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# Phytotherapy:

## Clinical applications to elevate patient outcomes and build your practice

*4-Session On Demand Series*

Presented by Dr. Robert Abell, N.D., L.Ac

Session 1: May 2, 2019

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# Three Main Principles

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1. **Individualized approach to medicine:**
    - As healers we don't simply "treat" conditions, we "treat" people. We must understand our own ideas of medicine and then educate our patients.

2. **Systematic Approach**

3. **Classification of Patients and our Treatment**

# Three Main Principles (continued)

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## 1. Individualized approach

Every patient is unique

We do not treat disease so we do not simply apply protocols. Protocols may help guide us in the right direction, but no two patients are treated the same

Our patients have a certain idea of what medicine is and it is our responsibility to educate them about our philosophy of treatment and the healing journey. Without education you will run into problems with patients. This not only applies to patients, but also to practitioners

We must continually learn and grow in our medical knowledge

# Three Main Principles (continued)

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## 2. Systematic Approach

As healers we must understand how we treat. We must understand the person/patient in front of us. How do they function or not function from an physiological and energetic perspective? We need to understand how their Terrain is functioning. This is fundamental to applying biotherapeutics for successful outcomes

## 3. Classification of Patients and our Treatment

- Their genetic and acquired ability to detoxify
- How they deal with the environment
- Their physical nature

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# Phyto-gens (Phytoembryotherapy)

# Introduction

## Phyto-gens are classified as Phytoembryotherapy remedies

**Origins of Phytoembryotherapy:**

The first inspirer of Phytembryotherapy was probably Johann Wolfgang von Goethe, with his ground-work “The Metamorphosis of Plant”. Even before, St. Hildegarde of Bingen (1098-1178) wrote about the buds of apple, birch, blackcurrant, chestnut, ash and silver linden.

Dr. Pol Henry, well known homeopath in Brussels in the middle of the last century, developed a principle from a biochemical basis in which, every bud matched with complete biological characteristic data. When he found this biological profile in the patient, he prescribed the bud. Read his book “Phytembryotherapy”.

Later, Max Tétau, future president of the Medical Society of Biotherapy, was the promoter of the clinical use of Gemmotherapy. Read “New Clinical Gemmotherapy”.

Do not forget Dr. Bergeret who wrote little, but did a lot for advancing phytotherapy.

# Origins of Phytoembryotherapy (continued)

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In Belgium, we also have to mention the work of Jean-Claude Leunis, a biologist from Brussels, who greatly improved the methods of Pol Henry. (Approaches related to natural and biochemical grounds).

Created in 1959 by Dr. Pol Henry of Brussels, Belgium, Phytoembryotherapy is based on the use of embryonic tissues of trees or plants.

The bud is the essential element as embryological tissues, young shoots, rootlets. They promote the physiology and modify biological constants. The Dolisos Homeopathic laboratory through its President, Dr. Max Tétau, gave it the name of **“**Gemmotherapy” by preparing D1 glycerin macerates.

# Origins of Phytoembryotherapy (continued)

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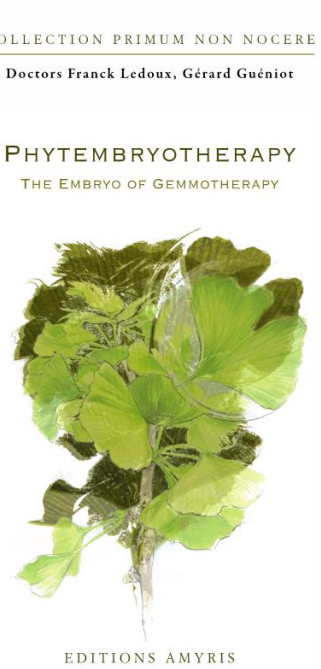
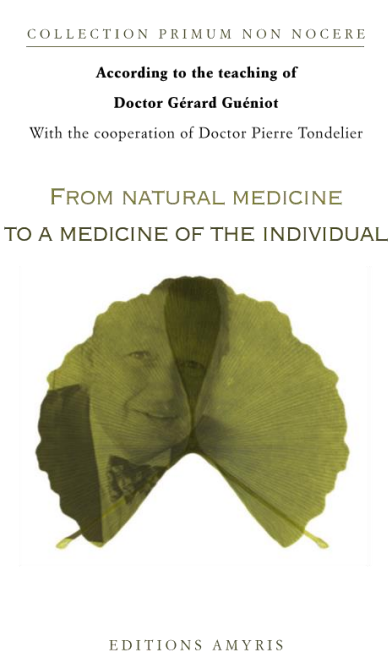
## Plant Bud History

Dr. Henry contributed much of the effectiveness of this form of plant therapy to the anabolic potential and energetic power of the plant meristems. Phytoembryotherapy was further adapted by French Homeopath, Dr. Max Tetau.

He was instrumental in advancing the clinical application of embryonic plant therapy. Both during and since his time, other Belgium and French doctors, among other researchers, such as Claude Bergeret and the biologist Jean-Claude Leunis, have further contributed to the scientific and clinical development of this Phytotherapy.

# Phytoembryotherapy Book



# Books on Phytotherapy


Dr. Gérard Guéniot : "De la médecine naturelle à la médecine de l'individu " ; Editions Amyris

Depoers P., Ledoux F., Meurin P. : "La phytothérapie entre science et tradition" ; Editions Amyris

Leunis J.C. : " De l'utilisation médicale des simples. Étude phytosociologique " ; Edition Pitteur

Tétau M., Scimeca D.: "Rajeunir nos tissus avec les bourgeons". Edition Trédaniel

Schneider Anny: "Arbres et arbustes thérapeutique" ; Edition de l'homme, Canada

Olivier J.F., Roux A.: "Phytembryothérapie ou gemmothérapie " ; Edition livre et santé

Philippe Andrianne: "Gemmotherapy, medicine of buds" ; Editions Atlantica

Dr. Max Tetau : "Gemmotherapy A clinical guide" ; Editions du Détail inc.

Dr. Joe Rozencwajg: "Dynamic Gemmotherapy, Integrative Embryonic Phytembryonary" ; Édition lulu

Massner R.C.: "Gemmotherapy" ; Edition Thumb Butte Holistic Center Inc.

Dr. Marcus Greaves : "Gemmotherapy oligotherapy and regenerator of Dying Intoxicated Cells " Xlibris éditions.

Dr. Fernando Piterà : "Compendio di gemmotherapia clinica " De Ferrari edizone

# Plant Biochemical and Energetic Action

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## Harnessing The Biochemical and Energetic Action of Plants

Many plants synthesize phyto-chemicals with recognized health benefits including: alkaloids, terpenoids and polyphenols. These phyto-chemicals vary from plant to plant as each has its own taxonomically distinct combination of naturally bioactive components

Each component exerts its specific benefit through the action of these compounds on one or more naturally occurring phytonutrient biochemical pathways

The biochemical effects of plant therapy also evoke phytotherapeutic energetic principles – the belief that plants and plant remedies hold a vital energetic force

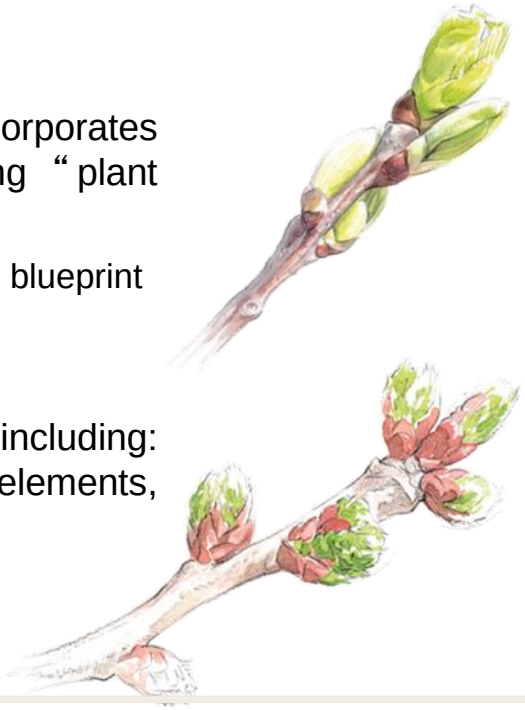
Much of the power of phytotherapy is therefore in the remedy's ability to harness and carry not only the biochemical benefits, but the energetic aspect as well. The biochemical and energetic make-up is affected by many factors including: the age of the plant at the time of harvest, methods of harvesting, the plant components utilized, storage, the extraction method, and the concentration of the active ingredients in the final product

# Phyto-gens

## Capturing the power of the meristem and growth cycle

- Phytoembryotherapy is a branch of phytotherapy that specifically incorporates plant embryological tissues (buds and young shoots) containing “plant meristem” cells
  - undifferentiated, fast dividing cells which contain the plant’s genetic blueprint and material

- These embryonic tissues are rich in beneficial phyto-chemicals including: growth factors and plant hormones, enzymes, nucleic acids, oligo-elements, and phytonutrients such as polyphenols and flavonoids

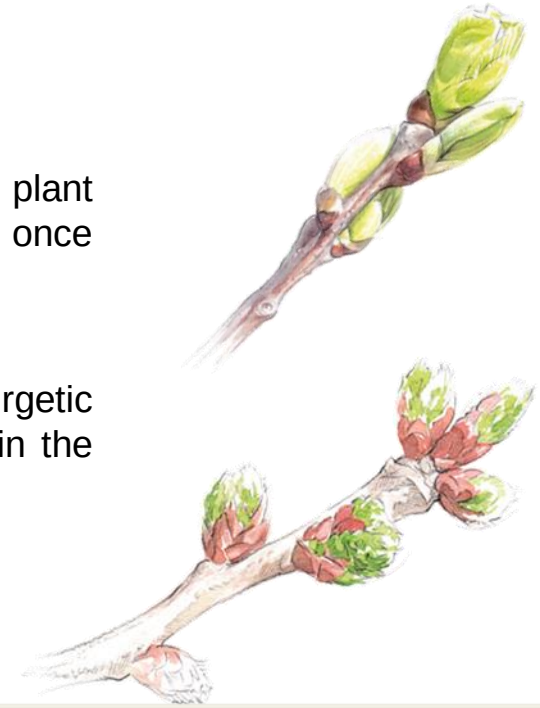


# Phyto-gens (continued)

## Capturing the power of the meristem and growth cycle

- These embryological tissues are also utilized because many of the plant meristem cell components are lost in fully developed plants once chlorophyll is formed

- These embryological tissues are also utilized because their energetic components are at their highest levels when they are harvested in the spring – the most active phase of the growth cycle



# Plant Hormones

**AUXINS**
**GIBBERELLINS**
**CYTOKININS**
**ABCISSINS**

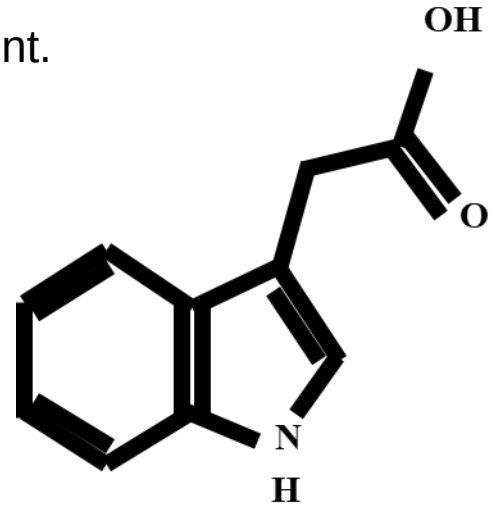
This discovery has been approached by Charles Darwin in 1880, published in his book "The Power of Movement in Plants", about involvement of “Teletransmission” of information to tissues

Plant hormones are chemical substances synthesized by plant for growth. They:

- Are oligo dynamic: active at low doses
- Sometimes act at distance from the site of synthesis
- Influence the function of the plant

# Auxins

An auxin is an essential growth hormone for plant development.
It was discovered in 1926 by WENT




**Auxins are produced in the buds. They:**

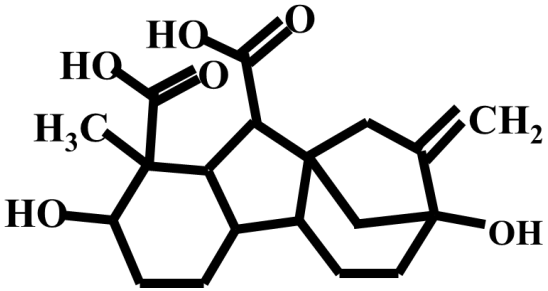
- Stimulate root formation
- Stimulate embryogenesis
- Are responsible for apical dominance
- Promote growth of roots, stems and buds
- Have a messenger role to cut the links at the cellular level to promote elongation
- Act on cell plasticity

# Gibberellins

Gibberellins are a plant hormone family, discovered in 1926 in Japan.
There are currently more than 80 different Gibberellins

Gibberellins:

- Stimulate the synthesis of meristems
- Stimulate flower buds
- Promote growth of young leaves
- Cause the flowering of plants
- Act on cell plasticity
- Disappear at the onset of chlorophyll



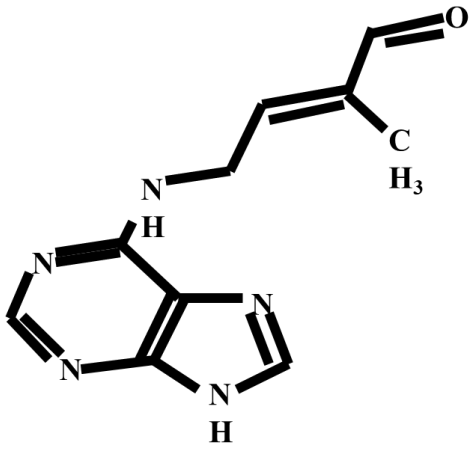

GA452D, the most common gibberellin molecule

# Cytokinins

Cytokinins are plant hormones, similar to auxins; discovered in 1940 in a callus (undifferentiated mass of cells) of corn

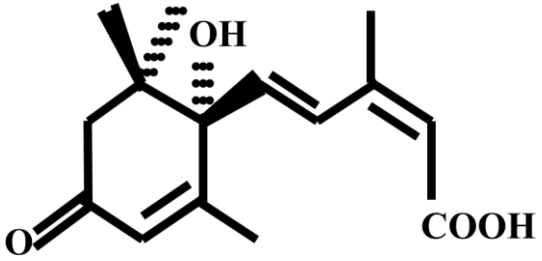
Cytokinins:

- Stimulate metabolism of young shoot cells
- Promote the growth of young shoots
- Stimulate the opening of leaves
- Stimulate production of chlorophyll
- Activate cell division (allows separation of chromosomes)
- Delay leaf senesce



# Abscissins

Abscisic acid or ABA is a plant hormone, discovered in 1963. Also called "dormin" because it is responsible for the winter dormancy of buds. This is a very unstable molecule




Abscissins:

- Influence the cessation of bud growth - winter dormancy
- Inhibit seed germination
- Help to fight against drought "adaptogen hormone"
- Act as a stress hormone. In the event of a lack of water or nutrients
- Strengthen the defense of the plant

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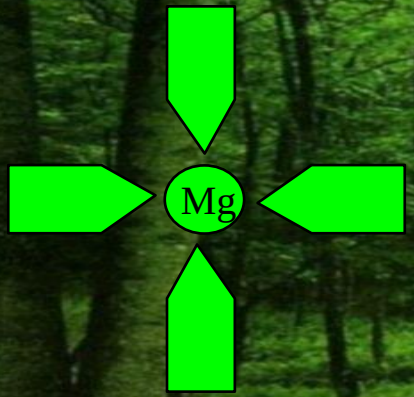
## GREEN TREE

Chlorophyll



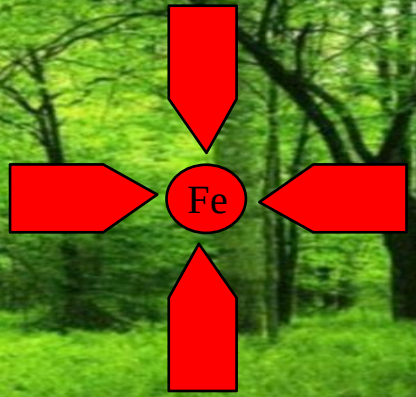

Magnesium atom

Produces oxygen

Carbon dioxide consumption

## RED TREE

Hemoglobin




Iron atom

Captures oxygen

Carbon dioxide production

# Bud vs Young Shoot

Buds:

- Begin to grow in Autumn
- Stop growth in winter
- Deploy in spring

Young Shoots:

- Grow only in Spring
- Deploy quickly

# The Difference Between Phytoembryotherapy & Gemmotherapy

- Phytoembryotherapy is based on the method of Dr. Pol Henry, which utilizes the macerate-concentrate that is made using water, alcohol and glycerin without being diluted

- Gemmotherapy is based on the glycerin macerate 1D method that is prepared initially with alcohol and glycerin; and water is later added during the dilution process. These macerates are 10 times diluted

# Maceration 1:20

- 1 kg of plant, dry weight, in 20 kg of solvent
- In 20 kg solvent is added 3-6 kg of fresh plant, depending on the humidity. This is calculated at the complete dehydration of the plant, (rootlets are drier than buds that are drier than young shoots)

# Preparation of Glycerin Macerates D1 (Gemmotherapy)

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- 1st step — Fresh buds are **crushed**
- 2nd step — Maceration 1:20 in : **50% glycerin and 50% alcohol at 96%**
  **only 4% water**
- 3rd step — Filtration
- 4th step — Extraction by **(very)** high pressure
- 5th step — Dilution 1:10 in: **16% water, 34% alcohol (96%) and 50% glycerin**

**1 liter yields 10 liters of 1D macerate**
**This is no longer 1:20 but 1:200**

- 6th step — no energizing **(should they ???)**

# Preparation of Phyto-gens

- 1st step — **Whole** fresh buds macerate 20 days at **1:20** in : **33% water, 33% plant glycerin** (organic, non GM, rapeseed plant-base) and **33% alcohol at 96%** (from organic rye)

  **Constantly slowly agitated**

- 2nd step — Filtration by gravity

  **Recovery of 12 to 13 kg of filtrate**

- 3rd step — Extraction by gentle pressure, not to lyse buds tissues

  **Recovery of 2 to 5 kg of extract**

- 4th step — Acquiring from 14 to 18 liters of concentrated macerate

# Preparation of Phyto-gens (continued)

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- We first use freshly harvested wild or from semi-culture embryonic plant tissues: young shoot, buds or rootlets. High temperatures, freezing and crushing are avoided during the preparation process; since high temperatures can kill plant tissues and freezing alters the cell structure of the plant

- Concentrated macerates are prepared by maceration in a mixture of the following solvents:
  - Water
  - Alcohol
  - Natural glycerin..

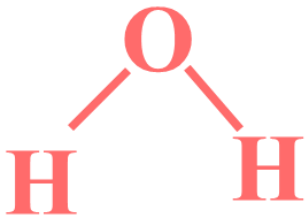
- Each of these solvents has the power to extract different active ingredients; and their combined action frees all the active ingredients of fresh buds

- 3 to 6 kg of fresh plant (buds, young shoot, or rootlets) and 20 kg (20 liters) in equal quantity of water, alcohol and glycerin yields 14 to 18 liters of concentrated macerate

# Water – $H_2O$

Water has a **double** action

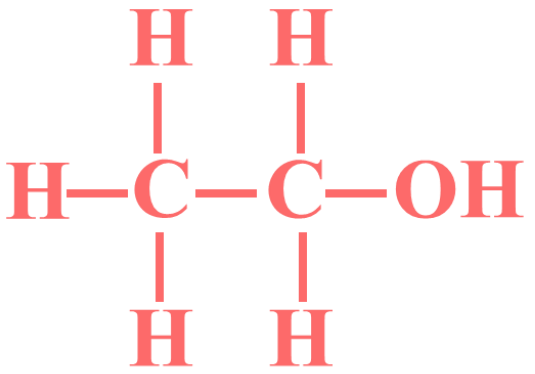
1. It plays a role in **transmitting the energy of the bud** to which Dr. Pol Henri attached great importance
2. It also plays a role in the **extraction of active ingredients**:
   - Water-soluble derivatives
   - Tannins
   - Minerals
   - Water-soluble flavonoids
   - Water-soluble vitamins
   - Some water-soluble acids



# Alcohol: $CH_3 – CH_2 – OH$

Alcohol plays a role in the extraction of active ingredients

- Alkaloids
- Heterosides
- Glycosides
- Some acids



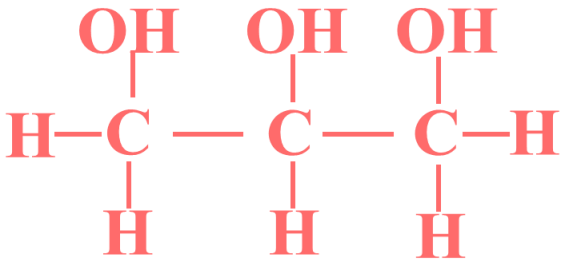
# Glycerin: $CH_2OH$-$CHOH$-$CH_2OH$

The vegetable glycerin is extracted from Rapeseed

Rapeseed oil is transformed by a process of di-esterification.
Its oil content is 50% to 68%

Glycerin plays a role in the extraction of active ingredients:

- Essential oils: phenols
- Fat-soluble flavonoids
- Fat-soluble vitamins
- Some acids



# Phyto-gens vs Gemmotherapy

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1. Maceration of buds without water goes against the precepts of Dr Henry. Mixing with water is essential to the extraction of energy and actives ingredients of the plant. **Concentrated macerate is richer, more energetic**

2. 1D macerate is less convenient. The number of drops depends of the dilution, the average is from 50 to 150 drops per day. It is tedious to count. The **concentrated macerate is more practical**. Less drops: from 5 to 15 per day

3. The alcohol content is important. After dilution, the final Gemmotherapy product contains a slightly higher percentage of alcohol (34%) than a Phyto-gen (33%). Even though the alcohol content is similar, the alcohol content per dose differs vastly and this allows for administration of Phyto-gens to young children. For example, the usual adult dose is 5 to 15 drops of concentrated macerate (Phyto-gen) per day, which is 10 times less than the dose of 50 to 150 drops of the 1D glycerin macerate (Gemmotherapy). **The alcohol consumption is much lower with a concentrated macerate (Phyto-gen)**

# Why Do We Use Plant Buds?

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1. **Biochemical**
2. **Energetic**
3. **Symbolic**

# Why Do We Use Plant Buds? (continued)

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## Biochemical

The main reserve of meristem of plants resides in the bud. Meristems are groups of undifferentiated embryonic cells of the plant. In vitro, only one of these stem cells can reconstitute the plant in its entirety. These embryonic tissues are rich in beneficial phyto-chemicals including: growth factors and plant hormones, enzymes, nucleic acids, oligo-elements, and phytonutrients such as polyphenols and flavonoids

Meristem - Totipotent cells:

- They can do "everything"
- They can all generate

# Why Do We Use Plant Buds? (continued)

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**Biochemical** (continued)

In biology, an undifferentiated cell or stem cell refers to a cell capable of giving rise to specialized cells by differentiation

Each stem cell contains a large amount of nucleic acids (genetic information) and also contains minerals, trace elements, vitamins, enzymes, different growth factors called auxins and gibberellins, hormones which disappear with the formation of chlorophyll

# Why Do We Use Plant Buds? (continued)

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## Energetic

Because the bud is located on the branch of the tree, it is influenced by two forces:

- Telluric - as an emanation of the trunk, as a kind of crystallization of the plant, under the influence of Earth elements (minerals, gems) and Water (sap, blood of trees or plant)
- Cosmic - as a leaf or flower precursor under the influence of Air elements (leaf) and Fire (flower)

The bud and young shoots meet the two forces

The rootlet experiences only the telluric force

**Buds:**

This “crossroads” position is the understanding axis of its effects on humans, it is a bridge between Heaven and Earth (according to Chinese Medicine)

# Why Do We Use Plant Buds? (continued)

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## Symbolic

The entire plant is simply a deployment, a realization of what virtually lies within the bud or seed

The bud and seed need only the appropriate external influences to become perfect plants. The difference between the bud and the seed is:

- Seed:
  - Its immediate development field is the earth
  - Has the ability to keep information in memory for a very long time. Principle of eternal life
- Bud:
  - Represents a plant individual of a superior species or in other words a whole cycle of plant formation
  - In a way, with each bud formation, the plant lands in a new stage of its life, it regenerates and concentrates its forces to be redeployed again

# The Evolution of Phytoembryotherapy

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**Genestra Brands® Phyto-gens:**

- Are manufactured with a respect for nature
- Phyto-gen manufacturing follows the original production process created by Dr. Pol Henry, the founder of phytoembryotherapy. Every stage respects the natural phytonutrients and the environment from which they come
- Consist of potent plant remedies made from fresh buds and young shoots of growing plants. Each plant extract is organic Eco-Certified and allows for a high potency, lose dose dispensing therapy, making them effective in therapy
- Are macerated in equal parts of water, natural glycerin and alcohol mediums. They are standardized to a 1:20 extract to ensure delivery of concentrated bioactive extracts to target specific organ systems
- Can modify biochemical actions and evoke phytotherapeutic energetic principles

# The Evolution of Phytoembryotherapy

## Genestra Brands® Phyto-gens (continued):

**Harvesting:**

- Fresh buds and young shoots:
  - Buds and young shoots contain genetic material lost after plant matures
- Spring harvested by accredited growers:
  - Preserves plant integrity and captures highest energetic levels during the most active growth cycle
- Monitored growing regions:
  - Grown bio-dynamically or in wild-crafted preserves
- No pre-soaking:
  - Refrigeration and immediate transport to the extraction site helps to maintain the biological structure of the plant and limit energetic loss
- No crushing, grinding, freezing or liquid immersion before maceration

# The Evolution of Phytoembryotherapy

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## Genestra Brands® Phyto-gens (continued):

**Proprietary Maceration and Extraction:**

The use of standardized extracts secures homogenous properties of the product in all manufactured batches

**20 day maceration:**

- Phytonutrients are macerated (soaked) in equal parts of the following solvents for 20 days to provide the fullest range of nutrient and energy extraction:
  - Water
  - Alcohol
  - Natural glycerin

# The Evolution of Phytoembryotherapy

## Genestra Brands® Phyto-gens (continued):

### Proprietary Maceration and Extraction (continued):

**Biochemical component extraction:**

- The various macerate components not only help to retain the polar and non-polar aspects, but are responsible for the extraction of specific biochemical components while respecting plant physiology:
  - Water: Water soluble derivatives, tannins, minerals, water-soluble flavonoids, water-soluble vitamins, some water-soluble acids. Dr. Pol Henry attached great importance to the role of water in the maceration process, believing that it is the water fraction that carries the energetic benefits of the bud
  - Alcohol: Alkaloids, glycosides, heterosides and some acids
  - Glycerin: Essential oils, fat soluble flavonoids, fat soluble vitamins and some acids

# The Evolution of Phytoembryotherapy

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## Genestra Brands® Phyto-gens (continued):

### Proprietary Maceration and Extraction (continued):

**No mechanization:**

- During maceration, phytonutrients are slowly agitated aseptically by hand (no machine)
- Macerates are filtered by gravity and extracted by very gentle pressure – avoiding extremely powerful presses that destroy both the physiology and energetic plant properties
- After maceration, the buds and young shoots are returned to nature and used as fertilizer in organic farming (to complete the energetic life cycle)

**Minimal processing:**

- The resulting concentrated macerates contain no chemical preservatives, are never irradiated and have never been heated or frozen

# Origin of the Buds

## Observance of species

Bud species are harvested in uncultivated areas – those that have remained “wild” and natural; and are protected from pollution (such as Provence or Massif Central)

## Traceability of Buds

Each collector must provide proof of compliance with each stage of the harvest and with the quality of buds

# Harvesting the Buds

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## Stages of Harvesting the buds:

Harvesting of buds is done by professionals who specialize in botany

In compliance with the stages of harvesting

In compliance with the species of plants

Refrigerated trucking is utilized to preserve the quality of the buds

# Harvesting the Buds

- Energetic Respect for the Buds

Buds and young shoots are utilized

All raw materials are fresh

Buds and young shoots are not crushed or cut, in order to not distort active molecules

No chemical preservatives are added to the macerates, and no radiation is involved in the manufacture of Phyto-gens

# Transport, Storage and Processing of Buds

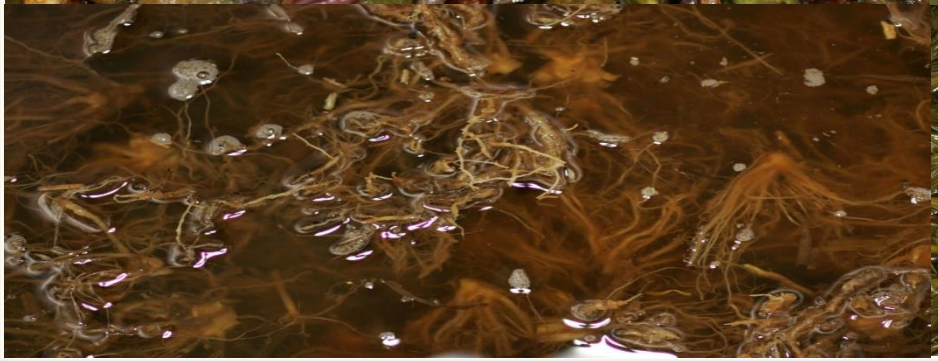
Refrigerated transport of buds and young shoots

Cold storage

Laboratory analysis and identification or dry materials

Processing starts on the day the buds arrive at the manufacturing plant; with an extraction liquid quantity adapted to the raw material

# Manufacture of Bud Extracts



# Monitoring of Buds

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## Professional Harvesters must provide evidence of:

Monitoring and bud quality

Respect for each stage of harvesting

Respect for both the species and the environment

## Manufacturing Protocol

3 weeks of bud maceration

Daily manual agitation

Separation of buds and solvents

Light filtration to preserve and respect extracted material

## Laboratory Monitoring

Strict laboratory control

# Laboratory Specification Sheet

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**Controlled by Independent Laboratories According to Internationally Recognized Methods – ISO, AFNOR, USP**

LA THERIAQUE LUXEMBOURGEOISE SA
LTL SA
PAE GADDERSCHEIER
L-4984 SANEM
Email : Ltlux01@pt.lu
TEL : +352 26591560 GSM : +352 621130773 FAX : +352 26591561

THERIACA

## SPECIFICATIONS SHEET

| PRODUCT | CERTIFIED ORGANIC* | CODE | LTL CODE | D.S. 04.01 |
|---|---|---|---|---|
| BLACK CURRANT- GEN | Ecocert SAS - F32600 | | BJCA | 07/01/2010 |

| TEST & METHOD | SPECIFICATIONS |
|---|---|
| **Organoleptic Characteristics :** | |
| **A) Appearance** | Clear Liquid |
| **B) Color** | Amber - Brown |
| **C) Odor** | Characteristic |
| **Identification :** | |
| **A) Presence of Flavonoids** (TLC) | Conforms |
| **B) Tannin Identification** (Colorimetry) | Positive |
| **C) Extract made by Combining** | Water (33%) / Natural Glycerin (33%) / Alcohol (33%) |
| **Physical Characteristics :** | |
| **A) Ethanol Content (%v/v)** (Ph. Eur. 2.9.10) | 26,4%-39,6% (v/v) |
| **B) Relative Density at 20°C** (Ph. Eur. 2.2.5) | 0.980 – 1.050 (g/ml) |
| **C) Loss on Drying** (%m/m) | 60 to 80 |
| **Purity Limits :** | |
| **A) Arsenic (As)** (Miner & AAS) | NMT 1 ppm |
| **B) Cadmium (Cd)** (Miner & AAS/ICP) | NMT 1 ppm |
| **C) Lead (Pb)** (Miner & AAS/ICP) | NMT 3 ppm |
| **D) Mercury (Hg)** (Miner & AAS) | NMT 0.1 ppm |
| **E) Pesticides** (GC / USP <561>) | Not Applicable – Certified Organic – Eco Cert SAS – F 32600 |
| **Microbial Limits :** | |
| **A) Total Aerobic Count** (NBN-EN-ISO 4833) | NMT 100 000 cfu / ml |
| **B) Yeast & Moulds** (ISO 7954) | NMT 10 000 cfu / ml |
| **C) Enterobacteria at 30°** (ISO 21528-2) | NMT 1 000 cfu / ml |
| **D) Escherichia Coli** (AFNOR BIORAD BRD) | Absent |
| **E) Listeria Monocytogenes** (AFNOR BRD) | Absent |
| **F) Salmonella Spp.** (AFNOR BRD 07/11-12/05) | Absent |
| **G) Staphylococcus Aureus** (ISO 6888) | Absent |
| **H) Pseudomonas Aeruginosa** (ISO 16266) | Absent |
| **Potency :** | |
| **A) Black Currant (Ribes Nigrum) Fresh Buds Extract (1:20) Dried Equivalent Content :** (Input) | 23.7 – 26.1 (24.9) mg / 0.5ml (10 Drops)<br>95 – 105 (100) % Label Claim |

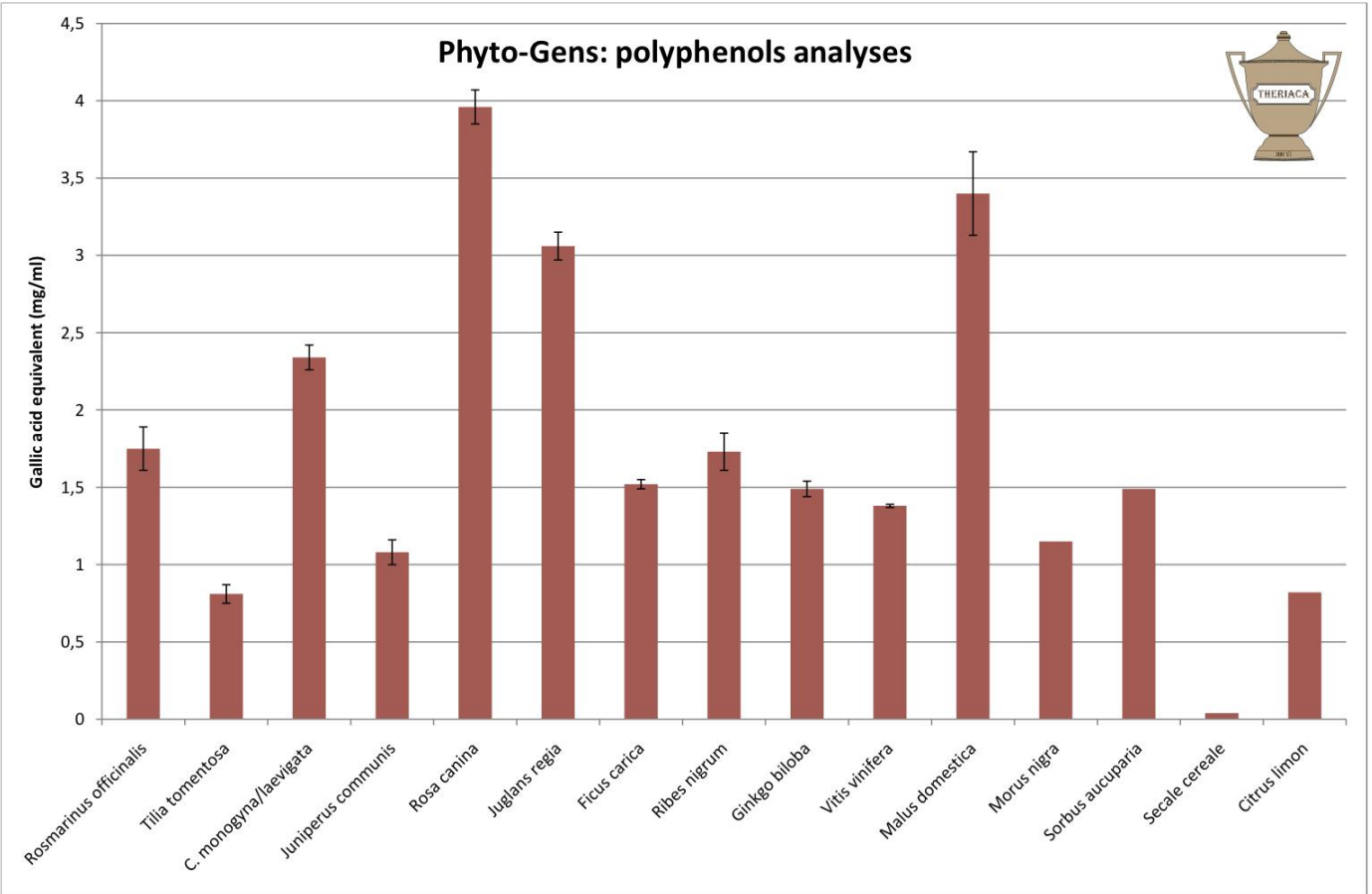
* Organic products are issued from organic agriculture and are certified by « Ecocert SAS - F32600 ».

# Laboratory Control

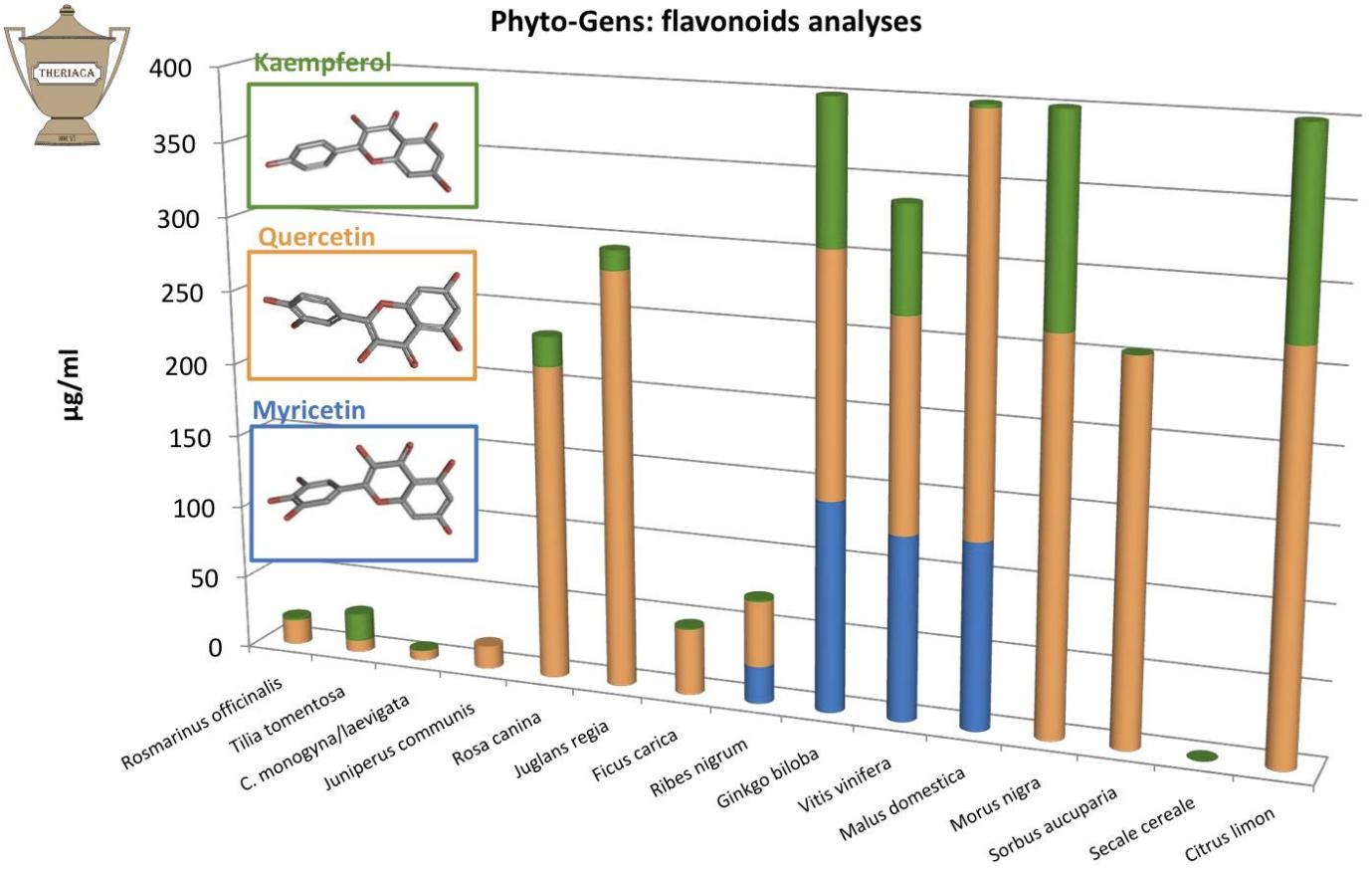
GENESTRA BRANDS®

| | | EAG=acid gallic equivalent | | FLAVONOLS (aglycons) | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | **PHENOLS TOTAUX** | | Myricetin | | Quercetin | | Kampferol | |
| | | EAG (mg/ml) | | µg/ml | | µg/ml | | µg/ml | |
| Samples | Species | Mean | Déviation std | Mean | Deviation std | Mean | Deviation std | Mean | Deviation std |
| 1 | *Rosmarinus officinalis* | 1,75 | 0,14 | - | | 17,08 | 0,98 | 1,35 | 0,01 |
| 2 | *Tilia tomentosa* | 0,81 | 0,06 | - | | 8,05 | 0,22 | 18,76 | 1,23 |
| 3 | *C. monogyna/laevigata* | 2,34 | 0,08 | - | | 6,67 | 0,11 | 0,11 | 0,03 |
| 4 | *Juniperus communis* | 1,08 | 0,08 | - | | 15,71 | 0,6 | | |
| 5 | *Rosa canina* | 3,96 | 0,11 | - | | 213,38 | 16,96 | 20,21 | 1,72 |
| 6 | *Juglans regia* | 3,06 | 0,09 | - | | 280,63 | 15,28 | 13,26 | 0,86 |
| 7 | *Ficus carica* | 1,52 | 0,03 | - | | 45,06 | 0,32 | 0,95 | 0,01 |
| 8 | *Ribes nigrum* | 1,73 | 0,12 | 25,11 | 2,09 | 44,63 | 0,65 | 1,1 | 0,55 |
| 9 | *Ginkgo biloba* | 1,49 | 0,05 | 142 | 0,12 | 162,86 | 4,56 | 99,04 | 3,23 |
| 10 | *Vitis vinifera* | 1,38 | 0,01 | 124,29 | 0,08 | 142,17 | 3,37 | 70,32 | 1,26 |
| 11 | *Malus domestica* | 3,4 | 0,27 | 125,56 | 0,16 | 272,14 | 0,97 | 70,56 | 0,69 |
| 12 | *Morus nigra* | 1,15 | 0,07 | - | | 263,54 | 0,73 | 169,19 | 0,18 |
| 13 | *Sorbus aucuparia* | 1,49 | 0,01 | - | | 253,87 | 2,61 | - | - |
| 14 | *Secale cereale* | 0,04 | 0,01 | - | | - | - | - | - |
| 15 | *Citrus limon* | 0,82 | 0,03 | - | | 267,66 | 1,82 | 170,49 | 0,59 |

# Laboratory Results



# Laboratory Results



# Genestra Brands® Phyto-gens

GENESTRA BRANDS®

## Manufactured Using Certified Organic Materials

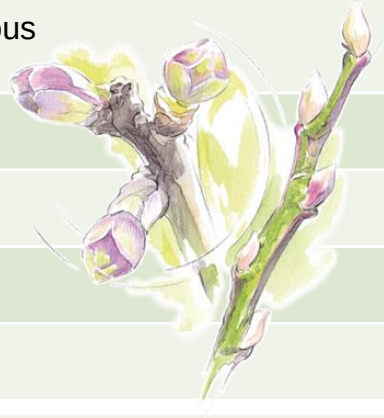
**Single Phyto-gens contain 1 herb. Combination Phyto-gens contain 3 herbs**

NON GMO DAIRY FREE GLUTEN FREE VEGAN

# Single Phyto-gens

GENESTRA BRANDS®

| Phyto-gen | Associated System(s) |
|---|---|
| Black Currant Bud | Dermatological, Endocrine/Glandular, Immune, Respiratory, Tonification |
| Crab Apple Bud | Hormonal (female), Musculoskeletal, |
| European Mistletoe Young Shoot | Endocrine/Glandular, Hormonal (female), Nervous |
| Fig Bud | Digestive, Immune, Mental-Emotional Sphere, Nervous |
| Ginkgo Bud | Cardiovascular & Circulatory |
| Hawthorn Young Shoot | Cardiovascular & Circulatory, Nervous |
| Heather Young Shoot | Renal |
| Sea Buckthorn Bud | Immune |



NON GMO DAIRY FREE GLUTEN FREE VEGAN

# Combination Phyto-gens

GENESTRA BRANDS®

| Phyto-gen | Associated System(s) |
|---|---|
| Acn-gen | Dermatological, Endocrine/Glandular, Hepatic, Metabolic |
| Al-gen | Immune, Respiratory |
| Bn-gen | Musculoskeletal |
| Calm-gen | Mental-Emotional Sphere, Nervous |
| Cir-gen | Cardiovascular & Circulatory |
| Defense-gen | Immune, Respiratory |
| Digest-gen | Digestive, Mental-Emotional Sphere |
| Dtx-gen (Canada only) | Immune, Renal, Tonification |
| Ener-gen | Tonification |
| Hemo-gen | Cardiovascular & Circulatory |
| Hpo-gen | Endocrine/Glandular |
| Imu-gen | Immune |
| Intest-gen | Digestive |

NON GMO DAIRY FREE GLUTEN FREE VEGAN

# Combination Phyto-gens

GENESTRA BRANDS®

| Phyto-gen | Associated System(s) |
|---|---|
| Liv-gen | Hepatic |
| Meno-gen | Hormonal (female) |
| Met-gen | Cardiovascular & Circulatory, Hepatic, Metabolic |
| Micro-gen | Cardiovascular & Circulatory |
| Ocu-gen | Cardiovascular & Circulatory, |
| Osteo-gen | Musculoskeletal |
| Pulmo-gen | Respiratory |
| Renal-gen | Dermatological, Hepatic, Renal |
| Skn-gen | Dermatological |
| Spm-gen | Nervous |
| Tonic-gen | Endocrine/Glandular, Hormonal (male), Mental-Emotional Sphere, Tonification |
| Trauma-gen | Mental-Emotional Sphere, Nervous |
| Uri-gen | Musculoskeletal, Renal |
| Vrl-gen | Immune |

NON GMO DAIRY FREE GLUTEN FREE VEGAN

# Dosing and Measurement Equivalents

All Genestra Brands™ **Phyto-gens** are **available in a 15ml size** bottle and are dosed in drops; **except** for **DTX-gen** (Canada only) which is **available in a 200ml size** bottle and is dosed by teaspoon measurement

**Drop to ml equivalent for all Phyto-gens except DTX-gen:**

- Each drop equals 0.028 ml
- 100 drops equals 2.8 ml
- 15 ml equals approximately 536 drops

**Teaspoon to ml equivalent for DTX-gen** (Canada only)**:**

- Each ½ teaspoon equals 2.5 ml
- 1 teaspoon equals 5 ml
- 1 bottle of 200 ml equal 40 teaspoons

# Dosing for Therapeutic Action

| For all Phyto-gens except DTX-Gen<br>Adults & children over 12 years old | For DTX-gen (Canada only)<br>Adults & children over 12 years old |
|---|---|
| Take 10 drops once daily or as recommended by your healthcare practitioner<br><br>Invert bottle to 45° and shake lightly allowing drops to fall directly into the mouth or in 7 ml (¼ oz.) of water | Take ½ teaspoon (2.5 ml) once daily, or as recommended by your healthcare practitioner<br><br>Drink plenty of water |

NON GMO DAIRY FREE GLUTEN FREE VEGAN

# Clinical Case #1

# 47 Year Old Female with Bone Health Concerns

**CC:** Osteopenia > Osteoporosis

**S:** History of osteopenia diagnosed at 42 y/o on Dexa Scan progressing to osteoporosis at 46 y/o. Patient has a family history of osteoporosis (mother, paternal aunt and grandmother). Danish decent. Female family members on mother's side small boned and petite. Vegetarian from 29 y/o to 38 y/o and then switched to fish and meat occasionally. Athletic as a child and after college – runs, cycles and yoga. No history of broken bones.

**O:** Petite – 5'3" 105 lbs. Wrist and ankles thin. Healthy otherwise.

**A:** Nutrient deficiency and family genetics contributing to osteoporosis

**P:** Therapy should first address possible causation of osteoporosis and r/o

1. over acidic system
2. mineral deficiency
3. lack of weight baring exercise
4. heavy metal intoxication (primarily lead)
5. hormone imbalance

In every patient with osteoporosis these are the factors that I look for. Almost never is osteoporosis due to a Calcium deficiency.

# 47 Year old Female with Bone Health Concerns

GENESTRA BRANDS®

## *Protocol Plan:*

1. Meno-gen, Uri-gen and Black Currant Bud – 7 drops of each remedy two times daily for 3 weeks and then off for 1 week
2. TOS Cal Hydroxy – 1 capsule two times daily with a meal
3. Cod Liver Oil – 1 teaspoon two times daily with meals
4. Switch to a more Paleo type diet to increase fatty acids and proteins
5. Add weight training to exercise routine

## *Additional Products to consider:*

1. Ascorbate C (Powder) – 1000mg 3-4 times daily
2. Calcium carbonicum 6X, Calcium Fluoricum 6X, Calcium Phosphoricum 6X, Natrum Muriatricum 6X, Silicea 6X – 2 tablets of each two times daily dissolved in mouth

GENESTRA BRANDS®

Thank you for your participation!

Session 2: Thursday, May 9, 2019

8:00-9:30PM EST/ 5:00-6:30PM PST