



GENESTRA
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Phytotherapy:

Clinical applications to elevate patient outcomes and build your practice

4-Session On Demand Series

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Speaker Disclosure

I am a paid advisor to Seroyal. I have no other conflicts of interest to disclose.

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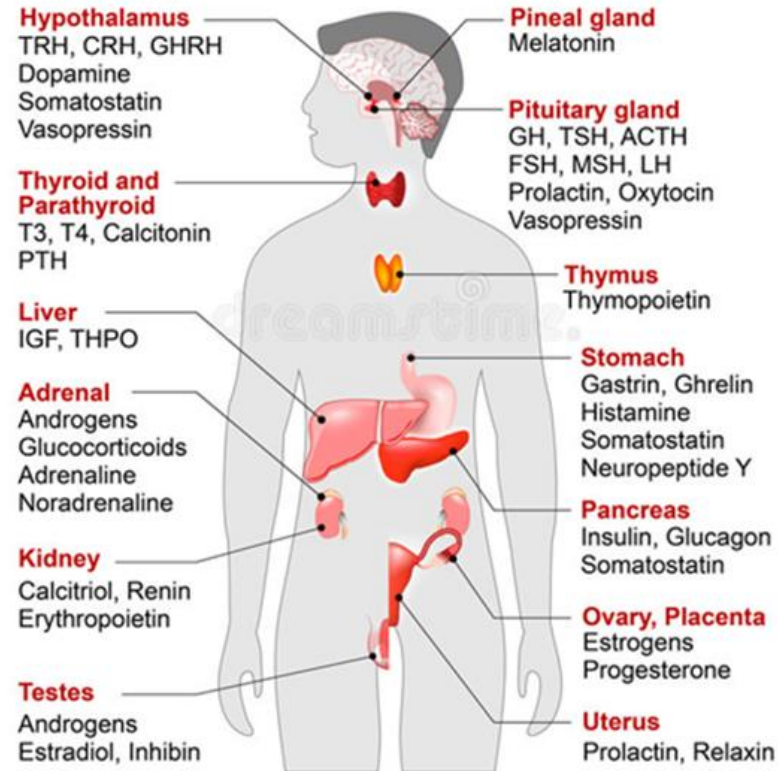
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Hormonal System (Female/Male)



Hormonal System (Female/Male) Overview



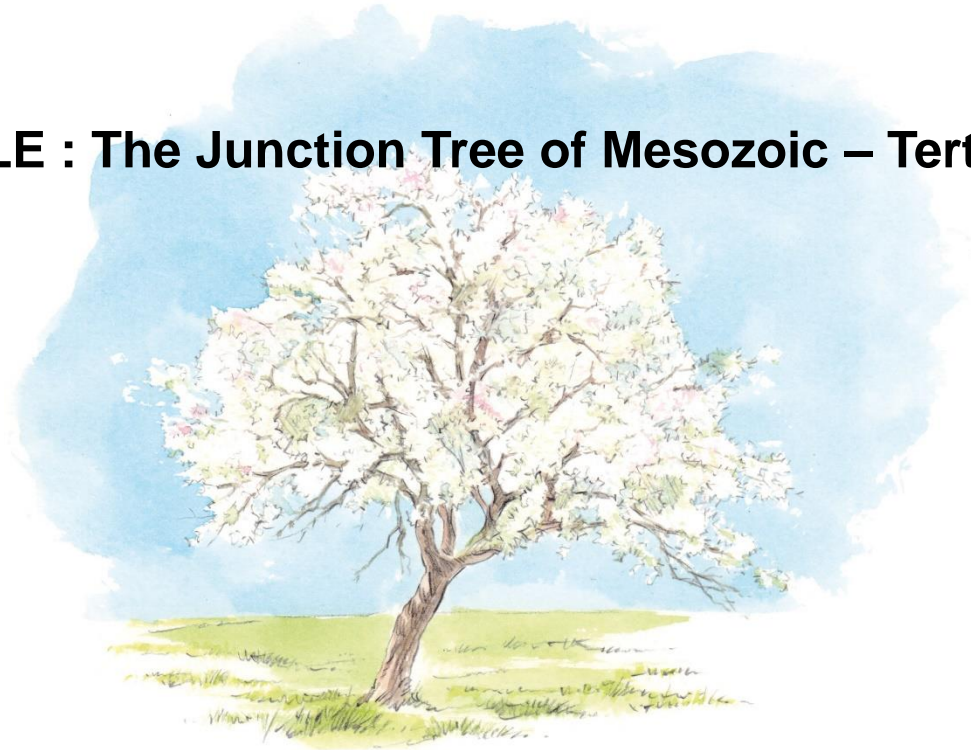
GENESTRA
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- The hormonal system has a broad impact on our cells. Hormones regulate both physiology and behavior - these diverse, indispensable chemical messengers impact all our organ systems
- Endocrine system health impacts the production and secretion of our hormones and hormonal health in general
 - Several major organs and glands are involved with hormone production - pineal, hypothalamus, pituitary, adrenal, thyroid, ovaries, testes, etc.; with individual hormones having unique functions. Several of these functions are inter-related
- The expectation is that hormones will naturally fluctuate and change at the different stages of life. However, exposure to environmental pollutants, xenoestrogens, other toxic agents, and lifestyle choices affect hormonal balance and the hormonal system
- Liver insufficiency and sub-optimal detoxification pathways also adversely impact hormonal balance



Crab Apple Tree

CRAB APPLE : The Junction Tree of Mesozoic – Tertiary (early *tertiary*)



Apple Tree (*Malus communis* / *Malus*) *sylvestris*

We now know that there are more than 20,000 varieties of this tree, including about 5000 cultivated ones

The scientific name of domestic apple is controversial. It was successively called *Malus domestica*, *Malus communis*, etc.. But according to a 2001 study, the scientific name of the domestic apple has finally been given by Philip Miller dice 1768 : *Malus pumila* ("Dwarf apple" as a literal translation from Latin)

The apple tree is probably the oldest fruit tree in the world. It's buds and sap are rich in valuable properties

Fossils of the apple seed have been found, dating from the end of the Mesozoic era. The apple tree would be the first flowering tree of the Tertiary era. It would somehow be the link passing between secondary and tertiary eras



Crab Apple Bud



EACH DROP (0.028 ml) CONTAINS:
Crab Apple (*Malus sylvestris*) Bud Extract (1:20).....0.028 ml
1.4 mg Dried Equivalent

Crab Apple has historically been recognized for having two primary spheres of action: the brain and sexual organs

It is traditionally used in Phytotherapy in relation to the regulation and synthesis of **female hormones**; and particularly during menopause

Applications:

- Supports the regulation of steroid hormones
- Provides antioxidant support

Organ System Applications:

Female Hormonal, Musculoskeletal Articular Tissue



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**



Meno-gen



EACH DROP (0.028 ml) CONTAINS:

Raspberry (<i>Rubus idaeus</i>) Young Shoot Extract (1:20)	0.009 ml
0.47 mg Dried Equivalent	
Mugo Pine (<i>Pinus mugo</i>) Bud 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	

Organ System Applications:

Female Hormonal

Meno-gen supports the complex of endocrine, somatic, and psychic changes that occur at the end of the female reproductive period (menopause)

Raspberry and Lingonberry are both traditionally used to **support women during their climacteric years**

Raspberry is a very female remedy, as it traditionally has been used in ovarian hormone production. It is used for the ovarian glands and as a factor in uterine health

The constituents of Lingonberry are traditionally used for **hormonal balance**

Lingonberry and Mugo Pine are used for bone health

Applications:

- Menopausal protection and support including hormone and mineral balance





Ovarian regulator -
(Menopause, Menorrhagia
healthy menstrual flow)

Neuro-vegetative -
supports muscle contraction

MUGO PINE

**Joint and bone health
during menopause**
(Protects bone and cartilage;
and remineralizes)

**Support and
protection of
menopause**

Estrogen like
(Uterine fibroids, Hot flashes,
joint and bone health during aging)

Supports Intestinal health:
helps assimilation of Calcium
and stimulates the flora

RASPBERRY

LINGONBERRY



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:

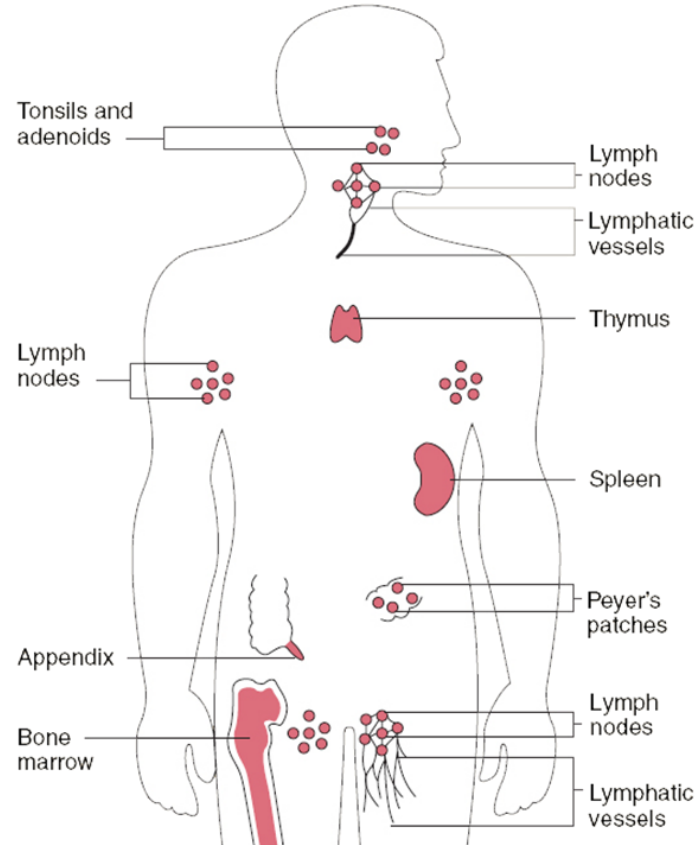
- Supports and stimulates adrenal function
- Tonifies the system

Organ System Applications:

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



Immune System



Immune System Overview

- The immune system is a network of cells, tissues, organs and processes that work together to protect the body from infection and disease and supports general health
- Major components of the immune system are bone marrow, GI system including peyer's patches, lymph nodes, lymphatic vessels, spleen, thymus, tonsils and adenoids; with approximately 80% of the immune system residing in the GI system
- A healthy immune system is essential to continuously detects invaders and either utilize barriers to prevent microbes from entering the body and/or to eliminate invaders and irregular cells before they infiltrate the system



Al-gen



EACH DROP (0.028 ml) CONTAINS:

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

Al-gen contains plant extracts from Black Currant, Rosemary and Juniper

Black Currant has a wide spectrum of activity, demonstrating its polyvalent actions. One of it's uses in Phytotherapy traditionally being support of the adrenocortical and natural **immune** defense systems

Rosemary is used in Phytotherapy as a tonic and general detoxifier. It has roles in several body systems and primarily acts on the liver and blood

Juniper is used as a liver and kidney drainer

Applications:

- Promotes healthy immune response and supports immune health
- Upper respiratory health and nasal support

Organ System Applications:

Immune, Respiratory





**Hepatic and Renal
detoxifier**
Removes acidic
waste

BLACK CURRANT

Healthy immune response
(suprarenal and lungs)

**All
situations relating
to immune response to
environmental factors.
synergistic action with
liver, mucosa, immune
reactions**

JUNIPER

Hepatoprotector
Antioxidant: neutralizes toxins
Eliminates waste (“glues”)

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**



Defense-gen



EACH DROP (0.028 ml) CONTAINS:

Dog Rose (<i>Rosa canina</i>) Young Shoot Extract (1:20)	0.009 ml
0.47 mg Dried Equivalent	
Black Alder (<i>Alnus glutinosa</i>) Bud Extract (1:20)	0.009 ml
0.47 mg Dried Equivalent	
Silver Birch (<i>Betula pendula</i>) Bud Extract (1:20)	0.009 ml
0.47 mg Dried Equivalent	

Defense-gen is a combination of plants that are traditionally used for the **immune** system

Dog Rose is one of the primary remedies used on the sphere of the ear, nose and throat. It also has a role in regulating the immune and respiratory systems

Similarly, Black Alder acts on the respiratory system and is especially important for ear, nose and throat health

Silver Birch is also included for its additional immune-supportive effects

Applications:

- Supports the function of the immune and respiratory systems
- Protects natural defenses particularly relating to the ear, nose and throat (ENT) health

Organ System Applications:

Immune, Respiratory





SILVER BIRCH

Hepato-protective
Supports cytokine balance

**Supplemental
in immune
function/natural
defenses**

**Supports natural
defenses and Healthy
E.N.T. and pulmonary
function**
(First response
immune action)

Supports natural defenses
Remedial and protection
of the immune System"
Repeated immune insult

BLACK ALDER

DOG ROSE



Dtx-gen (Canada Only)



EACH ½ TEASPOON (2.5 ml) CONTAINS:

Silver Birch (<i>Betula pendula</i>) Sap.....	1.92 ml
Black Currant (<i>Ribes nigrum</i>) Bud Extract (1:20).....	0.125 ml
6.3 mg Dried Equivalent	
Silver Birch (<i>Betula pendula</i>) Bud Extract (1:20).....	0.125 ml
6.3 mg Dried Equivalent	

Dtx-gen provides extracts from Silver Birch (asp and bud), and Black Currant, phytotherapeutics used to support liver, kidneys, and joints, respectively

Silver Birch is used for its hepatic properties and actions on the renal sphere. In addition, Silver Birch's traditional use involves the immune system and joint health. It also has a role in skin health.

Black Currant also relates to the immune and skeletal systems. Its berries are rich in vitamin C and bioflavonoids providing antioxidant support

Applications:

- Supports detoxification of the liver and kidneys
- Supports and relaunches immune function to tonify the entire system

Organ System Applications:
Immune, Renal, Tonification.



Dtx-gen (200ml bottle) (Canada only)



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BLACK CURRANT 5%

Relaunches immunity
Anti degeneration
...Post therapy care

**Purify the
body of liver /
kidney toxins,
at the changes
of season or result of abuse**

Elixir of Life
Anti acid toxins

Protects kidneys
Removes uric acid,
Supports cholesterol
metabolism

Supports regeneration of bone
Protector: liver, kidney health

SILVER BIRCH SAP 90%

SILVER BIRCH 5%



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





EACH DROP (0.028 ml) CONTAINS:

Sea Buckthorn (<i>Hippophae rhamnoides</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	
Dog Rose (<i>Rosa canina</i>) Young Shoot Extract (1:20)	0.009 ml
0.47 mg Dried Equivalent	

Imu-gen contains three plant extracts that are traditionally used in the natural immune defense system against bacterial invasions

Sea Buckthorn has a traditional Phytotherapy use to regulate intestinal microorganisms and **immune health**

English Walnut is traditionally used for immune health in response to environmental factors. Its nut is rich in omega-3 essential fatty acids as well as polyphenols with antioxidant activities

Constituents of Dog Rose are also used in Phytotherapy for the immune defense system; with their primary use being on the sphere of the ear, nose and throat and in support of the upper respiratory tract mucosa

Applications:

- Protects natural defenses
- Supports immune function and health

Organ System Applications:

Immune





SEA BUCKTHORN

Supports Natural Defenses
(Vitamin A, C, E, Fe,
Flavonoids)
It “creates and protects life”

**Complex of
immunity**

**Supports Natural
defenses and cytokine
balance**

Provides minerals
and Vitamin C

Protector of barriers
(Skin, mucosa, intestines)

**Protector of
natural immunity**

DOG ROSE

ENGLISH WALNUT





Sea Buckthorn (*Hippophae Rhamnoides*)

Sea Buckthorn is a thorny shrub (1.50 to 3 m). It is a “pioneer” of acids and wastelands. It fixes Nitrogen by growing in soils that are very rich in silica which ensures strength, rigidity and flexibility simultaneously

This is an exceptional plant that is hyper-adaptive. It brings life into the earth where it grows by creating humus and attracting animals with its little and acid fruits that are popular with birds

Its leaves are lanceolate and deciduous. Its main root is very deep and solid. Hence, horizontal roots spread by invading the territory up to 10 m in circumference, sea buckthorn is able to survive on a floor completely devoid of nitrogen through a bacterial symbiosis with its roots, providing it with nitrogen. Its roots create a fungal symbiosis that brings the sugars it needs to survive



Sea Buckthorn Bud



EACH DROP (0.028 ml) CONTAINS:

Sea Buckthorn (*Hippophae rhamnoides*)

Bud Extract (1:20) 0.028 ml

1.4 mg Dried Equivalent

Sea Buckthorn is a unique plant that can differentiate itself into the two different sexes. It grows along unstable acidic soil and helps to consolidate the terrain in which it grows, and it is highly adaptable to various extremes in weather

Sea Buckthorn is rich in Vitamins A, C and E, as well as Iron and flavonoids. It is used to promote the immune health and general energy levels

The Tibetans used this remedy for encouraging vitality, and regulating skin, feminine, respiratory and stomach health. This doctrine supports the affinity of Sea Buckthorn in its traditional Phytotherapy use to regulate intestinal microorganisms and **immune health**

Applications:

- Supports immune health and “revitalizes” the body

Organ System Applications:

Immune





EACH DROP (0.028 ml) CONTAINS:

Black Currant (<i>Ribes nigrum</i>) Bud Extract (1:20)	0.009 ml
0.47 mg Dried Equivalent	
Sea Buckthorn (<i>Hippophae rhamnoides</i>)	
Bud Extract (1:20)	0.009 ml
0.47 mg Dried Equivalent	
Black Alder (<i>Alnus glutinosa</i>) Bud Extract (1:20)	0.009 ml
0.47 mg Dried Equivalent	

Vrl-gen provides a combination of Black Currant and Sea Buckthorn which are traditionally used to help strengthen the natural defenses. It also contains Black Alder

Constituents of Black Currant are used for the **immune system**, as well as the ear, nose, throat and respiratory spheres. Black Currant is also useful for the adreno-cortico axis and resistance to stress

Sea Buckthorn is rich in Vitamins A, C and E, as well as Iron and flavonoids. It is used in Phytotherapy to promote vitality and for immune health

Components of Black Alder support the mucosa in the throat

Applications:

- Protects and strengthens the body's natural defenses
- Supports immune health
- Provides ear, nose throat (ENT) and respiratory support

Organ System Applications:

Immune





BLACK CURRANT

Strengthens the body
(Battles fatigue)
Promotes metabolism

**Supports
natural
defenses and
respiratory
health**

Stimulates the body
Provides immune protection
Reconstitutes and Strengthens

Promotes immune function
Good solution for the winter

SEA BUCKTHORN

BLACK ALDER



Mental-Emotional Sphere



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Mental-Emotional Sphere Overview

- Mental-Emotional well-being is essential to attaining optimal health balance
- Stress management is one aspect of this sphere. Stress is associated with both positive and negative situations that we experience naturally in life; and we are designed to experience stress and react to it
- Chronic stress and a lack of proper coping mechanisms have the potential to increase the risk for specific conditions and can adversely affect our health
- Under normal circumstances, our liver monitors the release of the stress hormone **cortisol** and other **corticoids** by your **adrenal gland**. When we are in a chronic state of stress, our liver may be bypassed, leaving the corticoids to run rampant. This is only a small part of the equation. Poorly managed stress has numerous health consequences



Calm-gen



EACH DROP (0.028 ml) CONTAINS:

Silver Linden (<i>Tilia tomentosa</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	
Hawthorn (<i>Crataegus laevigata</i>) Bud Extract (1:20)	0.009 ml
0.47 mg Dried Equivalent	

Calm-gen is a blend of phytotherapeutics traditionally used for their relaxation and neuro-regulatory properties. Silver Linden, Hawthorn and Fig are all used for their action on the **nervous system**.

The Silver Linden plant is used to regulate sleep and nervous system health, and its constituents are used during occasional stress and overwork. Additionally, Silver Linden has been used as a tonic and detoxifier. Its use in Phytotherapy also relates to gastrointestinal and cognitive health

Fig is used in Phytotherapy to exert a powerful regulatory action in the nervous system and the cerebral hemisphere

In addition to its use as a cardiac tonic, Hawthorn traditionally has been used for its actions on the central nervous system

Applications:

- Supports relaxation, emotional wellness and healthy stress management

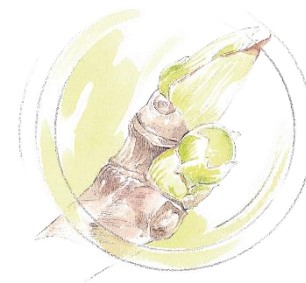
Organ System Applications:
Mental-Emotional Sphere, Nervous





SILVER LINDEN

Nerve sedative
(Anticipatory nervousness/worry)
Antispasmodic
Supports restful sleep



**Lets you take a
step back from
the daily events**

Relaxing
All neuro-cardiac symptoms

HAWTHORN

FIG

Nervousness
Anti-stress – Digestion of life
Support for Hyper-emotional states
Antispasmodic



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.



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



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**



Trauma-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
Black Currant (<i>Ribes nigrum</i>) Bud Extract (1:20).....	0.009 ml 0.47 mg Dried Equivalent
Hawthorn (<i>Crataegus laevigata</i>) Bud Extract (1:20)	0.009 ml 0.47 mg Dried Equivalent

Organ System Applications:
Mental-Emotional Sphere, Nervous

The phytotherapeutics included in Trauma-gen are traditionally used for their actions on the **nervous system**

Black Alder has been used specifically for cerebral circulation and brain health

Black Currant in Phytotherapy relates to adrenal activity and **resistance to stress**

Hawthorn has **relaxation impact on the central nervous system**. Its young shoots, which contain a high concentration of glycosides, are used in Phytotherapy for circulatory health

Applications:

- Supports emotional wellness and healthy stress management





BLACK CURRANT

Cortico stimulation - Anti-fatigue
Supports healthy immune response
and healthy cytokine balance

**Any type
of stress
situations**

Survival

Support for “shock” situations –
(Anti-shock)

Supports cytokine balance
Protector of the cerebral
microcirculation
Prevents blood clot in vessels

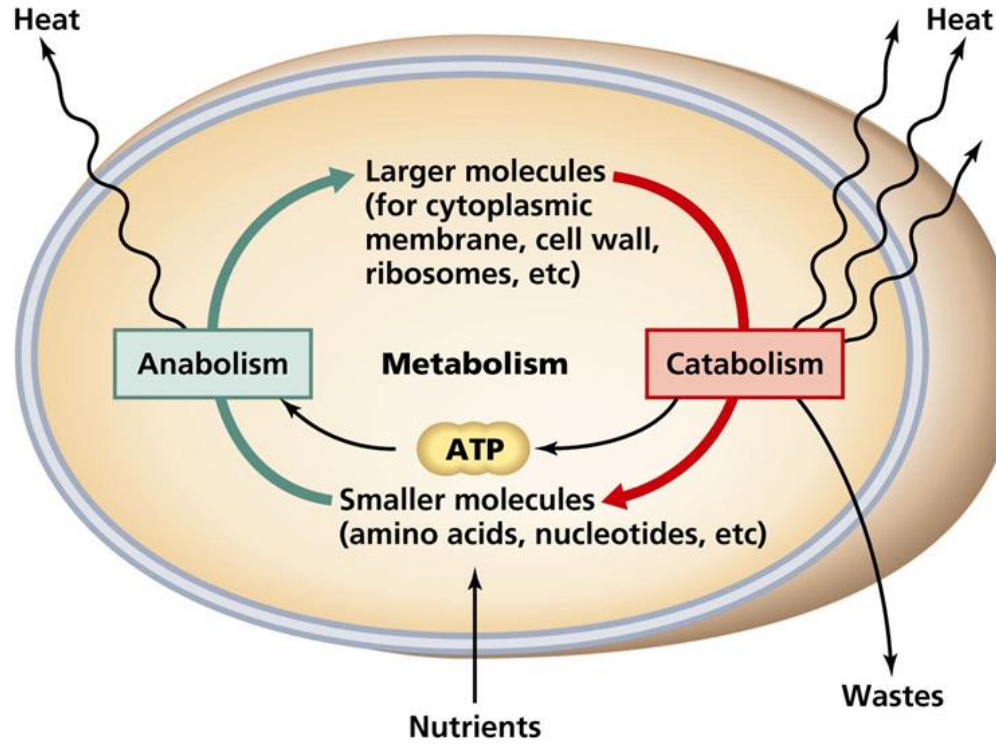
Supports
“The emotional experience”
Supports heart health
Prevents blood clot in vessels
Has neuro-cardiac action

BLACK ALDER

HAWTHORN



Metabolic System



Metabolic System Overview

- Simply put, this is a system that involves anabolism and catabolism
- The metabolic system represents several systems (liver, pancreas, hypothalamus and thyroid) that are inter-dependent and support proper health management when each system functions efficiently
- Among its many purposes, this system facilitates fatty acid metabolism and also supports hepatic functions for more efficiency in the vascular and cerebral systems and the body in general



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



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**





OLIVE

Protector: brain microcirculation

Support for healthy lipid metabolism, vascular health and arterial health

Helps fat regulation

Prevents blood clot in vessels

Supports healthy connective tissue in blood vessels

Supports arterial health and healthy lipid metabolism

ALMOND

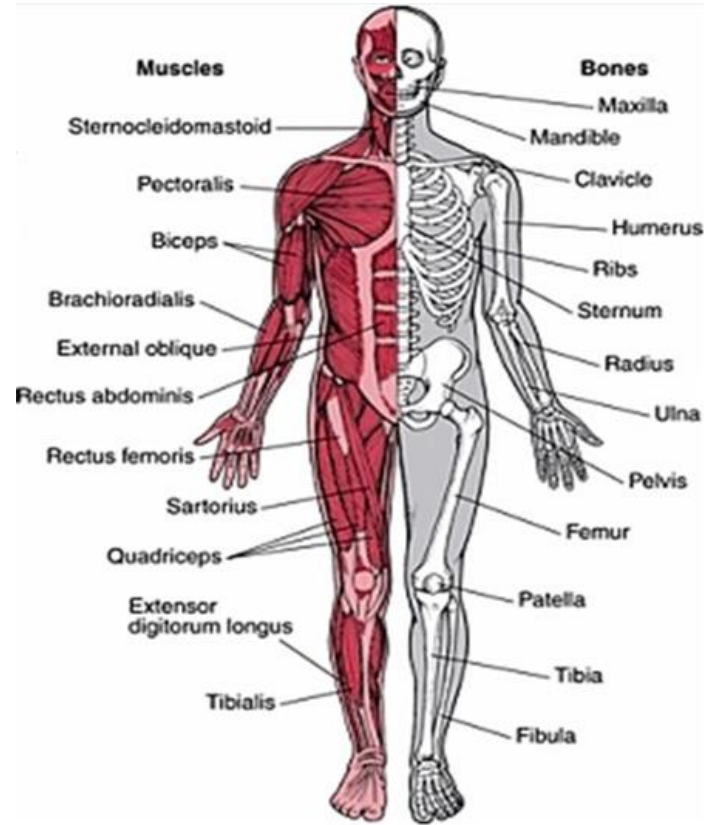
**Liver protector
Liver cell support**

Supports the management of side effects of the birth control pill

ROSEMARY



Musculoskeletal Articular Tissue System



- The musculoskeletal system comprises of two systems – the muscular system and the skeletal system. These two systems consist of bones, joints, joint capsule, muscles, muscle fibers, ligaments, tendons, cartilage, synovial membranes, and other connective tissue
- Among many purposes, this system:
 - Protects vital organs
 - Maintains body structure, posture and stability
 - Allows for and supports controlled movement
 - Acts as storage for specific minerals
 - Supports the formation and supply of new blood cells



Bn-gen



EACH DROP (0.028 ml) CONTAINS:

White Birch (<i>Betula pubescens</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	
Silver Fir (<i>Abies alba</i>) Bud Extract (1:20)	0.009 ml
0.47 mg Dried Equivalent	

Bn-gen contains three plants traditionally used in the skeletal system. Silver Fir, Giant Sequoia and White birch are used in Phytotherapy for **bone health**

White Birch (which is known as the tree of flexibility) is used for its powerful actions on the liver, kidneys and skin

Giant Sequoia traditionally has been used to target the musculoskeletal and nervous systems as it regulates **bone** and cognitive health. It is also used as a body and sexual tonic for both men and women

Silver Fir has also traditionally been used for dental health and regulating energy production

Applications:

- Supports the structure and integrity of bone
- Helps with bone tissue health and bone repair

Organ System Applications:

Musculoskeletal Articular Tissue.





SILVER FIR

Supports bone - the vertical structure
(Bone strength and bone health during aging)
Phospho-calcic metabolism

**Bone repair
Fracture
Support**

Strengthens the bone structure
Bone support during aging
(Spontaneous fracture)

Stimulates Hormone immunity
Supports fracture repair,
(convalescent)

GIANT SEQUOIA

WHITE BIRCH



Crab Apple Bud



EACH DROP (0.028 ml) CONTAINS:
Crab Apple (*Malus sylvestris*) Bud Extract (1:20).....0.028 ml
1.4 mg Dried Equivalent

Crab Apple has historically been recognized for having two primary spheres of action: the brain and sexual organs

It is traditionally used in Phytotherapy in relation to the regulation and synthesis of **female hormones**; and particularly during menopause

Applications:

- Supports the regulation of steroid hormones
- Provides antioxidant support

Organ System Applications:

Female Hormonal, Musculoskeletal Articular Tissue



Osteo-gen



EACH DROP (0.028 ml) CONTAINS:

Mugo Pine (<i>Pinus mugo</i>) Bud 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	
Blackberry (<i>Rubus fruticosus</i>) Young Shoot Extract (1:20) ...	0.009 ml
0.47 mg Dried Equivalent	

Osteo-gen offers the extracts of three phytotherapeutics traditionally used for their **osteo-supportive** properties

The primary use of Mugo Pine is for bone, cartilage, ligament and tendon health on the **osteoarticular sphere**

Lingonberry is also used for bone and connective tissue health during aging

Blackberry's components traditionally have been used for bone and joint health

Applications:

- Supports bone health, bone tissue health and healthy mineral balance
- Helps with stimulation of osteoblasts

Organ System Applications:
Musculoskeletal Articular Tissue



Osteo-gen



LINGONBERRY

Bone support during aging
Assimilates intestinal Calcium
Menopausal support
Anti Premature aging

Remineralizer
Stimulates
osteoblasts

Promotes osteoblasts
Protects the bone structure

Remineralizer
Stimulates chondrocytes
Bone support in aged patients

BLACKBERRY

MUGO PINE



Uri-gen



EACH DROP (0.028 ml) CONTAINS:

Silver Birch (*Betula pendula*) Bud Extract (1:20) 0.009 ml
0.47 mg Dried Equivalent
Juniper (*Juniperus communis*) Young Shoot Extract (1:20) . . . 0.009 ml
0.47 mg Dried Equivalent
European Ash (*Fraxinus excelsior*) Bud Extract (1:20) 0.009 ml
0.47 mg Dried Equivalent

Uri-gen is a blend of plants known traditionally to support kidney health

Constituents of Silver Birch are used for their strong actions on the **urogenital system**. Their use in Phytotherapy also relates to supporting liver function

There are two main tradition uses for Juniper: it is a depurator involved in hepatic health, and also supports **kidney health**

European Ash is also used for liver and **kidney health**, and is known for its role in **regulating uric acid** and lipid levels.

Applications:

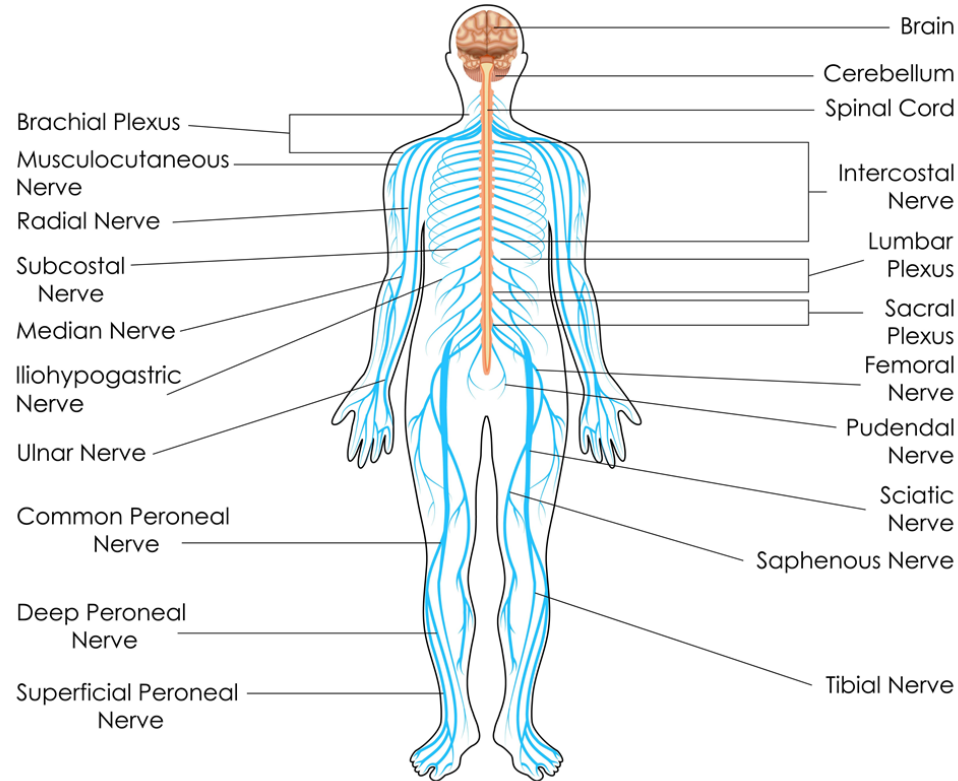
- Detoxification of acidic toxins
- Supports liver and kidney health

Organ System Applications:

Musculoskeletal Articular Tissue, **Renal**



Nervous System



Nervous System Overview

- The nervous system transmits messages to and from the brain and spinal cord to various parts of the body. It includes the central nervous system (CNS) and peripheral nervous system (PNS)
- The central nervous system encompasses the brain and spinal cord; while the peripheral nervous system is comprised of the nerves that carry impulses to and from the central nervous system
- It is important to also take note of our enteric nervous system (ENS) which resides in the lining of our gastrointestinal track and is referred to as our “second brain”



Calm-gen



EACH DROP (0.028 ml) CONTAINS:

Silver Linden (<i>Tilia tomentosa</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	
Hawthorn (<i>Crataegus laevigata</i>) Bud Extract (1:20)	0.009 ml
0.47 mg Dried Equivalent	

Calm-gen is a blend of phytotherapeutics traditionally used for their relaxation and neuro-regulatory properties. Silver Linden, Hawthorn and Fig are all used for their action on the **nervous system**.

The Silver Linden plant is used to regulate sleep and nervous system health, and its constituents are used during occasional stress and overwork. Additionally, Silver Linden has been used as a tonic and detoxifier. Its use in Phytotherapy also relates to gastrointestinal and cognitive health

Fig is used in Phytotherapy to exert a powerful regulatory action in the nervous system and the cerebral hemisphere

In addition to its use as a cardiac tonic, Hawthorn traditionally has been used for its actions on the central nervous system

Application:

- Supports relaxation, emotional wellness and healthy stress management

Organ System Application:
Mental-Emotional Sphere, Nervous



Mistletoe (*Viscum album*)

This plant is totally aerial and rootless. In the summer it feeds, through suckers that suck the sap of a tree with parasites and in the winter, through a restricted chlorophyll function. Its host has loses its leaves and provides no shade. It is an hemiparasite that somehow flourishes when everything dies

Mistletoe is a subshrub which grows ball shaped. Its leaves are always green (symbol of immortality). Its tiny white flowers appear from February to April, giving rise to fruits.

Its berries are whitish, a little translucent, with viscous and sticky pulp. They ripen in winter. Birds eat them and their full seed droppings stick to branches, allowing the development of new plants



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**



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. The latex is in many herbs such as dandelion, lettuce (lactuca comes from the Latin lac: milk)



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, it's a kind of delicate microscopic wasp who spends his life in a few figs to breed then pollinate

Each fig race has its own fig hymenoptera they are a couple vegeto-animal, if one of the two disappears, the other dies. They are faithful and inseparable

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



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 calnative

Organ System Applications:
Cardiovascular & Circulatory, Nervous



Spm-gen



EACH DROP (0.028 ml) CONTAINS:

Juniper (*Juniperus communis*) Young Shoot Extract (1:20) 0.009 ml
0.47 mg Dried Equivalent
Silver Linden (*Tilia tomentosa*) Bud Extract (1:20)..... 0.009 ml
0.47 mg Dried Equivalent
English Holly (*Ilex aquifolium*) Young Shoot Extract (1:20)..... 0.009 ml
0.47 mg Dried Equivalent

Spm-gen is formulated to provide specific **nervous system** support

Juniper is used on the renal sphere for kidney health, while its actions on the hepatic sphere relate to liver health and detoxification

Silver Linden is used for its relaxation properties of nervous, muscular and digestive origins. It is particularly useful in supporting cognitive and gastrointestinal health

English Holly is commonly used in Phytotherapy to support gastric health, as well as renal and skin health

Applications:

- General spasmodic reactions, particularly those of a nervous system origin

Organ System Applications:

Nervous





SILVER LINDEN

**Antispasmodic, major
nerve tropism**
Invigorates the exhausted
Nervous System

**Spasmodic
reactions of
nervous origin**

Anti spasm
Hepato-renal Protector
Depurative, detoxifier

**Supports gastric, renal
and skin health**
Antispasmodic

JUNIPER

ENGLISH HOLLY



Trauma-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
Black Currant (<i>Ribes nigrum</i>) Bud Extract (1:20).....	0.009 ml 0.47 mg Dried Equivalent
Hawthorn (<i>Crataegus laevigata</i>) Bud Extract (1:20)	0.009 ml 0.47 mg Dried Equivalent

The phytotherapeutics included in Trauma-gen are traditionally used for their actions on the **nervous system**

Black Alder has been used specifically for cerebral circulation and brain health

Black Currant in Phytotherapy relates to adrenal activity and **resistance to stress**

Hawthorn has **relaxation impact on the central nervous system**. Its young shoots, which contain a high concentration of glycosides, are used in Phytotherapy for circulatory health

Applications:

- Supports emotional wellness and healthy stress management

Organ System Applications:

Mental-Emotional Sphere, Nervous



Clinical Case #3



7 Year old Male with Long-standing Immune Insufficiency in the Sinus

CC: Chronic sinus infections.

S: History of sinus infections since 2 y/o. Has been on over 20 rounds of antibiotics and is currently on a low dose round for the last 23 months. Four sinus surgeries in the last 4 years. Parents both Psychologists. Severe digestive issues – food allergies, gas, bloating, diarrhea alternating with constipation.

O: Thin, small boned male. Dark circles under both eyes. Thick, white coating on tongue surface.

A: Immune deficiency, gut and sinus microbial imbalance, toxicity from anesthesia.

1. Immune deficiency due to chronic antibiotic use and malnourishment.
2. Sinus and gut microbial imbalance therapy and drainage.
3. Detoxify liver and gut.
4. Eliminate antibiotic therapy



7 Year old Male with Long-standing Immune Insufficiency in the Sinus

Protocol Plan:

1. Imu-gen, Digest-gen : 10 drops of each remedy two times daily for 3 weeks and then off for 1 week. Sea Buckthorn Bud – 5 drops BID daily
2. Ascorbate C (Powder) - 500mg 3 times daily with meals
3. Berberis Formula : 2 capsules two times daily before meals
4. HMF Replete – ¼ sachet QD with a meal. After finishing the HMF Replete switch to HMF MultiStrain 50 – one capsule two times daily
5. Diatomaceous Earth (Food Grade) – 1 teaspoon two times daily mixed in 4 ounces of water 30 minutes before a meal
6. Cod Liver Oil Forte – 1/2 teaspoon BID with meals
7. NO SUGAR
8. GAPS diet





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Thank you for your participation!

Session 4: Thursday, May 23, 2019

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

