The Handbook of

Gemmotherapy.

Dr. J. Rozencwajg, MD, PhD, 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 practicing 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.

It is worth spending a little time exploring this little known area.

Enjoy your trip!

1. The basics.

In 1970, A Belgian Doctor, Pol Henry, published his findings about the use of extracts from buds, rootlets, young shoots and the inner bark of roots.

Buds, and other young parts, are reservoirs of what is called “primary meristems”, which are young cells with an elevated nucleocytoplasmic balance; in other words, they have a lot more nucleic acids proportionally to mature cells; those are what we would call today the “herbal stem cells”.

Buds have kept the total anabolic ability of the primitive embryonic cell. They contain nucleic acids, minerals, oligoelements, vitamins, enzymes and most importantly growth factors, the most important of them being Auxins and Gibberellins. Within the buds is contained the totality of the information of the adult plants; therapeutically, it implies that bud extracts will have a wider range of action that either the leaves, the flowers or the roots and that their action will be more powerful and in-depth, needing less remedy and acting faster.

Pol Henry naturally called his new therapy “Phytoembryotherapy” but it was soon renamed Gemmotherapy by Max Tetau who continued and expanded the research.

For Tetau and Bergeret, the main cause of disease is the accumulation of toxins within the cells and organs; in order to promote healing, those toxins must be eliminated and the repair of tissues promoted (actually this is the theory and way of practice of the French Homeopath Leon Vannier and his school).

We can then define Gemmotherapy as tissular phytoembryotherapy acting through drainage, stimulation and regeneration of the cells, tissues and organs. Each remedy has precise and intense therapeutic properties, as we will see, which Tetau calls homeopathic drainage, although there is not real homeopathicity as defined in Classical Homeopathy.

Tetau, Bergeret and other French practitioners tend to use Gemmotherapy in combination with herbal tinctures; this practice was first called “Phytotherapie Renovee” (renewed phytotherapy), then “Homeopathie Vegetale” (herbal homeopathy) and is finally now called simply Gemmotherapy, although the association with regular herbal tinctures is still much promoted. Some of those associations might be included here as a matter of interest.

The clinical application of Gemmotherapy was documented not only through clinical normalisation of the patient but also through the laboratory test known as Protein

Electrophoresis. This is often highly abnormal in a variety of diseases and becomes normal under the influence of the bud extracts; unfortunately this test is very much non specific for named diseases, not allowing a precise conventional differential diagnosis and has become less used and even often not performed in general practice; but it still is a good objective test of biochemical normalisation if it is available.
The major experimental researches leading to the clinical indications were made on mice.
Activity on neutrophiles and eosinophiles, studying local allergic reactions:

- Rosemarinus Officinalis: hepatodigestive allergy
- Viburnum Lantana: tracheobronchial allergy
- Ficus Carica: mucosal allergy with hypoplasia
- Alnus Glutinosa: mucosal allergy with hyperplasia

Activity on macrophages, reticulohistiocytic system like the liver Kupfer cells, monocytes, etc,….

- Betula Verrucosa
- Betula Pubescens
- Juglans Regia
- Fagus Sylvestris
- Ulmus Campestris
- Cornus Sanguinea

Activity on lymphoplasmocytic cells, immunoglobulin production:

- Juglans Regia
- Cornus Sanguinea that has also an intense antithrombotic activity, explaining its activity in acute myocardial infarction at 25 drops every 15 minutes of the1X (1D) solution.

Activity on erythropoietic cells:

- Coryllus Avellana
- Abies Pectinea
- Most of the Conifers

Activity on osteoblasts:

- Betula Verrucosa
- Abies Pectinea

Activity on megacaryocytes and platelets:

- Tamarix Gallica
- Carpinus Betulus

Activity on exsudative phase of infection:

- Alnus Glutinosa
- Betula Pubescens
- Populus Nigra
- Fraxinus Excelsior
- Ulmus Campestris
- Ribes Nigrum

Neuro-endocrine activity:

- Ribes Nigrum activates the corticosurrenals (adrenal cortex)
- Ficus Carica regularises the corticodiencephalic axis, hence, being an anxiolytic, is used in nevroses and psychosomatic disorders
- Tilia is a tranquilliser at a level equal to the Benzodiazepines

All this will become clearer when we go through each remedy separately in detail.

The buds, young shoots and others are collected in the spring. It is a renewable source with the need of large quantities to create the extracts with only one yearly collection time, hence the often high price of the finished products.
The original preparation as Pol Henry described it was by maceration in a mix of water, alcohol and glycerine, allowing for the extraction of the totality of the active ingredients. Tetau and his school made the extraction in alcohol and glycerine only, adding the water during the dilution and potentisation process. The macerate yield 1/20th of the dry weight and the potentisation is made in a 1X (1D) potency.
This difference has led to controversy. Some therapists claim that the water extraction is missing although in fact the alcohol is never 100% proof, even not 96% but generally 70%, leaving 30% of water for extraction of water soluble substances. The

same therapists claim that the 1X (1D) potency is in fact a simple dilution and that no industry really succusses large quantities. They have created what they call concentrates, using the water-alcohol-glycerine extraction method, without dilution/ potentisation. The recommended dosage of the concentrate is 10 times less with the argument that this introduces less alcohol for the patient, which is important especially for children and babies.
Using alcohol 70% with glycerine gives a final concentration of 35%, which diluted to 1X (1D) give a 3.5% alcohol concentration, of which 10 to 30 drops are used in infants. You decide if this is relevant…..
On the other hand, potentizing a remedy imparts an increased therapeutic potential, at least in theory, which would be missing in the concentrate: this is simply solved by preparing the drops in a bit of water and succussing before administration.
The clinical reports that can be read using either the concentrates or the 1X (1D) give basically the same results and it is recommended you use whatever is available.

A note on Auxins and Gibberellins summarised from Trease and Evans' Pharmacognosy:
They are Plant Growth Regulators with specific actions, acting in low concentrations and regulating cell enlargement, division, differentiation, organogenesis, aging and dormancy.
Auxins are derived from Tryptophan and are also found in human urine; they are similar to indole-3-acetic-acid (IAA); their action is on cell elongation, inhibition of root growth, fruiting without pollinisation, inducing rooting in low concentration and selective inhibition and destruction of some species in higher concentration, hence used as selective weed killers.
Gibberellins are synthesized in leaves, accumulate in immature seeds and fruits of certain plants; they initiate the synthesis of hydrolytic and proteolytic enzymes necessary for germination.
Auxins and gibberellins are thus complementary and the presence of both is necessary.

It appears clearly that Gemmotherapy is a technique separated from all the others: it is not Homeopathy as there has been no proving, the remedy is not matched according to symptoms and signs but through understanding of the physiology, biochemistry

and physiopathology of the diseases; it is not Herbal Medicine per se although very close to it: there is very little, if any at all, traditional use of specific young parts of plants as opposed to mature or older parts of plants (e.g. in herbalism you must have a 2 years old root of Echinacea to have an active remedy).
Gemmotherapy is a scientific method of prescription taking into account human physiology and physiopathology, plant chemistry, well understood clinical diagnosis, which means not working through labels but through understanding of the mechanism of disease in each and every patient. Individualization of treatment remains the cornerstone of this technique too.

List of gemmotherapic remedies.

We give the international name (Latin) that is used in the book, the French and the English name 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. Some of the remedies are new and do not appear in older reference books; proper credit will be given when warranted.

1. Abies Pectinata	Sapin Pectine	Red Spruce
2. Acer Campestre	Erable Champetre	Hedge Maple
3. Aesculus Hippocastanatum	Marronier	Horse Chestnut
4. Alnus Glutinosa	Aulne Glutineux	Alder
5. Alnus Incarna	Aulne Rouge	Red Alder
6. Ampelopsis Weitchii	Vigne Vierge	Wild Woodvine
7. Betula Alba	Bouleau Blanc	White Birch
8. Betula Pubescens	Bouleau Pubescent	Common Birch
9. Betula Verrucosa	Bouleau Verruqueux	Silver Birch
10. Carpinus Betulus	Charme	Hornbeam
11. Castanea Vesca	Chataignier	Chestnut
12. Cedrus Libani	Cedre du Liban	Cedar of Lebanon
13. Cercis Siliquastrum	Arbre de Judee	Red Bud
14. Citrus Limonum	Citronnier	Lemon tree
15. Cornus Sanguinea	Cornouiller Sanguin	Blood Twig
16. Corylus Avellana	Noisetier	Filbert, Hazelnut tree

17. Crataegus Oxycantha	Aubepine	Hawthorn
18. Fagus Sylvatica	Hetre	Beech
19. Ficus Carica	Figuier	Fig tree
20. Fraxinus Excelsior	Frene	Ash tree
21. Ilex Aquifolium	Houx	Holly tree
22. Juglans Regia	Noyer	Walnut
23. Juniperus Communis	Genevrier	Juniper
24. Ligustrum Vulgare	Troene	Primworth
25. Lonicera Nigra	Chevrefeuille	Black Honeysuckle
26.* Malus Sylvestris Domestica	Pommier	Apple tree
27. Olea Europea	Olivier	Olive tree
28. Pinus Montana	Pin	Mountain Pine
29. Platanus Orientalis	Platane	Oriental Plane tree
30. Populus Nigra	Peuplier	Black Poplar
31. Prunus Amygdalus	Amandier	Sweet Almond
32. Quercus Robur	Chene	Oak
33. Ribes Nigrum	Cassis	Black Currant
34. Rosa Canina	Rosier	Dog Rose
35. Rosemarinus Officinalis	Romarin	Rosemary
36. Rubus Fructicosus	Ronce	Blackberry Vine
37. Rubus Idaeus	Framboisier	Raspberry
38. Secale Cereale	Seigle	Rye grain
39. Sequoia Gigantea	Sequoia	Giant Redwood
40. Sorbus Domestica	Sorbier	Rowan Tree
41. Syringa Vulgaris	Lilas	Common Lilac
42. Tamaris Gallica	Tamaris	Tamaris
43. Tilia Tomentosa	Tilleul	Lime tree
44. Ulmus Campestris	Orme	Elm
45. Vaccinum Vitis Idaea	Airelle	Wine berry
46. Viburnum Lantana	Viorne	Lithy tree
47. Viscum Album	Gui	Mistletoe
48. Vitis Vinifera	Vigne	Grape vine
49. Zea Mais	Mais	Maize

* This is a new remedy, my thanks to Philippe Andrianne for the information received.

2. Materia Medica.

Preliminary note: as noted previously, the Gemmotherapy remedies have the potential healing properties of the whole plant. Therefore I will list their uses in Western and Eastern Herbalism, Aromatherapy and Homeopathy when available and relevant. This way, should you find a clinical indication that is not listed for Gemmotherapy but is listed for the same plant in another tradition or technique, you might consider using it in bud form instead of the traditional other application, if it does make sense to the totality of your prescription and makes it simpler.

Posology: as usual the posology is individual and has to be adapted to the level of energy of the patient and changed according to tolerance.
The usual adult dose of the 1X (1D) gemmotherapic remedy will vary: 50-150 drops either once a day or in 3 doses. If you use the concentrate, the dose will be 5-15 drops. For children and infants, it is suggested to work according to weight as compared to a 70 kilograms adult, bearing in mind that their metabolism is faster, so you should not be too shy in dosing. The first and most frequent symptom of excessive dosage would be nausea; you miss the next administration then reduce the dose. But remember that the remedies act as drainers, so a high dose early in treatment may and has caused the sudden release of toxins in a body that is not prepared for the assault; you will then find symptoms compatible with the toxin, if known, or more general symptoms, like vertigo, dizziness, nausea, "weird" feelings, etc,…those disappear within a few hours but are a sure indication to start low and slow. In doubt or in a frail patient, start at about a fifth or even a tenth of the dose you would otherwise use and increase gradually. Do not stick to rigid posology schemes you might find in books, use your intelligence and essentially the patient's clinical reaction. Remember though that those are very powerful remedies; having a "standard" dose written by an "authority" does not mean this is what you have to use; the more problems your patient suffers from, the more he will be susceptible to reactions, so lower the dose accordingly and increase progressively. The worst thing that can happen is that you wasted a few days…..treat safely.
Using every remedy separately is the preferred method. Although some companies have created ready made complexes with clinical indications, it is always better if, as

a practitioner, you create your own formula adapted to each and every patient. You might be willing to use one remedy long term, another short term and another for a trial for symptom relief: why mix them? You cannot separate them, stop one or change the posology. In the clinical part, some examples of administration might be given if it seems relevant, but remember, they would only be examples; individualisation remains the key to successful prescription.

Most of the Gemmotherapic remedies work best in combinations through synergy of action.

The botanical description of the plants is given purely for the sake of information and completeness; it has been found on various botanical and agricultural sites on the internet. No pictures have been included in this book to keep the costs down and make it as widely available as possible.

1. Abies Pectinata.

Red Spruce (Eng), Sapin Pectine (French), also known as Silver Fir.
Tall, columnar evergreen reaching heights of 80 to 150 feet and widths of 15 to 20 feet. Needles are dark green with silver underneath. Cones are cylindrical, yellow to green before ripening to brown and releasing seeds. Performs best when given partial shade and ample water in well drained soil. Sometimes referred to as Abies Alba. It is a slow growing plant with high ability for natural regeneration.

The parts used are young shoots and buds.

Much used in paediatric medicine for growth problems; it acts on the bones by stimulating the phosphocalcic metabolism and increasing calcium fixation on the bones, stimulating the osteoblasts.
In rickets, associated to the appropriate nutritional and sunshine therapy.
Osteomyelitis, osteochondritis, back aches of all ages, the so-called growth pains (e.g. Osgood-Schlatter syndrome).
Preventing and curing dental decay (if not gone too far…).
Enhances the formation of callus during fracture repair.
Stimulates erythropoiesis and bone marrow, stimulates immunity through the bone marrow activation.
Has a good action on asthma, allergy, throat and in general ENT infections.

Other traditions.
The Eclectics were using the extract know as Turpentine Essential Oil as a mucostatic, haemostatic, anticatarrhal, antiseptic, restorative of vital defences, for atony and debility, treating chronic deficiency conditions.
The PDR for Herbal Remedies and the German Commission E list the indications as neuralgia and rheumatism.
The essential oil is secretolytic, mildly antiseptic; inhalation causes strong expectoration. Used in Aromatherapy as analgesic, antiseptic, antitussive, deodorant, expectorant, rubefaciant (in loco) stimulant and tonic.

2. Acer Campestre.

Hedge Maple (Eng), Erable Champetre (French).
Though a native tree (UK), Acer Campestre is not often seen growing freely for the sake of its timber, being chiefly looked upon as a valuable hedge-tree, and is therefore frequently found in hedgerows.
When growing alone it is a small tree, seldom attaining more than 20 feet, but the wood is compact, of a fine grain, sometimes beautifully veined and takes a high polish. For this reason, it is highly praised by the cabinet-maker and has always been used much for tables, also for inlaying, and is frequently employed for violin cases.
The wood makes excellent fuel and affords very good charcoal.
Sap drawn from the trees in spring yields a certain amount of sugar.

Parts used: buds.

This remedy acts by modifying the saturation of bile with cholesterol, preventing a state of over saturation and the precipitation of cholesterol into sand and stones in the gallbladder and choledocus. It is used for preventing and treating gallstones, which can dissolve back in the bile when it is normalized.
Also lowers the cholesterol level in general.
Hypoglycaemic, used in diabetes, especially NIDDM.
Has antifungal and antiviral properties and is slightly antithrombolitic, good in association for clotting problems (hypercoagulability).
Useful in neurotic anxiety, when one is fearful of an ill-defined danger.
Dr. Pol Henry wrote that Acer Campestris by itself did not have any action, but only when associated with Fraxinus Excelsior for biliary lithiasis and Tilia Tomentosa for anxiety.

No other tradition seems to have used this remedy.

3. Aesculus Hippocastanatum.

Horse Chestnut (Eng), Marronier (French).

These trees, native to northern Greece, were introduced into Britain from Turkey in the 17th century. The soft timber is not much used, but the fruits of the horse chestnut are prized by children and used for playing 'conkers'. The distinctive palmate leaves usually have five or seven leaflets, and the fruits, which develop in prickly cases, are ripe in September and October - the 'conker' season.

Parts used: buds.

This is a venous remedy.

Acts on varicose veins, varicosities, varicose ulcer, haemorrhoids, clots in thrombosed haemorrhoids.

Anti-inflammatory through its action on venous congestion, eases it.

Also eases breathing and has an indication in emphysema.

Other traditions.

Has the same clinical indication in Homeopathy.

Herbal medicine uses it as an herbal restorative, astringent and anticoagulant, in the treatment of congestion and stagnation of blood in veins, pelvis and uterus; also used for liver stagnation, portal hypertension and haemorrhoids. Mucolytic and expectorant.

It reduces the permeability and the fragility of capillaries.

TCM uses the buckeye (Suo Luo Zi) to regulate Liver Qi, treating epigastric, abdominal and hypochondrial distention, bloating and pain as well as breast distention prior to menstruation.

Active ingredients are essentially saponins and flavonoids, aescin, aesculin and aesculetin.

4. Alnus Glutinosa.

Alder (Eng), Aulne Glutineux (French).

The affix 'Glutinosa' refers to the gluey sticky feel of buds and young leaves. Native of Britain and Europe, all the way down to North Africa and eastwards to Siberia. Up to about 21 m tall, girths of up to 4.3. m.
Dark glossy leaves, has male and female catkins on the same tree. The female catkins look like small cones. The empty woody cones stay on the tree in winter, which makes it easy to identify the silhouette of this tree when it is bare. Alder roots have nitrogen fixing nodules on their roots.

Parts used: buds.

A remedy for inflammatory syndromes, especially originating from a mucosa, at the acute suppurative stage but better if used at the beginning (can then avoid the use of antibiotics): rhinitis, sinusitis, tracheitis, bronchitis, colitis, pyelitis, cystitis, and cholecystitis.

It will also be useful for subacute inflammations with a tendency to diffuse: pleuritis, pneumonia, pleuro-pneumonia, osteomyelitis, peritonitis. Used for gastritis, ulcers, colitis, cholecystitis, it has been called a gastric drainer but it seems to be acting through its anti-inflammatory properties.

As an anti-inflammatory, it will act on any situation associated with inflammation, including urticaria and allergies.

It acts as a hypo coagulant, antithrombotic, diminishes blood viscosity, hence will be of use in coronary thrombosis and myocardial infarct, cerebral infarction and stroke, mitral stenosis, auricular fibrillation with associated auricular thrombi. Increasing collateral circulation in the cardiovascular system and stimulating angiogenesis, it will be used in chronic coronary diseases; this action extends to the whole vascular system, making it a remedy useful in migraines and to increase cerebral vascularisation and activity in the treatment of memory problems, senile and pre-senile dementia.

No other tradition seems to have used this tree.

5. Alnus Incarna.

Red Alder (Eng), Aulne Rouge (French).

There is some confusion in the literature with **Alnus Incana** (Grey Alder in English but Aulne Blanc (white) in French), the same indications being given for both trees. On the other hand, they might just be so similar in properties that they have the same indications and moreover this is a fairly new addition to the pharmacopea, as it is not found in the classical French textbooks. Hence we will consider them as one and the same, with the reservation that more details may and probably will come up at a later stage.

Alder is an attractive, low-growing tree common along streams. Its leaves are toothed and often folded inward along the central leaf vein. Alder has small persistent cones which are actually remains of the staminate flower clusters. These remain on the branches after the leaves have fallen. The Red Alder is a deciduous and grows up to 25 meters tall. It grows predominately in humid to pre-humid coastal climates with mild wet winters and warm dry summers at lower elevations and is frost intolerant. Also, it is tolerant to many soil types, but achieves optimal growth in deep, well drained loams, sandy loams, or silt loams of alluvial origin. The initial growth rate is very rapid, therefore requiring a high rate of photosynthesis (light enhances photosynthetic rate hence Red Alder is shade intolerant). At 25 years, growth rate has usually peaked, by the time it reaches 60 years it usually dies of heart rot. Most importantly, it puts nitrogen back into the soil.

Parts used: buds.

Of the same family as Alnus Glutinosa, with the same indications but stronger action over a shorter span of time (Dr. M. Greaves). An acute situation can be started with a high dosage of Alnus Incarna, up to 10 times the usual dose, and then followed by the longer term use of Alnus Glutinosa.

Very powerful antithrombotic, it can be used at those massive doses for acute myocardial infarction or other arterial or venous thrombosis to dissolve the clot and save lives and limbs. It is the herbal equivalent of thrombolytic therapy with drugs like Streptokinase, whereas Alnus Glutinosa would be more akin to heparin, warfarin or aspirin therapy.

6. Ampelopsis Weitchii or Veitchii.

Wild Woodvine (Eng), Vigne Vierge (French).

A deciduous climber growing to 18m at a fast rate. It is in flower from July to August, and the seeds ripen from October to November. The flowers are hermaphrodite (have both male and female organs) and are pollinated by insects. The plant prefers light (sandy), medium (loamy) and heavy (clay) soils and requires well-drained soil. The plant prefers acid, neutral and basic (alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It requires moist soil.

Parts used: young shoots.

This is the remedy of fibrous tissue and of inflammatory joint pathologies, ligaments, tendons and cartilages.

It will help regenerate joints, ligaments, cartilages after trauma, tendons and ligaments strains, indicated in sports injuries, tennis elbow, etc,….

Use it when fibrosis is associated with sclerosis and retraction, when there are local fibrous indurations or adhesions after inflammations: Dupuytren, La Peyronnie, rheumatoid arthritis, chronic arthritis, ankylosing spondylitis, joint deformities due to any type of labelled inflammatory conditions.

It also would appear to be a good remedy to prevent post operative adhesions, but not before the wounds have completely healed (although this might be a theoretical precaution).

Other traditions.

In Homeopathy Ampelopsis Quinquefolia has been used for vomiting and diarrhoea, pupil dilatation, joint pains and soreness of the limbs.

Ampelopsis Japonica Root is used in TCM for skin diseases.

7. & 8. Betula Alba aka Betula Pubescens.

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

It has white bark, which can be peeled off in horizontal strips. Its leaves are chordate, bright green above and lighter beneath, serrate, and hairy. Both male and female trees bear flowers; but only the female will bear seed cones. It has drooping branches and peeling bark and grows about 10 - 25 meters in height.

Parts used: buds, fresh sap, inner bark of roots.

Stimulates the Kupfer cells of the liver hence is a detoxifier through liver drainage; acts on excretion of urea, uric acid and reduction of cholesterol.
Increases diuresis, especially the inner bark of the roots (Dr. Andrianne), indicated in gout for its elimination of uric acid.
Important anti-inflammatory properties (salicylic acid!) and 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.
Being a general anti-inflammatory, it can be used in other systematic inflammations like hepatitis, pancreatitis, pleuritis, etc,….
Stimulates bone regeneration, use in osteoporosis and rickets.
Acts 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 coagulabilty of the blood; as usual, synergism is playing a role.
The seeds are said to stimulate the adrenals (Dr. Andrianne).

Other traditions.

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 and rheumatism.
The leaves are diuretic and are listed as indicated for rheumatism, gout, oedema from heart or renal origin and in urinary lithiasis. The PDR for Herbal Remedies and the Commission E monograph indicates it for infection of the urinary tract, kidneys and

bladder stones and rheumatism, but warns not to use when there is a diminished heart or kidney function.
The traditional books list it as analgesic, anti-inflammatory, antipyretic, diuretic and choleretic.

9. Betula Verrucosa aka Betula Pendula.

Silver Birch (Eng), Bouleau Verruqueux (French).

A deciduous tree growing to 20m by 10m at a fast rate. It is in flower in April, and the seeds ripen from July to August. The scented flowers are monoecious (individual flowers are either male or female, but both sexes can be found on the same plant) and are pollinated by wind. It is noted for attracting wildlife. The plant prefers light (sandy), medium (loamy) and heavy (clay) soils, requires well-drained soil and can grow in heavy clay and nutritionally poor soils.

Parts used: buds and sap.

There appears to be lots of confusion between the two Betula species, and I often found their names to be interchangeable while looking up the information.

From gemmotherapic point of view, the properties and indications are the same as those for Betula Alba with the difference that a focus of action is on growth and regeneration of organs and especially bones (Dr. Pol Henry). It has an osteoblastic activity that makes it useful in juvenile osteochondritis, chronic osteomyelitis, rickets, dental decay and caries.

It is also a liver and kidney drainer, an anti-inflammatory and stimulates the immune system, especially useful in acute infections. Other indications are the same as Betula Alba.

10. Carpinus Betulus.

Hornbeam (Eng), Charme (French).

Hardy native plant similar to green beech with mid-green leaves, suitable for heavy wet soils, and frost pockets. Green catkins from late spring to autumn, turning to clusters of winged fruit in autumn providing food for wildlife. Shade tolerant.

Parts used: leave buds.

Essential remedy for coagulation problems (Dr. Pol Henry): acquired thrombopenia from auto-immune diseases and from drug allergies, as well as after splenectomy; acquired thrombopathy especially drug induced; complications of anticoagulants and haemorrhages due to them. Periarteritis nodosa as a side effect of drugs.

Acts on the megacaryocytes, increases amount and the activity of the platelets, decrease therefore the bleeding time and seems to normalize the prothrombine time.

Although never described as such from Pol Henry's writings it seems it could be useful (or at least tried) when dealing with side effects of drugs in general (hypothetical).

According to Andrianne, it has a specific action on the mucosa of the sinuses; useful in ENT pathology in general, it repairs the damaged respiratory mucosa and is also a bronchial antispasmodic.

It is said to lower cholesterol and to be indicated in liver insufficiency.

Other traditions:

It was used in Herbal medicine for its astringent effect of the mucosa, acting through its Gallic Acid content, treating excessive discharges.

11. Castanea Vesca / Sativa.

Chestnut (Eng), Chataignier (French).

The Sweet Chestnut is a species of chestnut native to south-eastern Europe and Asia Minor. It is a medium-sized to large deciduous tree attaining a height of 20-35 m with a trunk often 2 m in diameter. The oblong-lanceolate, boldly toothed leaves are 16-28 cm long and 5-9 cm broad. The bark often has an unmistakable, yet beautifully net-shaped pattern, due to the fact that its deep furrows or fissures do not only run spirally in one direction up the trunk, they often do so in an opposite direction as well and when the two directions meet this criss-cross effect becomes distinctly visible. The tree requires a mild climate and adequate moisture for good growth and a good nut harvest. It is sensitive to late spring and early autumn frosts, and is intolerant of lime. Under forest conditions it will tolerate moderate shade well.

Parts used: buds.

Venous and lymphatic drainer, will be of use for all congestive problems like varicose veins, haemorrhoids, oedemas of lymphatic origin (as long as the lymphatic vessels are not destroyed), and through this action will help the secondary eczema around the varicose ulcers, and those ulcers too, of course. It enhances venous circulation and is also an antispasmodic.

Other traditions.

Herbalists used the leaves as expectorant.

Indicated in Homeopathy for whooping cough, loss of appetite, diarrhoea, lumbago.

Well known as a Bach Flower Remedy.

12. Cedrus Libani.

Cedar of Lebanon (Eng), Cedre du Liban (French).

This is a large stately evergreen, with a massive trunk when mature, and wide-sweeping, sometimes upright branches (more often horizontal) which originate on the lower trunk. Dark green needles and cones, which are held upright above the foliage, add to the impressive appearance. Young specimens retain a pyramidal shape but the tree takes on a more open form with age. Like most true cedars, it does not like to be transplanted, and prefers a pollution-free, sunny environment. The Cedar of Lebanon is originally from the Middle East and grows to be a 40 - 50 feet tall tree in nature. The needles are short (1/2 to 1 inch) and grow in tufts along the branches. Cedars of Lebanon are widely used as an ornamental and are often found growing near the foundations of old homesteads.

Parts used: buds.

Drainage remedy, better used on the long term for in-depth drainage and detoxification. Indicated in eczema, chronic dermatitis, psoriasis, for elderly people with dry skin and for pruritus senilis.

Also indicated for irritation of the digestive and respiratory mucosa as a background remedy, in chronic intoxication and in allergies, mainly associated to other remedies.

Other traditions:

Aromatherapy: Cedarwood oil (not exactly Cedrus Libani but botanically very close) is used as a urinary and pulmonary antiseptic, for chronic bronchitis; properties: antiseptic, astringent, diuretic, expectorant, insecticide, sedative; warming, harmonizing, calming and soothing.

Ayurveda: known as Devadaru, inhibits the Mast Cells.

Herbalism: the PDR for Herbal Remedies lists it as an expectorant, for catarrhal conditions of the respiratory tract.

13. Cercis Siliquastrum.

Red Bug aka Judas Tree (Eng), Arbre de Judee (French).

A deciduous tree growing to 12m by 10m at a medium rate. It is frost tender. It is in flower in May, and the seeds ripen in September. The flowers are hermaphrodite (have both male and female organs) and are pollinated by bees. It can fix nitrogen. It is noted for attracting wildlife. The plant prefers light (sandy), medium (loamy) and heavy (clay) soils, requires well-drained soil and can grow in nutritionally poor soil. The plant prefers acid, neutral and basic (alkaline) soils and can grow in very alkaline soil. It can grow in semi-shade (light woodland) or no shade. It requires dry or moist soil and can tolerate drought.

Parts used: buds of the leaves.

Major haematological remedy, it is a very active antithrombotic remedy acting on the states of hypercoagulability.

Indicated in arterial emboli, the authors insist on retinal artery emboli and retinal thrombi (no personal experience of this particular situation) and on Buerger's Disease, in combination with other Gemmotherapic remedies. Use in all situations of arteritis, arteriosclerosis, atherosclerosis, at all levels, in all organs. Therefore, when combined to others as we will see later, it addresses many problems encountered in modern pathology.

No other tradition has made use of this tree, but Homeopaths will recognise the Doctrine of Signatures when looking at the flowers which can be said to resemble blood clots.

14. Citrus Limonum.

Lemon tree (Eng), Citronnier (French).

Perennial tree of the Citrus family - up to 3 m. Toothed, elliptical or lanceolate leaves, pointed. Flowers white inside, rosy at the margin of the petals. The fruit is the well known lemon, with a thick rind, dark yellow when fully ripe. Cultivated because of its fruits and as a garden tree in warm Mediterranean places next to the sea. It probably descends from the species “Citrus medica L. ", native from India.

Part used: young green shoots and/or bark of the green stem.

It is said to be a fast acting remedy but of short duration, therefore best used in combination with other Gemmotherapics to kick start the healing while the deep acting ones begin to act.

Blood fluidifier, used for varicose veins, arteritis, infarction.

Eases heart palpitations.

Liver cirrhosis from any origin, gout, hyperlipidemia, migraine, nervous headaches, epilepsy (?), insomnia, “sluggishness of the digestive system” hiccups, spasms, neuralgia are other indications.

Other traditions: the lemon and especially the fruit and its rind have been used and are still used for many indications, including the worst ones, over the centuries. It justifies the notion of adding Citrus Limonum to many preparations as a synergistic remedy that will potentise the others.

Naturopaths recommend drinking the juice of a lemon in warm water first thing in the morning as a liver cleanser.

Aromatherapy: antianemic, antimicrobial, antirheumatism, antisclerotic, antiseptic, antispasmodic, astringent, carminative, depurative, diaphoretic, diuretic, febrifuge, haemostatic, hypotensive, insecticide, tonic, vermifuge, helps scarring properly.

Herbalism: digestive stimulation and regulation, detoxifier, lowers lipids and cholesterol, neuroendocrine restorative, heat clearing, anti-inflammatory, anti-infectious, antiseptic, antiparasitic and vulnerary. The PDR for Herbal Remedies lists: the citroflavonoids affect vascular resistance and are anti-inflammatory, diuretic and a source of vitamin C.

TCM: known as Xiang Yuan; spreads the Liver Qi, regulates Qi, harmonizes the Middle, dissolves Phlegm, used for Qi stagnation of Liver, Spleen and Stomach.

15. Cornus Sanguinea.

Blood Twig aka Bloodtwig: dogwood (Eng), Cornouiller Sanguin (French).

Dogwood is a tall deciduous shrub up to 4 m high, which is locally common in hedges and woods in Britain on calcareous soils. Its white flowers are modest, but it is often grown for the beauty of its red winter bark and its autumn foliage. There are many other introduced Dogwoods used as flowering shrubs. In the past, the waxy Dogwood berries (inedible) were used a source of lamp oil and the hard white wood was used as skewers, frames for loading up pack animals, charcoal and many other purposes.

Parts used: buds.

It is the most important remedy for acute thrombosis, acute necrosis, infarction, whatever the location. It will prevent the impending infarction, treat the new infarction but is not indicated for later stages, for which other remedies are indicated.

In closed trauma and all traumatic haemorrhages, it will stop the bleeding and remove the clot. It will also dissolve the micro-thrombi in the coronary arteries in synergy with another heart Gemmotherapic.

As an anticoagulant it maintains the blood fluidity; at the same time and apparently paradoxically it is an anti-haemorrhagic and a clot dissolver; the paradox is only superficial: it normalises the clotting mechanism towards the needed action, either diminish coagulability to maintain fluidity, increase coagulability to stop bleeding or dissolve a formed clot, hence enhances the normal physiology of clotting.

Also a major remedy of hyperthyroidism with thyrotoxicosis (in synergistic association); goitre, exophthalmia, but no activity on adenomas even when they are secreting thyroid hormones and causing thyrotoxicosis.

Stimulates the Kupfer cells of the liver, the mastocytes and plasmatocytes in the bone marrow.

No other tradition seems to have used this tree.

16. Corylus Avellana.

Filbert, Hazelnut Tree (Eng), Noisetier (French).

Hazelnuts are an important crop and are familiar in chocolates and other confectionery. In addition they are used for oil, and the rose-colored timber has many uses, not only for making a variety of wooden objects but also for pyrotechnics and charcoal crayons. The leaves offer forage to cattle and goats.

Parts used: buds.

Antisclerotic remedy, it will break down sclerotic tissues.

Sclerosis and arteritis of the lower limbs including localised gangrene; indicated in circulatory stasis and insufficiency: oedema of the lower limbs, varicose ulcers, necrotic ulcers.

Lung drainer, it will restore the elasticity of the lung through its anti-sclerotic action: indicated in pulmonary fibrosis, bronchitis, emphysema, silicosis, asbestosis and other professional lung diseases associated with fibrosis.

As a liver remedy, it is indicated in liver steatosis and essentially in liver cirrhosis before the stage of ascitis, again through its anti-sclerotic properties.

Stimulates erythropoiesis, so is useful in hypochromic and microcytic anaemia (but it does not address the origin of those anaemias); it could logically be used in myelosclerosis, although this has not yet been described. Also stimulates the granulopoiesis, increasing the production of WBCs.

Balances the nervous system and can be added to a prescription for depression and psychosomatic problems. Dr. Andrianne has found it useful in headaches from hepatic or vascular origin.

This remedy is considered as an enhancer, a synergist to many other remedies and is recommended to be associated to them if the indications are covered, of course.

Other traditions:

in Herbalism, its use is compared to Hammamelis, although less potent; the leaf is used as an astringent, venous restorative, vasoconstrictor, haemostatic, removing blood stagnation and indicated in varicose veins, leg oedema, haemorrhoids, haemorrhage.

Used topically for the healing of atopic wounds, ulcers, chronic eczema.

The bark is antipyretic.

Also indicated in gallbladder problems along with other herbs like Boldus Peumus, Mentha Piperata, and Chelidonium.

17. Crataegus Oxycantha (Oxyacantha).

Hawthorn (Eng), Aubepine (French).

This slow-growing native North American tree reaches a height of 30 feet with a rounded canopy that spreads to 35 feet or more. The dark green, deciduous leaves are often three-lobed and have red/brown undersides. The leaves display no appreciable fall colour. The sparkling white, showy springtime flowers appear before the new leaves unfurl and are followed by the production of large, red-dotted fruits. The spreading, low branching habit of growth makes this best suited for planting in a large open area of turf.

Parts used: buds.

Crataegus is the cardiac remedy by excellence. As described at the very beginning, the buds combine at the same time the known properties of the flowers (heart rate, blood pressure) and those of the fruit (myocardium), bringing in one single remedy a complete treatment, curative and preventative for the heart as one organ.

One focus of activity is on the repolarisation phase of the heartbeat, normalizing the ST abnormalities. One author (M. Greaves) claims that it might prevent to see ST changes during acute phases of myocardial infarction (?)….

Inotrope positive and chronotrope positive. It will increase the contractibility of the myocardium, treating cardiac insufficiency and hence the associated secondary peripheral oedema or pulmonary oedema, as well as the entity known as “senile heart”. It will act on the heart of the elderly like Digitalis, but without any of its side effects; it will also potentise the action of Digitalis when associated to it allowing to diminish the prescribed dose to tolerable levels and even to remove it altogether. It will also treat arrhythmias, extrasystolies, tachycardias and is used in hyperthyroidism for the cardiac symptoms associated to it (but will remain ineffective if the cause is exterior to the heart and is not treated).

Regularises blood pressure to normal, whether the problem is hypotension or hypertension.

Antithrombotic and dissolves plaque, hence its use in angina pectoris and in prevention and treatment of myocardial infarction, and after MI for the repair of the myocardium.

CNS sedative, used as an anxiolytic, which is always a problem with cardiac patients.

It is also used in association in non-allergic asthma.

Other traditions: there is hardly a type of medicine that has not used Crataegus; it is one of the best known herbs worldwide for any type of cardiac problem and often the first remedy one uses when there is the slightest suspicion of cardiac problem. The literature is immense but eventually presents almost the same indications as for Gemmotherapy, which then becomes the easier tool to use. There is plenty of laboratory and pharmacological research available on the mechanism of action of Crataegus, as well as many clinical studies. They will not be reviewed here as they are easily available.

18. Fagus Sylvatica.

Beech (Eng), Hetre (French).

The Beech is one of the largest British trees, growing especially on chalky and sandy soil. In England it may grow to 140 feet in height, or spread to 130 feet in diameter, with a trunk 21 feet in girth. As the wood is brittle and short-grained, it is not well suited for purposes where strength and durability are required. On the Continent Beech is used for parquet flooring, wood pavement and bentwood furniture, and very extensively as fuel for domestic heating, as its heating power surpasses that of most other timber. Owing to the capacity of its root system for assisting in the circulation of air throughout the soil, and by the amount of potash in the leaves, Beech trees conserve the productive capacity of the soil better than any other kind of tree, and improve the growth of other trees when planted with them.

Parts used: buds.

The remedy of hypogammaglobulinemia. Stimulates the immunity and liver Kupfer cells, macrophages. Anti allergic and antihistaminic.

Pol Henry calls it the remedy of fibrosclerosis and links the immune depression it treats to emotional upheavals. He gives other indications as respiratory fibrosclerosis and nephroangiosclerosis, in association with other remedies

It also is reported to lower cholesterol, uric acid and urea.

Other traditions: in Herbalism, the leaf is sometimes used as a diuretic and in kidney insufficiency; it was used in Germany as a tobacco ersatz.

Robin Murphy (Homeopath) reports cases of Beech Nuts intoxication in his Materia Medica but no homeopathic proving as such or homeopathic use. Researching this remedy, I had a feeling of an orphan herb in search of a precise usefulness.

19. Ficus Carica.

Fig Tree (Eng), Figuier (French).

The fig is a tree of small dimensions, 10 to 30 ft (3-9 m) high, with numerous spreading branches and a trunk rarely more than 7 in (17.5 cm) in diameter. It contains copious milky latex. The root system is typically shallow and spreading, sometimes covering 50 ft (15 m) of ground, but in permeable soil some of the roots may descend to 20 ft (6 m). The deciduous leaves are palmate, deeply divided into 3 to 7 main lobes, these more shallowly lobed and irregularly toothed on the margins. The blade is up to 10 in (25 cm) in length and width, fairly thick, rough on the upper surface, softly hairy on the underside. The skin of the fig is thin and tender; the fleshy wall is whitish, pale-yellow, or amber, or more or less pink, rose, red or purple; juicy and sweet when ripe, gummy with latex when unripe. Seeds may be large, medium, small or minute and range in number from 30 to 1,600 per fruit. The fig is believed to be indigenous to Western Asia and to have been distributed by man throughout the Mediterranean area. It has been cultivated for thousands of years, remnants of figs having been found in excavations of Neolithic sites traced to at least 5,000 B.C. As time went on, the fig-growing territory stretched from Afghanistan to southern Germany and the Canary Islands. Pliny was aware of 29 types. Figs were introduced into England some time between 1525 and 1548. It is not clear when the common fig entered China but by 1550 it was reliably reported to be in Chinese gardens. European types were taken to China, Japan, India, South Africa and Australia.

Parts used: buds.

This is a gastric drainer and used for digestive problems: gastro-duodenal ulcers, gastritis, and colitis; heals the mucosa; regulates gastric secretions; oesophageal dysphagia due to motor problems but could also be due to reflux and GERD. Used to treat iron deficiency anaemia but this anaemia is probably linked to bleeding from chronic gastritis or erosive gastritis and this is what is treated; the anaemia then is resolved.

Used in post-traumatic epilepsy: motor, Bravais-Jacksonian epilepsy (starts at an extremity, goes up to the trunk, no loss of consciousness). Sensory epilepsy with visual, auditive, olfactive or gustative hallucinations.

Post-traumatic syndrome after head injury, post-concussion syndrome.

Resorbs intracranial haematoma.

Quietening remedy, anxiolytic, stress relaxant, antidepressant; for weakness and weariness from nervous origin; according to Andrianne, quietens the rushing thoughts preventing sleep, settles emotional lability and unravels the dreaming ability.

Other uses described: juvenile polyarthritis, palpitations, and atherosclerosis; regulates the Thymus (M. Greaves).

Other traditions: the leaves are said to lower the blood sugar (Tillotson); in TCM the fruits are used to treat dysentery and enteritis.

20. Fraxinus Excelsior.

Ash (Eng), Frene (French).

Fraxinus excelsior is a deciduous tree up to 40 m in height. Twigs greenish-grey, bark firm and ridged. Grows in moist areas with deep soil, generally in hollows and gulleys at the medium and sub alpine mountain levels. Leaves large, measuring between 20-35 cm long, divided into 9-13 folioles. These have a lanceolate form, serrated margins and with lamina base touching the principal vein, leaves glabrous except for tufts of hair at the base of the underside of the midrib of each leaflet. Winter buds felted. Flowers small, polygamous in bunches, lacking petals, flower stigmas long appearing before leaves. Fruit are slightly twisted ellipsoid samaras 3-5 cm long, with wide wing aiding wind dispersal.
The common ash is native throughout Europe and into western Asia, where it grows in moist areas with deep soil, generally in hollows and gulleys at the medium and sub alpine mountain levels. The European ash is commonly found in meadows and hedgerows where plenty of water is available. The ash is sensitive to late spring frosts which often damages its terminal shoots, causing the development of twin stems. The European ash is smog resistant.

Parts used: buds of the leaves.

Has an osteoarticular and kidney tropism. Used as a pain killer for arthritis, anti-inflammatory for synovial conditions and general anti-inflammatory action on the ligaments.
Diminishes the uric acid and the cholesterol levels in the blood.
It appears to stimulate the adrenals, having its anti-inflammatory action through an increased secretion of cortisol, while regulating the secretion of adrenaline and nor-adrenaline.
It is a liver and kidney cleanser.

Other traditions:
Herbalism: the PDR for Herbal remedies lists it as analgesic, antioxidative and antiphlogistic action; has proven cAMP phosphodiesterase inhibition activity and

antioxidative effects. The leaves are traditionally used for arthritis, gout, bladder complaints, as a diuretic and laxative, and for worms

It is a powerful diuretic through the action of Fraxine, increasing the excretion of uric acid; the seeds are even more powerful (Van Hellemont).

Homeopathy: the same action on gout and rheumatism is described for the leaves but no homeopathic provings have been made.

TCM: known as Qin Pin (bark): clears the heat, eliminates toxins, dries dampness; used in diarrhoea and dysentery due to Damp-Heat; Damp-Heat leucorrhoea.

Clears the Liver Fire and brightens the eyes.

Clears the Lung Heat and causes Lung Qi to descend to treat cough, wheezing and dyspnoea.

Listed in modern TCM pharmacology as antibiotic, antitussive, anti-inflammatory, sedative, analgesic, anti-seizure and diuretic effects.

Clearly Gemmotherapy has some catching up to do in the indications for this remedy.

21. Ilex Aquifolium.

Holly (Eng), Houx (French).

Common holly is a useful evergreen shrub that can be grown as a specimen tree, clipped bushes or as a hedge. There are dozens of varieties, many with variegated leaves. Plants are either male or female. Both sexes are required for the female plants to produce their winter berries, which appear from late autumn to mid-winter.

Part used: young shoots.

This is another "orphan" herb in Gemmotherapy with very few indications so far. Since Pol Henry it is listed as to be given in association with other gemmotherapic remedies for renal failure due to nephroangiosclerosis, benign breast fibroadenomatosis, petit mal epilepsy, gastritis, psoriasis, eczema.

Other traditions:

Herbalism: the PDR for Herbal Remedies lists it as a diuretic, used for cough, digestive disorders and jaundice; used in chronic bronchitis and as an anti-inflammatory.

The leaves are mostly used and reported by Eclectics and Homeopaths as having the same effect as Cinchona (Quinine) on intermittent fever (malaria); the juice of the leaves was used in jaundice, for inflammation of the eye and cornea.

A decoction or a wine was used for cough, pleurisy, colic, gout and rheumatism.

The berries were used as purgative and emetic but they are poisonous: feeling of ill-being, malaise, heat, colics then gastro-enteritis leading sometimes to death in children.

Homeopathy: the above indications for tinctures are reported in the homeopathic literature, without any proving, yet a keynote is given: symptoms are ameliorated in winter.

TCM: Dong Quing Ye; dispels heat and toxins, used for bronchitis, pneumonia, other respiratory infections; chronic non healing sores and ulcers; topically to stop bleeding; in burns, will accelerate the healing and control infection; it has antibiotic activity in vitro.

One of the Bach Flower Remedies.

22. Juglans Regia.

Walnut (Eng), Noyer (French).

Juglans Regia is native to the region in Eurasia extending from the Near East through to the Himalayas and on to Western China. Walnuts must have been harvested from earliest times but the earliest records of actual growing of orchards of walnut trees go back to classical Greek and Roman times. Besides the nuts, trees are also a source of high quality wood used for furniture and gunstocks. Growing of walnuts in Europe began in the 1500's. They are now grown worldwide and the largest production is from California.

Parts used: buds.

Restores the colonic flora in diarrhoea after antibiotics.
Pancreatic insufficiency with malabsorption; chronic pancreatitis; normalizes the pancreatic enzymes production and, according to M. Greaves, the insulin production.
Indicated in liver cirrhosis, stimulates the liver's Kupfer cells.
Skin pathology: psoriasis, acne, eczema, various skin infections like impetigo.
Increases general immunity.
Chronic inflammation, chronic polyarthritis, periarteritis nodosa.
Varicose ulcers and arteritis
Allergy, bronchitis, sinusitis; chronic suppuration of the mucosa in any organ of the body; anti infectious.

Other traditions:
Homeopathy: Skin eruptions and skin symptoms are the most pronounced symptoms; burning and discharges in many organs; bloatedness, belching, hiccup, flatulence; intoxicated sensation as if flying.
Herbalism: the PDR for Herbal Remedies lists it as an astringent and fungistatic; approved by the Commission E for inflammation of the skin and excessive perspiration.

Haemostatic and styptic; regulator of bowel functions; for skin disorders with lymphatic stagnation; anti-fungal and anti-parasitic; trophorestorative of the musculoskeletal system: bone disorders and mineral deficiencies with exhaustion and weakness, could stimulate protein anabolism and be indicated as a growth stimulant.
TCM: Hu Tao Ren; tonifies the Kidney, replenishes the Jing: weakness of tendons and bones, back pains, strengthens the bones; asthma, lumbago, beriberi, impotence and constipation, blurry vision, premature grey hair; warms the lung, arrests wheezing, moistens the intestines, unblocks the bowels.
Ayurveda: rheumatism, tapeworms, dysentery, colics, aphrodisiac.
One of the Bach Flower Remedies.

23. Juniperus Communis.

Juniper (Eng), Genevrier (French).

Evergreen, prostrate or spreading shrub to 1 m tall, bark very thin, reddish brown, shredding, scaly. Leaves - Needle-like to narrowly lance-shaped, 5 - 12 mm long (sometimes to 15 mm), jointed at base, very prickly; whitish above, dark green below; in 3's. Fruit **-** female cones berry-like, 6-10 mm in diameter, bluish with white-grey bloom, fleshy, maturing in the second season; male cones smaller, catkin-like; sexes on separate plants. Dry open woods, gravelly ridges, outcrops, and open rocky slopes.

Parts used: young shoots.

A very powerful liver drainer and kidney drainer; will clear the auto-toxins and the external toxins (drugs, poisons, contaminants,…).

Chronic hepatitis, toxic hepatitis, hepatocellular insufficiency, cirrhosis, portal hypertension, oesophageal and gastric varicose veins secondary to portal hypertension, ascitis at the beginning (liver repair and diuresis). Stimulates the hepatocytes. Because of its strong effect, it is recommended to start with small doses as the liberation of toxins and their circulation before excretion can cause very severe aggravations.

Powerful diuretic, used in ascitis and oedema; pyelitis, cystitis, chronic nephritis, will dissolve kidney stones especially the Calcium Oxalate ones.

As part of the whole body detoxification, will lower urea, uric acid, cholesterol and others we do not measure, hence used in atherosclerosis in combination. Andrianne indicates it in Chronic Evolutive Polyarthritis and in Osteomalacia (?).

Other traditions:

Aromatherapy: detoxifying and diuretic; antiseptic, antirheumatic, antispasmodic, astringent, depurative, stomachic, sudorific, tonic.

Homeopathy: is found in some Materia Medicas but has not been proved; same indications as herbalism.

Herbalism: potent diuretic, enhances glomerular filtration, can cause albuminuria and hematuria in excessive doses (this notion is disputed); used in oedema, arthritis, chronic rheumatism, nephrolithiasis, gout, tendonitis, myalgia. The PDR for Herbal Remedies lists it as lowering the BP, antidiabetic, antiexsudative and antiviral; the Commission E has approved it for loss of appetite and dyspeptic complaints.

It is remarkable that this well known and ancient herb is never mentioned for its liver properties in any other tradition; it appears to be a Gemmotherapic discovery.

24. Ligustrum Vulgare.

Primworth, Privet (Eng), Troene (French).

Privet is a thick, semi-evergreen shrub to 30 feet in height. Trunks usually occur as multiple stems with many long, leafy branches attached at near right angles. Leaves are opposite, oval and .5 to 1.5 inches long. White flowers are very abundant and occur at the end of branches in clusters. Fruit ripen to a dark purple to black colour and persist into winter. Although several species occur they are hard to distinguish. It commonly forms dense thickets in the fields or in the under story of forests. It shades and out competes with many native species and, once established, is very difficult to remove. Privet was introduced into the United States in the early 1800s. It is commonly used as an ornamental shrub and for hedgerows.

Parts used: buds.

This remedy is described only by M. Greaves as a drainer of the skin, mucous membranes and kidneys; used for chronic intestinal problems, colitis, mouth infections, bed sores, leg ulcers.

In association for chronic inflammatory dermatitis, collagenosis and hepatic problems.

Other traditions:

Herbalism: is not considered as having medical indications (Van Hellemont); the leaf being astringent is used in folk medicine for diarrhoea and metrorrhagia and in Africa for mouth and throat infection. The fruit is toxic: gastroenteritis with vomiting and diarrhoea, cramps and eventually collapse.

TCM: Nu Shen Zi (Ligustrum Lucidum, I could not ascertain formally if it is exactly the same plant). Tonifies the Liver and the Kidney: dizziness, tinnitus, vertigo, premature grey hair. Yin deficient Heat: menopause. Clears the Heat and Brightens the Eyes: red painful eyes, blurry vision.

25. Lonicera Nigra.

Black Honeysuckle (Eng), Chevrefeuille (French).

Honeysuckle is a large shrub of the genus Lonicera. There are over 300 species of honeysuckle in the Caprifoliaceae family, found from Asia to North America. The shrub reaches heights of 20–30 ft (6–9 m), with thin, hairy branches. It has ovoid leaves that range 1.2–3.2 in (3–8 cm) long by 0.6–1.6 in (1.5–4.0 cm) wide. The plant flowers in late spring or early summer, depending on the species. Japanese honeysuckle (*Lonicera japonica*) blooms in the spring from April to May, with fragrant white flowers touched with a shade of purple that fade to yellow as they mature. The species of honeysuckle that is found in North America, the United Kingdom, and western Asia, Lonicera caprifolium, flowers in June. Generally, honeysuckle flowers are 1.2–1.6 in (3–4) cm long, with an inner tube of approximately the same length. All varieties of honeysuckle are famous for this tube, which is extracted and sucked for its sweet nectar. The shrub also produces a black berry.

Parts used: shoots.

This is another orphan gemmotherapic remedy, only vaguely described as a liver and kidney drainer as well as a nervous system drainer, through quieting and calming of mind (M. Greaves).

Used for hepatitis, bronchitis, tonsillitis, gout, oedema and long term stress.

Other traditions:

Half way in the Materia Medica and with an almost unknown remedy, I thought it would be interesting to see how we can use other knowledge to allow us a proper use of a remedy that otherwise could become forgotten or disused from lack of knowledge.

Like the Lily-of-the-Valley (Convallaria Majalis, not a gemmotherapic) the perfume of Lonicera is soft, penetrating and quietening, peaceful, making one want to stop, lie

down and keep breathing deeply this enthralling odour; this goes well with its relaxing activity on the CNS and with its use as a Bach Flower Remedy whose indications are “for people living in the past, brings people back here and now, removes the sorrow of the past”.

Amazingly, I could not find it used in Aromatherapy! How could they have missed it?

Herbal and Ayurvedic Medicine briefly mention it as useful in inflammations and swellings of many organs as well as in allergies.

TCM uses the flowers; known as Jin Yin Hua, it clears the Heat at various stages of febrile diseases but is mostly useful at the beginning. Eliminates Heat Toxins, hence used in many suppurative diseases, in diarrhoea and dysentery from Toxic Heat. TCM modern research shows it to be antibiotic (leaves more than flowers), anti-inflammatory, antipyretic, CNS stimulant, increasing the motility of the stomach and intestines, increasing the bile and gastric acid secretions.

It is now clear how the plant as used in many traditions relates to its potential use in Gemmotherapy. Looking at it this way allows us to widen the scope of use of the remedy.

26. Malus Sylvestris Domestica.

Apple Tree, Orchard Apple Tree (Eng), Pommier (French).

The Domestic Apple is a hybrid mixture of at least four different wild species including *Malus sylvestris, M. pumila, M. dasyphylla* and *M. sieversii*. These species occur in the cool temperate regions of Europe, the Near East and central Asia. It is difficult to ascertain when domestication of apples began but apple remains in archaeological sites dating back to the Neolithic suggest that from the earliest times, apples were being harvested from the wild and eaten. Presumably apple trees started growing round habitations from discarded apple pips. However, the earliest evidence of apple domestication dates back to only the 10th Century BC from a site in Israel between the Sinai and the Negev.

Parts used: buds.

This is a new Gemmotherapic remedy that I have not used yet personally, so the indications are taken from the information I received from Philippe Andrianne's company in Belgium, Herbalgem.
Anti-inflammatory; acts where there is blood stasis, hot flushes, migraines of vascular origin. Lowers cholesterol and triglycerides, hence preventing and treating atherosclerosis.
Stimulates the brain through increased circulation and oxygenation; useful in overwork, mental tiredness and lack of concentration.
Nerve sedative, relieves anxiety, calming, lowers blood pressure, and facilitates falling asleep.
Helps in fighting dependencies, especially cigarette addiction.
Diuretic.
Helps in impotency as well as frigidity and lack of libido; stimulates testosterone secretion in the male and oestradiol in the female.

Other traditions.
Herbalism: the PDR for Herbal Remedies lists the use of the fruit as a source of pectin for dyspepsia, diarrhoea and digestive complaints in children.

Duraffourd and Lapraz use the apple fruit in rheumatic diseases for its high content in vitamins B, PP, C and the minerals Si, Fe, S, Mn, Co. At same time, they claim a neurotropic activity in the form of sedation through the bromide content of the plant. There seems to be a haematopoietic activity (Strassman cited in Andrianne) and has been used for migraine, gout, uric acid excretion, cough, sore throat (Andrianne) as well as the time honoured usage of browned grated apples in diarrhoea.

The Bach Flower Remedy Crab Apple is well known as a cleansing remedy, but is made from the Crab Apple which is a different tree although belonging to the Malus Sylvestris family.

27. Olea Europea.

Olive tree (Eng), Olivier (French).

Associated with Athens and the ancient world, the olive tree is known for its battered appearance and the fruit and oil it has yielded for ages. Even young trees acquire a gnarled look. During spring the olive tree furnishes food for the birds, squirrels, and rats. The word "oil" is from Latin oleum, olive oil. According to Pliny, the tree was sacred to Minerva/Athena. Athena had driven her spear into the Acropolis and an olive tree sprang forth, in reward for which the attendant gods named Athens for her. A wreath of olive leaves then became the victor's trophy at the Olympic Games. Cultivation goes back to Neolithic times. Likes dry and warm conditions, very hard wood.

Parts used: young shoots.

Olea is described as a cleanser for all arteries, removing atherosclerotic deposits everywhere. It also removes sclerotic and scar tissues. Its brain tropism is through its action on cerebral atherosclerosis but it has also a direct action as it is used in phobias (claustrophobia, agoraphobia and others), in OCD as well as in facial neuralgia, in combination. Indicated in diabetic arteritis and gangrene.

Lowers lipids and cholesterol in blood, lowers blood viscosity, lowers blood pressure and is hypoglycaemic; also used in liver insufficiency and mild renal insufficiency.

Other traditions:

One of the Bach Flower Remedies.

Herbalism: the leaf is used in hypertension (long term treatment); oleuropeine is a coronary vasodilator; it has also antiarrhythmic and hypoglycaemic properties as well as increasing the diuresis. The oil is laxative, cholagogue and often prescribed in cases of biliary lithiasis although it might cause biliary colics by contracting the gallbladder; hence the PDR for Herbal Remedies mentions it as contraindicated in gallstone disease. The PDR mentions its leaves as hypotensive, antiarrhythmic and spasmolytic on intestinal smooth muscle, while the oil is antisclerotic through its

action on the serum lipids, lower plasma glucose and contracts the gallbladder with an increase of plasmatic cholecystokinine.

It has also recently been used as an immune system stimulant.

28. Pinus Montana.

Mountain Pine (Eng), Pin (French).

Pines trees are needle-leafed evergreen trees from the genus Pinus. They are the most common type of conifer in the world, with between 105 to 125 species. All are native to the northern hemisphere, although pines have also been planted in the southern hemisphere. Pinus Montana is a dwarf, very hardy Pine, which grows on the mountains of many parts of Europe with a low bushy growth; under better conditions grows into a larger state, sometimes into a low tree.

Parts used: fresh buds.

A remedy for regeneration of bone, cartilage, ligaments and tendons; stimulates chondrocytes and apparently very effective in treating cartilage destruction. Prevention and treatment of osteoporosis; chronic inflammatory and non inflammatory rheumatism wherever its location in the body could be; enhances the healing of fractures in the elderly.

Other traditions:

Aromatherapy: debility, mental fatigue, promotes energy and well-being; mental, physical and sexual fatigue; stimulates the adrenals (cortex and medulla).

Rheumatism, gout, sciatica, arthritis, neuralgia, cystitis, hepatitis, prostatic problems, diminishes size of gallstones; antimicrobial, antiseptic, antiviral, bactericidal, expectorant, deodorant, diuretic, stimulates circulation and CNS.

Herbalism: the PDR for Herbal Remedies mentions it as secretolytic, antiseptic and stimulating the peripheral circulation. The Commission E gives indications as: blood pressure, common cold, cough, bronchitis, fever, inflammation of the mouth and pharynx, neuralgia, tendency to infection.

Soften and stimulates the bronchial secretions. Antiseptic, analgesic and anti-inflammatory. For fatigue, coldness, sexual exhaustion, a total adrenal stimulant.

Homeopathy: weak ankles, rickety children, rheumatism, bronchial conditions and urticaria; various osteoarticular symptoms; chest oppression, respiratory symptoms, kidney pains; anxiety, despondency, dullness.

TCM: Song Jie (Pine Wood): dispels Wind, dries Dampness, relieves pain: for deep pain in the joints with inability to move.

One of the Bach Flowers Remedies, the remedy for guilt.

29. Platanus Orientalis.

Oriental Plane Tree (Eng), Platane (French).

The oriental plane is a medium sized or large tree. The tree shape is variable; it sometimes forms a single tall trunk, sometimes it branches low above ground with many branches from this height and no clear leader. The bark flakes in patches on older branches, leaving a dappled surface. On the oldest wood and trunk flaking may occur less frequently leaving a fissured broken bark surface. Branches are sinuous or contorted. Branch tips and shoots are often ascending, especially on upper branches. The widespread branches of many trees can however droop to ground level.

Parts used: buds

This remedy is presented as being of very limited usefulness and is indicated in vitiligo, to be used over the long term, at least 6 months, in acne and in sequels of malaria.

In other traditions, I could only find some references in Homeopathy using Platanus Occidentalis: icthyosis (Burnett) using the signature of shedding the bark annually, chalazion (Anshutz), tarsal tumours (Boericke), psoriasis (Boericke) and cataracts (Boericke). The remedy was used in tincture and not in potency.

We can deduct from those application that it could be possible to use Platanus as a remedy for desquamating skin diseases, preferably in association.

30. Populus Nigra.

Black Poplar (Eng), Peuplier (French).

Large tree growing to 30m, with a trunk up to 2m in diameter, often growing close to water. Pale yellow twigs are sticky towards the tips with a strong turpentine smell, covered in a fine down. Triangular toothed leaves, longer than wide with the widest part below the middle.

Parts used: Leave buds.

Indicated in thrombotic arteritis of long evolution, arteritis of smokers (Buerger's disease); as an arterial antispasmodic it also stimulates the creation of collateral circulation, especially in the legs apparently. Diminishes the blood coagulability. Also used in tracheitis in childhood.

It is said that it can cause hepatocellular degeneration so it is recommended to restrict its use to 4 weeks.

Other traditions: although Homeopathy has Populus Tremuloides in its Materia Medicas, this is Aspen, another tree at all.

Herbalism has a more extensive use of it: the PDR for Herbal Remedies lists it as antiphlogistic, antibacterial and wound healer and the Commission E gives the indications as haemorrhoids, wounds and burns. Containing salicylates, it is contraindicated in case of hypersensitivity to salicylates; this also explains its antithrombotic action.

For Van Hellemont, it increases the renal excretion of uric acid and is indicated in gout and chronic rheumatic states (diuretic detoxification).

Used as a tincture in tracheitis and bronchitis, it has a tropism for dry, inflammatory conditions of respiratory and gastric mucosa and is then indicated in dry, unproductive tight coughs (Holmes); the buds are used as a diuretic and to lower the temperature in fever (salicylates).

Part of the tree has medicinal purposes: leaf buds harvested in the spring contain salicin, a glucoside that metabolises into salicylic acid in the body and has antiseptic, diuretic, expectorant and stimulating properties. Used to treat bronchitis and upper respiratory tract infections, stomach and kidney disorders. The bark is an anti-inflammatory, antiseptic, astringent, again contains salicylates, from which aspirin is derived. It is usually used in the treatment of rheumatism, gout, back pain, urinary complaints, arthritis, digestive and liver disorders, also to reduce fever.

31. Prunus Amygdalus.

Sweet Almond (Eng), Amandier (French).

A deciduous tree growing to 6m by 6m. It cannot grow in the shade. It requires moist soil. Most, if not all members of the genus produce hydrogen cyanide, a poison that gives almonds their characteristic flavour. This toxin is found mainly in the leaves and seed and is readily detected by its bitter taste. It is usually present in too small a quantity to do any harm but any very bitter seed or fruit should not be eaten. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

Parts used: buds or bark of the roots.

It is an antisclerotic useful in elderly people with hyperlipidemia and thrombotic tendencies. It seems to share indications with Olea Europea: high blood pressure, coagulopathies, nervous phobias and OCD.

It has a renal tropism and seems indicated in nephrosclerosis and kidney amyloidosis; lowers the uric acid, urea and triglycerides. It is reported effective in choledocolithiasis.

The gemmotherapic remedy made from the root bark stimulates the thyroid.

Other traditions:

Herbalism uses the oil of the almond as an emollient in dermatology and cosmetology; the bitter almond is said to be toxic (10 in a child up to 60 in an adult) due to its content in cyanhydric acid, yet this is exactly the basis of its use in the alternative cancer treatment known as Laetrile. No other part of the tree has been used. Other species of Prunus are used in Homeopathy and TCM but not this specific one.

32. Quercus Robur.

Oak (Eng), Chene (French).

Leaves shallow, rounded lobes of dark green, olive green or blue-green colour; leaf base is ear-shaped or auriculate; leaves remain green late into autumn. Bark is dark-brown to almost black, ridged and furrowed. Native to Europe and western Asia; usually found in mixed woodlands; prefers basic, well-drained, fertile soils, including heavy soils; tolerant of city conditions. The Common Oak is a long-living species; some trees have been known to live over 1,000 years. Its strong, durable wood is used to make casks for storing wines and spirits during aging.

Parts used: buds.

The main focus of action is on the adrenal cortex; it stimulates the secretion of corticosteroids as witnessed by an increase in excretion of urinary hydroxycorticosteroids. It also stimulates the testicles and testosterone production as well as having an effect on the pituitary, enhancing the whole endocrine system. Indicated in situation of fatigue and exhaustion, being overworked, hypotension, adrenal exhaustion, prolonged convalescence, sexual exhaustion, but also in shock and collapse in association.
Repairs and reinforces the teeth sockets hence its use in pyorrhoea and gum diseases (in association); also useful in recurrent herpes and skin infection.

Other traditions:
Bach Flower Remedy: Oak is for strong people who struggle on past the limit of their strength…..
Homeopathy: Quercus Glandium Spiritus was Rademacher's cure for Spleen diseases; it diminishes the craving for alcohol and is useful in alcoholism treatment; hepatosplenomegaly; severe vertigo with L sided complaints, about 3 pages of materia medica…
Herbalism: the PDR for Herbal Remedies lists it as an astringent, antiphlogistic, antiviral, antihelmintic. The Commission E gives the indications as cough, bronchitis, diarrhoea, inflammation of the mouth, pharynx and skin. The part used in herbalism is the bark which is also used locally as an astringent for the skin and the mucosae; it

was used for gastrointestinal inflammation and bloody diarrhoea but some authors mention that this indication has fallen in disuse.

33. Ribes Nigrum.

Black Currant (Eng), Cassis (French).
Attractive multistemmed thornless shrub, they have soft rich green leaves that turn bright orange, yellow or red in the fall. The tasty-fruits are great for jams, jellies, pastries, juices and fresh eating. They are very popular in Europe and other northern latitudes and are very high in vitamin C and cancer preventative antioxidants. Very hardy and a reliable producer.

Parts used: fresh buds.

The major if not the only mechanism of action of Ribes Nigrum is the stimulation of the function of the adrenal glands. It stimulates the steroids production and regulates the pituitary function; it is an adaptogen, like Ginseng or Eleutherococcus in herbalism, therefore it increases the adrenal activity, stimulates the metabolism, regulates the immune system, increases resistance, prevents degeneration and enhances the action of other remedies.
This is a very powerful remedy; an excessive dose can easily send a patient in "overdrive", so it should be used generously as it is very much needed in today's world, but with caution.
Areas of action: inflammation and especially allergic inflammation, urticaria, Quincke oedema, allergic reaction to drugs, anaphylaxis but also bronchitis, emphysema, sinusitis and other ENT pathologies, antirheumatismal, major remedy of arthrosis; helps to repair fractures and prevent and treat osteoporosis (not a paradox, it regulates the adrenals, it does not overdose in steroids as is done through pharmaceuticals).
The adaptogen function helps repair the adrenals of patients who have received corticosteroids for a long period of time.
It is a diuretic in renal failure, probably through the anti-inflammatory effect; an anti toxic agent against all types of drugs and especially in chemotherapy, prevents and removes the side effects.
Also a vein tonic and a constrictor of venous capillaries; lowers high blood pressure (adrenal regulation).
Can be used externally on insect bites and stings, internally on urticaria, acne, psoriasis and eczema.

It is a complementary, synergistic and amplifier to other gemmotherapics, especially those used in joint problems.
Simplistically, whenever conventional medicine would give corticosteroids, Ribes Nigrum can be used, even in emergencies, in high doses.

Other traditions:

Herbalism: the PDR for Herbal Remedies lists the leaves as diuretic, hypotensive, anti-exsudative and prostaglandins release inhibitor; the fruit is hypotensive, spasmolytic and antimicrobial; it also has Vitamin P properties which protects the walls of the blood vessels. Other herbalists use the leaves as diuretic, anti-inflammatory and anti-allergic; described as one of the most effective remedies to eliminate uric acid; general detoxifier.

34. Rosa Canina.

Dog Rose (Eng), Rosier Sauvage, Eglantier (French).
The dog rose has one very attractive burst of lightly scented, usually flesh pink flowers (though they can be pinker or whitish) in summer. They are followed by a show of bright red hips, any left hanging on eventually get taken by the birds. The stems are incredibly prickly, which is one very good reason why it's invariably grown in an informal mixed hedge, helping to keep out neighbour's pets and intruders.

Parts used: young shoots.

It is a major ENT remedy, used for repeated localised infections or inflammations (otitis, etc,….) and for recurrent mucosal inflammation, like chronic rhinitis and tracheo-bronchitis.
Strengthens the immune system, well indicated in recurrent herpes especially in the eye, in combination.
Used in combination for euthyroid goitre, eczema and osteoporosis after menopause.
Used in combination in children with growth problems when the growth is hampered by recurrent infections.
Indicated in headaches and migraines with an allergic component.

Other traditions:

Aromatherapy: a major aromatherapic remedy, the fresh flower petals are used and especially Rosa Damascena which is a cultivated rose, not the wild plant: antidepressant, antiphlogistic, antiseptic, antispasmodic, antiviral, aphrodisiac, astringent, bactericidal, cicatrising, depurative, emmenagogue, haemostatic, hepatic, laxative, sedative of the nervous system, tonic of the heart, liver, stomach and uterus.

Herbalism: the fruit (Rosehip) has a high dose of vitamins B1, B2, C, P and K so is used in infectious diseases and for nutritional problems. The PDR for Herbal Remedies gives its single indication as a source of vitamin C. It is weakly diuretic and depurative, the water/alcohol extract has a hypoglycaemic effect.

The flower of Rosa Damascena (NOT Rosa Canina) is cool, astringent and decongestant; the fresh white rose is a cool laxative, the dried red rose an astringent; also cholagogue, antidepressant, used for frigidity, impotence, low sperm count and as a uterine restorative.

TCM:
Rosa Cynosae (fruit) Xia Jin Ying: stops bleeding accompanied by blood clots: irregular menstruation, bleeding disorders, trauma; clears the heat and eliminates toxins; used topically on sores.
Rosa Laevigata (fruit) Jin Ying Zi: consolidates Jing: spermatorrhea, polyuria, vaginal discharge; stops diarrhoea; lowers cholesterol and beta-lipoprotein, antibiotic and antiviral action.

Bach Flower Remedies: Wild Rose for apathy and acceptance of everything that happens, Rock Rose for intense fear, part of Rescue Remedy.

Homeopathy: a small proving and the clinical use by Burnett: increases flow of urine and heat in the urethra.

35. Rosemarinus Officinalis.

Rosemary (Eng), Romarin (French).

Rosemary is an evergreen woody shrub with aromatic, needle-like leaves and grey, scaly bark. The leaves resemble needles and are about 1 in (2.5 cm) long with a pungent fragrance, somewhat reminiscent of pine. The flowers appear in winter and spring, are pale blue, about 1 in (2.5 cm) long, and arranged in clusters of 2 or 3. Rosemary flowers, like those of most mints, are semi-tubular with an upper lip and a lower lip; the upper lip has two lobes and the lower lip has three lobes.

Rosemary was originally from the Mediterranean region, where it grows in dry, sandy or rocky soils in a climate characterized by warm summers and mild, dry winters.

Parts used: fresh young shoots.

It is a liver and gallbladder drainer with a slight action on the kidney; it regulates the motility of the gallbladder, hence used as an antispasmodic for biliary colics and biliary dyskinesia. It also has hepatoprotective properties and can be used for liver insufficiency as well as by women taking female hormones, in which case it will counteract their effect on the liver (formation of benign hepatic adenomas that have a nasty tendency to bleed!).

Said to delay aging, whether because of disease or as the natural process.

Used in chronic allergies.

Acts on the intestinal mucosa and recommended for colitis and Crohn's disease. In the male, for prostatic symptoms and impotency, in the female for acne, dysmenorrhoea and frigidity.

Chronic nervousness; it is an euphoric and as such it should be started in low doses and increase progressively as high doses without tolerance building is described as causing epileptic fits.

Other traditions:

Aromatherapy: analgesic, antidepressant, astringent, carminative, cholagogue, digestive, diuretic, emmenagogue, hepatic, hypertensive, nervine, rubefaciant, stimulant, sudorific, tonic. For mental clarity and awareness, respiratory conditions,

low blood pressure, stimulate the circulation; liver and gallbladder tonic; contra-indicated in epilepsy and hypertension.

Herbalism: It is a general tonic of blood circulation and of the nervous system; it acts on the walls of the blood vessels and so is useful in vascular spasms and hypotension; for people who are overworked or have light depression and as a general tonic in convalescent and older people. Also a spasmolytic of the digestive system and a cholagogue and emmenagogue; in local rubbing for rheumatism and migraine (irritant to the skin and rubefaciant!).
The PDR for Herbal Remedies lists it as antimicrobial and antiviral, gallbladder and upper intestinal spasmolytic, choleretic, liver protective, anti-convulsive (?), anti-mutagenic and having tumour inhibiting effects. The indications accepted by the Commission E are blood pressure (low), dyspepsia, loss of appetite and rheumatism. Holmes classifies it as a Heart and Lung restorative and as stimulating the adrenals and the sympathetic nervous system.

Homeopathy: anxiety, weak memory, dullness, uterine haemorrhage and miscarriage with violent pains and a few other symptoms.

36. Rubus Fructicosus.

Blackberry vine (Eng), Ronce, Murier Sauvage (French)

Blackberry is a sprawling shrub with woody and densely prickled stems. The trailing, tenacious stems can extend to 5m and root when in contact with the ground. The dark green leaves of blackberry are grouped in threes or fives and are covered with fine hairs: the edges are serrated. White or pale pink flowers appear from mid-summer to mid-autumn followed by the familiar fleshy berries that ripen to black. Flowers and fruit may appear together on the same plant.

Part used: shoots.

Useful in chronic obstructive respiratory problems like COPD and emphysema.
It stimulates the osteoblasts and slows the osteoclasts, therefore useful in osteoporosis of the elderly, decalcification, arthrosis, ankylosing spondylarthritis, rheumatoid polyarthritis and others, especially in combinations.
Effective for pain relief (bones and joints) in associations.
Also in chronic interstitial nephritis secondary to infectious pyelonephritis.
Andrianne adds that it sensitises and readies the uterus to the action of Vaccinum Vitis Idaea.

Other traditions: only Herbalism has been using this plant; it is an astringent useful for chronic diarrhoea and for mouth and throat inflammations, as described in the PDR for Herbal Remedies and accepted by the Commission E.
Holmes adds it has a tropism for the respiratory and urinary tract and indicates it in urinary tract infection, kidney stones and as a mucolytic expectorant for viscous sputum. The fruit is used in TCM.

The French authors Duraffourd, Lapraz and Leclerc claim the leaves are antidiabetic.

37. Rubus Idaeus.

Raspberry (Eng), Framboisier (French).

Erect, perennial shrub, 1-2 m tall, stems upright, biennial, prickly, often with gland-tipped hairs; bark shredding, yellow to cinnamon brown. The leaves are alternate, compound, 3-5 leaflets per leaf. The flowers are single or in small clusters, drooping, white, 8-12 mm across; appearing in June and July.

Parts used: young shoots.

A female remedy: regulates the ovarian function, stimulates the ovaries' hormonal production, therefore useful at puberty for late onset of the menses and regulator of sexual pilosity (hypogonadism), but also in menopausal menorrhagia due to endometrial hyperplasia, in secondary amenorrhea due to iatrogenic menopause (although it will not work if the ovaries have been removed, obviously) and in hormonal disturbances in elderly women.
Contains the muscular relaxant alkaloid Fragarine explaining its usefulness as a uterine antispasmodic during menstruation (dysmenorrhoea) and delivery (regulates the force of contractions). It is also a general antispasmodic.
Other indications given: arteriosclerosis, allergies, chronic inflammation of the mucosae.

Other traditions:

Herbalism: the leaf tea (containing the alkaloid Fragarine) relaxes the uterus, ligaments and tendons, hence its use as a birth facilitator, but is useful in dysmenorrhoea by the same mechanism. It builds and restores the uterine tissue, it is a uterine trophorestorative. Often used during pregnancy to prepare delivery but if used in excess can cause an increase in Braxton-Hicks contractions. Also useful in morning sickness.
It is also an astringent used in chronic diarrhoea and throat inflammation in the same indications as Rubus Fructicosus.
The PDR for Herbal Remedies lists it for disorders of the GI tract, respiratory tract, cardiovascular system (where does that come from, I could not figure….), mouth and

throat. The Commission E Monograph adds to those indications: diaphoretic, diuretic, choleretic and to “purify skin and blood” (sic) mentioning that all those indications are unproven.

Ayurveda: the fruits neutralises poisons in human blood and tissues (action of flavonoids and antioxidants, most probably).

TCM: Fu Pen Zi, the fruit, for bedwetting, diarrhoea and inflamed mucosae.

38. Secale Cereale.

Rye Grain (Eng), Seigle (French).

Long seen as a weed in more desirable wheat crops, rye eventually gained respect for its ability to grow in areas too wet or cold for other grains. For this reason it is a traditional part of cuisine in Northern Europe and Russia. Rye was also widely grown in colonial America; some historians believe a fungus, rye *ergot*, triggered hallucinations leading to the Salem witch trials. Rye is unusual among grains for the high level of fibre in its endosperm – not just in its bran. Because of this, rye products generally have a lower glycaemic index than products made from wheat and most other grains, making them especially healthy for diabetics. Health bonus: The type of fibre in rye promotes a rapid feeling of fullness, making rye foods a good choice for people trying to lose weight. (The Whole Grains Council).

Parts used: the rootlets.

It is a liver remedy that stimulates hepatocytes and the repair of liver tissue; indicated in acute as well as chronic hepatitis.
At the skin level it helps repair the epidermis and the dermis, and as such used for the treatment of Psoriasis, which could also be an indirect effect of its action on the liver.

Other traditions: it seems that absolutely no other healing tradition has used this plant for cure, only as a food. Do not confuse it with the homeopathic Secale Cornutum which is the Rye Ergot, a parasitic fungus of this cereal.

39. Sequoia Gigantea.

Giant Redwood (Eng), Sequoia (French).

Giant Sequoia is the world's largest tree. They grow to an average height of 50-85 m and 5-7 m in diameter. Record trees have been reported to be 93.6 m in height and 8.85 m in diameter. The oldest known Giant Sequoia based on ring count is 3,200 years old. Sequoias bark is fibrous, furrowed, and may be 60 cm thick at the base of the columnar trunk. It provides significant fire protection for the trees. The leaves are evergreen, awl-shaped, 3-6 mm long, and arranged spirally on the shoots.

Parts used: young shoots.

Stimulates the osteoblasts, enhancing mineralization and creating a better bone tissue: used in fractures, osteoporosis and is credited as having an action in osteopsatyrosis (glass bone disease) where it prevents the almost spontaneous fractures characteristic of this disease. Also removes the stiffness from tendons and ligaments.
Used in alternation for delayed repair of fractures and in combination for adrenal insufficiency and tiredness from overwork.
Considered as a male rejuvenator (which does not prevent it from being prescribed to females!) it creates a feeling of well-being. Normalises spermatogenesis, stimulates immunity and delays aging; acts on benign prostatic adenoma at the very beginning and is useful in inflamed prostates.
It is a mental and general tonifying remedy, acting slowly but in depth.
Marcus Greaves gives the following supplementary indications: uterine fibroids and dysmenorrhoea.

Other traditions:

Herbalism: completely unused, to my surprise, but Duraffourd and Lapraz (French herbalists) claim it has androgenic stimulation.

Homeopathy: an alternating remedy, creating some symptoms in certain provers and the complete opposite in others: difficult concentration or clarity of thought;

irritability or calm; feeling old or feeling of well-being; vision blurred or very clear. Tropism to the lungs, eyes, muscles and bones.

40. Sorbus Domestica.

Rowan Tree (Eng), Sorbier (French).

European tree bearing a small, acid fruit that is edible when overripe.

Parts used: buds.

Indicated for problems due to high blood viscosity and slow circulation, the "Crataegus of the veins": venous congestion before thrombosis occurs, varicose veins, varicose ulcers, sequels of phlebitis, haemorrhoids, heavy limbs often with acroparesthesia (weird feeling in the extremities), and heaviness of the extremities; increases the tonus of the venous wall.
Other indications: tinnitus, tympanic sclerosis in association, sudden deafness due to vascular spasm with tinnitus, vertigo and feeling of fullness of the ear, in association.

Other traditions:

Herbalism: the fruit is a laxative; the fresh fruit is a diuretic, emmenagogue astringent and antiscorbutic. The PDR for Herbal Remedies lists the fruit as having astringent, anti-inflammatory and pain relieving properties.
No other tradition uses this tree.

41. Syringa Vulgaris.

Common Lilac (Eng), Lilas (French)

The Common Lilac is a deciduous plant in the olive family, native to the Balkan Peninsula in south-eastern Europe, where it grows in the wild on rocky hills.

It is a large shrub or small tree, growing 6-7 m high. The smooth bark is grey to grey-brown. The leaves are arranged opposite pairs or occasionally in whorls of three. The flowers are cup-shaped with a four-lobed corolla, usually lilac to mauve.

Parts used: buds.

A small heart remedy but worth considering and associating to others: reduces atherosclerosis and specifically in the coronary arteries, increases the blood flow in the coronaries, coronary vasodilator, inotrope +.
According to Andrianne, its use could help avoid coronary bypass or angioplasty.

Other traditions:

Herbalism: only one single book (Van Hellemont) mentions the use of the leaves as antipyretic, analgesic and antiphlogistic. No other tradition seems to have used this plant, although the same author claims it is used in homeopathy, but I could not find it in any English or French language book.

42. Tamaris Gallica.

Tamaris (Eng & French).

They are deciduous or evergreen shrubs or small trees growing to 1-15 m in height and forming dense thickets. Tamarisks are characterized by slender branches and grey-green foliage. The bark of young branches is smooth and reddish-brown. As the plants age, the bark becomes brownish-purple, ridged and furrowed. The leaves are scale-like, 1-2 mm long, and overlap each other along the stem. The pink to white flowers appear in dense masses on 5-10 cm long spikes at branch tips from March to September.

Parts used: young shoots.

This is a bone marrow stimulant, stimulates erythropoiesis and is then indicated for all forms of anaemia, whatever the cause. Increases coagulation by normalizing thrombin formation (careful with patient with thrombotic tendencies!).
Useful in thrombocytopenia secondary to viral infections and in the treatment of mononucleosis.
Pol Henry was the first to use it in the treatment of Hand-Schuller-Christian disease (chronic diffuse histiocytosis, a generalized abnormal proliferation of histiocytic cells) and to recommend it in combination for eosinophilic granuloma.
No other tradition has used that plant.

43. Tilia Tomentosa.

Lime tree (Eng), Tilleul (French).

Deciduous tree, 15-21 m tall, dense, often with a rounded crown, erect branches. Leaves alternate, simple, rounded, about 5-10 cm wide and long, abruptly pointed, base heart shaped, coarsely serrated, dark green above and grey below. Flowers, yellow-white, 5-10 per cluster, with a downy bract, appear in midsummer. Tolerates heat and drought. Reportedly flowers are narcotic to bees.

Parts used: buds.

Sleep inducer, sedative and anxiolytic, antispasmodic and light hypnotic, used for insomnia where it enhances sleep and increases its length; also used for neuralgia, migraine, headaches, stress and overwork.
Has the accessory property of being a detoxifier (cholesterol, uric acid) helping to loose weight and acts on chronic inflammation of the mucosae (gastritis, colitis).

Other traditions:

Homeopathy: diverse pains and neuralgias, abdominal pains with profuse sweat, bearing down symptoms (genitor-urinary and rectal). Quite an important number of detailed rubrics in the repertories!
Herbal: the flowers are diaphoretic, sedative, stomachic, spasmolytic and cholagogue; mostly known for their calming properties. The inner bark is spasmolytic, diminishes the intestinal peristalsis and is useful in biliary colics; it could have questionable vasodilator ability.
It is approved by the Commission E for coughs and bronchitis.

44. Ulmus Campestris.

Elm (Eng), Orme (French).

The Common Elm is found throughout the greater part of Europe, in North Africa, Asia Minor and eastwards to Japan. It grows in woods and hedgerows, especially in the southern part of Britain and on almost all soils, thriving even in the smoky atmosphere of a city. The branches are numerous and spreading, the bark rugged, the leaves alternate, ovate rough, doubly toothed and unequal at the base. The flowers are small and numerous appearing in March and April before the leaves, in purplish-brown tufts.

Parts used: buds.

Pol Henry describes it as acting on the perturbations of the nucleoprotein catabolism (uric acid and hence for gout) and secondarily on urea and cholesterol. It is a skin drainer for eczema, wet and weeping, with vesicles, not infected and also for other inflammatory skin problems like acne and herpes, what Pol Henry describes as the ability of the body to transfer organic problems towards the skin in the form of eczema, but also as diarrhoea or leucorrhoea (not a suppressive action but a detoxification; when enhanced by the remedy, it will detoxify more intensely and completely, hence solving the apparent problem).
It is useful in recurrent herpes and eye herpes in association.
Marcus Greaves considers it a Kidney and Liver drainer with activity on the hepatic macrophage, explaining its detoxifying and cleansing actions.

Other traditions:

Herbalism: the bark is used, best known as Slippery Elm for digestive disorders, GD ulcers and diarrhoea, externally for open wounds; it is also a survival food, demulcent, emollient and soothing.
NB: different names are found in the literature but it seems that whatever Elm bark is used, the indications are the same.

TCM: Wu Yi, the fruit is used to kill intestinal parasites.

45. Vaccinum Vitis Idaea.

Wine berry, Mountain Cranberry (Eng), Airelle (French).

It is a dwarf, mat-forming, evergreen shrub, 10-20 cm tall; many branches, creeping or trailing. The leaves are alternate; small, leathery, narrowly elliptic to egg-shaped, 6 - 15 mm long, rounded at tip, shiny, dark green above, pale with dark dots below; edges smooth, rolled under. The flowers are few, in short clusters at branch tips; drooping, pinkish, cup-shaped, with 4 short lobes, about 5 mm long; appearing late May to early July. The fruits are red berries, 5-10 mm across, edible but acidic; ripening in August and September.

Parts used: young shoots.

This remedy is indicated when hyalinization of tissues is the major problem.
Note: hyaline is a descriptive histologic term referring to any alteration giving a homogenous, glassy pink appearance in routine histologic sections (Robbins); therefore it is not a specific pathology but the common final result of multiple different mechanisms.
Hyaline atherosclerosis of arteries with wall degeneration, senile or diabetic, especially active on smaller peripheral arteries and arterioles; given early, will prevent sclerosis and degenerescence of walls of arteries and arterioles.
Ovarian hyalinosis: reactivates oestrogen production after menopause.
Benign hyalinized tumours: uterine fibromyoma, thyroid adenoma.
Hyalinization of old thrombi (after pulmonary embolism or DVT) or of kidney glomeruli, unblocking them.
In general, acts on conjunctive tissue hyalinization, preventing premature aging, remedy of early aging.
Helps eliminate uric acid, urea, cholesterol, increases calcium absorption, good urinary disinfectant; acts on calcium oxalate kidney stones, on nephritis and prostatic problems.
Also useful in chronic constipation, spasmodic colon (IBS), diarrhoea, pulmonary fibrosis; repairs the intestinal mucosa.

Other traditions:

Herbalism: the leaves are a urinary antiseptic and hypoglycaemic. The PDR for Herbal Remedies lists it as an anti viral and urinary disinfectant; for urinary tract irritation, gout, rheumatism and calculus; as a substitute for Uva Ursi leaves.

46. Viburnum Lantana.

Lithy tree (Eng), Viorne (French).

A vigorous deciduous European treelike shrub common along waysides having large ovate leaves and dense small white flowers; red berries turn black.

Parts used: buds.

Lung drainer for all forms of asthma, allergic or not, and for dyspnoea with asthma-like breathing; it inhibits the bronchial spasm. In alternance with other remedies for non allergic asthma.
Regulates the thyroid through its action upon the hypothalamo-pituitary-thyroid axis, hence its use in hyperthyroidism, Graves' disease in alternance with other remedies.
Also indicated in atopic and inflammatory eczema and useful in periarthritis.

Other traditions:

Homeopathy: it seems to be a different remedy from the well known Viburnum Opulus and Viburnum Prunifolium, although Viburnum Opulus has infantile asthma as an indication. I could not really determine if any of them is related to Viburnum Lantana.
Herbalism: Viburnum Opulus and Prunifolium are listed as spasmolytics but are mainly used for uterine spasms, although Viburnum Prunifolium is mentioned as being used in asthma.

47. Viscum Album.

Mistletoe (Eng), Gui (French).

Widespread shrubby perennial parasites and hemi parasites that grow on the stems of trees and certain shrubs. All mistletoes depend on their hosts for water, mineral nutrients, and to some extent, carbohydrates. Host damage can range from minor swellings to death, depending on the mistletoe species, severity of infection, and health of the host. Trees weakened by mistletoe infections are more susceptible to attack by insects and fungi, which may lead to increased mortality rates. All parts of many species contain toxic amines and may be poisonous to humans and livestock when ingested. Yet, many birds and mammals consume berries and foliage of various species.

Part used: young shoots.

Indicated when there is cardiac overload, ventricular hypertrophy, the so-called cardiac asthma (but also useful in emphysema), lowers the blood pressure and the cholesterol, useful in atherosclerosis and dyslipidemia.
Used in epilepsy, neuralgia, sciatica; diuretic; relieves arthrosis, gouty arthritis and increases articular mobility.
Indicated in fibrocystic disease of the breast and ovaries, in sclerosis of the organs.

Other traditions:

Herbalism: increases the number and activity of phagocytes, stimulate NK cell function, increases neutrophiles activity, increases interferon activity, modulates production of interleukins, stimulates tumour necrosis factor. Antihypertensive through lowering the sympathetic tonus and peripheral resistance, vasodilator; increases diuresis and elimination of urea; chronic rheumatism; antitumoral.
The PDR for herbal remedies lists the herb as hypotensive, cytotoxic and immune stimulating, the fruit as a BP regulator expectorant and tonic and the stem as a tranquilizer for agitation, anxiety and excitability. The Commission E lists it as indicated for rheumatism and adjuvant to tumour therapy.

Homeopathy: the materia medica is quite extensive and provings have been done.
Anthroposophical Medicine: Viscum Album is the basis of the well known and well researched remedy Iscador®.

Note: Viscum Album is not one of the original remedies thoroughly researched by Pol Henry; the herbal and homeopathic indications are very well known and have been investigated in detail. This is one of the remedies where I would personally trust the wealth of knowledge already existing and use the gemmotherapic in all the other indications, except for the Iscador® which has to be cultivated and prepared in a specific way and injected according to a strict protocol.

48. Vitis Vinifera.

Grape vine (Eng), Vigne (French).

A vine or climbing shrub, having small green flowers and lobed leaves, and bearing the fruit called grapes. The common grapevine of the Old World is Vitis Vinifera, and is a native of Central Asia.

Parts used: fresh buds.

Useful for chronic inflammation at all levels: rheumatic fever and its sequels with swift decline in ASLO (shortens the disease and avoids the sequels), colon inflammation (colitis, Crohn's) haemorrhoids, phlebitis, adenitis and others.
All arthrosis and arthritis, slows and stops articular deformities, prevents the formation of osteophytes, especially active on small joints.
Other indications: uterine fibroma, ovarian cysts, lipoid nephrosis; inhibits the growth of tumours.
In its indications for Crohn's disease and Sarcoidosis, Pol Henry recommends to use the inner bark of the roots and rootlets.

Other traditions:

Bach Flowers: Vine for dominant people who rule others with a rod of iron.
Homeopathy: there is only one proving by Konig presented in 2002.
Herbalism: the leaf is used and has vitamin P properties, hence used in menorrhagia, phlebitis and haemorrhoids.
The PDR for Herbal Remedies has a detailed study: antiatherosclerotic through the proanthocyanidins; inhibits the oxidation of cholesterol; anticarcinogenic through the antioxidant effect of the proanthocyanidins; hepatoprotective; stimulates hair growth; prevents ischemia and stabilises capillary walls. The efficiency has been demonstrated in clinical trials on peripheral venous insufficiency, retinal pathology and postoperative oedema.
Ayurveda: used for headaches, dysuria, scabies, skin diseases, gonorrhoea, haemorrhoids and vomiting.

49. Zea Mais.

Maize (Eng), Mais (French).

There are four wild species in the genus Zea, all of which are native to Mexico and northern Central America. Columbus brought maize grains back to the Spanish court, originating from the Greater Antilles in the Caribbean, and these were grown in Spain in 1493. Basque companions of Pizarro brought maize grains back from Peru and introduced maize growing to the Pyrenees. Maize growing spread rapidly in Europe although only in southern Europe did it become a major crop. It soon became the staple diet of poor people which led to malnutrition because maize is deficient in the amino acid lysine and the vitamin niacin and white maize is deficient in carotene which is converted to Vitamin A. The disease pellagra became common, caused by a deficiency of niacin.

Parts used: rootlets.

It is an anti-inflammatory of the arteries and the myocardium, accelerates the healing of the myocardium after an infarct with lowering of AST and ALT; also useful for coronary insufficiency.
Considered as a kidney and liver drainer, used for kidney and liver inflammation.

Other traditions:

Homeopathy: the silk is used for psoriasis and eczema; mania for washing; dropsy; anger; increased appetite; bladder inflammation.
Herbalism: diuretic and sedative of the urinary tract, can triple to quintuple the volume of urine; used for nephrolithiasis, chronic cystitis, nephritis and as a diuretic; contains vitamin K hence has an antihaemorrhagic effect; also useful in rheumatism through diuretic detoxification and the presence of salicylic acid.
TCM: Yu Mi Xu: diuresis, oedema, dysuria; clears the Damp Heat from the Liver and Gallbladder: hepatitis, cholecystitis, cholelithiasis and hypertension.

3. Associations and combinations of remedies.

While reading the Materia Medica of each individual remedy, you have seen that some clinical indications were written as working in association with others, but those other remedies were not named.
There is a good reason for that.
It is difficult enough, in my opinion and personal experience, to understand the mechanism of action, indications and uses of new remedies; to complicate that immediately with combinations of remedies makes it even worse.
Now that you have gone through each and every remedy on its own and have a good image of each one, you can approach their associations, combinations and synergies. Those that are given here are the most commonly used and the ones that clinical experience of practitioners and authors has shown to be consistently effective. This does not mean that no other synergies exist or that no other associations and combinations can be thought of. As a matter of fact, the practitioner must indeed create his own synergistic prescriptions according to the clinical picture of each individual patient, the mechanism of disease involved, the state of the organs and the other therapies the patient is treated with. Some remedies will have no combinations mentioned; this simply means that nothing strikingly different and consistently repeated has been seen when this specific remedy is combined with others but in no way does it imply it should not or could not have a synergistic action in an individual formula.
When going through those combinations, it is recommended to read simultaneously the materia medica of the remedies involved so that you understand why and how they would work together. Do not follow those recommendations blindly!

1. Abies Pectinata.

+ Betula Verrucosa:

- rickets
- juvenile osteochondritis
- osteomyelitis
- sequel of fracture
- dental caries, dental decay

+ Betula Verrucosa & Rosa Canina:

- children's remedy
- lack of appetite
- rhinopharyngitis
- chronic tracheobronchitis of children
- stimulates growth
- ENT infections

2. Acer Campestre.

+ Fraxinus Excelsior:

- lithiasis of the choledocus
- gallstones
- angiocholitis

+ Tilia Tomentosa:

- neurotic anxiety

+ Juglans Regia:

- elevated blood sugar

3. Aesculus Hippocastanatum.

+ Castanea Vesca:

- haemorrhoids
- varicose veins
- eczema lower limbs due to varicose veins

+ Coryllus Avellana:

- dyspnoea

4. Alnus Glutinosa.

+ Ribes Nigrum:

- asthma
- anaphylaxis

- flu

+ Ribes Nigrum & Mentha Aquatica (not Gemmotherapic):
  - migraines
  - urticaria
  - allergies

+ Betula Pubescens:
  - chronic inflammation
  - thrombosis

+ Cercis Siliquastrum:
  - arterial emboli
  - retinal artery emboli

+ Crataegus Oxyacantha:
  - bypasses coronary blockages

+ Ficus Carica:
  - chronic gastro-duodenal ulcer

5. Alnus Incarna.

6. Ampelopsis Weitchii.

+ Buxus Sempervirens (not Gemmotherapic)
  - post inflammatory adhesions

7. Betula Alba.

8. Betula Pubescens.

+ Alnus Glutinosa:
  - chronic inflammation
  - thrombosis

+ Fagus Sylvestris:

- fibrosclerotic atheromatosis

+ Quercus Robur

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

9. Betula Verrucosa.

+ Abies Pectinata:

- juvenile osteochondritis
- chronic osteomyelitis
- rickets
- dental caries and decay (especially in children)

+ Ilex Aquifolium:

- benign breast fibroadenoma

10. Carpinus Betulus.

+ Cornus Sanguinea:

- haemorrhage due to anticoagulants

11. Castanea Vesca.

+ Aesculus Hippocastanatum:

- haemorrhoids
- varicose veins
- eczema of lower limbs due to varicose veins

12. Cedrus Libani.

+ Juglans Regia:

- infected keratotic eczema
- infected wounds

13. Cercis Siliquastrum.

+ Alnus Glutinosa:
  - arterial emboli
  - retinal artery emboli

+ Cornus Sanguinea:
  - Buerger's disease, obliterative thromboangeitis

14. Citrus Limonum.

15. Cornus Sanguinea.

+ Crataegus Oxycantha:
  - thrombotic coronaritis (CAD with local micro thrombi)
  - angina pectoris
  - prevention of myocardial infarct

+ Viburnum Lantana:
  - hyperthyroidism (Grave's disease)
  - goitre
  - exophthalmia

+ Viburnum Lantana & Crataegus:
  - cardiac complications of thyrotoxicosis

+ Rosa Canina:
  - simple goitre

+ Cercis Siliquastrum:
  - Buerger's disease, obliterative thromboangeitis

+ Ficus Carica:
  - resorption of post traumatic haematoma

+ Juglans Regia:

- gallbladder infection
- hypogammaglobulinemia

+ Quercus Robur:

- shock, cyanosis, vascular collapse

16. Coryllus Avellana.

+ Aesculus Hippocastanatum:

- Dyspnoea

17. Crataegus Oxyacantha.

+ Cornus Sanguinea:

- angina pectoris
- prevention of myocardial infarct
- thrombotic coronaritis

+ Viburnum Lantana:

- non allergic asthma

+ Alnus Glutinosa:

- bypasses coronary blockages

18. Fagus Sylvatica.

+ Rosa Canina:

- infection-prone children
- sequel of previous infections

+ Rubus Fructicosus:

- fibrosclerotic, sclerotic lung
- chronic interstitial nephritis after pyelonephritis

+ Betula Pubescens:

- fibrosclerotic atheromatosis

+ Ilex Aquifolium:
    - nephroangiosclerosis

19. Ficus Carica.

+ Alnus Glutinosa:
    - chronic gastro-duodenal ulcer

+ Ribes Nigrum:
    - sun sensitivity

+ Cornus Sanguinea:
    - resorption of post traumatic haematoma

+ Olea Europea:
    - facial neuralgia
    - stimulates granulopoiesis

+ Juglans Regia:
    - parasites in gallbladder and intestines
    - chronic eczema
    - chronic psoriasis
    - chronic digestive problems

+ Tamaris Gallica:
    - eosinophilic granuloma

+ Tilia Tomentosa:
    - regulates cortico-hypothalamic link and reticular substance

20. Fraxinus Excelsior.

+ Alnus Glutinosa & Ribes Nigrum:
    - perturbed catabolism of nucleoproteins, uric acid (gout), cholesterol

+ Pinus Montana:
    - reduces high uric acid (gout)

21. Ilex Aquifolium.

+ Fagus Sylvatica:
    - renal insufficiency due to nephroangiosclerosis

+ Betula Verrucosa:
    - benign breast fibroadenomatous hyperplasia

+ Tilia Tomentosa:
    - petit mal epilepsy
    - gastritis
    - psoriasis
    - eczema

22. Juglans Regia.

+ Cornus Sanguinea:
    - gallbladder infection
    - hypogammaglobulinemia

+ Ficus Carica:
    - parasites in gallbladder and intestines
    - chronic eczema
    - chronic psoriasis
    - chronic digestive problems

+ Cedrus Libani:
    - infected keratotic eczema
    - infected wounds

+ Ligustrum Vulgare:
    - chronic inflammatory dermatitis
    - collagenosis

- hepatic problems in general

23. Juniperus Communis.

+ Calluna Vulgaris (Not Gemmotherapic):

- oxalo-calcic kidney stones

+ Berberis Vulgaris (Homeopathic low potency, not Gemmotherapic):

- recurrent biliary colic

Those combinations, although not purely Gemmotherapic, are included because of the frequency of those pathologies.

+ Viscum Album:

- side-effects of chemotherapy

24. Ligustrum Vulgare.

+ Juglans Regia:

- chronic inflammatory dermatitis
- collagenosis
- hepatic problems in general

25. Lonicera Nigra.

+ Tilia Tomentosa:

- muscular cramps of nervous origin
- for nervous system relaxation

26. Olea Europea.

+ Prunus Amygdalus:

- phobic neurosis: agoraphobia, claustrophobia,…
- OCD
- senile sclerosis

+ Ficus Carica:

- facial neuralgia
- stimulates granulopoiesis

27. Pinus Montana.

+ Rosa Canina:
  - osteoporosis, post menopausal

+ Rubus Fructicosus:
  - senile osteoporosis
  - arthrosis

+ Rosa Canina & Rubus Fructicosus:
  - specific arthrosis: coxarthrosis, gonarthrosis, spondylarthrosis
  - fractures in elderly

+ Fraxinus Excelsior:
  - reduces high uric acid

28. Platanus Orientalis.

29. Populus Nigra.

+ Betula Pubescens & Alnus Glutinosa:
  - repermeabilisation of arteries, removal of arterial obstructions

30. Prunus Amygdalus.

+ Olea Europea:
  - senile sclerosis
  - phobic neurosis (claustrophobia, agoraphobia)
  - OCD
  - Hyperlipemia

31. Quercus Robur.

+ Complementary to MANY remedies

+ Cornus Sanguinea:

- shock, cyanosis, vascular collapse

+ Betula Pubescens:

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

+ Sequoia Gigantea:

- male sexual senescence (Quercus stimulates testosterone, Sequoia increases libido)
- delayed repair of fractures

32. Ribes Nigrum.

+ Alnus Glutinosa:

- anaphylaxis
- flu
- asthma

+ Alnus Glutinosa & Betula Pubescens:

- flu

+ Sequoia Gigantea:

- anti-inflammatory

+ Ficus Carica:

- sun sensitivity

33. Rosa Canina.

+ Betula Verrucosa & Abies Pectinea:

- growth problems due to recurrent inflammation

+ Cornus Sanguinea:

- euthyroid goitre

+ Buxus Sempervirens (not Gemmotherapic):

- pustular eczema of palms and soles

+ Pinus Montana:

- post menopausal osteoporosis

+ Ulmus Campestris:

- recurrent herpes
- ocular herpes

+ Fagus Sylvatica:

- infection-prone children
- sequel of previous infections

34. Rosemarinus Officinalis.

+ Viburnum Lantana:

- allergic asthma

35. Rubus Fructicosus.

+ Pinus Montana:

- senile osteoporosis
- arthrosis

+ Fagus Sylvatica:

- chronic interstitial nephritis after pyelonephritis
- fibrosclerotic lung

+ Vaccinum Vitis Idaea & Sequoia Gigantea:

- PAIN relief

36. Rubus Idaeus.

+ Vaccinum Vitis Idaea:

- elderly women with age related gynaecological problems
- late appearance of menstruation in young girls
- late appearance of secondary sexual markers (hair, breast) in young girls
- delayed sexual maturity in females

37. Secale Cereale.

38. Sequoia Gigantea.

+ Quercus Robur:

- delayed repair of fractures
- male sexual senescence

+ Ribes Nigrum:

- anti-inflammatory

+ Ribes Nigrum & Quercus Robur:

- adrenal malfunction or failure
- tiredness

+ Rubus Fructicosus & Vaccinum Vitis Idaea:

- PAIN relief

39. Sorbus Domestica.

+ Viburnum Lantana:

- deafness from tympanosclerosis
- deafness from vascular spasm
- tinnitus
- vertigo (light)

40. Syringa Vulgaris.

41. Tamaris Gallica.

+ Ficus Carica:

- eosinophilic granuloma

42. Tilia Tomentosa.

+ Acer Campestre:
  - neurotic anxiety
  - ill-defined anxiety

+ Ilex Aquifolium:
  - epilepsy, petit mal
  - gastritis
  - psoriasis
  - eczema

+ Ficus Carica:
  - regulates cortico-hypothalamic link and reticular substance

+ Lonicera Nigra:
  - muscular cramps of nervous origin
  - for nervous system relaxation

43. Ulmus Campestris.

+ Rosa Canina:
  - recurrent herpes
  - ocular herpes

44. Vaccinum Vitis Idaea.

+ Rubus Idaeus:
  - elderly women with age related gynaecological problems
  - late appearance of menstruation in young girls
  - late appearance of secondary sexual markers (hair, breast) in young girls
  - delayed sexual maturity in females

45. Viburnum Lantana.

+ Crataegus Oxyacantha:

- non allergic asthma

+ Cornus Sanguinea:
  - hyperthyroidism (Grave's disease)
  - goitre
  - exophthalmia

+ Rosemarinus Officinalis:
  - allergic asthma

+ Sorbus Domestica:
  - deafness from tympanosclerosis
  - deafness from vascular spasm
  - tinnitus
  - vertigo (light)

46. Viscum Album.

+ Juniperus Communis:
  - side-effects of chemotherapy

47. Vitis Vinifera.

48. Zea Mays.

4. Therapeutics.

We will now see examples of Gemmotherapic treatment for various pathologies. Those are only examples! Indeed this does not even attempt to be complete and exhaustive. Every patient has to be given his individual formulation according to the pathophysiological picture of his diseases, the functions and organs involved, the mechanism of the disease, its roots, associated diseases and the need for other approaches.

The following chapters are only guidelines, templates, upon which each and every treatment has to be prescribed individually. They are based in part on the clinical experience of Dr. Bergeret and Dr. Tetau, who have developed and used Gemmotherapy extensively and intensively, as well as on my own personal clinical experience, which is far behind those two masters.

You will find named pathologies with multiple remedies listed; quite obviously it would be a mistake, if not mere malpractice, to prescribe all the listed remedies; or to neglect one that is not listed but would be indicated; you MUST select a few remedies according to the best and most complete indications, taking into account the existence of other pathologies that need to be treated at the same time, and contra-indications, e.g. you will not prescribe Tamaris Gallica, which increases coagulation, to a patient suffering from thrombosis unless it is the only one single remedy indicated and then you will associate it with other anticoagulant remedies……..you must be able to explain logically your prescription according to physiology and pathophysiology.

Regarding the posology, I wish to remind you once again that this is powerful medicine and that we have 2 galenic forms available: the 1X (1D) dilution and the concentrate.

I recommend to start the treatment with 1 drop of the concentrate or 5-10 drops of the 1X (1D) and increase progressively at a speed compatible with the sensitivity of the patient, up to 15-20 drops of the concentrate per day (150-200 drops of the 1X) with a maximum of 30 drops of concentrate (300 of 1X) per remedy. This of course unless the situation is acute and urgent, in which case you increase the dose and repeat frequently, use common sense.

As usual, the patient's reaction will tell you the optimal dose.

Use only as much as is needed for a good clinical progress, more does not necessarily mean better or faster. In strong patients or in acute situations, high doses and/or quick repetitions might be indicated, e.g. Cornus Sanguinea in acute MI every 15 minutes.
It is often easier to give the full dose of the remedy once a day instead of dividing it in 2 or 3 doses. For example one remedy in the morning, the second one at midday, the last one in the evening, and if you have selected more than 3 remedies, you divide the one that has the most general effect in 3 doses given together with the single remedies. Obviously, nervines, calming and sleeping remedies will be given in the evening; remedies known to stimulate or imitate certain hormones will better be given at the peak secretion time if there is one, like Ribes Nigrum for cortisol and adrenal glands, to be given in the morning. If you have only the concentrate available and would like some potentisation, put the drops in some water, succuss and take.
Please read the full materia medica of each remedy listed, as only some major notions will be reproduced and refer to the Repertory for additional remedies and associated conditions.
In order to receive the most benefit from this book, it is recommended to go to the Materia Medica of each listed remedy and try to understand why it is listed as a remedy of use in this specific pathology, how it differs from others listed for the same pathology and in what circumstances would you associate it to others and which ones. Then use the Repertory and the Materia Medica to try to find other remedies not listed for an indication, and use your knowledge of pathology to create a treatment for a situation not listed. Approaching Gemmotherapy through all those different avenues will make you familiar with all aspects of the remedies and will be a lot more useful than to try to memorize lists of indications that, by essence, are always incomplete.

1. Cardiovascular system.

Arrhythmias.

This includes all complaints of palpitations, the famous French "éréthisme cardiaque" meaning "nervous heart", auricular fibrillation, extrasystolies 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.

Citrus Limonum: not only for palpitations but as a blood fluidifier, it will prevent clotting too and facilitate circulation.

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

Ficus Carica: anxiolytic.

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.

Prunus Amygdalus: antisclerotic lowering the BP.

Ribes Nigrum: lowers BP through adrenal regulation.

Viscum Album: atherosclerosis and dyslipidemia, for long term use.

Hypotension.

Crataegus Oxyacantha: heart food, inotrope positive, maintains the myocardium.

Quercus Robur: adrenal cortex stimulant.

Ribes Nigrum: adrenal cortex regulator, in this case stimulant.

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.

Cornus Sanguinea: anti-coagulant maintaining blood fluidity and preventing infarction.

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.

Before MI (prevention):

Cornus Sanguinea: anticoagulant, maintains blood fluidity

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.

After MI:

Crataegus Oxyacantha: as above, will help repair and regeneration

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

In general:

Alnus Glutinosa: anticoagulant, antithrombotic, influences blood viscosity, stimulates coronary angiogenesis.

Crataegus Oxyacantha: as above, see materia medica.

Thrombosis, anticoagulation.

Acer Campestre: hypercoagulability

Alnus Glutinosa and Alnus Incana: see Myocardial infarction.

Betula Pubescens: prevents thrombosis through vascular wall stabilisation.

Carpinus Betulus: drug induced thrombopathy.

Cercis Siliquastrum: antithrombotic in states of hypercoagulability.

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

Cornus Sanguinea: antithrombotic.

Populus Nigra: diminishes blood coagulability.

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.

Betula Pubescens: vascular wall stabiliser.

Carpinus Betulus: drug induced periarteritis nodosa.

Cercis Siliquastrum: arterial emboli, Buerger's disease.

Citrus Limonum: blood fluidifier, arteritis

Cornus Sanguinea: thrombolytic, normalises clotting mechanism.

Crataegus Oxyacantha: removes atheromatous plaques.

Juglans Regia: periarteritis nodosa.

Olea Europea: arterial cleanser; removes atherosclerosis.

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

Vaccinum Vitis Idaea: hyaline atherosclerosis, degenerescence of arterial walls.

Viscum Album: atherosclerosis, dyslipidemia.

Zea Mais: arterial inflammation.

Venous System.

Aesculus Hippocastanatum: varicose veins, haemorrhoids

Castanea Vesca: varicose veins, varicose ulcer, lymphedema.

Citrus Limonum: blood fluidifier.

Sorbus Domestica: varicose veins, heavy limbs, haemorrhoids.

Haematology.

See Thrombosis and Anticoagulation.

Note on Myelodysplasia:
Abies Pectinata: stimulates erythropoiesis and bone marrow.
Cornus Sanguinea: stimulates bone marrow.
Tamaris Gallica: stimulates erythropoiesis and bone marrow
With associated myelofibrosis, add Coryllus Avellana and Olea Europea.

2. Respiratory system and ENT.

Asthma.

Abies Pectinata: used for asthma, allergies and ENT infections.

Alnus Glutinosa: any condition associated with inflammation.

Crataegus Oxyacantha: anxiolytic, used in non-allergic asthma.

Ribes Nigrum: any situation that would need cortisone prescription in conventional medicine, stimulates adrenal glands.

Rosemarinus Officinalis: indicated in chronic allergies.

Viburnum Lantana: inhibits bronchial spasm.

Emphysema.

Aesculus Hippocastanatum: eases breathing.

Coryllus Avellana: restores elasticity of the lung.

Ribes Nigrum: as a corticosteroid would be used.

Rubus Fructicosus: mentioned as useful in COPD and emphysema.

Viscum Album: mentioned as useful for this condition.

Bronchitis.

Alnus Glutinosa: inflammation of the mucosa.

Carpinus Betulus: repairs damaged respiratory mucosa, bronchial antispasmodic.

Coryllus Avellana: restores elasticity of the lungs.

Juglans Regia: chronic suppuration of the mucosa; increases immunity.

Lonicera Nigra: listed as useful in bronchitis.

Ribes Nigrum: anti-inflammatory, steroid-like.

Pneumonia.

Alnus Glutinosa: inflammation of the mucosa; at the beginning of acute suppurative stages and with tendency to diffusion.

Sinusitis.

Alnus Glutinosa: mucosal inflammation.

Carpinus Betulus: repairs damaged respiratory mucosa, specific action on the mucosa of the sinuses.

Juglans Regia: chronic suppuration of the mucosa.

Ribes Nigrum: general anti-inflammatory.

Rhino-pharyngitis.

Abies Pectinata: general ENT remedy.

Betula Verrucosa: anti-inflammatory, stimulates immune system, same indications as Betula Alba.

Carpinus Betulus: repairs respiratory mucosa.

Alnus Glutinosa: mucosal inflammation.

Ribes Nigrum: general anti-inflammatory.

Rosa Canina: major ENT remedy, recurrent chronic mucosal inflammations.

Many if not all of the remedies listed for ENT conditions can indeed be used for other locations not specified, like for ears and eye pathology; look up the mucosa remedies, the inflammatory remedies, the immune stimulant remedies and of course learn to use the repertory.

3. Digestive system.

Of course every possible pathology of every organ and function of the digestive system is not included here; it would amount to write a textbook of medicine! Once again you have to understand what the mechanism of disease is at play in your patient, what part of the organ or system is involved, what is the origin of the disease and use that knowledge to achieve the proper treatment.
For example, instead of looking for gastritis or colitis, you could consider every remedy used for mucosal inflammation, and then choose the ones that have a digestive tropism; the pathologies and treatments given here are the most frequently encountered in a practice, it does not mean that nothing else exists or that nothing else can be treated.

Gastro-duodenal diseases.

Alnus Glutinosa: gastric drainer acting as an anti-inflammatory.

Ficus Carica: gastric drainer; heals the mucosa, regulates gastric secretions and oesophageal motility.

Ilex Aquifolium: listed for gastritis by Pol Henry.

Ribes Nigrum: powerful anti-inflammatory.

Tilia Tomentosa: anxiolytic, antispasmodic, acts on the chronic inflammation of the digestive mucosa.

Liver diseases.

Betula Alba: liver drainer; stimulates Kupfer cells in the liver.

Carpinus Betulus: indicated in liver insufficiency.

Cornus Sanguinea: stimulates Kupfer cells.

Fraxinus Excelsior: liver drainer.

Juglans Regia: liver cirrhosis, stimulates Kupfer cells.

Juniperus Communis: hepatitis, hepatocellular insufficiency, cirrhosis.

Ligustrum Vulgare: hepatic "problems" in general.

Lonicera Nigra: hepatitis; liver drainer.

Olea Europea: liver insufficiency.

Ribes Nigrum: powerful anti-inflammatory.

Rosemarinus Officinalis: liver and gallbladder drainer, hepatoprotective, liver insufficiency.

Secale Cereale: liver repair; stimulates hepatocytes; hepatitis.

Zea Mais: liver inflammation, liver drainer.

Gallbladder diseases.

Acer Campestre: lithiasis; prevents and treats gallstones.

Cornus Sanguinea: GB infection.

Ficus Carica: GB parasites.

Juglans Regia: GB infections and parasites.

Juniperus Communis: biliary colic.

Rosemarinus Officinalis: motility regulator, biliary colic or dyskinesia.

Pancreas.

Juglans Regia: normalizes pancreatic enzymes; pancreatic insufficiency and chronic pancreatitis.

Ribes Nigrum: anti-inflammatory.

Colon.

General.

Juglans Regia: restores colonic flora after antibiotics.

Tilia Tomentosa: chronic inflammation of the mucosa.

Vaccinum Vitis Idaea: spasms.

Constipation.

A full diagnosis of the constipation has to be made, of course.

Vaccinum Vitis Idaea: intestinal mucosa repair; chronic constipation and irritable bowel syndrome.

Diarrhoea.

There are multiple causes of diarrhoea, of course, not all from the colon and as usual a full diagnostic work-up should be done.

Juglans Regia: after antibiotics.

Vaccinum Vitis Idaea: repairs the intestinal mucosa.

Colitis, ulcerative colitis, Crohn, IBS, etc,…

Rosemarinus Officinalis: recommended for colitis and Crohn's disease through its action on the intestinal mucosa.

Tilia Tomentosa: chronic inflammation of the mucosa.

Vaccinum Vitis Idaea: repairs the intestinal mucosa; spasmolytic.

Vitis Vinifera: chronic inflammation.

4. Reproductive system.

Impotency.

Rosemarinus Officinalis: recommended in males for prostatic problems and impotency.

Dysmenorrhoea.

Rosemarinus Officinalis: dysmenorrhoea and frigidity.

Rubus Idaeus: ovarian regulator, stimulates ovarian hormones; contains the antispasmodic alkaloid Fragarine.

Sequoia Gigantea: clinically indicated according to Marcus Greaves.

Other menstrual problems.

Rubus Idaeus: for amenorrhea and late onset of puberty.

Fibroma.

Sequoia Gigantea: clinically indicated according to Marcus Greaves.

Vaccinum Vitis Idaea: uterine fibroma when the tumour is hyalinized

Vitis Vinifera: indicated in uterine fibroma and ovarian cysts.

Frigidity.

Rosemarinus Officinalis: frigidity, dysmenorrhoea and acne in females.

5. Urinary system.

Lithiasis.

Juniperus Communis: oxalo-calcic renal lithiasis

Vaccinum Vitis Idaea: oxalo-calcic renal lithiasis

Renal Insufficiency.

Betula Alba: increases diuresis, kidney drainer.

Fagus Sylvatica: nephroangiosclerosis.

Fraxinus Excelsior: anti-inflammatory, kidney cleanser.

Ilex Aquifolium: nephroangiosclerosis.

Juniperus Communis: kidney drainer and powerful diuretic.

Olea Europea: mild renal insufficiency.

Cystitis.

Vaccinum Vitis Idaea: urinary disinfectant

Nephritis.

Fagus Sylvatica: nephroangiosclerosis.

Juniperus Communis: diuretic and kidney drainer.

Rubus Fructicosus: chronic interstitial nephritis secondary to pyelonephritis

Vaccinum Vitis Idaea: urinary disinfectant.

Zea Mais: kidney drainer, for kidney inflammation.

Pyelonephritis.

Juniperus Communis: diuretic and kidney drainer.

Prostate.

Rosemarinus Officinalis: prostatic symptoms in general.

Sequoia Gigantea: benign prostatic adenoma and prostatitis.

Vaccinum Vitis Idaea: urinary disinfectant.

5. Osteoarticular System.

Within the osteoarticular system the 3 remedies Pinus Montana, Ribes Nigrum and Vitis Vinifera are the most important and essential ones. They are the backbone of almost every treatment aimed at bones and joints pathology. Indeed if your choice is limited, for example because of the cost of the remedies, your choice should concentrate on those three.

General arthrosis.

Pinus Montana: regenerator of bone, cartilage and tendons; chondrocytes stimulator; rheumatism, osteoporosis and fractures.

Ribes Nigrum: major anti-inflammatory, steroid-like, adaptogen and synergistic with all the other remedies indicated for bones and joints pathology.

Vitis Vinifera: chronic inflammation, especially indicated for small joints.

Rubus Fructicosus: stimulates osteoblasts, slows osteoclasts; osteoporosis; indicated in all types of arthritis especially in combinations.

Viscum Album: increases articular mobility.

Localised arthrosis.

Those prescriptions are extracted from Bergeret and Tetau's indications in their books and put here to illustrate the possibilities of using different remedies, not only the three basic ones; by no means does it imply that any other combination would not be as effective if not more.

- Coxarthrosis.

Pinus, Ribes, Vitis: see above.

Betula Alba: stimulates bone regeneration.

- Gonarthrosis.

Pinus, Ribes, Vitis: see above.

Rosa Canina: anti-inflammatory.

Rubus Fructicosus: see above.

- Small joints.

Pinus, Ribes, Vitis: see above.

Inflammatory arthrosis, arthritis.

Pinus, Ribes, Vitis: see above

Ampelopsis Weitchii: the remedy of fibrous tissues and joints, rather than bone.

Fraxinus Excelsior: synovial and ligament anti-inflammatory.

Rosa Canina: anti-inflammatory.

Osteomyelitis.

Abies Pectinata: stimulates immunity, osteoblasts and phosphocalcic metabolism.

Alnus Glutinosa: anti-inflammatory.

Betula Verrucosa: bone regeneration through osteoblastic activity.

Osteoporosis.

Pinus, Ribes, Vitis: see above.

Betula Alba: stimulates bone regeneration

Rosa Canina: after menopause.

Rubus Fructicosus: stimulates osteoblasts and slows osteoclasts.

Sequoia Gigantea: stimulates osteoblasts, enhances mineralization.

Fractures.

Abies Pectinata: stimulates osteoblasts and phosphocalcic metabolism.

Betula Verrucosa: regenerates bone through osteoblastic activity.

Pinus Montana: regenerates bone.

Quercus Robur: stimulates the whole endocrine system, hence enables repair.

Rosa Canina: growth enhancer in children.

Ribes Nigrum: metabolism stimulator through adrenal function.

Rubus Fructicosus: stimulates osteoblasts, slows osteoclasts.

Sequoia Gigantea: stimulates osteoblasts, enhances mineralization.

Spine.

Ampelopsis Weitchii: fibrous tissue remedy, and that includes the discs.

Pinus Montana: bone regenerator, chondrocytes stimulator.

Rosa Canina: anti-inflammatory.

Rubus Fructicosus: stimulates osteoblasts, slows osteoclasts.

Dupuytren.

Ampelopsis Weitchii: a fibrous tissue pathology by excellence, hence the remedy for fibrous tissue pathology.

Ribes Nigrum: major anti-inflammatory, steroid like.

Tendonitis.

Ampelopsis Weitchii: fibrous tissue and tendon remedy.

Pinus Montana: tendon regenerator.

Metabolic arthrosis, hyperuricemia, gout.

Alnus Glutinosa: anti-inflammatory.

Betula Alba: eliminates uric acid and anti-inflammatory.

Citrus Limonum: liver drainer, potentises the other remedies.

Fraxinus Excelsior: anti-inflammatory, lowers uric acid levels.

Lonicera Nigra: kidney drainer, will enhance excretion.

Pinus Montana: chronic inflammation and inflammatory rheumatism.

Ribes Nigrum: the major anti-inflammatory, steroid like.

Vitis Vinifera: chronic inflammation especially of the small joints.

Viscum Album: increases articular mobility, indicated in gouty arthritis.

6. Neurology.

Some remedies mentioned here (and in the whole course) are included because of the clinical experience of some authors. It is sometimes difficult to find a straight forward correlation between the remedy and its indications through biochemistry or physiology; nevertheless, the clinical results and the clinician's experiences are the ones relevant to us, we will leave the research into the mechanism of action to the people who have the means of doing it.

Migraines.

Alnus Glutinosa: active on the vascular system, increases cerebral vascularisation.

Citrus Limonum: neuralgia, migraines and nervous headaches.

Rosa Canina: headaches and migraines with an allergic aetiology.

Ribes Nigrum: anti-inflammatory.

Tilia Tomentosa: antispasmodic, anxiolytic, sedative.

Facial Neuralgia.

Ficus Carica: quietening, relaxant, antidepressant.

Olea Europea: one of its listed indications.

Neuralgia.

Citrus Limonum: one of its indications.

Tilia Tomentosa: anxiolytic, sedative.

Viscum Album: used in neuralgia and sciatica.

Insomnia.

Tilia Tomentosa: anxiolytic and sedative.

Epilepsy.

Citrus Limonum: listed as such, without explanation.

Ficus Carica: post-traumatic epilepsy, sensory epilepsy.

Ilex Aquifolium: listed for petit mal epilepsy.

Tilia Tomentosa: sedative, anxiolytic, hypnotic.

Viscum Album: one of its listed uses.

Post traumatic/concussion syndrome.

Ficus Carica: resorbs intra-cranial haematoma, post-traumatic epilepsy, post concussion.

Pain in general.

Rubus Fructicosus: bone and joint pains.

Sequoia Gigantea: in association with the other two for bone and joint pain through its action on the bones.

Vaccinum Vitis Idaea: through action on connective tissue.

Use those three remedies above together for relief of pain syndromes.

Fraxinus Excelsior: anti-inflammatory and adrenal stimulant.

7. Dermatology and allergology.

Eczema.

Ribes Nigrum: this is the major anti-inflammatory and cortisone-like remedy that could be indicated in any type of skin inflammatory lesion; it can be associated to any of the following remedies; remember that as long as the cause, the origin, the root of the disease is not treated, your patient is not cured.

Cedrus Libani: for in depth drainage and detoxification, as this is always warranted in skin problems.

Ilex Aquifolium: listed by Pol Henry for psoriasis and eczema, but without any explanation.

Juglans Regia: indirect action on skin through its pancreatic and hepatic actions.

Tilia Tomentosa: anxiolytic, if skin problem aggravated by emotional situation.

Dry eczema.

Cedrus Libani: see above, drainage and detoxification.

Weeping eczema.

Ulmus Campestris: skin drainer, acts on inflammatory skin problems.

Infected eczema.

Cedrus Libani: see above, drainage and detoxification.

Juglans Regia: indirect action on the skin through its hepatic and pancreatic actions.

Chronic eczema.

Ficus Carica: acts through its anxiolytic, antidepressant activity.

Juglans Regia: liver, pancreas and poor digestion very often involved in chronic skin pathology.

Acne.

Platanus Orientalis: one of its few gemmotherapic indications.

Ribes Nigrum: steroid like action, anti-inflammatory.

Rosemarinus Officinalis: indirectly as a liver and kidney drainer.

Ulmus Campestris: skin drainer acting on inflammatory skin conditions.

Juglans Regia: liver, pancreas and poor digestion often involved in acne.

Herpes.

Quercus Robur: stimulates secretion of corticosteroids, anti-inflammatory action.

Ulmus Campestris: skin drainer and inflammatory skin conditions.

Rosa Canina: strengthens the immune system, helps fight the herpes virus.

Psoriasis.

Cedrus Libani: in depth drainage and detoxification, very much needed in psoriasis.

Ficus Carica: anxiolytic and antidepressant, especially useful in chronic cases who despair of a cure.

Ilex Aquifolium: listed as useful by Pol Henry without any further explanation.

Juglans Regia: acts through its hepatic and pancreatic actions.

Ribes Nigrum: major anti-inflammatory and steroid like remedy.

Secale Cereale: repairs the dermis and the epidermis.

Tilia Tomentosa: sedative and anxiolytic.

Vitiligo.

Platanus Orientalis: apparently indicated in this pathology.

Verruca, Warts.

Ficus Carica: as a thymus regulator (M. Greaves), might have an immune stimulant effect, hence an action on the virus involved.

Rosa Canina: strengthen the immune system.

Allergies in general.

Ribes Nigrum: is indeed the major remedy in allergies due to its cortisone-like action and its stimulation of the adrenal glands.

Abies Pectinata: stimulates immunity, action on allergies and asthma.

Alnus Glutinosa: remedy of the inflamed mucosa.

Betula Pubescens: detoxifier and anti-inflammatory.

Cedrus Libani: background remedy for irritation of the mucosa, in association with others acts in synergy.

Fagus Sylvatica: anti allergic and antihistaminic.

Rosemarinus Officinalis: chronic allergies.

Juniperus Communis: liver and kidney drainer.

Rubus Idaeus: allergies, inflammation of the mucosa.

Urticaria.

Alnus Glutinosa: general action as an anti-inflammatory.

Ribes Nigrum: steroid like action and anti-inflammatory.

Quincke.

Ribes Nigrum: the most potent steroid-like plant but in this condition need high doses at close intervals, until the oedema disappears, followed by a general, causal treatment.

Allergic asthma.

Rosemarinus Officinalis: indicated in chronic allergies.

Viburnum Lantana: lung drainer indicted in all forms of asthma.

8. Endocrinology and Nutrition.

You will find some overlapping especially with urology and gynaecology, and of course all sections have to be cross-referenced and researched for individual patients. You will also see a large number of remedies for some metabolic abnormalities, of cholesterol and uric acid essentially; most of the remedies are useful indirectly either as remedies for involved organs or functions (liver, pancreas,…) or as remedies involved in the elimination/transformation/metabolism of those substances. As usual it is imperative to choose the remedy or remedies appropriate to the individual patient and not to automatically include everything in your prescription. Remember that those abnormalities in blood tests are only the end result of systemic dysfunction; if you do not treat the system(s) involved but only focus on the numbers on the result sheet, you have failed in your treatment.

General stimulator of metabolism.

Ribes Nigrum: regulates the pituitary, stimulates production of endogenous steroids, adaptogen, and stimulates the metabolism.

Pituitary gland.

Quercus Robur: stimulates the pituitary and so the whole endocrine system.

Ribes Nigrum: regulates the pituitary, therefore acting on the whole endocrine system.

Thymus regulation.

Ficus Carica: regulates the thymus according to M. Greaves therefore normalizing the whole immune system.

Thyroid.

Hyperthyroidism.

Cornus Sanguinea: major remedy of hyperthyroidism with thyrotoxicosis.

Crataegus Oxyacantha: used for the cardiac symptoms of hyperthyroidism, does not address the thyroid problem per se.

Tilia Tomentosa: as an anxiolytic and sedative, used for the symptomatic relief of those symptoms in hyperthyroidism, does not address the thyroid problem per se.

Viburnum Lantana: acts on the hypothalamo-pituitary-thyroid axis.

Hypothyroidism.

Prunus Amygdalus: the gemmotherapic from the root bark is a thyroid stimulant.

Goitre.

Cornus Sanguinea: goitre from hyperthyroidism but no action on benign adenoma.

Rosa Canina: euthyroid goitre.

Viburnum Lantana: regulates the hypothalamo-pituitary-thyroid axis.

Adrenals.

Betula Pubescens: according to Dr. Andrianne, the seeds stimulate the adrenals.

Fraxinus Excelsior: stimulates the adrenals, increases the secretion of cortisol, and regulates the secretion of adrenaline and nor-adrenaline.

Quercus Robur: stimulates the secretion from the adrenal cortex, as well as the pituitary.

Ribes Nigrum: stimulates the adrenal glands and the pituitary.

Sequoia Gigantea: for adrenal insufficiency.

Ovaries.

Rubus Idaeus: regulates ovarian function and stimulates their hormonal production.

Vaccinum Vitis Idaea: reactivates ovarian secretions in case of hyalinization of the ovaries.

Viscum Album: fibrocystic disease of breast and ovaries.

Vitis Vinifera: ovarian cysts.

Testicles.

Quercus Robur: stimulates testicles and testosterone production, as well as the pituitary.

Sequoia Gigantea: normalises spermatogenesis.

Delayed puberty.

Rubus Idaeus: regulates ovarian function, stimulates their hormonal production.

Growth Stimulation.

Abies Pectinata: stimulates phosphocalcic metabolism and osteoblasts.

Betula Verrucosa: osteoblastic activity.

Diabetes.

Acer Campestre: hypoglycaemic useful in NIDDM.

Juglans Regia: pancreatic insufficiency and insulin secretion regulator according to M. Greaves.

Olea Europea: hypoglycaemic and some complications of diabetes.

Hypercholesterolemia.

Acer Campestre: lowers cholesterol levels.

Betula Alba: reduces cholesterol probably through action on the liver.

Fraxinus Excelsior: lowers cholesterol level, liver and kidney drainer.

Juniperus Communis: powerful liver and kidney drainer.

Olea Europea: lower lipids and cholesterol levels.

Hypertriglyceridemia.

Prunus Amygdalus: lowers triglycerides.

Rosemarinus Officinalis: liver drainer.

Hyperlipidemia.

Citrus Limonum: useful in hyperlipidemia through liver drainage.

Olea Europea: lowers lipid levels.

Prunus Amygdalus: lowers lipid levels.

Viscum Album: useful in dyslipidemia.

Gout – Hyperuricemia.

Betula Alba: increases diuresis and excretion of uric acid.

Fraxinus Excelsior: liver and kidney cleanser, diminishes the level of uric acid.

Lonicera Nigra: described as useful in gout.

Pinus Montana: for cartilage destruction.

Prunus Amygdalus: lowers uric acid through action on the kidney.

Ribes Nigrum: acts as an anti-inflammatory in cases of gout.

Vaccinum Vitis Idaea: unblocks hyalinized kidney glomeruli, restoring their function and secondarily reducing uric acid level through diuresis.

Viscum Album: used to relieve gouty arthritis and to increase articular motility.

Appetite stimulator.

Abies Pectinata: known as a paediatric remedy for "growth", acts on the phosphocalcic metabolism.

Betula Verrucosa: osteoblastic activity increased, anti-rickets, like Abies Pectinata, part of the action might be through increased appetite and better nourishment.

Rosa Canina: when growth is prevented by recurrent infection, restores immunity and through this well-being increases the appetite.

NB: those indications are very indirect and should not be used, for example, as a prescription in anorectic patients; as always, the reason for a lack of appetite should be understood first.

9. Paediatric.

Growth.

Abies Pectinata: used in paediatric medicine for growth problems, stimulates osteoblasts.

Betula Verrucosa: osteoblastic activity, focus on growth and regeneration of organs and especially bones.

Rosa Canina: when growth is delayed due to recurrent infections, immune system stimulant.

Growth "Pains".

Abies Pectinata: stimulates the osteoblasts, completes the growth and the pain would then stop.

ENT Infections in general.

Abies Pectinata: stimulates immunity through bone marrow activation.

Betula Verrucosa: stimulates the immune system.

Carpinus Betulus: specific action of the mucosa of the sinuses and repairs the respiratory mucosa.

Ribes Nigrum: major anti-inflammatory, regulates the immune system and increases resistance.

Rosa Canina: stimulates the immune system.

Sinusitis.

Alnus Glutinosa: mucosal inflammation.

Carpinus Betulus: repairs damaged respiratory mucosa, specific action on the mucosa of the sinuses.

Juglans Regia: chronic suppuration of the mucosa.

Ribes Nigrum: general anti-inflammatory.

Rhino-pharyngitis.

Abies Pectinata: general ENT remedy.

Betula Verrucosa: anti-inflammatory, stimulates immune system, same indications as Betula Alba.

Carpinus Betulus: repairs respiratory mucosa.

Alnus Glutinosa: mucosal inflammation.

Ribes Nigrum: general anti-inflammatory.

Rosa Canina: major ENT remedy, recurrent chronic mucosal inflammations.

Allergy.

Also refer to "Dermatology and Allergology" chapter; most of the remedies are indeed the same and are included here for the ease of consulting and the sake of completeness.

Abies Pectinata: known action on asthma and allergies.

Alnus Glutinosa: general anti-inflammatory including allergies and urticaria.

Cedrus Libani: works through drainage and detoxification.

Fagus Sylvatica: anti-allergic and anti-histaminic.

Ribes Nigrum: major anti-inflammatory, cortisol-like action.

Rosemarinus Officinalis: used in chronic allergies, probably through liver regulation and drainage.

Rubus Idaeus: indicated in allergies and chronic inflammation of the mucosa.

Viburnum Lantana: atopic and inflammatory eczema, although not specifically anti-allergic.

Eczema.

Ribes Nigrum: this is the major anti-inflammatory and cortisone-like remedy that could be indicated in any type of skin inflammatory lesion; it can be associated to any of the following remedies; remember that as long as the cause, the origin, the root of the disease is not treated, your patient is not cured.

Cedrus Libani: for in depth drainage and detoxification, as this is always warranted in skin problems.

Ilex Aquifolium: listed by Pol Henry for psoriasis and eczema, but without any explanation.

Juglans Regia: indirect action on skin through its pancreatic and hepatic actions.

Tilia Tomentosa: anxiolytic, if skin problem aggravated by emotional situation.

Dry eczema.

Cedrus Libani: see above, drainage and detoxification.

Weeping eczema.
Ulmus Campestris: skin drainer, acts on inflammatory skin problems.

Infected eczema.
Cedrus Libani: see above, drainage and detoxification.

Juglans Regia: indirect action on the skin through its hepatic and pancreatic actions.

Chronic eczema.
Ficus Carica: acts through its anxiolytic, antidepressant activity.

Juglans Regia: liver, pancreas and poor digestion very often involved in chronic skin pathology.

Diarrhoea.
Juglans Regia: restores colonic flora.

Vaccinum Vitis Idaea: indicated in diarrhoea, repairs the intestinal mucosa.

Constipation.
Vaccinum Vitis Idaea: indicated in constipation, repairs the intestinal mucosa, and appears to be a bowel regulator rather than a specific for any named indication.

Digestive problems in infancy and childhood are of course multiple and a proper diagnosis and evaluation should, as usual, be performed before resorting to the use of any remedy, let alone Gemmotherapic ones; simple nutritional and dietetic measures are often all that is needed.

Delayed sexual maturity.

Rubus Idaeus: regulates ovarian function, stimulation ovarian hormone production.

Vaccinum Vitis Idaea: will repair hyalinized ovaries and restore hormonal secretion.

10. Geriatry.

The care of the elderly differs little from the care of the adult, yet some specific problems are encountered more often in that category of age. Nevertheless, the biological and physiological ages of the patient are to be taken into account, not the calendar age.

Female sexual weakness.

Vaccinum Vitis Idaea: repairs hyalinized ovaries and restores hormonal ovarian secretion.

Male sexual weakness.

Quercus Robur: stimulates testicles and testosterone production.

Sequoia Gigantea: male rejuvenator, normalizes spermatogenesis, relieves prostatic inflammation.

Osteoporosis.

See the chapter on osteoarticular diseases.

Betula Alba: stimulates bone regeneration.

Pinus Montana: regeneration of bones, cartilages and tendons, stimulates chondrocytes.

Ribes Nigrum: stimulates metabolism, prevents degeneration.

Rosa Canina: after menopause.

Rubus Fructicosus: stimulates osteoblasts and slows osteoclasts.

Sequoia Gigantea: stimulates osteoblasts, enhances mineralization.

Vitis Vinifera: stop articular deformities and the formation of osteophytes.

Fractures in the elderly.

Pinus Montana: regenerates bones, cartilages and tendons, stimulates the chondrocytes.

Rosa Canina: used in osteoporosis after menopause, useful in fracture repair at that period of life.

Rubus Fructicosus: stimulates osteoblasts and slows osteoclasts.

Senile heart.

Cornus Sanguinea: maintains blood fluidity and dissolves micro-thrombi in the coronary arteries.

Crataegus Oxyacantha: the major heart remedy, food for the heart, indicated whatever the problem is.

Brain of the elderly, dementia.

Alnus Glutinosa: increases cerebral vascularisation, hence its indication in memory problems, pre-senile and senile dementia.

Olea Europea: cerebral atherosclerosis but also direct brain action.

Sequoia Gigantea: mental and general tonifying remedy, acts slowly but in depth.

Lung of the elderly.

Coryllus Avellana: restores elasticity of the lungs through its anti-sclerotic action.

Also refer to the “Respiratory diseases” chapter as needed.

Senile Itching.

Cedrus Libani: acts probably through in-depth drainage and detoxification.

11. Mental and psychiatric problems.

Anxiety.

Acer Campestre: neurotic anxiety, fear of an ill-defined danger.

Crataegus Oxyacantha: CNS sedative, anxiolytic.

Ficus Carica: quietening, anxiolytic, stress relaxant, antidepressant.

Tilia Tomentosa: sedative, anxiolytic, hypnotic, sleep inducer.

Depression.

Coryllus Avellana: balances the nervous system.

Ficus Carica: antidepressant, quietening, anxiolytic, stress relaxant.

Insomnia.

Tilia Tomentosa: sleep inducer and hypnotic, also sedative and anxiolytic.

Obsessions.

Olea Europea: phobias and OCD, has a direct brain tropism.

Prunus Amygdalus: nervous phobias and OCD.

Tilia Tomentosa: sedative, anxiolytic, hypnotic and sleep inducer.

Phobias.

Olea Europea: direct brain tropism, indicated in phobias and OCD.

Prunus Amygdalus: same indications as Olea Europea.

5. The Repertory.

Like every repertory, this is nothing but an index allowing you to find easily (I hope) a number of indicated remedies.

It is not a shortcut, and not all remedies for a named problem are to be used indiscriminately or together. You have to read the materia medica and the clinical indications of each of the selected remedies, compare them with your patient's needs and only then proceed to prescription.

You will find that some remedies are listed under some indications but you will not be able to see where this is described in the materia medica. That is because some remedies have been used clinically by authors and have been reported as useful in those indications but not been included (yet) in the consulted references either through lack of sufficient number of cases or through lack of logical explanation of the mechanism of action. I have nevertheless included them for the sake of completeness and because you might find that a certain remedy is strongly indicated for one symptom but not for others, yet has been used by an experienced practitioner for the same totality with success.

A.

Acne: Juglans Regia, Platanus Orientalis, Ribes Nigrum, Rosemarinus Officinalis, Ulmus Campestris.

Acroparesthesia: Sorbus Domesticus.

Adaptogen: Ribes Nigrum.

Addiction: Malus Sylvestris Domestica.

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: Pinus Montana.

Aging, delays: Rosemarinus Officinalis, Sequoia Gigantea.

Aging, premature, early: Vaccinum Vitis Idaea.

Agoraphobia: Olea Europea, Prunus Amygdalus.

Allergic Asthma: Rosemarinus Officinalis, Viburnum Lantana.

Allergy: Abies Pectinata, Alnus Glutinosa, Cedrus Libani, Fagus Sylvatica, Ribes Nigrum, Rosemarinus Officinalis, Rubus Idaeus.

Amenorrhea (iatrogenic): Rubus Idaeus.

Amyloidosis (kidney): Prunus Amygdalus.

Anaemia: Tamaris Gallica.

Anaphylaxis: Alnus Glutinosa, Ribes Nigrum.

Angina Pectoris: Cornus Sanguinea, Crataegus Oxyacantha.

Angiocholitis: Acer Campestre, Fraxinus Excelsior.

Angiogenesis, stimulates: Alnus Glutinosa.

Ankylosing Spondylitis: Ampelopsis Weitchii, Rubus Fructicosus.

Anticoagulants, side-effects of: Carpinus Betulus.

Anti-inflammatory: Ribes Nigrum, Sequoia Gigantea.

Anxiety, neurotic or ill-defined: Acer Campestre, Tilia Tomentosa.

Anxiolytic: Crataegus Oxyacantha, Ficus Carica, Malus Sylvestris Domestica, Tilia Tomentosa.

Appetite, lack of: Abies Pectinata, Betula Verrucosa, Rosa Canina.

Arterial emboli: Alnus Glutinosa, Cercis Siliquastrum.

Arteries, inflammation: Zea Mais.

Arterial spasm: Populus Nigra.

Arteries, repermeabilisation, removal of obstruction: Alnus Glutinosa, Betula Pubescens, Populus Nigra.

Arteriosclerosis: Rubus Idaeus.

Arteritis: Citrus Limonum, Coryllus Avellana, Juglans Regia, Olea Europea, Populus Nigra.

Arteritis, diabetic: Olea Europea.

Arthritis: Fraxinus Excelsior, Vitis Vinifera.

Arthritis, rheumatoid, chronic: Ampelopsis Weitchii.

Arthrosis: Pinus Montana, Ribes Nigrum, Rubus Fructicosus, Viscum Album, Vitis Vinifera.

Articular mobility, increases: Viscum Album

Asbestosis: Coryllus Avellana.

Ascitis: Juniperus Communis.

Asthma: Abies Pectinata, Alnus Glutinosa, Ribes Nigrum.

Asthma allergic: Rosemarinus Officinalis, Viburnum Lantana.

Asthma, non-allergic: Crataegus Oxyacantha, Viburnum Lantana.

Asthma, cardiac: Viscum Album.

Atheromatosis, fibrosclerotic: Betula Pubescens, Fagus Sylvatica.

Atheromatosis, plaques: Crataegus Oxyacantha, Malus Sylvestris Domestica, Olea Europea, Vaccinum Vitis Idaea, Viscum Album.

Atrial fibrillation: Alnus Glutinosa.

B.

Bed sores: Ligustrum Vulgare.

Benign prostatic adenoma: Sequoia Gigantea.

Biliary colic, recurrent: Juniperus Communis, Rosemarinus Officinalis.

Biliary dyskinesia: Rosemarinus Officinalis.

Biliary lithiasis: Acer Campestre, Fraxinus Excelsior.

Bleeding gums: Quercus Robur, Betula Pubescens.

Bleeding time regulator: Carpinus Betulus.

Bleeding, traumatic: Cornus Sanguinea.

Blood clots, increased formation: Acer Campestre.

Blood "fluidifier": Citrus Limonum, Cornus Sanguinea, Olea Europea, Sorbus Domesticus.

Blood pressure normalizer: Crataegus Oxyacantha.

Blood pressure, high: Olea Europea, Prunus Amygdalus, Ribes Nigrum, Viscum Album.

Blood pressure, low: Quercus Robur.

Blood sugar elevated: Acer Campestre, Juglans Regia.

Bone marrow stimulation: Abies Pectinata, Cornus Sanguinea, Tamaris Gallica.

Bone regeneration: Betula Alba, Pinus Montana.

Bone tissue improvement: Sequoia Gigantea.

Brain stimulant: Malus Sylvestris Domestica.

Breast, benign fibroadenoma: Betula Verrucosa, Ilex Aquifolium.

Breast, delayed appearance in young girls: Rubus Idaeus, Vaccinum Vitis Idaea.

Breast, fibrocystic disease: Viscum Album.

Breathing, eases the-: Aesculus Hippocastanatum.

Bronchial spasm: Carpinus Betulus.

Bronchitis: Alnus Glutinosa, Coryllus Avellana, Juglans Regia, Lonicera Nigra, Ribes Nigrum.

Buerger's disease: Cercis Siliquastrum, Cornus Sanguinea, Populus Nigra.

C.

Callus formation: Abies Pectinata.

Capillaries constrictor: Ribes Nigrum.

Cardiac "asthma": Viscum Album.

Cardiac complications of thyrotoxicosis: Cornus Sanguinea, Crataegus Oxyacantha, Viburnum Lantana.

Cardiac overload: Viscum Album.

Cardiovascular insufficiency: Crataegus Oxyacantha.

Caries/Dental decay: Abies Pectinata, Betula Verrucosa.

Cartilage regeneration: Ampelopsis Weitchii, Pinus Montana.

Cerebral atherosclerosis: Olea Europea.

Cerebral infarction: Alnus Glutinosa.

Chemotherapy, side-effects of-: Juniperus Communis, Viscum Album.

Children's remedy: Abies Pectinata, Betula Verrucosa, Rosa Canina.

Cholecystitis: Alnus Glutinosa.

Choledocus lithiasis: Acer Campestre, Fraxinus Excelsior, Prunus Amygdalus.

Cholesterol reducer: Acer Campestre, Alnus Glutinosa, Betula Alba, Fraxinus Excelsior, Malus Sylvestris Domestica, Olea Europea, Ribes Nigrum, Vaccinum Vitis Idaea.

Chondrocytes stimulation: Pinus Montana.

Chronic osteomyelitis: Abies Pectinata, Betula Verrucosa.

Chronic tracheobronchitis of children: Abies Pectinata, Betula Verrucosa, Rosa Canina.

Chronotrope positive: Crataegus Oxyacantha.

Circulation, slow: Sorbus Domesticus.

Cirrhosis: Citrus Limonum, Coryllus Avellana, Juglans Regia, Juniperus Communis.

Claustrophobia: Olea Europea, Prunus Amygdalus.

Clots (see Thrombosis): Cornus Sanguinea.

Clotting, normalizes: Cornus Sanguinea.

Coagulability, increased: Acer Campestre, Alnus Glutinosa, Cercis Siliquastrum, Populus Nigra.

Coagulation, increases the-: Tamaris Gallica.

Colic, biliary, recurrent: Juniperus Communis, Rosemarinus Officinalis.

Colitis: Alnus Glutinosa, Ficus Carica, Ligustrum Vulgare, Rosemarinus Officinalis, Vitis Vinifera.

Colon flora, post antibiotic: Juglans Regia.

Colon, spasmodic: Vaccinum Vitis Idaea.

Collagenosis, collagen disease: Juglans Regia, Ligustrum Vulgare.

Collapse, vascular: Cornus Sanguinea, Quercus Robur.

Collateral circulation: Populus Nigra.

Concussion, brain : Ficus Carica.

Convalescence: Quercus Robur.

Constipation, chronic: Vaccinum Vitis Idaea.

COPD: Rubus Fructicosus.

Coronaritis, thrombotic: Cornus Sanguinea, Crataegus Oxyacantha.

Coronary arteries atherosclerosis: Syringa Vulgaris.

Coronary artery disease: Alnus Glutinosa, Zea Mais.

Coronary artery disease with micro-thrombosis: Cornus Sanguinea, Crataegus Oxyacantha.

Coronary obstruction, bypass creation: Alnus Glutinosa, Crataegus Oxyacantha, Syringa Vulgaris.

Coronary thrombosis: Alnus Glutinosa.

Coronary vasodilator: Syringa Vulgaris.

Corticodiencephalic regulator: Ficus Carica.

Cortico-hypothalamic link regulator: Tilia Tomentosa, Ficus Carica.

Corticosteroids, instead of: Ribes Nigrum.

Coxarthrosis: Pinus Montana, Rosa Canina, Rubus Fructicosus.

Cramps, muscular, nervous origin: Lonicera Nigra, Tilia Tomentosa.

Crohn's disease: Rosemarinus Officinalis, Vitis Vinifera.

Cyanosis (due to shock): Cornus Sanguinea, Quercus Robur.

Cystitis: Alnus Glutinosa, Juniperus Communis.

Cysts, ovaries: Vitis Vinifera.

D.

Deafness, tympanic membrane sclerosis, from: Sorbus Domesticus, Viburnum Lantana.

Deafness, vascular spasm, from: Sorbus Domesticus, Viburnum Lantana.

Deformation, joints: Ampelopsis Weitchii.

Degeneration, prevention of: Ribes Nigrum.

Delivery: Rubus Idaeus.

Dementia: Alnus Glutinosa.

Dental caries/decay: Abies Pectinata, Betula Verrucosa.

Depression: Coryllus Avellana, Ficus Carica.

Dermatitis, chronic: Cedrus Libani.

Dermatitis, chronic, inflammatory: Ligustrum Vulgare, Juglans Regia.

Dermis repair: Secale Cereale.

Detoxifier: Tilia Tomentosa.

Diabetes (NIDDM): Acer Campestre.

Diabetic arteritis: Olea Europea.

Diarrhoea: Juglans Regia, Malus Sylvestris Domestica, Vaccinum Vitis Idaea.

Diarrhoea, post antibiotic: Juglans Regia.

Digestive mucosa: Ficus Carica.

Digestive "problems" (chronic): Ficus Carica, Juglans Regia.

Diuretic: Betula Alba, Juniperus Communis, Malus Sylvestris Domestica, Ribes Nigrum, Viscum Album.

Drugs, side effects of: Ribes Nigrum.

Duodenal ulcer: Ficus Carica.

Dupuytren: Ampelopsis Weitchii, Ribes Nigrum.

Dyskinesia, biliary: Rosemarinus Officinalis.

Dyslipidemia: Viscum Album.

Dysmenorrhoea: Rosemarinus Officinalis, Rubus Idaeus, Sequoia Gigantea.

Dyspnoea: Aesculus Hippocastanatum, Coryllus Avellana, Viburnum Lantana.

E.

Eczema: Cedrus Libani, Ilex Aquifolium, Juglans Regia, Ribes Nigrum, Rosa Canina, Tilia Tomentosa, Ulmus Campestris.

Eczema, chronic: Ficus Carica, Juglans Regia.

Eczema, infected, keratotic: Cedrus Libani, Juglans Regia.

Eczema, inflammatory: Viburnum Lantana.

Eczema, lower limbs, from varicose ulcers: Aesculus Hippocastanatum, Castanea Vesca.

Eczema, pustular, palms and soles: Rosa Canina.

Elderly, fracture, in: Pinus Montana, Rosa Canina, Rubus Fructicosus.

Embolus, arterial retinal: Cercis Siliquastrum, Cornus Sanguinea.

Emphysema: Aesculus Hippocastanatum, Coryllus Avellana, Ribes Nigrum, Rubus Fructicosus, Viscum Album.

ENT infections (in general): Abies Pectinata, Betula Verrucosa, Carpinus Betulus, Ribes Nigrum, Rosa Canina.

Eosinophilic granuloma: Ficus Carica, Tamaris Gallica.

Epidermis, repair of: Secale Cereale.

Epilepsy: Citrus Limonum, Viscum Album.

Epilepsy, petit mal: Ilex Aquifolium, Tilia Tomentosa.

Epilepsy, post traumatic: Ficus Carica.

Erythropoiesis, stimulation of: Abies Pectinata, Coryllus Avellana, Tamaris Gallica.

Euphoric: Rosemarinus Officinalis.

Exhaustion: Quercus Robur.

Exophthalmia: Cornus Sanguinea, Viburnum Lantana.

F.

Facial neuralgia: Ficus Carica, Olea Europea.

Fatigue: Quercus Robur, Sequoia Gigantea, Ribes Nigrum.

Fibrillation, atrial: Alnus Glutinosa.

Fibrocystic disease of breast and ovaries: Viscum Album.

Fibroids, uterine: Sequoia Gigantea, Vaccinum Vitis Idaea, Vitis Vinifera.

Fibrous tissue inflammation: Ampelopsis Weitchii.

Fibrous sclerosis: Ampelopsis Weitchii.

Fibrous induration: Ampelopsis Weitchii.

Fibrosclerosis in general: Fagus Sylvatica.

Fibrosclerotic atheromatosis: Fagus Sylvatica, Betula Pubescens.

Fibrosclerotic lung: Fagus Sylvatica, Rubus Fructicosus.

Fibrosis of the lung: Coryllus Avellana, Vaccinum Vitis Idaea.

Flu: Alnus Glutinosa, Betula Pubescens, Ribes Nigrum.

Fractures, in general: Ribes Nigrum.

Fracture, delayed repair of: Quercus Robur, Sequoia Gigantea.

Fractures, elderly: Pinus Montana, Rosa Canina, Rubus Fructicosus.

Fractures, repair, callus formation: Abies Pectinata.

Fractures, sequelae of : Abies Pectinata, Betula Verrucosa.

Frigidity: Rosemarinus Officinalis.

Fungi: Acer Campestre.

G.

Gallbladder infections: Cornus Sanguinea, Juglans Regia.

Gallbladder motility regulator: Rosemarinus Officinalis.

Gallbladder parasites: Ficus Carica, Juglans Regia.

Gallstones: Acer Campestre, Fraxinus Excelsior.

Gammaglobulines (hypo): Cornus Sanguinea, Fagus Sylvestris, Juglans Regia.

Gangrene: Olea Europea.

Gastric drainer: Ficus Carica.

Gastric ulcer: Ficus Carica.

Gastritis: Alnus Glutinosa, Ficus Carica, Ilex Aquifolium, Tilia Tomentosa.

Gastro-duodenal ulcer: Alnus Glutinosa, Ficus Carica.

GERD: Ficus Carica.

Glandular fever (mononucleosis): Tamaris Gallica.

Goitre, simple, euthyroid: Cornus Sanguinea, Rosa Canina.

Goitre, hyperthyroid: Cornus Sanguinea, Viburnum Lantana.

Gonarthrosis: Pinus Montana, Rosa Canina, Rubus Fructicosus.

Gout: Alnus Glutinosa, Betula Alba, Citrus Limonum, Fraxinus Excelsior, Lonicera Nigra, Malus Sylvestris Domestica, Pinus Montana, Ribes Nigrum, Ulmus Campestris, Viscum Album.

Granulopoiesis, stimulant of: Coryllus Avellana, Ficus Carica, Olea Europea.

Granuloma, eosinophilic: Ficus Carica, Tamaris Gallica.

Grave's disease: Cornus Sanguinea, Viburnum Lantana.

Growth "pains": Abies Pectinata.

Growth, stimulation of: Abies Pectinata, Betula Verrucosa, Rosa Canina.

Gums, soft, bleeding: Betula Pubescens, Quercus Robur.

Gums, soft, bleeding and infected: Betula Pubescens, Ficus Carica, Quercus Robur.

Gynaecological "problems" in elderly women: Rubus Idaeus, Vaccinum Vitis Idaea.

H.

Haematoma, post traumatic, resorption of: Cornus Sanguinea, Ficus Carica.

Haemorrhage, anticoagulant induced: Carpinus Betulus, Cornus Sanguinea.

Haemorrhoids: Aesculus Hippocastanatum, Castanea Vesca, Vitis Vinifera.

Hand-Schuller-Christian disease: Tamaris Gallica.

Headache, allergic: Rosa Canina.

Headache, hepatic: Coryllus Avellana.

Headache, nervous: Citrus Limonum, Tilia Tomentosa.

Heart: Crataegus Oxyacantha.

Heart palpitations: Citrus Limonum.

Heavy limbs: Sorbus Domesticus.

Hepatic "problems" in general: Ligustrum Vulgare.

Hepatitis: Juniperus Communis, Lonicera Nigra, Secale Cereale, Zea Mais.

Hepatocellular insufficiency: Juniperus Communis, Rosemarinus Officinalis.

Hepatocytes stimulation: Juniperus Communis, Secale Cereale.

Hepatoprotective: Rosemarinus Officinalis.

Herpes, ocular: Rosa Canina, Ulmus Campestris.

Herpes, recurrent: Quercus Robur, Rosa Canina, Ulmus Campestris.

Hiccups: Citrus Limonum.

Histaminic, anti-: Fagus Sylvatica.

Histiocytosis, chronic diffuse: Tamaris Gallica.

Hormones, ovarian, stimulator: Rubus Idaeus.

Hyalinization of tissues: Vaccinum Vitis Idaea.

Hyperlipidemia: Olea Europea, Prunus Amygdalus.

Hypertension: Crataegus Oxyacantha, Olea Europea, Prunus Amygdalus, Ribes Nigrum, Viscum Album.

Hypertension, portal: Juniperus Communis.

Hyperthyroidism: Cornus Sanguinea, Viburnum Lantana.

Hypogammaglobulinemia: Cornus Sanguinea, Juglans Regia.

Hypoglycaemic: Olea Europea.

Hypotension: Crataegus Oxyacantha, Quercus Robur.

Hypothyroidism: Prunus Amygdalus.

Hypnotic: Tilia Tomentosa.

I.

IBS: Vaccinum Vitis Idaea.

Immune system stimulator: Abies Pectinata, Betula Verrucosa, Fagus Sylvatica, Juglans Regia, Rosa Canina, Ribes Nigrum.

Impetigo: Juglans Regia.

Impotency: Malus Sylvestris Domestica, Rosemarinus Officinalis.

Infarction: Citrus Limonum, Cornus Sanguinea.

Infections: Juglans Regia.

Infection prone children: Fagus Sylvatica, Rosa Canina.

Inflammation, chronic: Alnus Glutinosa, Betula Pubescens, Juglans Regia, Vitis Vinifera.

Inflammation, general, all organs, -itis: Betula Alba, Ribes Nigrum.

Inflammation, general and joints: Betula Alba, Ribes Nigrum, Sequoia Gigantea.

Inflammation joints, ligaments, cartilage, fibrous tissue: Ampelopsis Weitchii.

Inflammation, ligaments: Fraxinus Excelsior.

Inflammation, mucosa: Alnus Glutinosa, Rosa Canina, Tilia Tomentosa.

Inflammation, synovial: Fraxinus Excelsior.

Influenza: Alnus Glutinosa, Betula Pubescens, Ribes Nigrum.

Inotrope positive: Crataegus Oxyacantha, Syringa Vulgaris.

Insomnia: Malus Sylvestris Domestica, Tilia Tomentosa.

Insulin production normalizer: Juglans Regia.

Intestinal mucosa repair: Vaccinum Vitis Idaea.

Intestinal parasites: Ficus Carica, Juglans Regia.

Intoxication, chronic : Cedrus Libani.

J.

Joint deformities: Ampelopsis Weitchii.

Joints repair after trauma: Ampelopsis Weitchii.

Juvenile osteochondritis: Abies Pectinata, Betula Verrucosa, Rosa Canina.

K.

Kidney amyloidosis: Prunus Amygdalus.

Kidney drainer: Betula Verrucosa, Fraxinus Excelsior, Juniperus Communis, Zea Mais.

Kidney inflammation: Zea Mais.

Kidney insufficiency (mild): Olea Europea.

Kidney insufficiency due to nephroangiosclerosis: Fagus Sylvatica, Ilex Aquifolium.

Kidney stones, oxalo-calcic: Juniperus Communis, Vaccinum Vitis Idaea.

Kupfer cells: Betula Alba, Cornus Sanguinea, Fagus Sylvatica, Juglans Regia.

L.

La Peyronnie: Ampelopsis Weitchii.

Libido (males): Malus Sylvestris Domestica, Sequoia Gigantea.

Ligament repair after trauma: Ampelopsis Weitchii, Pinus Montana.

Limbs, Heavy: Sorbus Domesticus.

Lithiasis, renal, oxalo-calcic: Juniperus Communis, Vaccinum Vitis Idaea.

Lipid reducer, in blood: Olea Europea, Viscum Album.

Liver drainer: Betula Alba, Fraxinus Excelsior, Juniperus Communis, Rosemarinus Officinalis.

Liver inflammation: Zea Mais.

Liver insufficiency: Carpinus Betulus, Olea Europea, Rosemarinus Officinalis.

Liver pathology in general: Juglans Regia, Ligustrum Vulgare.

Liver repair: Secale Cereale.

Lung drainer: Coryllus Avellana, Viburnum Lantana, Zea Mais.

Lymphatic drainer: Castanea Vesca.

M.

Malaria, sequels of: Platanus Orientalis.

Male rejuvenator: Sequoia Gigantea.

Male sexual deficiency: Malus Sylvestris Domestica, Quercus Robur, Sequoia Gigantea.

Maturity, sexual, delayed, females: Rubus Idaeus, Vaccinum Vitis Idaea.

Megacaryocytes activator: Carpinus Betulus.

Memory: Alnus Glutinosa.

Menopausal, osteoporosis, post-: Pinus Montana, Rosa Canina.

Menstruation, late appearance of, in young girls: Rubus Idaeus, Vaccinum Vitis Idaea.

Mental tonifier: Sequoia Gigantea.

Metabolism stimulator: Ribes Nigrum.

Migraine: Alnus Glutinosa, Citrus Limonum, Malus Sylvestris Domestica, Ribes Nigrum, Tilia Tomentosa.

Migraine, allergic: Rosa Canina.

Mineralization, bone: Sequoia Gigantea.

Mitral stenosis: Alnus Glutinosa.

Mononucleosis: Tamaris Gallica.

Mouth infections: Ligustrum Vulgare.

Mucosa, digestive: Ficus Carica, Vaccinum Vitis Idaea.

Mucosa, inflammation: Alnus Glutinosa, Rosa Canina.

Mucosa, irritation: Cedrus Libani.

Mucosa, respiratory, repair: Carpinus Betulus.

Mucosa, suppuration, chronic: Juglans Regia.

Myelodysplasia: Abies Pectinata, Cornus Sanguinea, Tamaris Gallica.

Myelosclerosis: Coryllus Avellana, Olea Europea.

Myocardium, healing, repair: Zea Mais.

Myocardium, infarction: Alnus Glutinosa, Alnus Incana, Crataegus Oxyacantha.

Myocardium, infarction, acute: Alnus Glutinosa, Cornus Sanguinea.

Myocardium, infarction, prevention: Cornus Sanguinea, Crataegus Oxyacantha.

Myocardium, inflammation: Zea Mais.

N.

Necrosis, acute: Cornus Sanguinea.

Nephritis, chronic: Juniperus Communis, Vaccinum Vitis Idaea.

Nephritis, interstitial, chronic, after infection: Rubus Fructicosus, Fagus Sylvatica.

Nephroangiosclerosis: Fagus Sylvatica, Ilex Aquifolium.

Nephrosclerosis: Prunus Amygdalus.

Nervous system relaxation, for-: Lonicera Nigra, Tilia Tomentosa.

Nervousness, chronic: Rosemarinus Officinalis.

Neuralgia: Citrus Limonum, Tilia Tomentosa, Viscum Album.

Neuralgia, facial: Ficus Carica, Olea Europea.

Neurotic anxiety: Acer Campestre, Tilia Tomentosa.

O.

Obliterative thromboangeitis: Cercis Siliquastrum, Cornus Sanguinea.

Obsessive-Compulsive disorder (OCD): Olea Europea, Prunus Amygdalus.

Obstruction, arteries: Alnus Glutinosa, Betula Pubescens, Populus Nigra.

Obstructive respiratory disease, chronic: Rubus Fructicosus.

Oedema, cardiac origin: Crataegus Oxyacantha.

Oedema, general: Juniperus Communis, Lonicera Nigra.

Oedema, liver origin: Juniperus Communis.

Oedema, lymphatic: Castanea Vesca.

Oestrogen production activator: Malus Sylvestris Domestica, Vaccinum Vitis Idaea.

Osgood-Schlatter syndrome: Abies Pectinata, Betula Verrucosa.

Osteoblastic activity: Betula Verrucosa, Rubus Fructicosus, Sequoia Gigantea.

Osteochondritis, juvenile: Abies Pectinata, Betula Verrucosa.

Osteoclastic activity, reduces: Rubus Fructicosus.

Osteomyelitis: Abies Pectinata, Alnus Glutinosa, Betula Verrucosa.

Osteophytes, prevention of- : Vitis Vinifera.

Osteoporosis, general : Betula Alba, Pinus Montana, Ribes Nigrum, Sequoia Gigantea.

Osteoporosis, post-menopausal: Pinus Montana, Rosa Canina.

Osteoporosis, senile: Pinus Montana, Rubus Fructicosus.

Osteopsatyrosis: Sequoia Gigantea.

Ovaries, fibrocystic disease of: Viscum Album.

Ovaries, regulator of function: Rubus Idaeus.

Ovarian cysts: Vitis Vinifera.

Ovarian hyalinosis: Vaccinum Vitis Idaea.

Overworked: Tilia Tomentosa.

P.

Pain (arthritic): Fraxinus Excelsior, Rubus Fructicosus.

Pain relief: Rubus Fructicosus, Sequoia Gigantea, Vaccinum Vitis Idaea.

Palpitations, heart: Citrus Limonum, Ficus Carica.

Pancreatic insufficiency: Juglans Regia.

Pancreatitis, chronic: Juglans Regia.

Parasites, intestinal and gallbladder: Ficus Carica, Juglans Regia.

Paediatric remedies, in general: Abies Pectinata, Betula Verrucosa, Rosa Canina.

Periarteritis Nodosa: Carpinus Betulus (drug induced), Juglans Regia.

Periarthritis: Viburnum Lantana.

Periodontosis: Betula Pubescens, Quercus Robur.

Peritonitis: Alnus Glutinosa.

Phobias: Olea Europea, Prunus Amygdalus.

Phlebitis: Sorbus Domesticus, Vitis Vinifera.

Pituitary stimulation: Quercus Robur, Ribes Nigrum.

Plaques (atheromas): Crataegus Oxyacantha.

Platelets: Carpinus Betulus.

Pleuritis: Alnus Glutinosa.

Pleuropneumonia: Alnus Glutinosa.

Pneumonia: Alnus Glutinosa.

Polyarthritis, juvenile: Ficus Carica, Juglans Regia.

Portal hypertension: Juniperus Communis.

Post concussion syndrome: Ficus Carica.

Post traumatic syndrome after head injury: Ficus Carica.

Prostate, benign adenoma: Sequoia Gigantea.

Prostate, symptoms linked to: Rosemarinus Officinalis, Vaccinum Vitis Idaea.

Pruritus: Cedrus Libani.

Psoriasis: Cedrus Libani, Ilex Aquifolium, Juglans Regia, Ribes Nigrum, Secale Cereale, Tilia Tomentosa.

Psoriasis, chronic: Ficus Carica, Juglans Regia.

Psychosomatic problems: Coryllus Avellana.

Puberty, late onset of: Rubus Idaeus.

Pulmonary fibrosis: Coryllus Avellana, Vaccinum Vitis Idaea.

Pyelitis: Juniperus Communis.

Pyorrhoea: Betula Pubescens, Ficus Carica, Quercus Robur.

Q.

Quincke: Ribes Nigrum.

R.

Relax, nervous system, to-: Lonicera Nigra, Tilia Tomentosa.

Renal insufficiency (mild): Olea Europea.

Renal insufficiency from nephroangiosclerosis: Ilex Aquifolium, Fagus Sylvatica.

Respiratory mucosa: Carpinus Betulus.

Resistance, increasing of: Ribes Nigrum.

Reticular substance regulation: Ficus Carica, Tilia Tomentosa.

Retinal artery emboli: Cercis Siliquastrum, Cornus Sanguinea.

Rheumatic fever: Vitis Vinifera.

Rheumatism, general: Pinus Montana, Ribes Nigrum.

Rickets: Abies Pectinata, Betula Alba, Betula Verrucosa.

Rhinitis: Alnus Glutinosa.

Rhinopharyngitis: Abies Pectinata, Betula Verrucosa, Rosa Canina.

S.

Sarcoidosis: Vitis Vinifera.

Sclerosis, kidney: Fagus Sylvatica, Ilex Aquifolium.

Sclerosis, lung: Fagus Sylvatica, Rubus Fructicosus.

Sclerosis, lower limbs: Coryllus Avellana.

Sclerotic organs: Viscum Album.

Sclerotic tissues: Coryllus Avellana.

Sedative: Tilia Tomentosa.

Senile osteoporosis: Pinus Montana, Rubus Fructicosus.

Senile sclerosis: Olea Europea, Prunus Amygdalus.

Sequelae of fractures: Abies Pectinata, Betula Verrucosa.

Sexual exhaustion: Quercus Robur.

Sexual maturity delayed: Rubus Idaeus, Vaccinum Vitis Idaea.

Shock: Quercus Robur.

Silicosis: Coryllus Avellana.

Sinusitis: Alnus Glutinosa, Carpinus Betulus, Juglans Regia, Ribes Nigrum.

Skin drainer: Ulmus Campestris.

Skin infections: Juglans Regia, Quercus Robur.

Skin repair: Secale Cereale.

Sleep inducer: Tilia Tomentosa.

Sores, bed: Ligustrum Vulgare.

Spasms: Castanea Vesca, Rubus Idaeus, Tilia Tomentosa.

Spermatogenesis stimulant: Sequoia Gigantea.

Spondylarthrosis: Pinus Montana, Rosa Canina, Rubus Fructicosus.

Sport injuries: Ampelopsis Weitchii.

Steatosis liver: Coryllus Avellana.

Stenosis, mitral: Alnus Glutinosa.

Stimulates growth: Abies Pectinata, Betula Verrucosa.

Stress: Lonicera Nigra, Tilia Tomentosa.

Stroke: Alnus Glutinosa.

Sugar, in blood, elevated: Acer Campestre, Juglans Regia, Olea Europea.

Sun, sensitivity to: Ficus Carica, Ribes Nigrum.

Suppuration, chronic, mucosa: Juglans Regia.

Synovial inflammation: Fraxinus Excelsior.

T.

Tendon repair (after trauma): Ampelopsis Weitchii, Pinus Montana.

Teeth loose: Betula Pubescens, Quercus Robur.

Tennis elbow: Ampelopsis Weitchii.

Testosterone secretion: Quercus Robur.

Throat infections: Abies Pectinata.

Thrombin formation regulator: Tamaris Gallica.

Thromboangeitis, obliterative: Cercis Siliquastrum, Cornus Sanguinea.

Thrombocytopenia, post viral: Tamaris Gallica.

Thrombopathy, drug induced: Carpinus Betulus.

Thrombopenia, acquired or auto-immune: Carpinus Betulus.

Thrombosed haemorrhoids: Aesculus Hippocastanatum.

Thrombosis: Alnus Glutinosa, Alnus Incana, Betula Pubescens, Cercis Siliquastrum, Cornus Sanguinea, Crataegus Oxyacantha, Prunus Amygdalus.

Thrombosis, acute: Cornus Sanguinea.

Thrombosis, vascular wall stabilisation: Betula Alba.

Thrombus, old, hyalinized: Vaccinum Vitis Idaea.

Thymus regulator: Ficus Carica.

Thyroid adenoma: Vaccinum Vitis Idaea.

Thyroid, hyper-: Viburnum Lantana.

Thyroid, hypo-: Prunus Amygdalus.

Thyroid regulator: Viburnum Lantana.

Thyrotoxicosis: Cornus Sanguinea, Crataegus Oxyacantha, Viburnum Lantana.

Tinnitus: Sorbus Domesticus, Viburnum Lantana.

Tiredness: Quercus Robur, Ribes Nigrum, Sequoia Gigantea.

Tonifying, mental and general: Sequoia Gigantea.

Toxicity, of drugs and medications: Ribes Nigrum.

Tracheitis: Alnus Glutinosa, Populus Nigra, Rosa Canina.

Tracheobronchitis: Rosa Canina.

Trauma: Ampelopsis Weitchii.

Triglycerides elevated: Malus Sylvestris Domestica, Prunus Amygdalus.

Tumour, growth inhibitor: Vitis Vinifera.

Tympanosclerosis with deafness: Sorbus Domesticus, Viburnum Lantana.

U.

Ulcer, gastric, duodenal: Alnus Glutinosa, Ficus Carica.

Ulcers, legs: Ligustrum Vulgare.

Ulcer, varicose: Castanea Vesca, Juglans Regia, Sorbus Domesticus.

Urea elevated: Betula Alba, Vaccinum Vitis Idaea.

Uric acid elevated: Alnus Glutinosa, Betula Alba, Fraxinus Excelsior, Pinus Montana, Prunus Amygdalus, Ribes Nigrum, Ulmus Campestris, Vaccinum Vitis Idaea.

Urinary disinfectant: Vaccinum Vitis Idaea.

Urticaria: Alnus Glutinosa, Ribes Nigrum.

Uterine fibroids: Sequoia Gigantea, Vaccinum Vitis Idaea, Vitis Vinifera.

V.

Varicose ulcer: Aesculus Hippocastanatum, Sorbus Domesticus.

Varicose veins: Aesculus Hippocastanatum, Castanea Vesca, Citrus Limonum, Sorbus Domesticus.

Vascular wall stabiliser: Betula Alba.

Venous congestion: Aesculus Hippocastanatum, Sorbus Domesticus.

Venous drainer: Castanea Vesca.

Venous tonic: Ribes Nigrum.

Venous wall tonifier: Sorbus Domesticus.

Vertigo (light): Sorbus Domesticus, Viburnum Lantana.

Viral infection: Acer Campestre.

Viscosity, blood, reducer of: Olea Europea, Sorbus Domesticus.

Vitiligo: Platanus Orientalis.

W.

Walls, veins, stabiliser: Betula Alba.

Walls, veins, tonifier: Sorbus Domesticus.

Warts: Ficus Carica, Rosa Canina, Vitis Vinifera.

Weakness, weariness (nervous origin): Ficus Carica.

Wellbeing, sensation of-: Sequoia Gigantea.

Wounds, infected: Cedrus Libani, Juglans Regia.

X.

Y.

Z.

6. Conclusion.

You have now an extra tool in your armamentarium to treat your patients. It is indeed a powerful one, although a very safe one when used properly.
It can be used as a stand-alone or in combination with other modalities, no matter which one(s) you practice.
But as you have probably realized, it is still a new and young form of treatment that needs more research as to the exact mechanism of action, various indications and indeed exploration of new remedies; so watch out as new gemmotherapic products appear, write up your results and experience so that we can all learn from it.
It has indeed be a privilege for me to write that book, I hope you enjoy it and use it for a long time.

Dr. J. Rozencwajg, MD, PhD, NMD.

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Homeopathy.

All the remedies were checked using the programme **Reference Works** made by Kent Homeopathic Associates; it contains thousands of books and articles from most of the ancient and modern homeopaths.

The most consulted were Allen, Clark, Murphy, Nash, Phatak, Vermeulen, Hahnemann of course, Farringtom, Mathur, Burt, Nash, Sankaran but also French authors like Lathoud, Hodiamont, Vannier, Grandgeorge and many others.

8. The Author.

Dr. Joseph (Joe) Rozencwajg, MD, PhD, NMD, was born in Brussels, Belgium in 1951. He graduated from medical school (the Free University of Brussels) in 1976 and went on to fulfil his childhood's dream: to become a surgeon.
He studied General Surgery in Belgium and Israel, then Thoracic and Cardiovascular Surgery in Alberta, Canada.
Back in Brussels and while in private practice, he had a personal encounter with Acupuncture that sent him back to school, this time to study Acupuncture; from then on there was no turning back and he became a compulsive student of natural medicine, learning Homeopathy, Herbalism, TCM, Nutrition, Homeobotanical Medicine, Flower Remedies, Aromatherapy, Naturopathy, Reiki and others. He has a PhD in Homeopathy and one in Natural Medical Sciences as well as a Doctorate in Naturopathy. At the time of publication he is preparing a Doctorate in Oriental Medicine and a Doctorate in Osteopathy.
He was a Lecturer in Medical Diagnostics at the Faculty of Chiropractics and Homeopathy in Durban, Natal, South Africa and a Lecturer in Homeopathy at the Israel Medical College of Homeopathy in Jerusalem. He is a distance education tutor in anatomy, physiology, pathology, differential diagnosis, homeopathy, nutrition and Gemmotherapy at the British Institute of Homeopathy (USA).
A long time lover of the East, he practices Tai Chi and Qigong, and is a Yoga student; he also has a First Dan Black Belt in Aikido and a Second Dan Black Belt in Karate.
Dr. Joe lives now in New Plymouth, Taranaki, New Zealand where he practices exclusively Natural Medicine at his clinic, Natura Medica Ltd.

9. Contents.