



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 4: May 23, 2019



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

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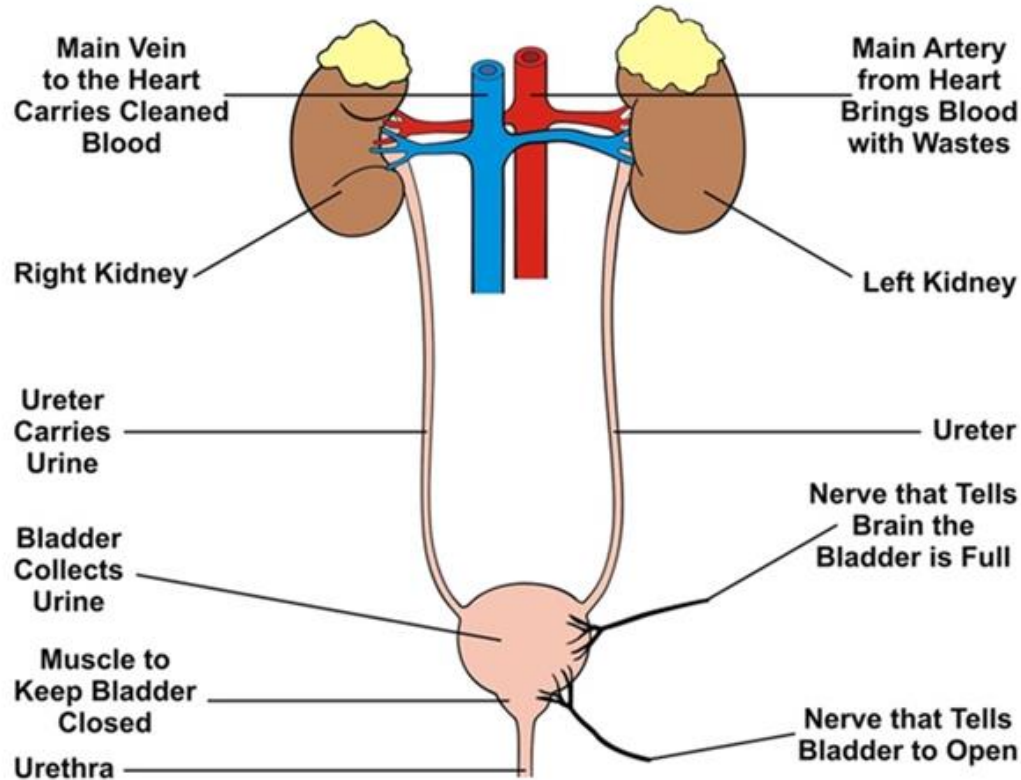
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# Renal System



# Renal System Overview

- The renal system comprises of the kidneys, bladder, ureters and the urethra. Among several functions, the urinary system is responsible for:
  - Regulation of blood ionic composition
  - Regulation of blood pressure
  - Production of hormones
  - Regulation of blood glucose
  - Excretion of wastes and foreign substance
- On any given day our kidneys filter approximately 200 quarts of blood to process about 2 quarts of waste products and extra water from our system



# 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.**



## Heather (*Calluna Vulgaris* / *Erica Vulgaris*)

The Latin term *erica vulgaris* is used, but in fact the proper botanical terminology is *Erica cinerea*. *Erica* means breaking, drilling, appearing; and is said to be capable of penetrating a rock

Heather is a sub shrub, (15 to 70 cm in height). It is a woody and tortuous evergreen that can live for 40 years. It grows in thin siliceous soils in pine forests and also often grows at the foot of Spanish chestnut trees. Similar to the olive, Spanish chestnut or fig trees, heather has the ability to regenerate after a fire

Heather chooses acidic, well drained, rich, sunny soils; not limestone. It produces a very acidic ground (peat soil), and invades the acidified and decomposed humus. It lives in symbiosis with a fungus (the *clavaire*); and its roots form a maze that is impenetrable by other species. Only silver birch and *sylvestris* pine can regenerate such an irreversible degradation of soil that heather produces



# History of Heather Shrub (continued)

Heather bears purple flowers that are an extremely important source of nectar for bees that can make exclusive heather honey. Its leaves are opposite, imbricated (overlapping like scales) and sessile with small scales imbricated in 4 rows

Heather (*Calluna vulgaris*), also called heather of Europe, is the national flower of Norway, but it's actually a false-heather frequently confused with its cousin *Erica vulgaris* (Pol Henry actually called it *Calluna vulgaris*)

Heather, excellent diuretic, with strong antiseptic properties. It is useful in supporting the urinary system health



# Heather Young Shoot



**EACH DROP (0.028 ml) CONTAINS:**  
Heather (*Calluna vulgaris*) Young Shoot Extract (1:20) ..... 0.028 ml  
1.4 mg Dried Equivalent

Heather embeds itself at the forest's edge, where its roots penetrate the soil to form an impenetrable barrier that blocks and prevents other species from growing. This doctrine mimics its traditional use as a balancer of natural defenses

Heather contains tannins and flavonoids such as quercetin. It has antioxidant properties which are primarily due to its content of arbutin and hydroquinone

Traditionally used for urinary health, heather is primarily regarded for its ability to support regulation of natural defenses in the bladder

## Applications:

- Supports urinary and renal health function
- Encourages natural defense balance in the bladder

**Organ System Applications:**  
**Renal**





# 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**





**Protects the urinary tract**  
**Opposed to kidney stones**  
**Protects the heart**

**CORN**

**ELM**

**Relaunches the renal and cutaneous  
elimination of toxins**

(Involved in skin and kidney health,  
as a filter to the outside)

**Complex  
that will open  
the emunctories  
skin, kidney or hepatic  
to eliminate a maximum of  
intracellular toxins**

**Action on renal and hepatic function**

**“Anti-crystals”**

**Very important for all  
elimination by the filters**

**JUNIPER**



# 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**





## EUROPEAN ASH

**Great anti acid remedy**  
Renal stimulant, with its  
complementary Juniper

**Major  
detoxifier  
Helps  
eliminating  
acid**

**changing the acid terrain**

**Renal antacid remedy:**  
**remove crystals**  
Protects the liver

**Acid terrain**  
Pathology of “acidic”  
with acidosis

## JUNIPER

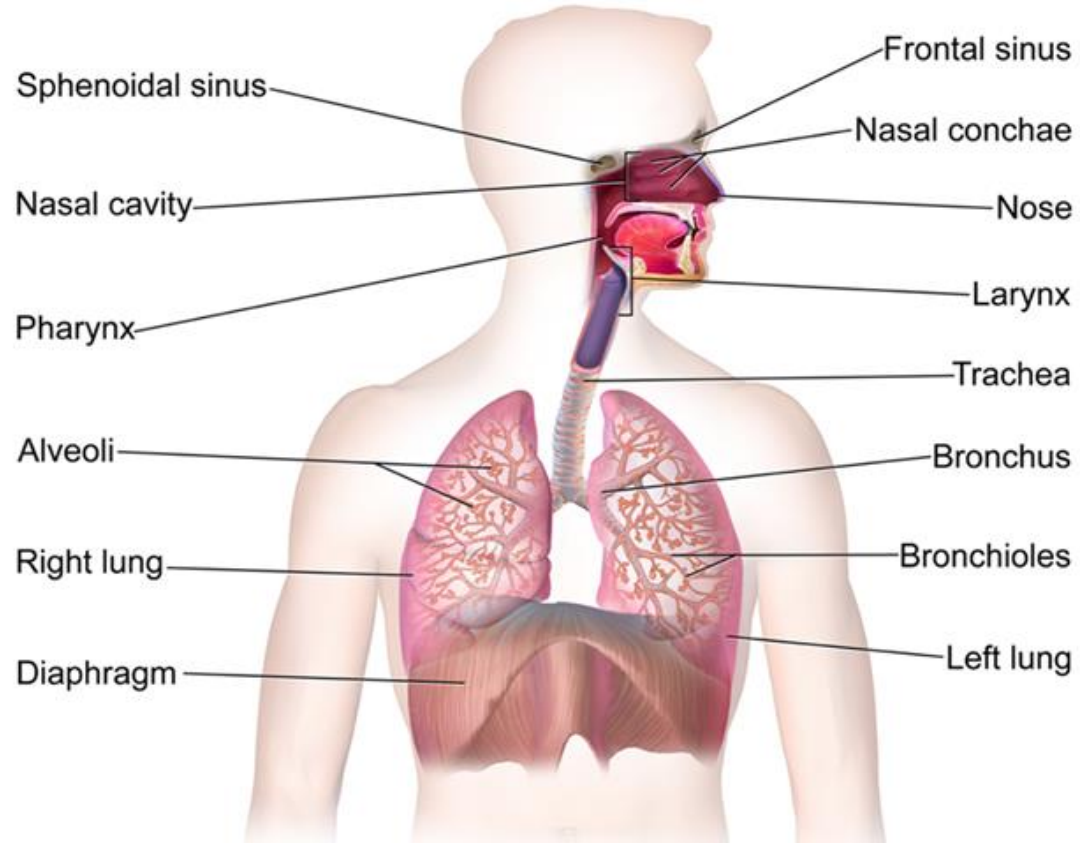
## SILVER BIRCH



# Respiratory System



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# Respiratory System Overview

- The respiratory system consists of the nose, nasal cavity, trachea, sinuses, larynx, pharynx, bronchi, lungs, and diaphragm
- This system includes one of the key emunctories of the body. Primary functions of the respiratory system are, to facilitate:
  - O<sub>2</sub> and CO<sub>2</sub> gas exchange
  - Altering pH of blood
  - Angiotensin converting enzyme
  - Shock absorbency for the heart



# 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 its 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



# 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	

## Organ System Applications:

Immune, Respiratory

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



# Pulmo-gen



## EACH DROP (0.028 ml) CONTAINS:

European Beech (*Fagus sylvatica*) Bud Extract (1:20) ..... 0.009 ml  
0.47 mg Dried Equivalent  
European Hazel (*Corylus avellana*) Bud Extract (1:20) ..... 0.009 ml  
0.47 mg Dried Equivalent  
Blackberry (*Rubus fruticosus*) Young Shoot Extract (1:20) .. 0.009 ml  
0.47 mg Dried Equivalent

Pulmo-gen is a blend of three plants traditionally used for their actions on the **respiratory** system

European Beech is important for pulmonary and respiratory health. Its components are also used for immune health in response to environmental factors

European Hazel and Blackberry are also used in Phytotherapy for **lung health**

## Applications:

- Supports the respiratory system, lung health specifically
- Drains the respiratory system, promotes metabolism of scar tissue, restoring “elasticity” to the lungs and remodeling of healthy tissue

## Organ System Applications:

Respiratory



## EUROPEAN HAZEL

**Pulmonary tissue support**  
**Supports vascular, heart and  
pulmonary health**



**Anti-Aging - Tissue health support**  
**Alveoli health and support for  
respiratory insufficiency**

**Respiratory  
insufficiency,  
pulmonary  
tissue support**

**Immune health and function**  
**Supports natural defenses**

## BLACKBERRY

## EUROPEAN BEECH



# Tonification System



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# Tonification System Overview

The Tonification System fosters balance by:

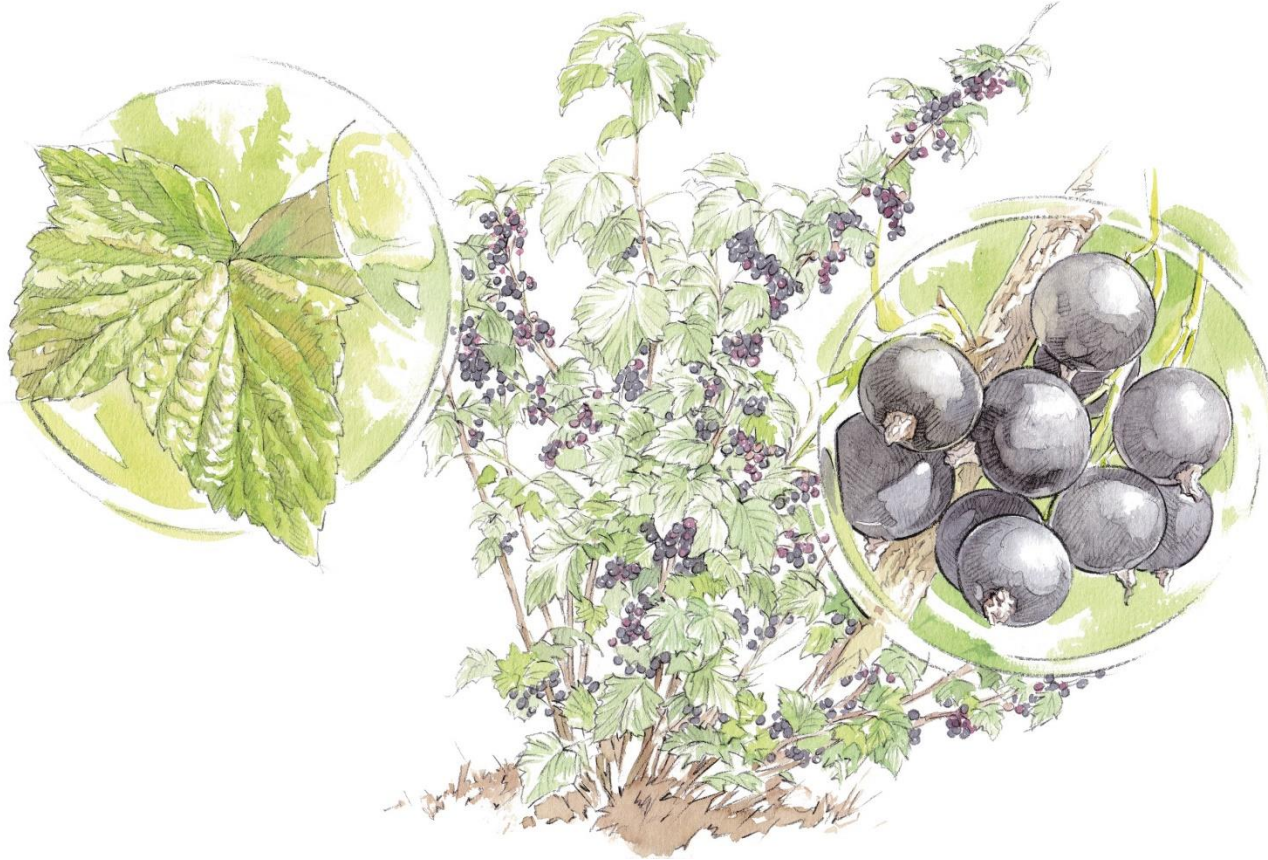
- Facilitating detoxification
- Supporting adrenal function and general energy supply
- Encouraging a boost in immune function
- Potentiating overall balance in our body



# 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





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**Organ System Applications:**  
**Immune, Renal, Tonification.**



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



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**Elixir of Life**  
**Anti acid toxins**

Protects kidneys  
Removes uric acid,  
Supports cholesterol  
metabolism

**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**

**Supports regeneration of bone**  
**Protector: liver, kidney health**

**SILVER BIRCH SAP 90%**

**SILVER BIRCH 5%**



# Ener-gen



## EACH DROP (0.028 ml) CONTAINS:

Oak ( <i>Quercus robur</i> ) Bud Extract (1:20)	0.009 ml
0.47 mg Dried Equivalent	
Grape ( <i>Vitis vinifera</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	

Ener-gen contains three extraordinary plants that work synergistically to **tonify the system**

Oak is traditionally used as a remarkable tonic. Constituents of this great tree are also used in Phytotherapy for their significant action on the glandular system

Grape is used for a variety of body systems and is especially important for the digestive system

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. Its components are also used for their immune-modulating effects. Tibetans historically used Sea Buckthorn to encourage **vitality**

## Applications:

- Encourages and supports “vitality”
- Tonifies the entire system

**Organ System Applications:**  
Tonification.





## GRAPE VINE

Master remedy for fatigue  
Protects and strengthens natural defenses  
Stimulates hormones and intestinal health

When the body  
has no more  
energy to do

"Quiet Strength"

Anabolic  
Stimulates the adrenal glands  
Anti-shock

## OAK

Increases Body resistance  
Rich in Vitamins A E & C,  
Iron, and flavonoids  
Supports healthy aging

## SEA BUCKTHORN



# 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



# Clinical Case #4



# 49 Year Old Female with Depleted Energy Levels



**CC:** Fatigue

**S:** History of fatigue since having third child at 39 y/o – extreme bleeding. Third child was very poor sleeper and patient did not sleep a full night for over 5 years. Hormonal issues – irregular menses after birth. Extreme fatigue on waking. History of anemia

**O:** Thin, pale. Low energy

**A:** Circadian rhythm imbalance, adrenal deficiency, endocrine imbalance, anemia





# 49 Year Old Female with Depleted Energy Levels



## Protocol Plan:

1. Tonic-gen, Ener-gen – 7 drops of each remedy two times daily for 3 weeks and then off for 1 week. Giant Sequoia Young Shoot – 5 drops two times daily
2. Adrenal Restore – 1 capsule three times with meals
3. Cortisol Calm (Pure Encapsulations) – 2 capsules before bedtime to stabilize cortisol levels
4. Increase red meat, leafy green vegetables, molasses in diet

## Additional Products to consider:

1. HMF Multi Strain – 1 capsule daily with a meal
2. Ferrum Phosphoricum 6X, Kalium Phosphoricum 6X – 2 tablets BID dissolved directly in mouth
3. China 30K – 3 granules M-W-F



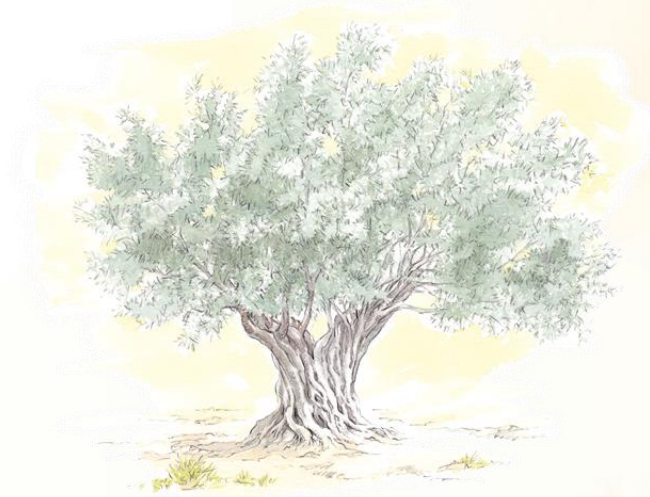


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Thank you for your participation!

