GEMMOTHERAPY AFFINITIES AND CONSTITUTIONS

Carbonic Constitution
The characteristics of carbonic constitution are mentally and physically upright persons, having square white regular teeth, square palms, slight acute angle between fore-arm and upper-arm, orderly, undemonstrative, responsible and capable. They are Psoric. Think of the typical symptoms and physiology of calc carb, kali carb, mag carb, nat carb, graph, carbo veg, carbo-an which represent this constitution. Complementary gemmotherapy for this constitution:

- Black Current – Ribes nigrum  Overweight, soft, flabby, easily gets cold, and hypo adrenal function. Black currant  ----followed well by ------>European Alder
- Giant Redwood – Sequoia gigantea  Rejuvenating, anti-senescence of the tissues

Phosphoric Constitution
Phosphoric constitution is comparable to the tubercular diathesis. Tall, lanky, recti-linear; fingers longer than palms. Arm forms perfect straight line when stretched. Tend to tire easily with hard work but orderly and studious. Think of the typical symptoms and physiology of calc phos, phos acid, kali phos, phos, mag phos which represent this constitution. Complementary gemmotherapy for this constitution:

- Silver Fir – Abies pectinata  Like calc-phos, a mineral balancer, fragile, tall and slim of rapid growth
- Oak – Quercus pedonculata/robus  Phosphoric constitution calls for general stimulation, also stimulates the pituitary and hype adrenals functions.

Fluoric Constitution
Flouric constitution is characterized by non-symmetrical irregular body formation, hypo-laxity of ligaments (double jointed fingers, easy limb dislocations) with obtuse angle of outstretched arm, defective tooth enamel, bone defects. Predisposed to diseases of nervous system, eye problems, blood dycrasias. Think of Syphilitic remedies such as flouric acid and calc flour. Complementary gemmotherapy for this constitution:

- Fig – Ficus carica  Support neuro-sensorial balance, repairs dysregulation
- Beech (European Beech) – Fagus sylvatica  This is the gemmo equivalent of flouric acid

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When you see Psora:
  • Juniper – Juniperus communis supports liver / kidney, complementary to Sulph
  • White birch – Betula pubescens (buds) detoxes, improves cleansing of the blood
  • Walnut - Juglans regia useful when there is underfunction of the immune system, skin issues
  • Giant Redwood – Sequoia gigantea useful in underfunction of endocrine / immune response

When you see Tubercular:
  • Dog Rose – Rosa canina improves immune function, esp. children with frequent URI
  • Wayfaring tree – Viburnum lantana respiratory deficiencies of Tubercular miasm, asthma, COPD, any oxygen deprivation terrain – symptoms that would bring to mind carbo veg, laurocerasus, antimonium tartaricum

When you see Sycosis:
  • Grape vine – Vitis vinifera strong complement to Thuja in warts
  • Mountain pine – Pinus Montana use for joint pain / rheumatic presentation of sycosis – stimulates cartilege repair
  • Giant Redwood – Sequoia gigantea – water balance issues, water retention, esp. in fast growing kids, applicable in formation of fibrous tissue (uterus / breasts)
  • Judas tree – Cercis silquastrum - chronic catarrhal conditions, overproduction of mucous

When you see Syphillitic:
  • Black poplar – Populus nigra especially in circulatory disease – use for clotting and blockage issues, especially lower limbs, DVT etc
  • Dogwood – Cornus sanguinea use in coagulation disorders, thrombosis

When you see Cancer / Diabetes / Hypoglycemia:
  • Mistletoe – Viscum album improves immune response and induces apoptosis/cytotoxic
  • Sweet Almond – Prunus amygdalus has alkaloids similar to cancer drug taxol
  • Rye – Secale cereale use for prevention when terrain is present; discourages metastasis in cancer
  • Grape vine – Vitis vinifera consider especially in Gl/colon cancer prevention; source of reservatrol
  • Grey Alder – Alnus Incans use short term (weeks) in support of reducing tumor or when there is necrotic tissue present
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An emunctory is a tissue that is capable of allowing excretions to exit the body. Primary emunctories include: Skin, liver, kidney, intestines, mucosa, lymph system. Secondary emunctories include: Nose/sinus, lungs, stomach, pancreas, bladder, genitalia.

Skin:
- **Elm – Ulmus campestris** when there is skin eruption that is wet
- **Cedar of Lebanon – Cedrus lebani** when there is skin eruption that is dry
- **Horsetail - Equisetum** gemmo equivalent of silica, has very high silica content, use this in molluscum contagiosum, and topically apply Podophyllum mother tincture to each lesion with a q-tip daily
- **Fig – Ficus carica** use this when there is sun allergy that appears on the skin

Intestines:
- **Cowberry (Wine berry) – Vaccinium vitis idaea** first choice in IBS with both constipation and diarrhea (do not use in estrogen dominance with endometriosis)
- **European Alder – Alnus** – when there are food allergies, strengthen the GI resilience
- **Fig – Ficus carica** bloating and acid reflux, anxious, depressed, emotion somatized to the gut, this is the strongest option for acid reflux

Liver:
- **Juniper – Juniperus communis** use to support liver, especially when there is always kidney weakness. History of drug abuse. Remember Juniper requires double dose.
- **Hazel (European Filbert) – Corylus avellana** – especially in cirrhosis, every case with Hep-C
- **Rye – Secale cereale** any case with jaundice, all types of cirrhosis, hepatitis
- **Rosemary – Rosmarinus officinalis** strong affinity to the liver – use the triad of Rosemary / Hazel / Rye in combination or alternation
- **Hornbeam – Carpinus betulus** underfunction of the liver, low lab counts, especially if spleen is also weakened

Kidney / Bladder:
- **White Birch (Common Birch) – Betula alba** All birches are nephritic, strong affinity to the kidneys. Helps the bladder to empty completely. This is a gemmo diuretic, use it when there is underfunction of the kidneys with water retention (think of symptoms of apis...)
- **Silver Birch – Betula verrucosa** – cleans toxic burden from the kidneys and bladder, use with Black current for best effect
- **Horsetail – Equisetum** urinary tract too open, use for men with a urinary drip
- **Cowberry (Wine berry) – Vaccinium vitis idaea** use as an adjunct when there have been many recurrent infections, interstitial cystitis (think of urinary symptoms of staphysagria)
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Lungs / Nose / Sinus:
- Wayfaring tree – viburnum lantana strongest in asthma / pneumonia, use with Black current
- Hazel (European Filbert) – Corylus avellana strong affinity to the lungs
- Crab Apple – Malus sylvestris useful in asthma
- Silver Fir (Red Spruce) – Abies pectinata asthma in young children, especially allergic terrain
- Black Elder – Sambucus nigra use in bronchitis and pneumonia – this is the gemmo equivalent of ‘Sambucol’
- Hornbeam – Carpinus betulus chronic sinus congestion and infections, especially overuse of nasal spray

Lymphatic / Spleen:
- Walnut - Juglans regia useful when there is underfunction of the immune system, skin issues
- Sweet Chestnut – Castanea vesca top lymphatic moving detoxifying remedy
- Crab Apple - Malus sylvestris best gemmo to actually improve quality of movement of lymph through the system, but does not detox as well as Sweet Chestnut
- Silver birch – Betula verrucosa (sap) spring cleaning lymphatic cleaning – take it for 3 weeks at spring equinox every year, not to be used with people who have lymphatic problems
- Hornbeam – Carpinus betulus weakness of spleen and weak immune function shows up as chronic colds / sinusitis
- Hedge maple – Acer campestre this is the main gemmo antiviral; use in cases of mononucleosis (glandular fever), epstein barre, chronic fatigue following mono, etc along with Black Current and Beech. These three make a stong triad for CFS and sequelae of mono. For active mono, use with Tamarisk, Silver Fir, Beech and Black Current. When you give this, also ensure the client has zinc supplement (8-12 mg/day). Use with Dog Rose (tid) as an alternative to Acyclovir when herpes outbreak is recurrent.

Circulatory / Heart / Blood:
- Hawthorn (English Hawthorn) – Crataegus oxycantha supports the tone if the circulatory vessels, first option in recent onset of high blood pressure
- Dogwood - Cornus sanguineus this is the gemmo equivalent of taking aspirin or nattokinase to thin the blood, prevent clotting. Use in deep vein thrombosis. Give to newly pregnant women with a history of early trimester pregnancy loss to prevent clotting in the umbilical cord
- Tamarisk– Tamarix gallica use with ferrum phos cell salts in anemia
- Cowberry (Wine berry) – Abies pectinata use when there is degeneration of arterial walls
- Lilac - Syringa vulgaris - supports the heart, improving flow though the vessels, vasodilator, helps the heart tissue “breathe”. Use along with Maize (Zea mais) to support repair and support for the heart.
- Service tree (Rowan tree) - Sorbus domestica – primary regulator for the venous system, use for varicosities and hemorrhoids, use along with Sweet chestnut.

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Pancreas:
- **Walnut (European Walnut) - Juglans regia** strongest option for any disturbance of the pancreas, pancreatitis, formation of stones or cysts in the pancreas. Complementary to the bowel noside Dysentery-co. Consider after 10 -14d on Walnut gemmo to give dys-co in a single dose, to correct the bowel flora and improve bowel function. Strong correspondence to parasites in the bowel, gemmo causes shedding in the bowel which improves digestive function (remember that the pancreas releases digestive enzymes into the gut). Walnut as a homeopathic remedy is used for arthritic pain in small joints – strongly indicated when there is both joint pain and bowel issues in a case where there is blood sugar dysregulation.

Nerves:
- **Linden Tree (Line Tree) - Tilia tomentosa** calms the nervous system, use to relieve insomnia
- **Fig – Ficus carica** overactive emotions, emotions somatized into the gut, helps to support sleep when over-activity of the mind causes insomnia

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