubele.com

Trainings *(Updated Here)*

1. The Hubele Method Online Training Modules
   - *Acute Care with The Hubele Method*
   - *Introduction to The Hubele Method*
   - *Stage One: Opening Elimination with The Hubele Method*
2. Upcoming In Person Events
   - *Acute Care with Gemmotherapy - Austin, April 30th*
   - *Fertility, Pregnancy, Post Partum & Babies - Boston, May 14th*
   - *The Hubele Method Stage One & Stage Two Clinics - Boston, May 14th*

Contact Me

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