

Dynamic Gemmotherapy

Integrative Embryonic Phytotherapy

Third edition enhanced and expanded

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Foreword to the Third Edition

Five years after self-publishing the Second Edition, it is time to review the material, complete it with a few titbits of new information and to enhance its usefulness with a different way to look at the use of Gemmotherapeutic Remedies. That is what the Integrated Therapies chapter is all about, how to integrate Gemmotherapy with other techniques during a consultation for the benefit of the patients.

I have also included a few cases from my practice to illustrate one way, my way but by no means the only way, this method can enhance a practice. For the last eight years, since managing to have them imported in New Zealand, I have used exclusively the concentrated form of Gemmotherapy and all of the cases presented have been treated using those products. Nevertheless, when I compare by memory with my use of Gemmotherapy in Belgium, when I had access to the 1X/1D form, I really cannot say there is any difference except for the practicality of counting less drops with the concentrated form.

Instead of self-publishing, I have also come to the conclusion that a professionally published book is more agreeable and easy to use, and can reach a larger audience. The contents and **information** included in the Second Edition are still completely valid.

I wish to thank my colleagues and students who have given me valuable feedback. Progress would be impossible without them.

Pictures and illustrations have been copied with written authorisation from **Henriette** Kress' website (www.henriettesherbal.com) and from the SW School of Botanical Medicine (Michael Moore, www.swsbm.com permission given by Donna Chesner). The photos of Citrus Limonum, Aesculus **Hippocastanum**, Juniperus Communis, Ficus Carica and **Ginkgo** Biloba are mine from my garden (for some weird reason, all the pictures of my Olive tree and of my Grape Vines were always blurred, so I had to borrow them...). Some pictures are from Wikipedia and a few from other websites, with great care having been taken not to infringe any copyright. They are here for purely aesthetic reasons.

Dr. J. Rozencwajg, NMD.

Introduction

More and more people tend to avoid chemical and pharmaceutical drugs when possible; patients, the consumers of health products, realize that although sometimes useful and lifesaving, those drugs do not cure and are fraught with side effects that are sometimes worse than the disease they claim to treat.

Homeopathy, Herbalism, Chinese and Ayurvedic medicine all have answers instead of conventional drugs; but the world of plants is full of surprises, and Gemmotherapy is one of them.

I learned this system while still practising conventional medicine in Belgium. It was very appealing because it combines plant extracts without the need to become a phytotherapist (herbalist) or a homeopath, while supported by laboratory research and the clinical experience of medical doctors. For me, it was a link and a gateway between the two worlds. Moreover, there are not too many remedies to study, they cover pretty much most of the pathology seen in a general consultation and they do not taste foul like Western Herbs or Chinese decoctions.

Even though I have since studied all those other systems and use them daily in my natural medicine practice, Gemmotherapy has remained a magnificent addition that can solve difficult situations and allow other therapies, more energetic, to act and complete the cure in depth. They are certainly not mutually exclusive and Gemmotherapy can be added to any modality, even conventional medicine, or used on its own.

Why “*Dynamic Gemmotherapy*”? All the books and references I consulted and used over time have in common that they do not relate the gemmotherapeutic indications to the other ways of practising medicine that use the same plants; in doing so, the scope of the remedies becomes limited, too narrow instead of being integrative, as should be expected from the notion that buds contain the whole potential of the adult plant. This is one approach I have tried to correct.

And as a respectful salute to Dr. Pol Henry, I have subtitled this book “*Embryonic Phytotherapy*”, which is the name he gave to this technique. “*Integrative*”

is there to signify the attempt to link all the different uses of the same plant by different healing modalities.

I do know that Italian authors (Pitera and **colleagues**) have written extensively about Gemmotherapy; yet my knowledge and understanding of Italian is too primitive to be useful for a scientific text reading. I am convinced that many German and Russian practitioners have also used Gemmotherapeutic remedies, found more or different indications and published it; once again, even if I had found those texts, I would not have been able to read or understand them properly.

Like every aspect of science, Gemmotherapy is evolving and progressing. What is true today in this book will still be true but probably incomplete in a few years. No textbook is the alpha and omega of knowledge.

You are welcome to complete this work; it is called **constructive criticism!** It is worth spending a little time exploring this little known area. Enjoy your trip!

Dr. J. Rozencwajg, NMD, New Plymouth, Taranaki, New Zealand, 2012

List of Gemmotherapeutic remedies

I have listed the international name (Latin, botanical denomination) that is used in the book, then the French and the English popular names in that order, so that you can recognise the plant and also the labels on the bottles. Some providers do label their products with only the common name in use in the country of production and have not yet switched to international nomenclature.

1. <i>Abies Pectinata</i>	Sapin Pectine	Red Spruce
2. <i>Acer Campestre</i>	Erable Champêtre	Hedge Maple
3. <i>Aesculus Hippocastanum</i>	Marronnier	Horse Chestnut
4. <i>Alnus Glutinosa</i>	Aulne Glutineux	Alder
5. <i>Alnus Incarna</i>	Aulne Rouge	Red Alder
6. <i>Ampelopsis Weitchii</i>	Vigne Vièrge	Wild Woodvine
7. <i>Betula Alba</i>	Bouleau Blanc	White Birch
8. <i>Betula Pubescens</i>	Bouleau Pubescent	Common Birch
9. <i>Betula Verrucosa</i>	Bouleau Verruqueux	Silver Birch
10. <i>Carpinus Betulus</i>	Charme	Hornbeam
11. <i>Castanea Vesca</i>	Châtaignier	Chestnut
12. <i>Cedrus Libani</i>	Cèdre du Liban	Cedar of Lebanon
13. <i>Cercis Siliquastrum</i>	Arbre de Judée	Judas Tree, Red Bud
14. <i>Citrus Limonum</i>	Citronnier	Lemon tree
15. <i>Cornus Sanguinea</i>	Cornouiller Sanguin	Common Dogwood, Blood Twig
16. <i>Corylus Avellana</i>	Noisetier	Filbert, Hazelnut tree
17. <i>Crataegus Oxycantha</i>	Aubepine	Hawthorn
18. <i>Fagus Sylvatica</i>	Hêtre	Beech
19. <i>Ficus Carica</i>	Figuier	Common Fig
20. <i>Fraxinus Excelsior</i>	Frêne	Ash tree
21. <i>Ilex Aquifolium</i>	Houx	Holly tree
22. <i>Juglans Regia</i>	Noyer	Walnut
23. <i>Juniperus Communis</i>	Genévrier	Juniper
24. <i>Ligustrum Vulgare</i>	Troène	Primworth
25. <i>Lonicera Nigra</i>	Chèvrefeuille	Black Honeysuckle
26. <i>Malus Sylvestris</i>	Pommier	Apple tree
27. <i>Olea Europea</i>	Olivier	Olive tree
28. <i>Pinus Montana</i>	Pin	Mountain Pine

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29. <i>Platanus Orientalis</i>	Platane	Oriental Plane tree
30. <i>Populus Nigra</i>	Peuplier	Black Poplar
31. <i>Prunus Amygdalus</i>	Amandier	Sweet Almond
32. <i>Quercus Robur</i>	Chêne	Oak
33. <i>Ribes Nigrum</i>	Cassis	Black Currant
34. <i>Rosa Canina</i>	Rosier	Dog Rose
35. <i>Rosemarinus Officinalis</i>	Romarin	Rosemary
36. <i>Rubus Fruticosus</i>	Ronce	Blackberry Vine
37. <i>Rubus Idaeus</i>	Framboisier	Raspberry
38. <i>Secale Cereale</i>	Seigle	Rye grain
39. <i>Sequoia Gigantea</i>	Sequoia	Giant Redwood
40. <i>Sorbus Domestica</i>	Sorbier	Rowan Tree
41. <i>Syringa Vulgaris</i>	Lilas	Common Lilac
42. <i>Tamaris Gallica</i>	Tamaris	Tamaris
43. <i>Tilia Tomentosa</i>	Tilleul	Lime tree
44. <i>Ulmus Campestris</i>	Orme	Elm
45. <i>Vaccinum Vitis Idaeae</i>	Airelle	Lingonberry / Cow- berry
46. <i>Viburnum Lantana</i>	Viorne	Wayfaring tree , Lithy tree
47. <i>Viscum Album</i>	Gui	Mistletoe
48. <i>Vitis Vinifera</i>	Vigne	Grape vine
49. <i>Zea Mais</i>	Mais	Maize

Newly introduced remedies:

50. Ginkgo Biloba	Ginkgo Biloba	Maidenhair tree
51. Vinca Minor	Pervenche	Lesser Periwinkle



White/Common Birch (Eng), Bouleau Blanc (French).

7. and 8. *Betula Alba* aka *Betula Pubescens*

It has white bark, which can be peeled off in horizontal strips.

Some authors claim there is no medicinal difference between the different species of *Betula* and give exactly the same indications for all 60 species of *Betula*

This tree has been used in **Herbalism** since the Middle Ages; the sap (very rich in Potassium) was used for skin problems as well as gout, rheumatism, kidney stones and as a diuretic. One author (Deni Bown) writes that some practitioners alternate *Betula Pendula* and *Urtica Dioica* every three days with good results in situations of chronic toxicity. William Cook writes that the bark is a mild nervine relaxant and stimulant, of use in diarrhoea, cholera infantum, relieves nausea, chronic diarrhoea and dysentery; when the bowels are inclined to be too loose; the leaves, for Cook, “are less astringent and tonic than the bark, but promote the flow of urine, and are excellent to relieve irritability of the kidneys and bladder”.

The leaves are diuretic and are listed as indicated for rheumatism, gout, **and oedema** from heart or renal origin and in urinary lithiasis. The PDR for Herbal Remedies and the Commission E monograph both indicate it for infection of the urinary tract, kidneys and bladder stones and rheumatism, but warn not to use it when there is a diminished heart or kidney function (no explanation as to why...diuresis, potassium?? Yet the bark and the sap are rich in potassium.). Its saponins have cortisone-like effects.

The traditional books list it as analgesic, anti-inflammatory, antipyretic, diuretic and choleric. The leaves are used for a tea as a non-irritating diuretic, meaning that it does not inflame the kidneys and can be used in states of nephritis. It is said to be a hair tonic, with a tea locally applied.

Anthroposophical medicine uses it when the skin is hard and indurated and in situations of drying, hardening and sclerosis, wherever located and especially associated with aging.

Birch Tar Oil is used in external applications for skin diseases. Internally, the tea and the tincture have indication for skin diseases like eczema, psoriasis, **and acne**.

A **Homeopathic** proving of *Betula Alba* was recently done in Holland and

has been published in the journal *Links* in 1999, with the indication of loss of too much fluid, like polyuria or menorrhagia, with symptoms of weariness and depletion from the physical point of view; the mental and emotional symptoms are beyond the scope of this work, but worth reading. A meditative proving is published in *The New Materia Medica* of Colin Griffith.

Parts used in Gemmotherapy: buds, fresh sap, inner bark of roots

Gemmotherapeutic indications

Betula Alba is one of the multiple remedies that stimulate the Kupfer cells of the liver, hence it is a detoxifier through liver drainage; it also acts on the excretion of urea, uric acid and reduction of cholesterol.

Increases diuresis, especially the inner bark of the roots (Dr. Andrienne), indicated in gout for its elimination of uric acid.

Betula is another important anti-inflammatory remedy (salicylic acid!) and one indicated in all types of joint pains and stiffness; but is not only a symptomatic pain killer or inflammation reducer: its kidney and liver drainage properties help remove the toxins that are often at the origin of articular pathologies or at least are part of the inflammatory process.

Also stimulates bone regeneration; use in osteoporosis and rickets.

Being a general anti-inflammatory, it can be used in other systemic inflammations like hepatitis, pancreatitis, pleuritis, etc.

Another important action is as an anti-thrombotic by stabilizing the vascular wall, rather than acting on the thrombus itself. This is probably part of the anti-inflammatory activity but remember that salicylic acid, precursor of aspirin, acts on the coagulability of the blood; as usual, synergism is playing a role.

The seeds are said to stimulate the adrenals (Dr. Andrienne).

Combinations frequently used:

* *Alnus Glutinosa*:

- chronic inflammation
- thrombosis

* *Fagus Sylvestris*:

- fibrosclerotic atheromatosis

* *Quercus Robur*

- periodontosis
- pyorrhoea (add *Ficus Carica*)
- soft bleeding gums
- loosening of teeth

Precautions: the herb may increase the serum levels of Lithium.

Recent research and publications

Forsch Komplementmed. 2010 Oct;17(5):271-3.

Topical treatment of necrotising herpes zoster with betulin from birch bark. Weckesser S, Laszczyk MN, Müller ML, Schempp CM, Schumann H.

Wound care center, Department of Dermatology, University Medical Center Freiburg, Freiburg, Germany.

Betulin, a pentacyclic triterpene, is the main constituent of the outer bark of birches (*Betula alba*). In recent years, anti-microbial, anti-inflammatory and differentiation-promoting effects of betulin have been described. A betulin-based emulsion without preservatives and detergent emulsifiers can be prepared from birch bark extract. We report the successful treatment with betulin emulsion of a severe necrotising herpes zoster in an immunosuppressed patient who had not responded to a conventional topical treatment. The betulin emulsion was directly applied to the wounds without causing any side effects. The presented case report demonstrates impressive skin tolerance and wound-healing properties of the betulin emulsion. These should be further evaluated.

An impressive case report, I thought it would be important to mention it here.

Naunyn Schmiedebergs Arch Pharmacol. 2006 Oct;374(1):11-20.

Betulinic acid decreases expression of bcl-2 and cyclin D1, inhibits proliferation, migration and induces apoptosis in cancer cells. Rzeski W, Stepulak A, Szymański M, Sifringer M, Kaczor J, Wejksza K, Zdzińska B, Kandefler-Szerszeń M.

Department of Virology and Immunology, Institute of Microbiology and Biotechnology, Maria Curie-Skłodowska University, Akademicka 19, 20-033, Lublin, Poland.

Betulinic acid (BA) is a pentacyclic triterpene found in many plant species, among others in the bark of white birch *Betula alba*. BA was reported to display a wide range of biological effects, including antiviral, antiparasitic, antibacterial and anti-inflammatory activities, and in particular to inhibit growth of cancer cells. The aim of the study was further in vitro characterization of BA anticancer activity. In this study, we demonstrated a remarkable antiproliferative effect of BA in all tested tumour cell cultures including neuroblastoma, rhabdomyosarcoma-medulloblastoma, glioma, thyroid, breast, lung and colon carcinoma, leukaemia and multiple myeloma, as well as in primary cultures isolated from ovarian carcinoma, cervical carcinoma and glioblastoma multiforme. Furthermore, we have shown that BA decreased cancer cell motility and induced apoptotic cell death. We also observed decrease of bcl2 and cyclin D1 genes

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expression, and increase of bax gene expression after betulinic acid treatment. These findings demonstrate the anticancer potential of betulinic acid and suggest that it may be taken into account as a supportive agent in the treatment of cancers with different tissue origin.

Activity in cancer too, not found in traditional uses, but we do know that cancer is in fact related to chronic inflammation, hence it comes as no surprise, in retrospect, that an anti-inflammatory remedy would be useful. Now we know how it does it.

1. Cardiovascular system

Arrhythmias

This includes all complaints of palpitations, the famous French “*érétisme cardiaque*” meaning “nervous heart”, auricular fibrillation (*AF*), extrasystoles not linked to acute cardiac events. As usual, a full diagnostic investigation is needed.

Alnus Glutinosa: anti-thrombotic, it is useful in *AF* to prevent the occurrence of clots, one of the major dangers of this pathology. Its anti-inflammatory action will help diminish the irritability of the ectopic beat spots in the myocardium unless there is a conduction problem.

Citrus Limonum: not only for palpitations **but also** as a blood fluidifier, it will prevent clotting too and facilitate circulation. Remember it is of short duration of action, so you need to add deeper, more chronic and curative remedies.

Crataegus Oxyacantha: major heart remedy, heart “food”, chronotrope positive and nervous remedy at the same time.

Ficus Carica: anxiolytic, to be used (with others of the same kind) if anxiety, nervousness or emotions are at the origin of the arrhythmia; it is not a heart remedy by itself.

Tilia Tomentosa: sedative, anxiolytic and antispasmodic.

Hypertension

Remember not to treat only the numbers, but to address the cause.

Crataegus Oxyacantha: BP regulator, whether too high or too low, heart food, repairs and maintains the myocardium, sedative and anxiolytic.

Olea Europea: lowers BP on its own and through action on atheromas, arteriosclerosis and cholesterol/lipids levels. It needs to be taken for a long period of time for results.

Prunus Amygdalus: antisclerotic, lowering the BP. Its renal tropism will make it indicated in cases of renal hypertension.

Ribes Nigrum: lowers BP through adrenal regulation.

Viscum Album: atherosclerosis and dyslipidemia, for **long-term** use. It is also indicated in the cardiac effects of hypertension like ventricular hypertrophy.

Hypotension

Crataegus Oxyacantha: heart food, inotrope positive, maintains the myocardium. This is part of the amphoteric action of Crataegus.

Quercus Robur: adrenal cortex stimulant, its action on BP is through a systemic activity, not through vasoconstriction as you would have **from** conventional drugs or simply coffee.

Ribes Nigrum: adrenal cortex regulator, in this case stimulant; same remark as for Quercus Robur.

Heart failure, cardiac insufficiency

Crataegus Oxyacantha: chronotrope and inotrope positive, repairs and maintains the myocardium.

Betula Pubescens: kidney drainer used for its diuretic properties, can be replaced by other diuretics if need be.

Coronary artery disease

Alnus Glutinosa: hypocoagulant, antithrombotic, lowers blood viscosity and stimulates coronary angiogenesis. The anti-inflammatory properties are here important too as it becomes clear that vascular lesions have their origin in inflammation of the walls, and conventional treatments that sometimes have an effect, like statins, do so not through cholesterol reduction but through lessening local inflammation.

Cornus Sanguinea: anti-coagulant maintaining blood fluidity and preventing infarction; more of an acute phase remedy, it can nevertheless still be included in long term programmes of treatment until a full return to normal is obtained.

Crataegus Oxyacantha: antithrombotic and dissolving atherosclerotic plaques.

Syringa Vulgaris: specific for coronary atherosclerosis, dilates and increases the blood flow in the coronaries.

Zea Mais: arterial anti-inflammatory.

Myocardial infarction (MI)**Before MI (prevention)**

Cornus Sanguinea: anticoagulant, maintains blood fluidity, refer to the remark under coronary artery disease.

Crataegus Oxyacantha: heart “food”, complete heart and coronary “regulator”.

During MI

Alnus Incana: same as *Alnus Glutinosa* but more powerful thrombolytic, use high dose, high repetition during the acute phase.

Cornus Sanguinea: acute thrombosis, anticoagulant; use both those remedies in acute MI in frequent repetitions, as should always be the case in acute situations. Note: combine this with potentised (homeopathic) *Arnica* very frequently and theoretically you will almost have the same effect as the conventional treatment of Streptokinase or TPA with clot dissolution, but a lot cheaper and less dangerous; here is another suggestion for a nice clinical study, but do not hold your breath to see it done...

After MI

Crataegus Oxyacantha: as above, will help repair and regeneration.

Zea Mais: arterial and myocardial anti-inflammatory; accelerates repair of the myocardium.

General

Alnus Glutinosa: anticoagulant, antithrombotic, influences blood viscosity, stimulates coronary angiogenesis. Refer to the anti-inflammatory properties discussed in the previous indications given.

Crataegus Oxyacantha: as above, see materia medica.

Thrombosis, anticoagulation

Acer Campestre: hypercoagulability, but needs to be associated with other remedies.

Alnus Glutinosa and Alnus Incana: see Myocardial infarction.

Betula Pubescens: prevents thrombosis through vascular wall stabilisation and through its salicylic acid content, which acts on thrombus formation via the platelets.

Carpinus Betulus: for drug-induced thrombopathy and thrombosis linked to auto-immune diseases.

Cercis Siliquastrum: antithrombotic in states of hypercoagulability.

Citrus Limonum: blood fluidifier, Tetau recommends using it when the Fibrinogen level is elevated.

Cornus Sanguinea: antithrombotic and anticoagulant, maintains the blood fluidity.

Populus Nigra: diminishes blood coagulability. **Being** also an arterial anti-spasmodic, it regularises the blood flow, removing turbulences in contracted vessels and in doing so, reduces the probability of **clotting**, as blood does not stagnate.

Prunus Amygdalus: useful in coagulopathies with thrombotic tendencies, when PTT is elevated (Tetau).

Tamaris Gallica: will INCREASE the coagulability.

Peripheral Arterial Disease

Alnus Glutinosa: antithrombotic, stimulates angiogenesis and anti-inflammatory on the blood vessel walls.

Betula Pubescens: vascular wall stabiliser and anti-inflammatory action too.

Carpinus Betulus: drug-induced periarteritis nodosa.

Cercis Siliquastrum: arterial emboli, Buerger's disease.

Citrus Limonum: blood fluidifier, arteritis

Cornus Sanguinea: thrombolytic, normalises clotting mechanism.

Those 3 remedies (Carpinus, Cercis and Citrus) act on the content of the vessel, not on the vessel itself, so they are to be included to prevent and treat the effects of vascular disease but might not have a very big effect on their cause.

Crataegus Oxyacantha: removes atheromatous plaques.

Juglans Regia: periarteritis nodosa, the activity is a **non-specific** anti-inflammatory one.

Olea Europea: arterial cleanser; removes atherosclerosis; **long-term** treatment needed.

Populus Nigra: thrombotic arteritis, Buerger's disease (smokers' arteritis), stimulates collateral circulation.

Vaccinum Vitis Idaea: hyaline atherosclerosis, degenerescence of arterial walls, with major activity on small arteries and arterioles.

Viscum Album: atherosclerosis, dyslipidemia.

Zea Mais: arterial inflammation.

Venous System

Aesculus Hippocastanum: varicose veins, **hæmorrhoids**, portal hypertension but in this case you need a focus on the liver treatment, of course.

Castanea Vesca: varicose veins, varicose ulcer, **lymphoedema**.

Citrus Limonum: blood fluidifier.

Sorbus Domestica: varicose veins, heavy limbs, **and hæmorrhoids**. Remember it as the Crataegus of the **veins**; it increases the tonus of the venous wall, improving venous return.

Haematology

See Thrombosis and Anticoagulation.

Note on **Myelodysplasia:**

Abies Pectinata: stimulates erythropoiesis and bone marrow.

Cornus Sanguinea: stimulates the mastocytes and the plasmacytes in the bone marrow.

Tamaris Gallica: stimulates erythropoiesis and bone marrow; remember it can increase the coagulation tendencies.

With associated **myelofibrosis**, add **Coryllus Avellana** and **Olea Europea**. Look up other remedies acting upon sclerosis as you might find the use for a different one adapted to associated pathologies, or you might need to add different remedies for the same indication to have a deeper or faster action.

remedies you use for those purposes have, by sheer coincidence, been also traditionally used with good results for tuberculosis and other infectious diseases, well that is part and parcel of the wide spectrum of indications we have in natural medicine, as compared and contrasted with the narrow spectrum of conventional medication. You certainly did not want to flout the Law...

Liver and Gallbladder

The liver is an amazing organ that has the potential of regenerating itself even after two thirds of it has been surgically removed. Working as a filter and a detoxifying unit, it takes also almost two-thirds of it to be destroyed before obvious symptoms and signs are clearly apparent, which is on the other hand a disadvantage as often patients do not realise there is something wrong until late in the pathology. Some vague symptoms of malaise and the universal “indigestion” after certain foods are then retrospectively recalled. Often patients do not realise they are jaundiced as they feel well; other people have to point out to them that their eyes are yellow before they consult. Blood tests for liver function can be abnormal without any symptoms for a long period of time. During treatment, a sudden “normalisation” of the blood tests can be an ominous sign of complete liver failure as there are no more liver cells to be destroyed, hence no more intracellular enzymes like AST, ALT, Gamma GT, CPK can be circulated in the blood, lowering their levels to normal at first, then to zero while entering a coma.

In our toxic society, with poor quality food, environmental toxins, drugs, medications, the liver is “overworked” and it often is useful to enhance its function even if everything is apparently normal.

Gemmotherapy has many so-called Liver Drainers: *Betula Alba*, *Betula Verrucosa*, *Fraxinus Excelsior*, *Juniperus Communis*, *Lonicera Nigra*, *Rosemarinus Officinalis*, *Ulmus Campestris*, *Zea Mais*. *Rosemarinus Officinalis* is also an excellent Gallbladder drainer.

Betula Alba is one of the remedies that stimulates the Kupfer cells of the liver; this optimises the liver function. So does **Betula Verrucosa**.

Fraxinus Excelsior is considered as a liver and kidney cleaner.

Juniperus Communis is a very powerful liver drainer and kidney drainer that will clear the internal toxins and the external toxins (drugs, poisons, contaminants,. Some clinical indications beyond drainage and cleansing are chronic hepatitis, toxic hepatitis, hepatocellular insufficiency, cirrhosis, portal hypertension, oesophageal and gastric varicose veins secondary to portal hypertension, ascites at the beginning (liver repair and diuresis). **Juniperus**

A few cases

I have included a few of my cases “by public demand”. Colleagues contacted me after reading a previous edition and wanted to “learn from cases”.

Let us be clear: I have written very shortly only about some clear-cut cases with almost striking results; nobody publishes doubtful results or failures.... not that I had any, of course.... (ahem). And honestly, it is possible to summarise them all like this: patient came with this complaint/symptom/sign/pathology, gave him remedies XYZ according to the repertory and materia medica, patient got better, end of story.

V.S. came in 2008, age 78, with diffuse atherosclerosis and peripheral arterial disease. On the angiogram, there is a calcified aorta, plaques in the lower aorta, the left and right femoral and popliteal arteries are blocked, **and the** tibialis posterior arteries are open. Intermittent claudication, ulcers on the feet. On Doppler examination I can barely hear the tibialis posterior pulses and am unable to measure any pressure.

The Gemmotherapeutic remedies prescribed were: *Cercis Siliquastrum*, *Olea Europea* and *Crataegus Oxyacantha*, 15 drops of each daily. Additional prescription: herbs, homeopathic remedies, nutritional changes. Four months later the feet are pink and warm, and a pulse can be heard with the Doppler in all four arteries! (DP and TP both legs). There is residual pain that is a mix of arthralgia and neuralgia, controlled with homeopathic *Causticum* in a FPP. She did stop the treatment for some months due to family problems and the claudication came back, associated with oedema and inflammatory pain. The TP pulses had disappeared on Doppler examination. The Gemmotherapeutic treatment was resumed and changed to *Cercis Siliquastrum*, *Crataegus Oxyacantha*, *Cornus Sanguinaria*, *Syringa Vulgaris* and *Ribes Nigrum* to remove the inflammatory pains. All pulses reappeared within a month with pink and warm feet. Still struggling with the pain but the homeopathic *Causticum* keeps it under control.

The Gemmotherapeutic treatment meant the difference between independence despite some pain and bilateral amputation.

J.C. came in 2006 aged 76 with shortness of breath due to past use of tobacco and exposure to asbestos. The chest X-rays shows pleural calcifications on both lateral chest walls with plaques and nodules of about 3cm in diameter. There is also generalised emphysema. We tried for a few months a mix of

herbs, homeopathy, organotherapy and *Thiosinaminum*, with some minimal amelioration. He then agreed to try Gemmotherapy. The prescription was *Carpinus Betulus*, *Coryllus Avellana*, *Rubus Fruticosus* and *Aesculus Hippocastanum*, 10 drops of each daily. There was some additional change but no major *shift*; therefore the prescription was changed to *Coryllus Avellana*, *Fagus Sylvatica* and *Ribes Nigrum*. This allowed him not only to breathe freely at rest but he went on to sing in a choir without too much of a struggle. His wife kept me informed that he was doing well until he died in 2011 from respiratory failure. She commented that the treatment gave him a good quality of life for his last five years.

S.C. is a sixteen-year-old girl after glandular fever, still exhausted, tired despite sleeping well, stressed at school, all of this aggravated by the fact she is an overachiever. There was additional stress at school to the extent she had to change to another one, and personal hurt and disappointment with a friend. There was a clear picture of adrenal exhaustion for which the Gemmotherapeutic remedies *Ribes Nigrum* and *Quercus Robur* were prescribed, 15 drops of each daily, in addition to organotherapy of the pituitary and adrenals, and a general homeopathic treatment. Energy levels came back within a few weeks and allowed us to progress further into deeper and deeper homeopathic treatment.

L.C. presented with a situation of generalised psoriasis and a terrible diet. The nutrition was first addressed, then the treatment completed with liver and skin organotherapy, drainage and detoxification, and the Gemmotherapeutic remedies *Ribes Nigrum*, *Cedrus Libani* and *Juglans Regia*, plus a general homeopathic treatment. The general health status and complaints became better; the skin symptoms fluctuated between better, being tolerable and some phases of aggravation when he stopped the liver remedies. I am highly suspicious of non-compliance with the diet after a phase of skin amelioration; he did not seem to like my insistence on strict avoidance of toxic foods and never allowed me to dig deeper than the skin...

E.H. was 68 years old when I saw her first in 2003. She had emphysema, asthma, recurrent bronchitis and bronchiectasis, has been on "preventative" antibiotics on and off for 37 years; now her bronchiectases are colonised with resistant *Pseudomonas Aeruginosa* and the solution offered was surgery to remove the affected lobes....anyway, it took a few months of acrobatic and dangerous treatments with essential oils taken internally and many other concoctions to get rid of the infections. Then the difficult task of treating her asthma and emphysema started. A major symptom was a sensation of chest

constriction, almost permanent, that did not react to any treatment. One day she showed me her hand: she was starting to have a Dupuytren's contracture. By that time I was already deep into manual medicine, checked her chest the osteopathic way and realised that her feeling of constriction was in fact due to the inability of all the small joints in the chest (costo-vertebral, costo-transversal, costo-chondral, costo-sternal, the thoracic vertebrae, sterno-clavicular and of course the pleuro-pulmonary and pleuro-diaphragmatic surfaces) to move properly. An Ortho-Bionomic and Visceral Manipulation session helped, with a marked increase in her peak flows, but she was not prepared to come for regular sessions. I added the Gemmotherapeutic remedies *Ampelopsis Weitchii*, *Ribes Nigrum* and *Pinus Montana* at 15 drops of each daily to her ongoing cocktail. This helped to give her more chest mobility and breathing amplitude, and partially removed the Dupuytren's contraction to the extent she will not need surgery for it. The case is still ongoing as there are deeper issues with "breathing" that are not within the realm of physical medications.

You can clearly see the pattern: there really is no "this for that". Proper understanding of the physiology and pathophysiology are needed to select the proper remedy/ies. This is a valid affirmation no matter what type of medicine or speciality you practice; without this, you shoot in the dark with a shotgun and hope to hit the target and not an innocent bystander.

A

Acne:	Juglans Regia, Platanus Orientalis, Ribes Nigrum, Rosemarinus Officinalis, Ulmus Campestris. <i>Juglans Regia</i> .
Acroparesthesia:	Sorbus Domestica.
Adaptogen:	Ribes Nigrum.
Addiction:	Malus Sylvestris.
Adenoma, thyroid:	Vaccinum Vitis Idaea.
Adenitis:	Vitis Vinifera.
Adhesions (post-inflammatory or post-operative):	Ampelopsis Weitchii.
Adrenal cortex activation:	Fraxinus Excelsior, Quercus Robur, Ribes Nigrum.
Adrenal malfunction/failure:	Quercus Robur, Ribes Nigrum, Sequoia Gigantea.
Adrenal stimulant:	Ribes Nigrum. <i>Pinus Montana</i> , <i>Rosemarinus Officinalis</i> .
Aging, delays:	Rosemarinus Officinalis, Sequoia Gigantea.
Aging, premature, early:	Vaccinum Vitis Idaea.
Agoraphobia:	Olea Europea, Prunus Amygdalus.
Alcoholism:	<i>Quercus Robur</i> , <i>Tamaris Gallica</i> .
Allergic Asthma:	Abies Pectinata, Rosemarinus Officinalis, Viburnum Lantana.
Allergy:	Abies Pectinata, Alnus Glutinosa, Cedrus Libani, Fagus Sylvatica, Ficus Carica, Juglans Regia, Ribes Nigrum, Rosemarinus Officinalis, Rubus Idaeus (mucosal), Viburnum Lantana (tracheobronchial). <i>Lonicera Nigra</i> , <i>Ribes Nigrum</i> .
Alternating symptoms:	Sequoia <i>Gigantea</i> .
Alzheimer's:	Juglans Regia (x).
Amenorrhea (iatrogenic):	Rubus Idaeus.
Amyloidosis (kidney):	Prunus Amygdalus.
Anabolic:	<i>Juglans Regia</i> .
Anæmia:	Tamaris Gallica. <i>Citrus Limonum</i> .
Analgesic (see Pain):	<i>Abies Pectinata</i> , <i>Fraxinus Excelsior</i> , <i>Juniperus Communis</i> , <i>Pinus Montana</i> , <i>Rosemarinus Officinalis</i> , <i>Syringa Vulgaris</i> , <i>Tamaris Gallica</i> . Rosa Canina (x)

Anaphylaxis:	<i>Alnus Glutinosa</i> , <i>Ribes Nigrum</i> .
Androgen stimulation:	<i>Sequoia Gigantea</i> .
Angina Pectoris:	<i>Cornus Sanguinea</i> , <i>Crataegus Oxyacantha</i> .
Angiocholitis:	<i>Acer Campestre</i> , <i>Fraxinus Excelsior</i> .
Angiogenesis, stimulates:	<i>Alnus Glutinosa</i> .
Ankylosing Spondylitis:	<i>Ampelopsis Weitchii</i> , <i>Rubus Fruticosus</i> .
Antibacterial:	<i>Cercis Siliquastrum</i> , <i>Citrus Limonum</i> , <i>Juglans Regia</i> , <i>Lonicera Nigra</i> , <i>Olea Europea</i> , <i>Pinus Montana</i> , <i>Populus Nigra</i> , <i>Ribes Nigrum</i> , <i>Rosa Canina</i> , <i>Rosemarinus Officinalis</i> .
	<i>Acer Campestre</i> (x), <i>Coryllus Avellana</i> (x), <i>Ficus Carica</i> (x), <i>Lonicera Nigra</i> (x).
	<i>Aesculus Hippocastanum</i> .
Anticoagulant:	<i>Carpinus Betulus</i> .
Anticoagulants, side-effects of:	<i>Rosemarinus Officinalis</i> .
Anticonvulsive:	<i>Ficus Carica</i> . <i>Rosemarinus Officinalis</i> .
Antidepressant:	<i>Acer Campestre</i> , <i>Olea Europea</i> . <i>Juglans Regia</i> .
Antifungal:	<i>Quercus Robur</i> .
Antihelminthic:	<i>Fagus Sylvatica</i> .
Antihistaminic:	<i>Aesculus Hippocastanum</i> , <i>Betula Alba</i> , <i>Fraxinus Excelsior</i> , <i>Malus Sylvestris</i> , <i>Ribes Nigrum</i> , <i>Sequoia Gigantea</i> , <i>Zea Mais</i> . <i>Aesculus Hippocastanum</i> , <i>Betula Alba</i> , <i>Citrus Limonum</i> , <i>Fraxinus Excelsior</i> , <i>Ilex Aquifolium</i> , <i>Juniperus Communis</i> , <i>Lonicera Nigra</i> , <i>Pinus Montana</i> , <i>Populus Nigra</i> , <i>Ribes Nigrum</i> , <i>Sorbus Domestica</i> .
Anti-inflammatory:	<i>Ficus Carica</i> (x), <i>Ligustrum Vulgare</i> (x), <i>Prunus Amygdalus</i> (x), <i>Rosa Canina</i> (x).
	<i>Cercis Siliquastrum</i> , <i>Fraxinus Excelsior</i> , <i>Pinus Montana</i> , <i>Vitis Vinifera</i> . <i>Ficus Carica</i> (x).
Antioxidant:	<i>Betula Alba</i> , <i>Coryllus Avellana</i> , <i>Lonicera Nigra</i> , <i>Syringa Vulgaris</i> , <i>Tamaris Gallica</i> .
Antipyretic:	<i>Cedrus Libani</i> . <i>Abies Pectinata</i> , <i>Cedrus Libani</i> , <i>Citrus Limonum</i> , <i>Fagus Sylvatica</i> , <i>Juniperus Communis</i> , <i>Pinus Montana</i> , <i>Populus Nigra</i> .
Antiseptic:	<i>Castanea Vesca</i> , <i>Rubus Idaeus</i> , <i>Tilia Tomentosa</i> , <i>Rosemarinus Officinalis</i> <i>Citrus Limonum</i> , <i>Juniperus Communis</i> , <i>Lonicera Nigra</i> .
Antispasmodic:	<i>Carpinus Betulus</i> .
Antispasmodic, bronchial:	

Antithrombotic:	Alnus Glutinosa, Alnus Incarna, Betula Alba, Cercis Siliquastrum, Crataegus Oxyacantha.
Antiviral:	Acer Campestre, <i>Juniperus Communis</i> , <i>Lonicera Nigra</i> , <i>Olea Europea</i> , <i>Pinus Montana</i> , <i>Quercus Robur</i> , <i>Rosa Canina</i> , <i>Rosemarinus Officinalis</i> , <i>Vaccinum Vitis Idaeae</i> . Ribes Nigrum (x).
Anxiety, neurotic or ill-defined:	Acer Campestre, Tilia Tomentosa. <i>Viscum Album</i> .
Anxiolytic:	Crataegus Oxyacantha, Ficus Carica, Malus Sylvestris, Tilia Tomentosa. <i>Pinus Montana</i> . <i>Ligustrum Vulgare</i> .
Aphthes:	
Appetite, lack of:	Abies Pectinata, Betula Verrucosa, Rosa Canina.
Arrhythmia:	Crataegus Oxyacantha. <i>Olea Europea</i> , <i>Viscum Album</i> .
Arterial emboli:	Alnus Glutinosa, Cercis Siliquastrum.
Arterial thrombosis:	Alnus Incarna, Cornus Sanguinea.
Arteries, inflammation:	Zea Mais.
Arterial spasm:	Populus Nigra.
Arteries, repermobilisation, removal of obstruction:	Alnus Glutinosa, Betula Pubescens, Populus Nigra.
Arteriosclerosis:	Cercis Siliquastrum, Rubus Idaeus.
Arteritis:	Cercis Siliquastrum, Citrus Limonum, Coryllus Avellana, Juglans Regia, <i>Olea Europea</i> , Populus Nigra.
Arteritis, diabetic:	<i>Olea Europea</i> .
Arthritis:	Fraxinus Excelsior, Vitis Vinifera. <i>Fraxinus Excelsior</i> , <i>Juniperus Communis</i> , <i>Populus Nigra</i> .
Arthritis, juvenile:	Ficus Carica.
Arthritis, rheumatoid, chronic:	Ampelopsis Weitchii.
Arthrosis:	Pinus Montana, Ribes Nigrum, Rubus Fruticosus, <i>Viscum Album</i> , Vitis Vinifera.
Articular deformities:	Vitis Vinifera.
Articular mobility increases:	<i>Viscum Album</i> .
Asbestosis:	Coryllus Avellana.
Ascites:	<i>Juniperus Communis</i> .
Asthma:	Abies Pectinata, Alnus Glutinosa, Ribes Ni-

	grum, Viburnum Lantana. <i>Juglans Regia</i> , <i>Lonicera Nigra</i> .
Asthma allergic:	Rosemarinus Officinalis, Viburnum Lantana.
Asthma, cardiac:	Viscum Album.
Asthma, non-allergic:	Crataegus Oxyacantha, Viburnum Lantana.
Atheromatosis, fibrosclerotic:	Betula Pubescens, Fagus Sylvatica.
Atheromatosis, plaques:	Crataegus Oxyacantha, Malus Sylvestris Domestica, Olea Europea, Vaccinum Vitis Idaea, Viscum Album.
Atherosclerosis:	Cercis Siliquastrum, Ficus Carica, Juniperus Communis, Malus Sylvestris, Olea Europea, Syringa Vulgaris, Viscum Album. <i>Vitis Vinifera</i> .
Atrial fibrillation:	Alnus Glutinosa.

B

Bed sores:	Ligustrum Vulgare.
Belching:	<i>Juglans Regia.</i>
Benign prostatic adenoma:	Sequoia Gigantea.
Biliary colic, recurrent:	Juniperus Communis, Rosemarinus Officinalis.
Biliary dyskinesia:	Rosemarinus Officinalis.
Biliary lithiasis:	Acer Campestre, Fraxinus Excelsior.
Birth facilitator:	<i>Rubus Idaeus.</i>
Bites and stings:	Ribes Nigrum. <i>Citrus Limonum.</i>
Bladder stones:	<i>Betula Alba.</i>
Bleeding:	<i>Alnus Glutinosa.</i>
Bleeding gums:	Quercus Robur, Betula Pubescens.
Bleeding time regulator:	Carpinus Betulus.
Bleeding, traumatic:	Cornus Sanguinea.
Bloating:	<i>Aesculus Hippocastanum, Juglans Regia.</i>
Blood clots, increased formation:	Acer Campestre.
Blood “congestion”:	Sorbus Domestica. <i>Aesculus Hippocastanum.</i>
Blood “fluidifier”:	Citrus Limonum, Cornus Sanguinea, Olea Europea, Sorbus Domesticus.
Blood pressure normalizer:	Crataegus Oxyacantha.
Blood pressure, high:	Malus Sylvestris, Olea Europea, Prunus Amygdalus, Ribes Nigrum, Viscum Album. <i>Juniperus Communis, Pinus Montana, Tilia Tomentosa.</i>
Blood pressure, low:	Quercus Robur.
Blood stagnation:	<i>Aesculus Hippocastanum.</i>
Blood stasis:	Malus Sylvestris.
Blood sugar elevated:	Acer Campestre, Juglans Regia. <i>Ficus Carica.</i>
Blood viscosity reducer:	Alnus Glutinosa, Olea Europea, Sorbus Domestica.
Boils:	<i>Ficus Carica.</i>
Bone marrow stimulation:	Abies Pectinata, Cornus Sanguinea, Tamaris Gallica.
Bone pain:	Rubus Fruticosus, Sequoia Gigantea, Vaccinum Vitis Idaea.
Bone regeneration:	Abies Pectinata, Betula Alba, Betula Verrucosa, Pinus Montana.
Bone remineralisation:	<i>Quercus Robur.</i>

Bone tissue improvement:	<i>Sequoia Gigantea, Juglans Regia.</i>
Brain stimulant:	<i>Malus Sylvestris.</i>
Bravais-Jacksonian epilepsy:	<i>Ficus Carica.</i>
Breast, benign fibroadenoma:	<i>Betula Verrucosa, Ilex Aquifolium.</i>
Breast, delayed appearance in young girls:	<i>Rubus Idaeus, Vaccinum Vitis Idaeae.</i>
Breast distension:	<i>Aesculus Hippocastanum.</i>
Breast, fibrocystic disease:	<i>Viscum Album.</i>
Breathing, eases the:	<i>Aesculus Hippocastanum.</i>
Bronchial spasm:	<i>Carpinus Betulus, Viburnum Lantana.</i>
Bronchitis:	<i>Alnus Glutinosa, Coryllus Avellana, Juglans Regia, Lonicera Nigra, Ribes Nigrum. Cas- tanea Vesca, Cedrus Libani, Fagus Sylvatica, Ilex Aquifolium, Pinus Montana, Populus Nigra, Quercus Robur, Tilia Tomentosa. Alnus Glutinosa, Coryllus Avellana.</i>
Bruises:	<i>Cercis Siliquastrum, Cornus Sanguinea,</i>
Buerger's disease:	<i>Populus Nigra. Crataegus Oxycantha.</i>
Burns:	<i>Alnus Glutinosa, Populus Nigra, Ulmus Campestris.</i>