



GENESTRA  
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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 2: May 9, 2019



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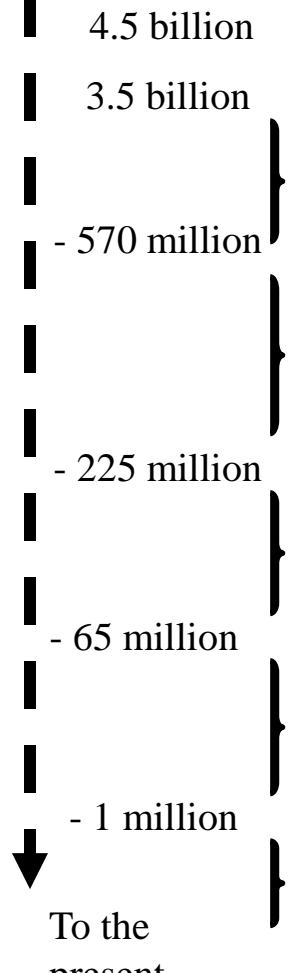
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# THE PHYLOGENIC ASPECT



# Phylogeny



Bacteria

Cyanophyta : blue algae

Ante Cambrian ou Precambrian

Elementary Era

- algae
- mushrooms
- lichens

then lycopodium, horsetail, ferns

Secondary Era

- trees
- shrubs

→ naked seeds

Tertiary Era

- flowers
- seeds in the fruit

Quaternary Era

Gas

Earth

**BIG BANG**

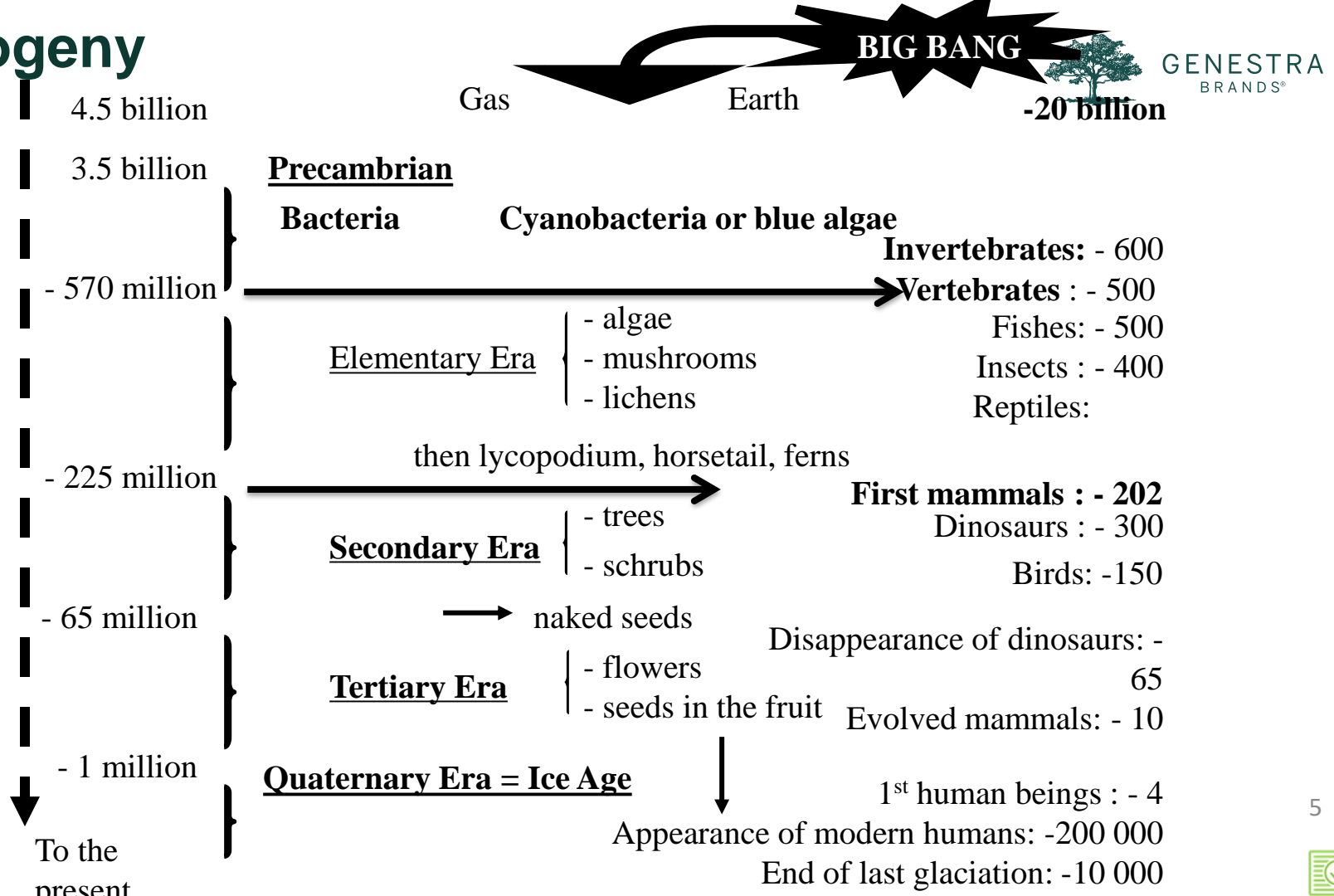
-20 billion

**Light  
crystallizes  
in matter**

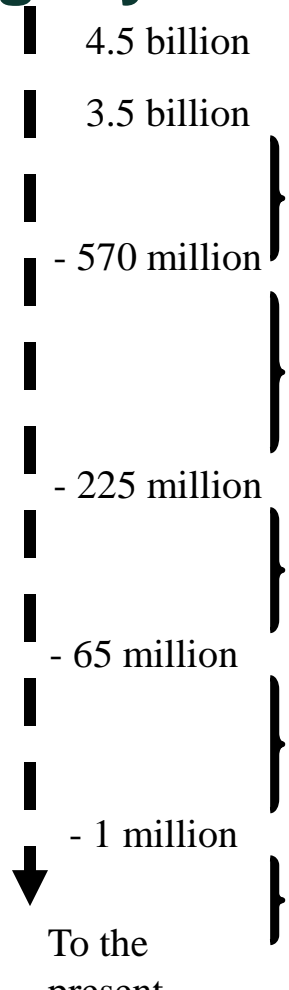
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# Phylogeny



# Phylogeny



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Ante Cambrian ou Precambrian

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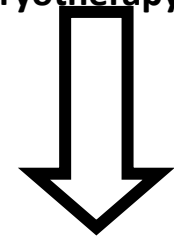
Earth

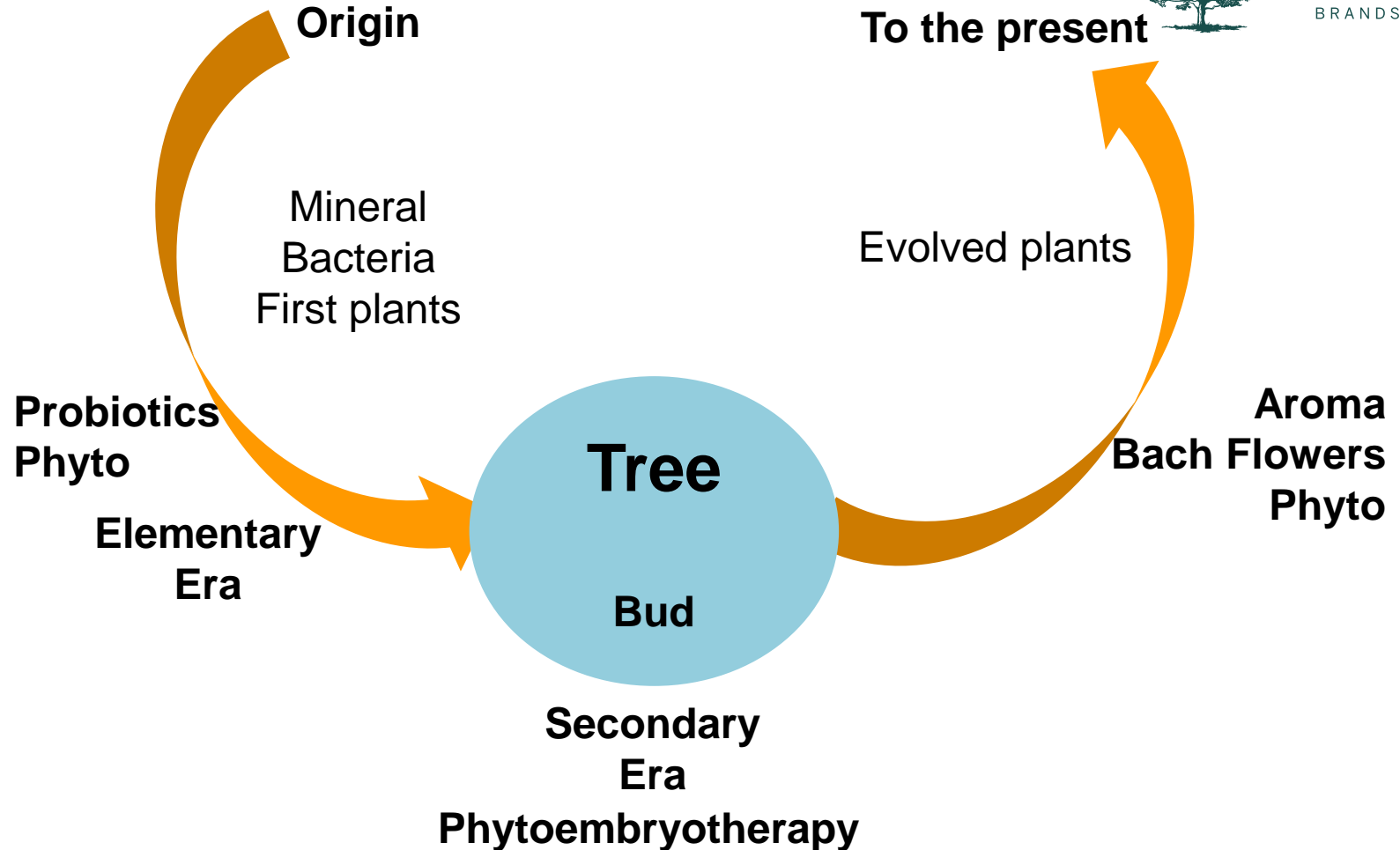


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**Phytotherapy**

**Phytembryotherapy**



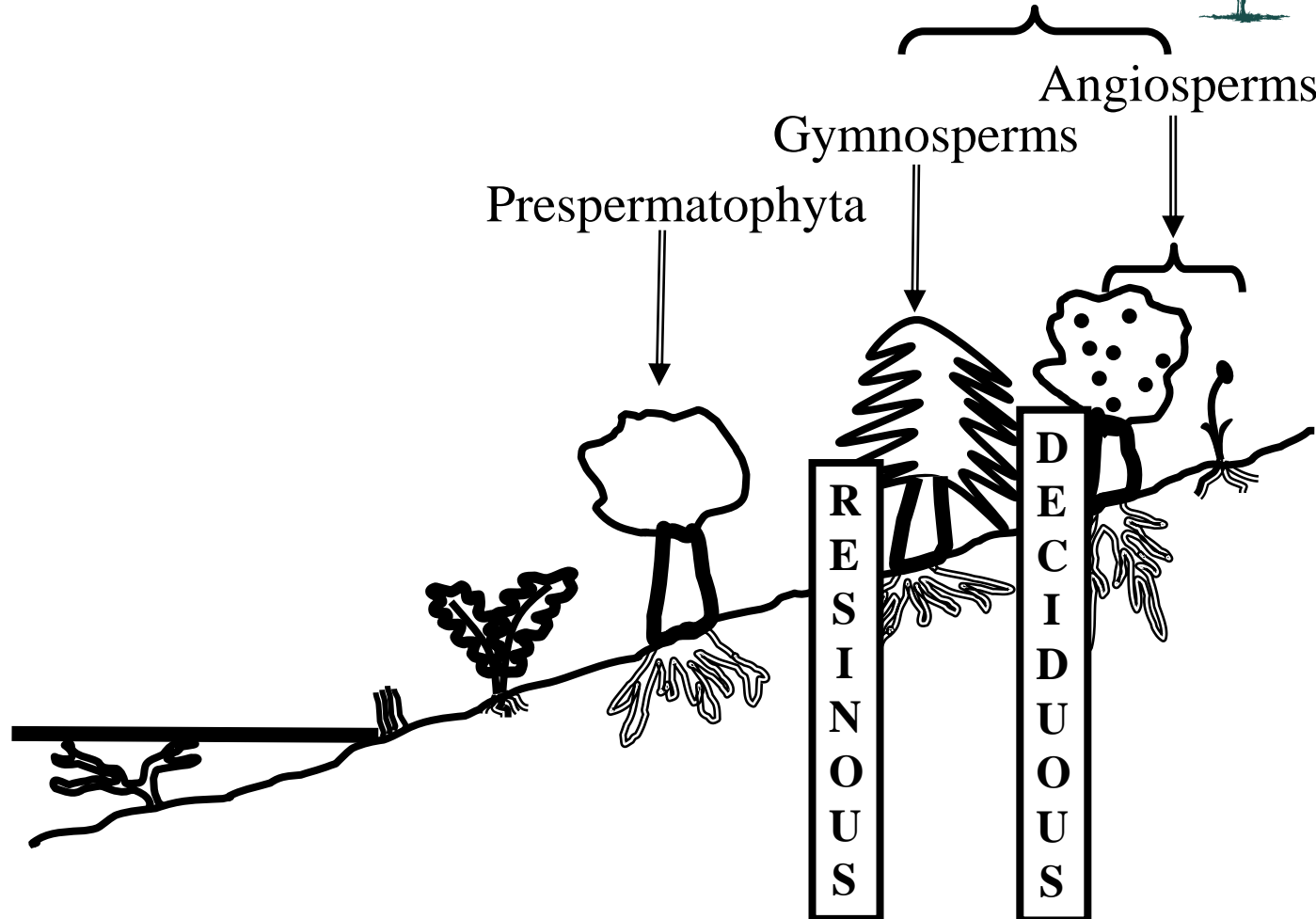


# Evolution of Trees

Spermatophytes



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# Gymnospermes & Angiospermes



## Gymnospermes = coniferous

(no flower)

*Gymnos* = Naked  
*Sperma* = Seeds

Leaves (needles) of  
most conifers live  
2-7 years in a  
continuous cycle

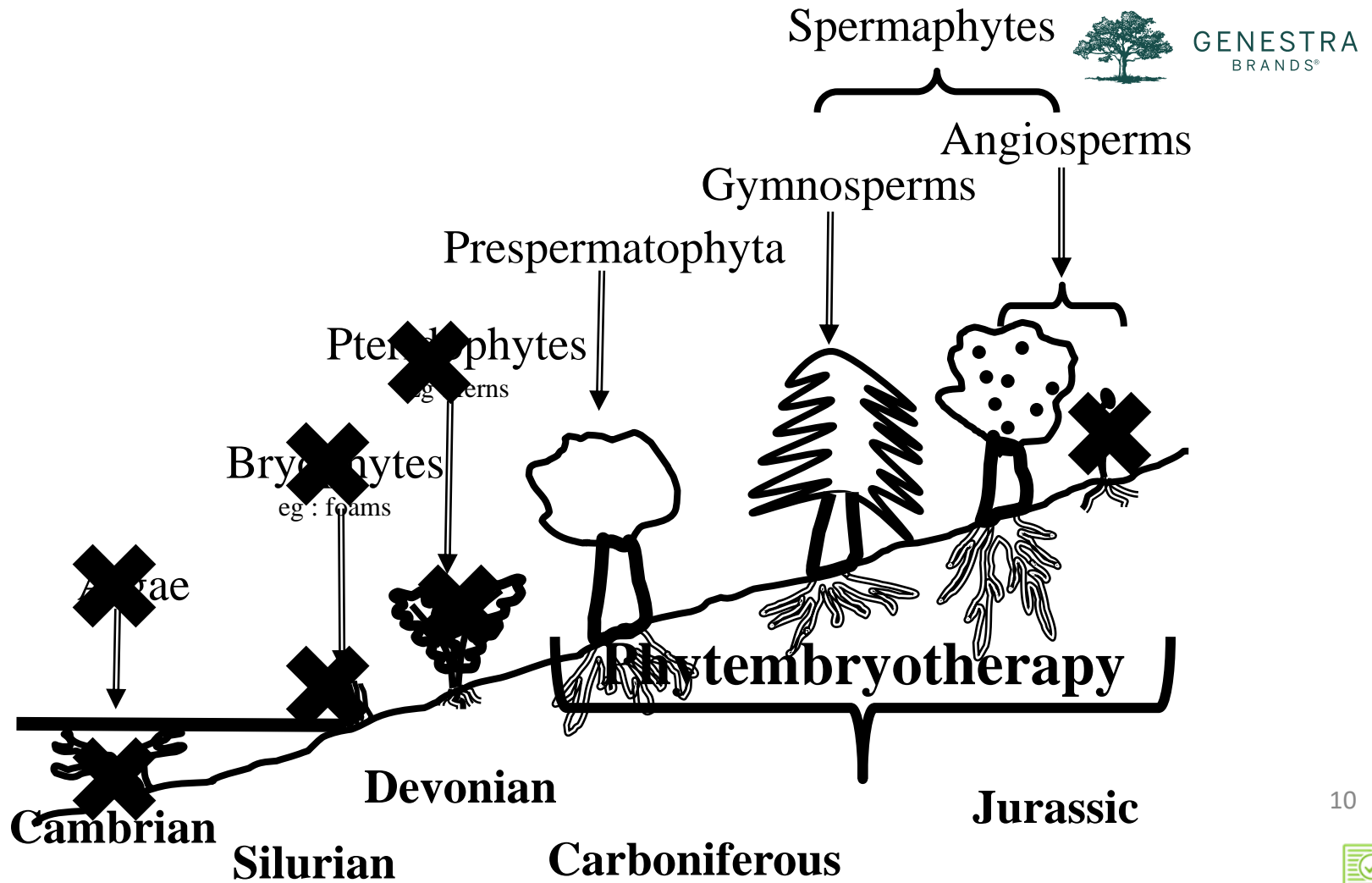
## Angiospermes

(flowering)

Seeds enclosed  
in a fruit

*Angion* = container  
*Sperma* = seed





## In Relation to Vegetation

- From 70% to 90% of water
- Except roots : 30% to 40%



## In Relation to Humans

- Made of 99% of water molecules
- By mass, we are made of 90% of water as a baby and 55% at the end of life



# PHYLOGENIC CLASSIFICATION OF BUDS



# Human Ontogeny is a Reflection of the Phylogeny of Creation



# Phylogeny & Ontogeny - Similarity

## Phylogeny

Phylogenetic evolution of plants from  
Secondary era (Coniferales) then  
tertiary era

## Ontogeny

Glandular ontogenic maturation  
in Humans

*Adrenal stage:  
0 to 18 months, trend, impulse,  
territory*



# Phylogenic Classification of Trees

## Secondary Era - TREES

Ginkgo Biloba

+

Coniferales

## Tertiary Era

Transition Plants

+

Great Trees

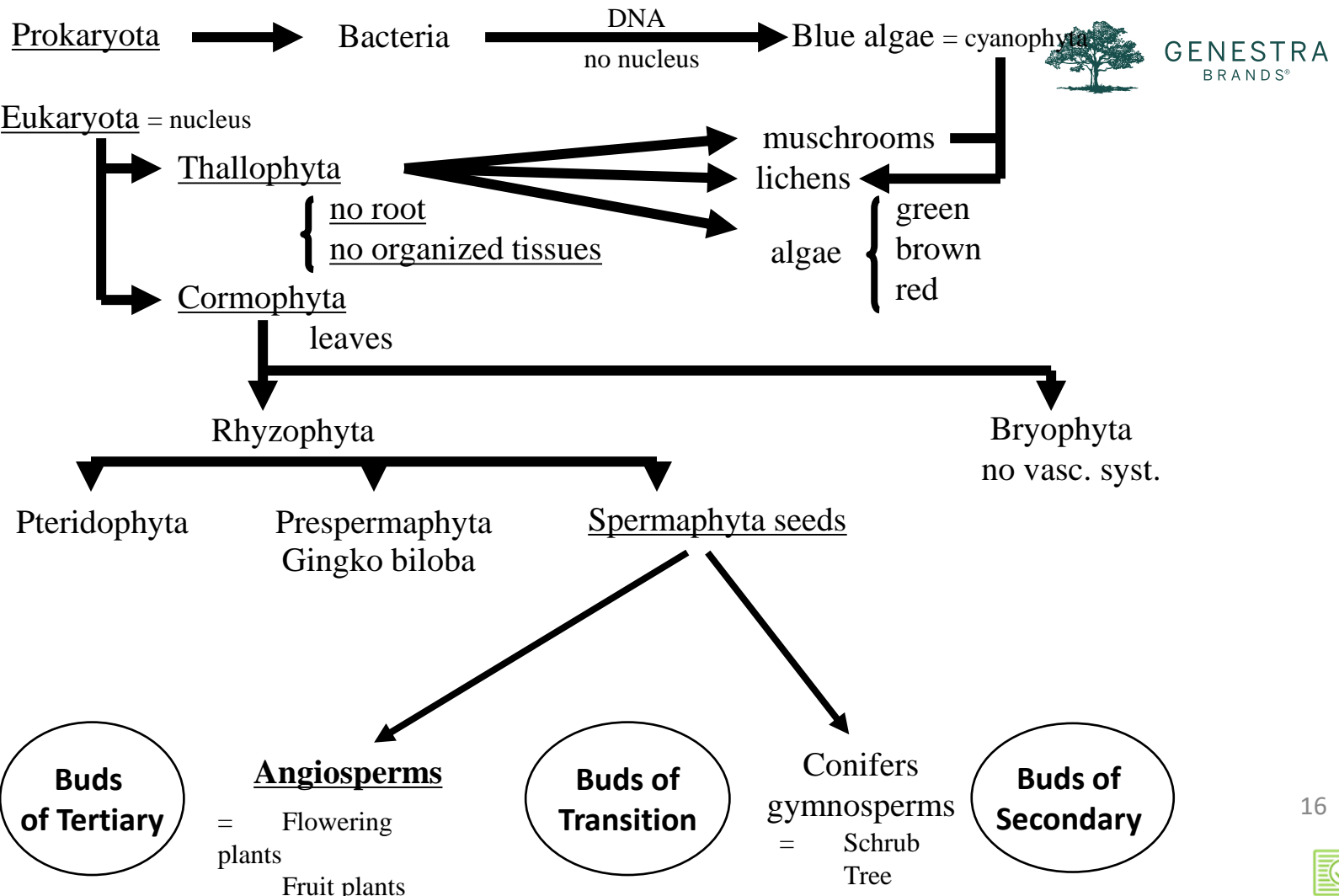
Trees

Bush: Lilac

Shrubs

Subshrubs









Fossils of apple seeds have been found, dating from the very end of the secondary era. The apple tree would be one of the first flowering trees of the Tertiary era (probably with the plane tree). It would be, in a way, the major link from the Secondary to the Tertiary Era, that is to say from structure (vertical tree) to “knowledge” (evolved plant)



# Individual Organ Systems

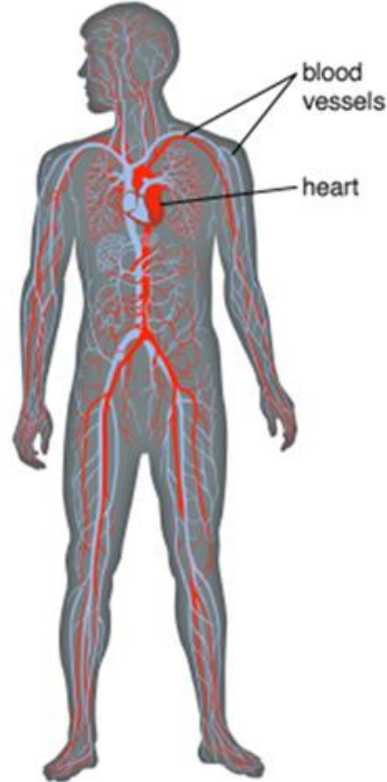
Individual embryonic plant tissue extracts and the Phyto-gen remedies they are included in have a distinct affinity to specific organ systems

Their properties support the body's natural process in elimination of toxins as well as tissue repair and regeneration in the related organ systems

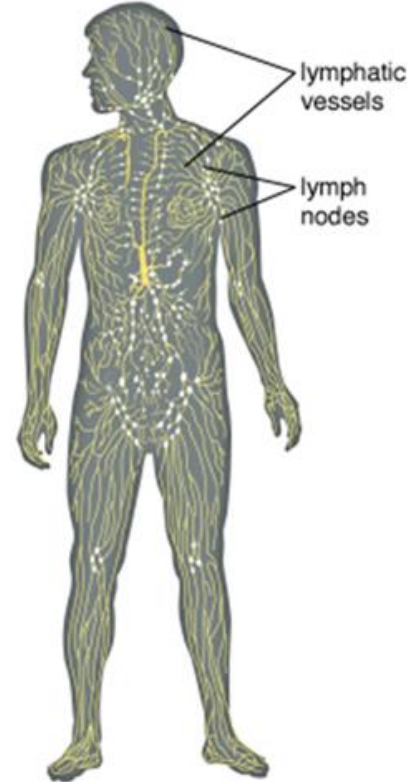


# Cardiovascular & Circulatory System

cardiovascular system



lymphatic system



# Cardiovascular & Circulatory System Overview



- Facilitates the circulation of blood and transport of nutrients, oxygen, carbon dioxide and hormones throughout our body
- It encompasses the cardiovascular and lymphatic systems, comprising primarily of the heart, blood, vessels, arteries, veins, capillaries and the lymphatic system
- A proficient circulatory system is co-dependent on efficient communication between the heart and lungs as well as proper blood circulation





# Cir-gen



## EACH DROP (0.028 ml) CONTAINS:

Horse Chestnut ( <i>Aesculus hippocastanum</i> ) Bud Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	
Spanish Chestnut ( <i>Castanea sativa</i> ) Bud Extract (1:20) ....	0.009 ml
0.47 mg Dried Equivalent	
Servicetree ( <i>Sorbus domestica</i> ) Bud Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	

## Organ System Applications:

Cardiovascular & Circulatory.

Cir-gen contains three plants traditionally used as **lymphatic and venous tonics**. The use of Horse Chestnut, Spanish Chestnut and Servicetree in Phytotherapy involves venous **circulation**

Horse Chestnut's primary action is on the portal system. The unique buds are used in Phytotherapy to regulate venous circulation and water balance in the body

Constituents of Spanish Chestnut are rich in tannins and antioxidants, and this plant is important in venous and lymphatic health

Servicetree's traditional use in Phytotherapy primarily involves venous integrity. It is used for circulation, and is to the veins as Hawthorn is to the arteries

## Applications:

- Encourages and supports lymphatic and venous circulation





## SPANISH CHESTNUT

**Venous and lymphatic  
circulation**

Protector of the territory of the  
vein, the ego

**Lymphatic-venous  
circulation**

**Passive venous  
circulation of the pelvis**

Vein health  
(enlarged or  
swollen veins)

**Lymphatic and venous  
circulation**

Female circulatory support  
Venous plethora,  
headache, heaviness

## HORSE CHESTNUT

## SERVICE TREE



## Ginkgo Biloba

Ginkgo Biloba is from Jurassic, early in the secondary era, it is a true “living fossil” and a unique representative of the prespermaphytes (200 million years)

It is the only surviving example of the first ovule trees

A symbiotic tree, it grows with a green alga in its roots. It can reach 40 m high, live 4000 years, resist extreme conditions, temperatures, and all kinds of microorganisms and pollutions; even including the explosion of the atomic bomb of Hiroshima!

It has long been used by Ayurvedic medicine as an “elixir of life” and is considered a sacred tree

In 1990, Elias James Corey received the Nobel prize for his research on the medicinal proprieties of ginkgo biloba



# Ginkgo Bud



**EACH DROP (0.028 ml) CONTAINS:**  
Ginkgo (*Ginkgo biloba*) Bud Extract (1:20)..... 0.028 ml  
1.4 mg Dried Equivalent

Ginkgo is one of the oldest living tree species, dating back over 300 million years. It can live for more than 2000 years and grow over 40 metres high

This sacred tree contains disaccharides and numerous bioflavonoids with antioxidant action, which increase in concentration as the leaves mature

Ginkgo traditionally has been used for its **vaso-regulatory effects**. It primarily acts on the **circulatory system** and also has a role in **cerebral circulation**

## Applications:

- Antioxidant
- Protection and support for the cardiovascular and circulatory health as well as micro-circulation
- Vaso-regulator

## Organ System Applications:

Cardiovascular & Circulatory





## Hawthorn (*Crataegus oxyacantha/laevigata*)

It is a very branched shrub, up to 4 m, living 200 years with beautiful snow-white or sometimes pink flowers with an unusual smell. Its fruits are bright red and its very dense wood is very hard

This shrub is studded with a lot of short and sharp spines

- In mythology, it is the emblem of health, prosperity, symbol of strength, protection, healing, and fertility
- A sacred tree
- In Chinese medicine, it is the symbol of fire (summer), plant of heart

Hawthorn is the “anti stress” plant



# Hawthorn Young Shoot



**EACH DROP (0.028 ml) CONTAINS:**

Hawthorn (*Crataegus laevigata*)  
Young Shoot Extract (1:20) ..... 0.028 ml  
1.4 mg Dried Equivalent

Hawthorn is a thorny plant from the Rosacea family and became the symbol of longevity due to its traditional use on the **heart and brain**

Young shoots of hawthorn contain a high concentration of active compounds, including flavonoids, triterpenoid derivatives and sterols

The main focus of Hawthorn is to regulate the circulatory system as a cardiac tonic. In addition, Hawthorn traditionally has been used for its actions as a sedative in the central nervous system

**Applications:**

- Supports and tonifies the cardiovascular system
- Acts as a nervous system calmativ

**Organ System Applications:**  
**Cardiovascular & Circulatory, Nervous**



# Hemo-gen



## EACH DROP (0.028 ml) CONTAINS:

Tamarisk (*Tamarix gallica*) Young Shoot Extract (1:20) . . . . . 0.009 ml  
0.47 mg Dried Equivalent  
Dogwood (*Cornus sanguinea*) Bud Extract (1:20) . . . . . 0.009 ml  
0.47 mg Dried Equivalent  
Hornbeam (*Carpinus betulus*) Bud Extract (1:20) . . . . . 0.009 ml  
0.47 mg Dried Equivalent

Hemo-gen provides extracts from Dogwood and Tamarisk, plants traditionally used for their hematopoietic action and to synergistically support the **circulatory system**. It's third plant is Hornbeam

Tamarisk and Dogwood are both primarily used in Phytotherapy for their circulatory properties and to support bone marrow

Based on the doctrine of signatures, components of the Dogwood tree are traditionally used for cardiovascular health

Hornbeam is used for its hemostatic activity and to support platelets

## Applications:

- Supports coagulation and platelet related functions of the circulatory system

## Organ System Applications:

Cardiovascular & Circulatory





**Hyper coagulant**  
**Promotes the**  
**formation of red**  
**blood cells and**  
**platelets**  
Active iron  
metabolism and  
cholesterol

**DOGWOOD**

**Hemorrhages due to the anti-**  
**coagulants**  
Quickly active in coagulation  
problems

**Coagulation**  
**or**  
**Erythropoietic lineage**

**Increases the number**  
**of platelets**  
(blood vessel support,  
and red blood cell  
support)  
**Anti-hemorrhagic**

**TAMARISK**

**HORNBEAM**



# Met-gen



#### EACH DROP (0.028 ml) CONTAINS:

Olive ( <i>Olea europaea</i> ) Young Shoot Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	
Almond ( <i>Prunus dulcis</i> ) Bud Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	
Rosemary ( <i>Rosmarinus officinalis</i> )	
Young Shoot Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	

Met-gen is a combination of extracts from the Olive, Almond and Rosemary plants

The Olive plant is traditionally used for lipid health. The olive itself is rich in monounsaturated fatty acids and contains oleic acid. Olive is used for regulating fatty acid **metabolism** and circulation in both the cerebral and cardiovascular spheres

Almond is also used for its actions on the circulatory system

Rosemary is primarily used in Phytotherapy as both a liver and gall bladder drainer. Rosemary is also used as a culinary digestive stimulant, and to regulate hormone synthesis in both men and women

#### Applications:

- Supports metabolism and hepatic cell function
- Facilitates vascular and cerebral circulation

#### Organ System Applications:

Cardiovascular & Circulatory, **Hepatic, Metabolic**



# Micro-gen



## EACH DROP (0.028 ml) CONTAINS:

Ginkgo ( <i>Ginkgo biloba</i> ) Bud Extract (1:20).....	0.009 ml
0.47 mg Dried Equivalent	
European Hazel ( <i>Corylus avellana</i> ) Bud Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	
Bilberry ( <i>Vaccinium myrtillus</i> ) Young Shoot Extract (1:20) ...	0.009 ml
0.47 mg Dried Equivalent	

Micro-gen is formulated with extracts of Ginkgo, European Hazel and Bilberry

Ginkgo and Bilberry are traditionally used for the arterial system. They are both known for their vaso-regulatory effects and used for **circulation** in the extremities

In addition, Bilberry is rich in anthocyanosides with antioxidant properties and supports ocular **circulation**

European Hazel bud is primarily used to regulate the pulmonary, hepatic, nervous and circulatory systems. In particular, it has traditionally been used for erythropoiesis and energy metabolism

## Applications:

- Supports micro-circulation
- Promotes cerebral and ocular health

## Organ System Applications:

Cardiovascular & Circulatory





## EUROPEAN HAZEL

**Pulmonary and arterial  
protector**  
(blood flow to extremities)

**Protector of  
microcirculation  
and vaso-regulation**  
(Antioxidant, tissue  
health)

**Protects  
microcirculation  
and noble organs  
(such as the brain and eyes )**

**Anti-aggregant, angioprotector**  
(Retinal support)

## GINKGO BILOBA

## BILBERRY



# Ocu-gen



## EACH DROP (0.028 ml) CONTAINS:

Bilberry (*Vaccinium myrtillus*) Young Shoot Extract (1:20) ... 0.009 ml  
0.47 mg Dried Equivalent  
Sea Buckthorn (*Hippophae rhamnoides*)  
Bud Extract (1:20) ..... 0.009 ml  
0.47 mg Dried Equivalent  
Judas Tree (*Cercis siliquastrum*) Bud Extract (1:20) ..... 0.009 ml  
0.47 mg Dried Equivalent

Ocu-gen comprises of extracts of the Bilberry, Sea Buckthorn and the Judas Tree

Bilberry, a remarkable plant used in the **circulatory and ocular** systems. It is rich in anthocyanosides with antioxidant properties and contains high levels of minerals, including manganese, selenium, chromium and iron

Sea Buckthorn is traditionally used in Phytotherapy for the immune and intestinal systems. It was used by the Tibetans for encouraging vitality, as well as for skin, feminine, respiratory and stomach health

Judas Tree is used as an important hematological remedy and to support the platelets

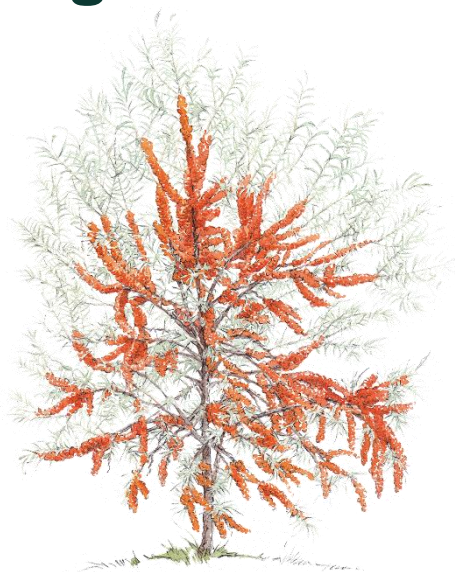
## Applications:

- Protects and supports retinal micro-circulation, ocular circulation and general ophthalmic health

**Organ System Application:**  
Cardiovascular & Circulatory







## SEA BUCKTHORN

**Increases body resistance**  
Rich in Vitamins A E C, iron, and  
flavonoids  
(healthy aging, supports eyesight)

**Protects  
and supports  
the retinal circulation**

**Protector of retinal  
microcirculation**  
Promotes vascular  
permeability  
Anti aggregant  
Angio protector

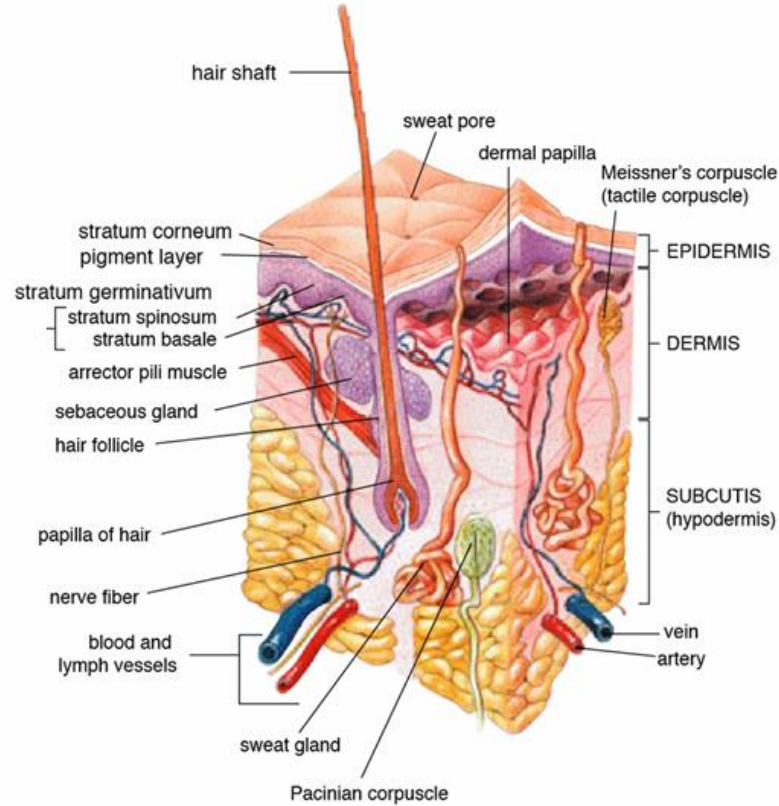
**Atherosclerosis of the  
noble organs (brain)**  
(healthy retinal vascular  
perfusions. Protector of  
microcirculation)

## BILBERRY

## JUDAS TREE



# Dermatological System



# Dermatological System Overview

- The skin is the largest organ in the body. The cutaneous system comprises of the skin, it's nerve fibers and deeper tissues
- This system serves primarily to:
  - Act as a barrier to protect the body and its deeper tissues from the external environment
  - Support temperature regulation and protect the body from dehydration
  - Be a receptor for touch, pressure, pain, heat, and cold
  - Provide Vitamin D synthesis
  - Serve as a secondary emunctory



# Acn-gen



#### EACH DROP (0.028 ml) CONTAINS:

Elm ( <i>Ulmus campestris</i> ) Bud Extract (1:20).....	0.009 ml
0.47 mg Dried Equivalent	
Juniper ( <i>Juniperus communis</i> )	
Young Shoot Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	
Rosemary ( <i>Rosmarinus officinalis</i> )	
Young Shoot Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	

Acn-gen was specifically formulated with a blend of Elm, Juniper and Rosemary. All three ingredients are used in Phytotherapy for their central action on the **liver**

Elm also has important cutaneous activity and is included for its use in **skin health**

There are two main traditional uses for Juniper: it is a depurator involved in **hepatic health**, while on the renal sphere, it has a role in kidney health

Rosemary specifically is used as both a **liver** and gall bladder drainer, and has a tertiary use in supporting intestinal mucosa

#### Applications:

- Protects and supports skin health particularly in association with the hepatic or hormonal systems

#### Organ System Applications:

Dermatological, Endocrine/Glandular, Hepatic, Metabolic





## JUNIPER

**Liver and kidney Action**  
**Opens kidney**  
emunctory  
(Supports skin health)

**Protects and  
cleans  
the skin in hepatic  
or hormonal problem in  
young patients**

**Cutaneous action**

(integumentary support,  
skin support)

## ELM

**Excellent Hepatic remedy**  
(hormonal imbalance,  
rooted skin concerns)

## ROSEMARY



# Black Currant Bud



**EACH DROP (0.028 ml) CONTAINS:**  
Black Currant (*Ribes nigrum*) Bud Extract (1:20)..... 0.028 ml  
1.4 mg Dried Equivalent

Black Currant has a wide spectrum of activity, demonstrating its **polyvalent actions**, however it is most widely known for supporting the function of the **adrenals**

The bud of the Black Currant is used in Phytotherapy for its roles in joint, digestive and respiratory health. Its uses also relate to the urogenital, endocrine, immune, circulatory and visual systems

## Applications:

- Supports adrenal function and steroid synthesis
- Supports healthy cytokine balance
- Anti-oxidant impact

## Organ System Applications:

Dermatological, **Endocrine/Glandular**, Immune, Respiratory, **Tonification**



# Renal-gen



## EACH DROP (0.028 ml) CONTAINS:

Juniper ( <i>Juniperus communis</i> ) Young Shoot Extract (1:20).....	0.009 ml
0.47 mg Dried Equivalent	
Elm ( <i>Ulmus campestris</i> ) Bud Extract (1:20).....	0.009 ml
0.47 mg Dried Equivalent	
Corn ( <i>Zea mays</i> ) Root Bark Extract (1:20).....	0.009 ml
0.47 mg Dried Equivalent	

Renal-gen combines three phytonutrients traditionally used for their actions on the **kidney** and liver

Parts of the Juniper plant, such as the young shoot, act on the **renal** sphere and regulate uric acid metabolism. Juniper is also used for its properties related to hepatic health and the portal system

Constituents of the Elm, such as the buds, are used to support detoxification and cleansing activities

Corn Root Bark is primarily used for **kidney** and liver health

## Applications:

- Acts on the renal and hepatic systems to impact the emunctories supporting, detoxification and elimination of toxins
- Supports kidney health

**Organ System Applications:**  
Dermatological, Hepatic, **Renal**



# Skn-gen



## EACH DROP (0.028 ml) CONTAINS:

English Walnut ( <i>Juglans regia</i> ) Bud Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	
Elm ( <i>Ulmus campestris</i> ) Bud Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	
Cedar of Lebanon ( <i>Cedrus libani</i> )	
Young Shoot Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	

The three plants included in Skn-gen are traditionally used to support **skin health**

English Walnut has action on the skin and is also traditionally used for immune health, especially in the mucosa, in response to environmental factors

Elm is used for the integumentary, hepatic and renal systems, as well as immune health in the skin

Cedar of Lebanon is used as a liver and kidney drainer for in-depth drainage and detoxification. It is also used for immune and mucosal health

## Applications:

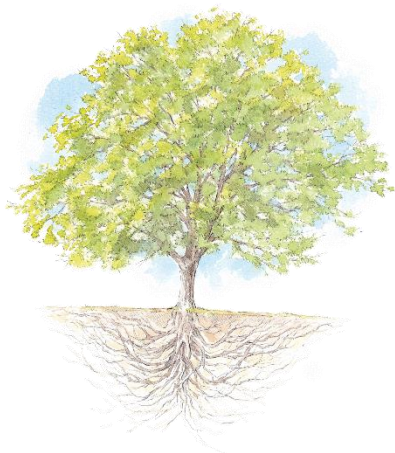
- Supports and protects natural defenses of the skin
- Facilitate elimination of toxins impacting skin health and supports repair to damaged skin
- Amenable to all skin types

## Organ System Applications:

Dermatological







**Remedy of barriers**  
**Deep cutaneous action:**  
Damaged skin,  
collagen, supports  
skin health

**ELM**

**Wet skin suppuration**  
(skin healing)  
Detoxicant, Skin Protector

**Protector of all  
skin types**

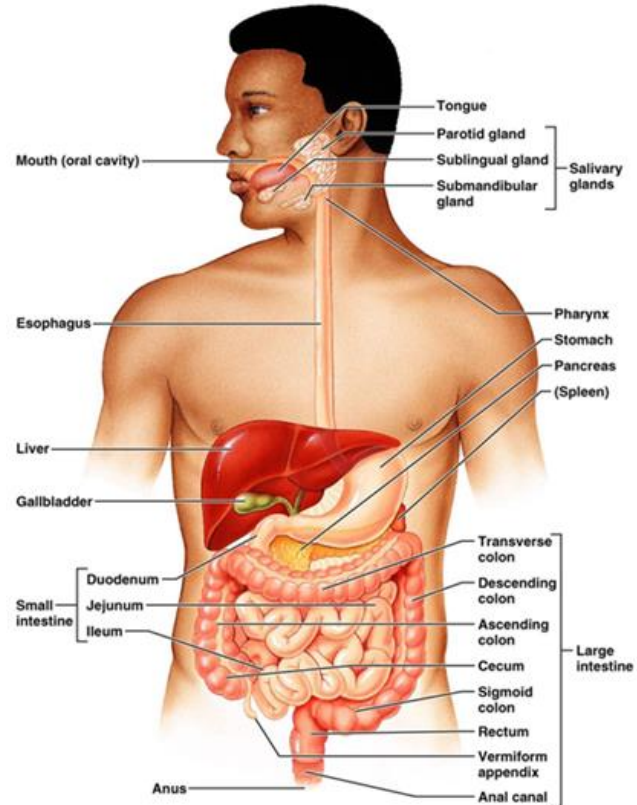
**All dry skin conditions**  
Potentiates toxic  
eliminations of the skin

**ENGLISH WALNUT**

**CEDAR OF LEBANON**



# Digestive System



# Digestive System Overview

- A key segment of the gastro-intestinal tract, and is responsible for ingestion, secretion, mixing and propulsion, digestion, absorption and defecation
- Essentially, taking everything that we consume, processing it, absorbing nutrients, and finally expelling waste. This impacts our general health and wellbeing
- Our Enteric Nervous System (ENS) resides in the lining of our gastrointestinal tract and is referred to as our “second brain”. Hence the health of our digestive system impacts our health on numerous levels



# Digest-gen



## EACH DROP (0.028 ml) CONTAINS:

Black Alder ( <i>Alnus glutinosa</i> ) Bud Extract (1:20).....	0.009 ml 0.47 mg Dried Equivalent
Fig ( <i>Ficus carica</i> ) Bud Extract (1:20) .....	0.009 ml 0.47 mg Dried Equivalent
English Walnut ( <i>Juglans regia</i> ) Bud Extract (1:20) .....	0.009 ml 0.47 mg Dried Equivalent

Digest-gen contains three plants traditionally used in **digestion**

Black Alder is used for circulation throughout the body, including the GI tract

Fig is a powerful remedy that acts on both the stomach and intestine, and its components are used for **gastrointestinal health**

English Walnut is used for its digestive properties. Its nut is rich in omega-3 essential fatty acids as well as polyphenols with antioxidant activities

## Applications:

- Supports and protects the digestive system
- Facilitates digestive processes
- Supports maintenance of healthy cytokine activity in the digestive system

**Organ System Applications:**  
**Digestive, Mental-Emotional Sphere.**





**Gastric mucosa**  
(hypertrophy, atrophy)  
**Stress**

**BLACK ALDER**

**Manages the mucous**  
**Specific action on the gastric mucosa**  
(cytokine balance - gallbladder, colon ...)

**Protects  
overloaded  
mucosa &  
Supports  
Microbial  
balance**

**Digestive mucosa and  
pancreas protector**  
(post antibiotic care)  
**Protects the  
digestive System**

**FIG**

**ENGLISH WALNUT**



## Fig (*Ficus carica*)

The fig tree is one of the Moraceae, the best known is the white mulberry for raising silkworms. There are over 600 species

A Mediterranean basin tree or shrub, it can reach 10 to 12 m high in the south. In the north it freezes between -8 and -15°C, but it always restarts in spring from its strain thanks to its roots which go down deep into the ground. Then it is called shrub or bush

Its trunk, covered with smooth bark is rich in latex (protection against heat and fire)

The latex was first extracted from the fig tree. Later, from *Ficus elastica* and finally from the rubber tree



# History of the Fig Tree (continued)

Its wood is very flexible. Lower branches bend toward the ground, take root by giving suckers capable of colonizing the surrounding space

We can't see fig tree flowers, because they develop inside the young fruit. It created a way to form fruiting bodies without pollination to adapt to the rigors of winter. The pollinator is the blastophage, which is a kind of delicate microscopic wasp that spends his life in a few figs to breed then pollinate

Each fig species has its own fig hymenoptera

Figs are delicious, very sweet and very energetic. The tree has two generations of fruit a year - the first in winter the second in spring



# Fig Bud



## EACH DROP (0.028 ml) CONTAINS:

Fig (*Ficus carica*) Bud Extract (1:20) ..... 0.028 ml  
1.4 mg Dried Equivalent

Fig plants generally grow in uncultivable soil and regenerate these intolerable terrains, making the soil hospitable for other plant species to grow

Many parts of this tree contain an acrid and caustic milky substance that reflects the tree's doctrine of traditional use in gastrointestinal health

Components of the fig bud traditionally have been primarily used to **regulate the gastrointestinal system**. Figs are also used in Phytotherapy to exert a powerful **regulatory action in the cerebral hemisphere**

## Applications:

- Supports gastrointestinal health and its natural defenses
- Has regulatory impact on the nervous system and mental/emotional sphere

## Organ System Applications:

**Digestive**, Immune, **Nervous**, Mental-Emotional Sphere





# Intest-gen



## EACH DROP (0.028 ml) CONTAINS:

English Walnut ( <i>Juglans regia</i> ) Bud Extract (1:20)	0.009 ml
0.47 mg Dried Equivalent	
Rosemary ( <i>Rosmarinus officinalis</i> )	
Young Shoot Extract (1:20)	0.009 ml
0.47 mg Dried Equivalent	
Lingonberry ( <i>Vaccinium vitis-idaea</i> )	
Young Shoot Extract (1:20)	0.009 ml
0.47 mg Dried Equivalent	

The three extracts included in Intest-gen are traditionally used for their actions on the **gastrointestinal tract** and supporting the intestinal mucosa in general

English Walnut's use in Phytotherapy traditionally has revolved around its digestive and astringent properties

Rosemary is known for its hepatobiliary digestive activity and acts as both a liver and gall bladder drainer

Lingonberry is highly associated with supporting the health of the colon and proper assimilation of calcium

## Applications:

- Supports the natural defense of the gastrointestinal system
- Protection and support for the intestinal mucosa

## Organ System Applications:

Digestive





## ENGLISH WALNUT

**Remedy for mucosa**  
**Intestinal protector :**  
Intestinal flora, microbial  
balance, cytokine balance

**One of the best remedies for  
intestinal mucosa**

(Opposes to intestinal  
hypotrophy, facilitates the  
elimination of colic toxins,  
promotes healthy intestinal  
balance

**Increases assimilation  
of Calcium by the  
intestinal tract**

**Protector of  
the intestinal  
mucosa  
Balances  
Transit**

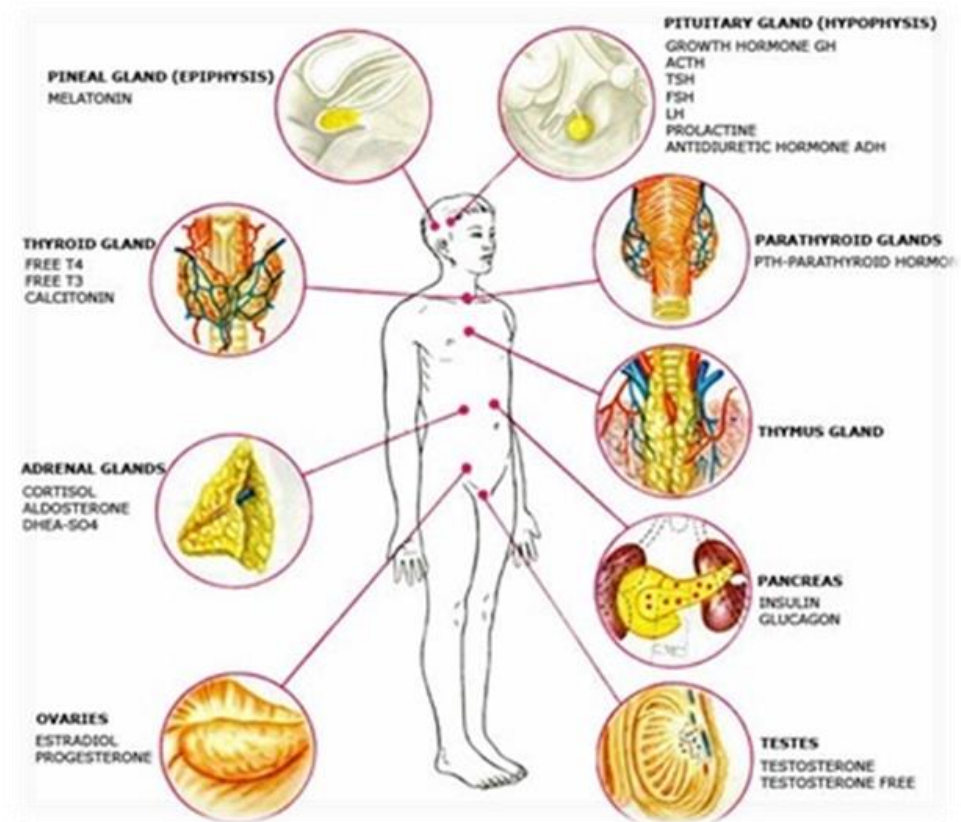
**Remedy for of the  
intestinal mucosa,  
Hepato-Protector**

## LINGONBERRY

## ROSEMARY



# Endocrine/Glandular System



# Endocrine/Glandular System Overview



- The endocrine system consists of several glands and organs – Adrenals, Hypothalamus, Parathyroid, Pituitary, Pineal, Pancreas, Ovary/Testes, Thyroid and Thymus
- These glands and organs each produce and release the specific chemical substances and/or hormones our body requires to perform vital functions
- Endocrine function impacts every aspect of our health



# Acn-gen



## EACH DROP (0.028 ml) CONTAINS:

Elm ( <i>Ulmus campestris</i> ) Bud Extract (1:20).....	0.009 ml
0.47 mg Dried Equivalent	
Juniper ( <i>Juniperus communis</i> )	
Young Shoot Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	
Rosemary ( <i>Rosmarinus officinalis</i> )	
Young Shoot Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	

Acn-gen was specifically formulated with a blend of Elm, Juniper and Rosemary. All three ingredients are used in Phytotherapy for their central action on the **liver**

Elm also has important cutaneous activity and is included for its use in **skin health**

There are two main traditional uses for Juniper: it is a depurator involved in **hepatic health**, while on the renal sphere, it has a role in kidney health

Rosemary specifically is used as both a **liver** and gall bladder drainer, and has a tertiary use in supporting intestinal mucosa

## Applications:

- Protects and supports skin health particularly in association with the hepatic or hormonal systems

## Organ System Applications:

Dermatological, Endocrine/Glandular, Hepatic, Metabolic





## JUNIPER

**Liver and kidney Action**  
**Opens kidney Emunctory**  
(Liver & kidney impact  
supports skin health)

**Protects and  
cleans  
the skin in hepatic  
or hormonally associated  
problems in young patients**

### **Cutaneous action**

Elimination of toxins  
(integumentary support  
and skin health)

**Excellent Hepatic remedy**  
(Young patients with  
hormonal imbalance and/or  
rooted skin conditions)

## ELM

## ROSEMARY

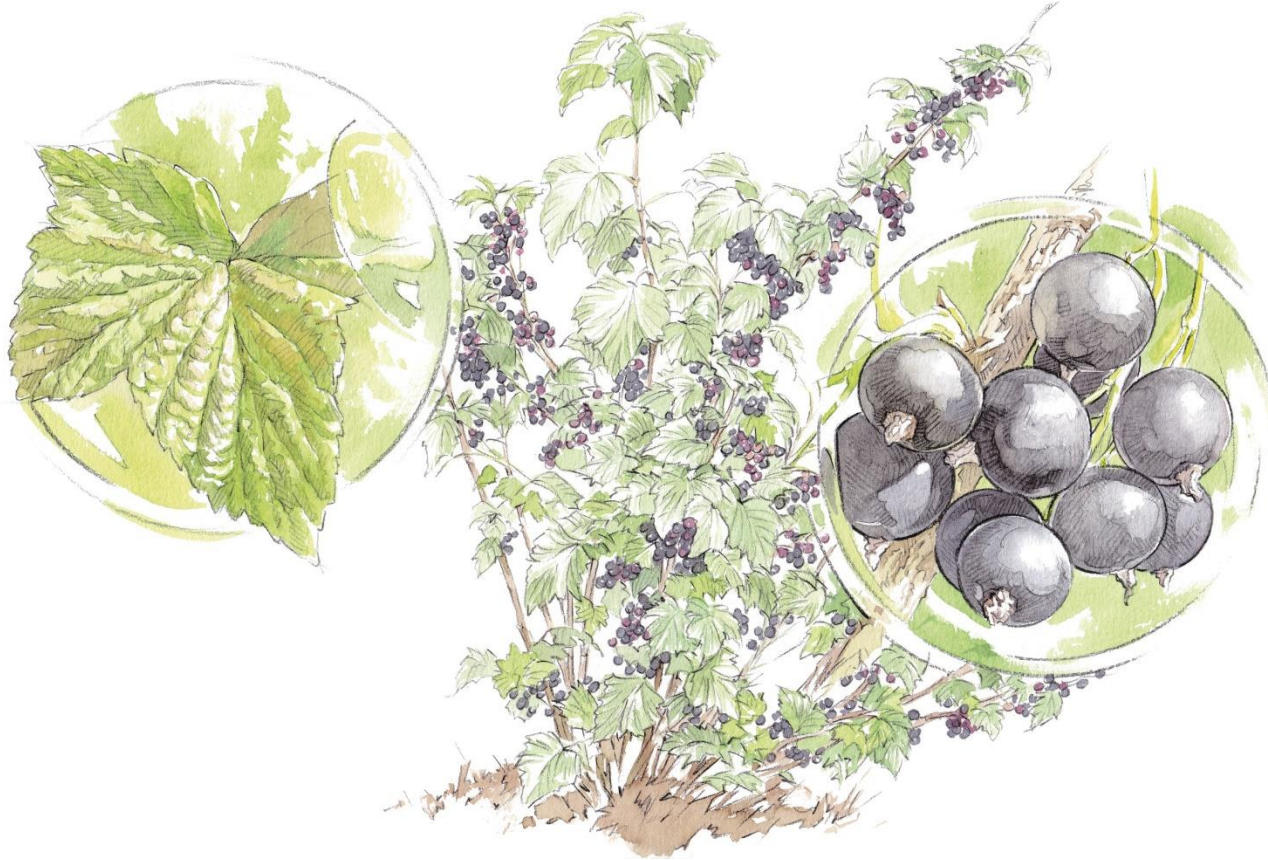




# Black Currant Bud



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## Black Currant (*Ribes nigrum*)

*Ribes nigrum*, black currant is essential in Phytoembryotherapy

It searches moist and shaded soils. It is a pioneer shrub

Fruits are red almost black berries. In the eighteenth century, they were considered conducive to longevity

Blackcurrant supports adrenal function and steroid synthesis

In addition, this is one of the greatest plants for cytokine balance support and anti-oxidant protection





# Black Currant Bud



**EACH DROP (0.028 ml) CONTAINS:**  
Black Currant (*Ribes nigrum*) Bud Extract (1:20)..... 0.028 ml  
1.4 mg Dried Equivalent

Black Currant has a wide spectrum of activity, demonstrating its **polyvalent actions**, however it is most widely known for supporting the function of the **adrenals**

The bud of the Black Currant is used in Phytotherapy for its roles in joint, digestive and respiratory health. Its uses also relate to the urogenital, endocrine, immune, circulatory and visual systems

## Applications:

- Supports adrenal function and steroid synthesis
- Supports healthy cytokine balance
- Anti-oxidant impact

## Organ System Applications:

Dermatological, **Endocrine/Glandular**, Immune, Respiratory, **Tonification**



# European Mistletoe Young Shoot



## EACH DROP (0.028 ml) CONTAINS:

European Mistletoe (*Viscum album*)  
Young Shoot Extract (1:20) ..... 0.028 ml  
1.4 mg Dried Equivalent

There is a characteristic doctrine of signatures to European Mistletoe, considered a semi-parasitic plant

European Mistletoe undergoes a unique development in that there is much anarchy in its growth pattern. Its leaves contain several important compounds, including choline, acetylcholine and saponosides

European Mistletoe traditionally has been used for ovarian and uterine health. It also has uses in the musculoskeletal, respiratory and many other systems

## Applications:

- Supports and promotes health in the female hormonal, endocrine and nervous systems

## Organ System Applications:

Endocrine/Glandular, Female Hormonal, **Nervous**



# Hpo-gen



## EACH DROP (0.028 ml) CONTAINS:

Servicetree ( <i>Sorbus domestica</i> ) Bud Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	
Almond ( <i>Prunus dulcis</i> ) Bud Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	
White Birch ( <i>Betula pubescens</i> ) Bud Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	

## Organ System Applications:

Endocrine/Glandular

Plants included in this formulation support endocrine/glandular system activity

The traditional use of the Servicetree in Phytotherapy primarily involves venous integrity. It is used for regulating circulation, and is to the veins as Hawthorn is to the arteries. Servicetree also acts on the ear-nose-throat and urogenital spheres

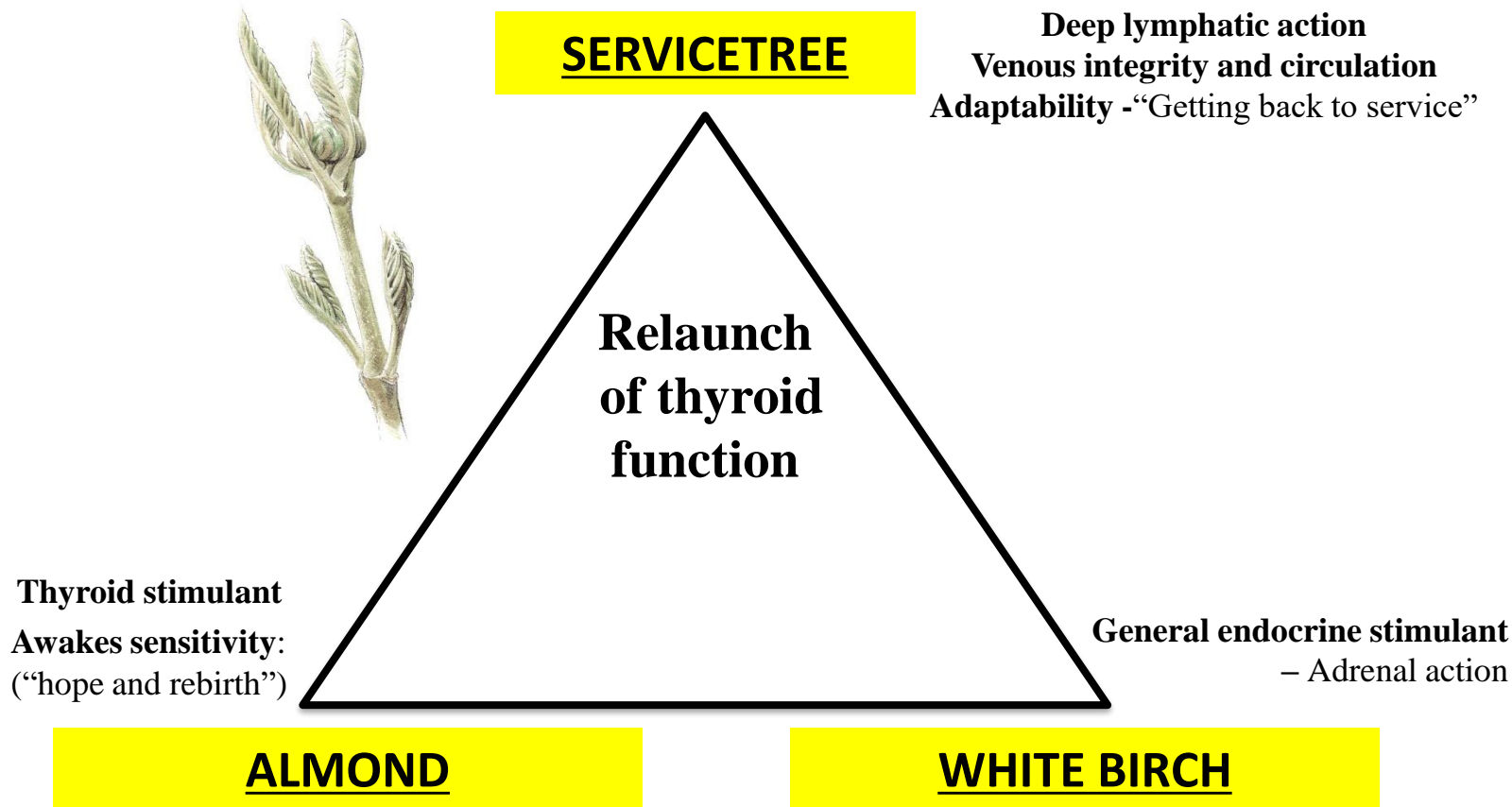
Almond is traditionally used to support the function of the **thyroid gland**

White Birch is also included in this formulation to support **adrenal activity**

## Applications:

- Supports endocrine system health, specifically impacting and relaunching healthy thyroid function





# Tonic-gen



## EACH DROP (0.028 ml) CONTAINS:

Oak ( <i>Quercus robur</i> ) Bud Extract (1:20).....	0.009 ml
0.47 mg Dried Equivalent	
Giant Sequoia ( <i>Sequoia gigantea</i> )	
Young Shoot Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	
Black Currant ( <i>Ribes nigrum</i> ) Bud Extract (1:20).....	0.009 ml
0.47 mg Dried Equivalent	

The plants included in Tonic-gen are all traditionally used for their **hypophyso-cortico-adrenal actions**

Oak in particular is used for the endocrine system as well as hormone production in men. It is also used to encourage vitality and has a **tonic activity** on the organism

Giant Sequoia has general **tonifying effects**. It is known to play a role in spermatogenesis, the immune system and prostate health; and has traditionally been used as a male remedy. In addition, for women it has been used for uterine health during menstruation

Black Currant in Phytotherapy supports resistance to stress and regulates the production of steroids from the **adrenals**

## Applications:

- Supports and stimulates adrenal function
- Tonifies the system

## Organ System Applications:

Endocrine/Glandular, Male Hormonal, Mental-Emotional Sphere **Tonification**





## GIANT SEQUOIA

**Major tonic: physical,  
intellectual**  
Cortico-suprarenal, gonadal  
(healthy aging)

**Restores the  
"desire to do"  
Stimulates the  
adrenal glands**

**Tonic for life  
Stimulates  
steroidal  
"Quiet Strength"**

## OAK

**Protects adrenal glands  
(Anti-fatigue)**  
Supports Red blood cell health

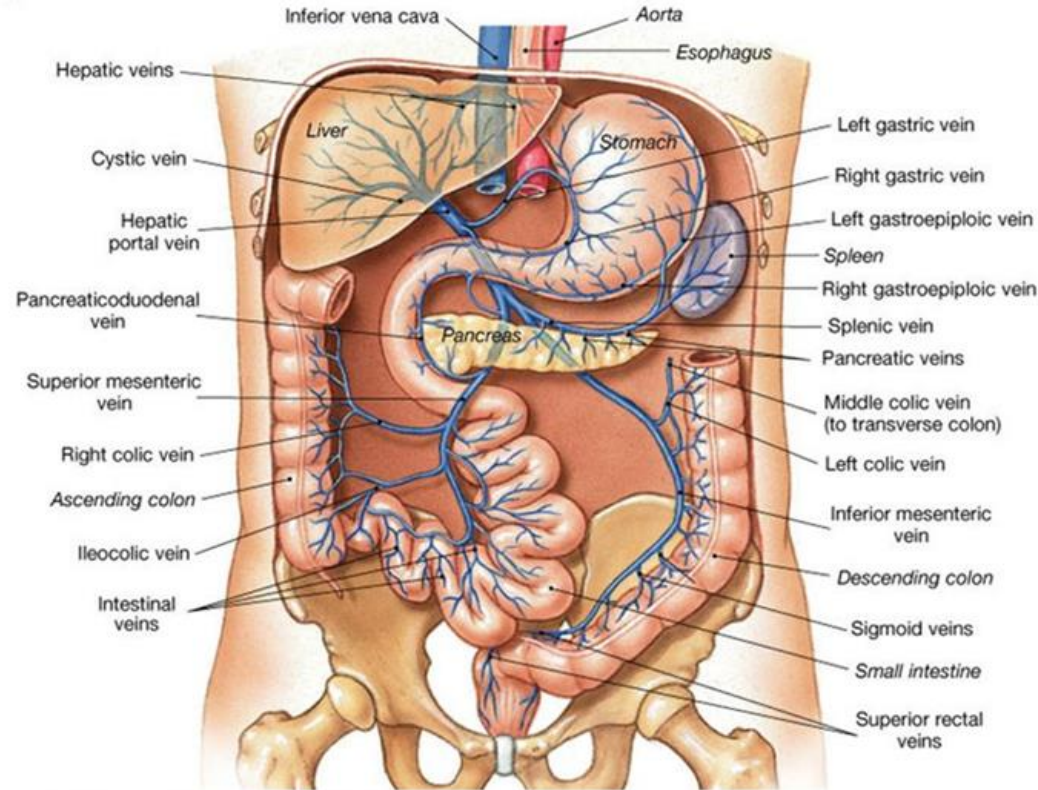
## BLACK CURRANT



# Hepatic System



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# Hepatic System Overview

- The primary responsibilities of the hepatic system include processing and storing nutrients in the body as well as cleansing and detoxifying the blood
- This complete system includes not only the liver and gallbladder, but is also associated with the hepatic portal system
- The hepatic portal system comprises of a series of veins that transport blood from the gastrointestinal tract (stomach, intestine, pancreas and spleen and gallbladder) to the liver. This activity supports the processing of nutrients and the detoxification of the blood before it re-enters the blood stream back to the heart





# Acn-gen



## EACH DROP (0.028 ml) CONTAINS:

Elm ( <i>Ulmus campestris</i> ) Bud Extract (1:20).....	0.009 ml
0.47 mg Dried Equivalent	
Juniper ( <i>Juniperus communis</i> )	
Young Shoot Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	
Rosemary ( <i>Rosmarinus officinalis</i> )	
Young Shoot Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	

Acn-gen was specifically formulated with a blend of Elm, Juniper and Rosemary. All three ingredients are used in Phytotherapy for their central action on the **liver**

Elm also has important cutaneous activity and is included for its use in **skin health**

There are two main traditional uses for Juniper: it is a depurator involved in **hepatic health**, while on the renal sphere, it has a role in kidney health

Rosemary specifically is used as both a **liver** and gall bladder drainer, and has a tertiary use in supporting intestinal mucosa

## Applications:

- Protects and supports skin health particularly in association with the hepatic or hormonal systems

## Organ System Applications:

Dermatological, Endocrine/Glandular, Hepatic, Metabolic





## JUNIPER

**Liver and kidney Action**  
**Opens kidney Emunctory**  
(Liver & kidney impact supports skin health)

**Protects and  
cleans  
the skin in hepatic  
or hormonally associated  
problems in young patients**

### **Cutaneous action**

Elimination of toxins  
(integumentary support  
and skin health)

**Excellent Hepatic remedy**  
(Young patients with  
hormonal imbalance, rooted  
skin conditions)

## ELM

## ROSEMARY





## EACH DROP (0.028 ml) CONTAINS:

Juniper ( <i>Juniperus communis</i> )	
Young Shoot Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	
Black Currant ( <i>Ribes nigrum</i> ) Bud Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	
English Walnut ( <i>Juglans regia</i> ) Bud Extract (1:20) .....	0.009 ml
0.47 mg Dried Equivalent	

Liv-gen was developed to support the **hepatic system** in general

Juniper supports the emunctories. It is primarily used as a depurator, aiding hepatic health and function

Black Currant is used for immune health, and is an important ear-nose-throat and respiratory system remedy. Its components are also useful for adrenal activity

English Walnut is traditionally used for immune health in response to environmental factors. Additionally, English Walnut's use in Phytotherapy traditionally has revolved around its digestive properties as it is used to support intestinal mucosa

## Applications:

- Protects hepatic cell health
- Facilitates depuration and detoxification to support hepatic function

## Organ System Applications:

Hepatic





## **BLACK CURRANT**

State of exhaustion  
"Energy Revitalizer "  
(post antibiotic care)

**Provides  
protection  
from  
Iatrogenic  
aggression  
resulting from  
therapy**

**Detoxifier  
Hepatic and renal protector**

**Supports immune identity to  
recognize "Self" after Antibiotics  
Protects the mucosal barrier and  
natural immunity**

## **JUNIPER**

## **ENGLISH WALNUT**



# Met-gen



**EACH DROP (0.028 ml) CONTAINS:**  
Olive (*Olea europaea*) Young Shoot Extract (1:20) ..... 0.009 ml  
0.47 mg Dried Equivalent  
Almond (*Prunus dulcis*) Bud Extract (1:20)..... 0.009 ml  
0.47 mg Dried Equivalent  
Rosemary (*Rosmarinus officinalis*)  
Young Shoot Extract (1:20) ..... 0.009 ml  
0.47 mg Dried Equivalent

Met-gen is a combination of extracts from the Olive, Almond and Rosemary plants

The Olive plant is traditionally used for lipid health. The olive itself is rich in monounsaturated fatty acids and contains oleic acid. Olive is used for regulating fatty acid **metabolism** and circulation in both the cerebral and cardiovascular spheres

Almond is also used for its actions on the circulatory system

Rosemary is primarily used in Phytotherapy as both a liver and gall bladder drainer. Rosemary is also used as a culinary digestive stimulant, and to regulate hormone synthesis in both men and women

## Applications:

- Supports metabolism and hepatic cell function
- Facilitates vascular and cerebral circulation

## Organ System Applications:

Cardiovascular & Circulatory, **Hepatic, Metabolic**





**Supports Healthy Lipid Metabolism and Tissue Health**  
(Prevents blood clots in vessels. Supports healthy connective tissue in blood vessels and arterial health)

**ALMOND**

**OLIVE**

**Protector: brain microcirculation, healthy lipid metabolism, vascular health, arterial health**

**Helps fat regulation**

**ROSEMARY**

**Liver protection and liver cell support**  
(Management of side effects of the birth control pill)



# Renal-gen



## EACH DROP (0.028 ml) CONTAINS:

Juniper ( <i>Juniperus communis</i> ) Young Shoot Extract (1:20)...	0.009 ml
0.47 mg Dried Equivalent	
Elm ( <i>Ulmus campestris</i> ) Bud Extract (1:20).....	0.009 ml
0.47 mg Dried Equivalent	
Corn ( <i>Zea mays</i> ) Root Bark Extract (1:20).....	0.009 ml
0.47 mg Dried Equivalent	

Renal-gen combines three phytonutrients traditionally used for their actions on the **kidney** and liver

Parts of the Juniper plant, such as the young shoot, act on the **renal** sphere and regulate uric acid metabolism. Juniper is also used for its properties related to hepatic health and the portal system

Constituents of the Elm, such as the buds, are used to support detoxification and cleansing activities

Corn Root Bark is primarily used for **kidney** and liver health

## Applications:

- Acts on the renal and hepatic systems to impact the emunctories supporting, detoxification and elimination of toxins
- Supports kidney health

**Organ System Applications:**  
Dermatological, Hepatic, **Renal**





# Clinical Case #2





# 55 Year old Male with Heart Rhythm and Lipid Metabolism Concerns

**CC:** Atrial Arrhythmia & Hypercholesteremia

**S:** 15 year history of Arrhythmia, 22 year history of elevated cholesterol (initial lab tests 244 mg/dl or 6.3mmol/L). Statins for last 20 years – initial dose 40mg of Lipitor decreased to 20mg after 5 years due to unwanted side effects of fatigue and muscle pain. Current level 163 mg/dl or 4.26 mmol/L). Baby aspirin daily for last 20 years. Propranolol 40mg BID

**O:** Slightly overweight – 195 lbs and 6'0". Busy architect, exercise on weekends only. Diet typically fast food and non-organic.

**A:** Slight metabolic issues with cholesterol, arrhythmia possibly due to Lipitor and nutrient deficiency

**P:** Therapy should consider the following:

1. Toxicity due to Lipitor, Aspirin, Propranolol and diet.
2. Liver drainage and cardiovascular drainage
3. Nutrient therapy – Vitamin C, Magnesium, Potassium



# 55 Year old Male with Heart Rhythm and Lipid Metabolism Concerns

## Protocol Plan:

1. Metabolo-gen, Spm-gen : 7 drops of each remedy BID for 3 weeks and then off for 1 week. Hawthorn Young Shoot – 5 drops two times daily
2. Magnelevures – 1 sachet at night
3. Krill Oil – 1 capsule two times daily with meals
4. Adjust diet to eliminate all fast food, increase organic foods, GAPS diet
5. Add weight training to exercise routine

## Additional Products to consider:

1. Ascorbate C (Powder) – 1000mg 3 times daily with meals
2. Potassium glycinate Liquid – 100mg (1 teaspoon) two times daily
3. Magnesium phosphoricum 6X, Silicea 6X – 2 tablets of each two times daily dissolved in mouth





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Thank you for your participation!

Session 3: Thursday, May 16, 2019

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

