FREE GUIDE · GEMMOTHERAPY INTERNATIONAL

the first 6

buds

for your nervous system



a gentle introduction to gemmotherapy, in Lauren Hubele's holistic approach

BY OLENA KOZLOVETS

healing starts with

safety

in your body, today

Healing starts when your body feels safe today, not when you have finally figured out your past.

Many of us spend years searching for root causes, re-living old stories and trying to fix everyone around us. Attention feeds whatever it rests on, so the nervous system stays on alert. The body cannot rest and repair while it is still bracing.

In this guide I share a different starting point: simple daily signals of safety, and six gemmo extracts that gently support the nervous system. This is the foundation I use myself and teach in Gemmo School.

with warmth,

Olena

medicine from the bud

where the whole tree begins

Gemmotherapy uses the buds and young shoots of trees and shrubs, the part of the plant that is just beginning to grow.

The word comes from the Latin gemma, which means both "bud" and "precious stone". Fresh buds are gathered in early spring and macerated to make a gentle extract, a gemmo.

The practice developed in Belgium and France from the 1950s and is still widely used across Europe, yet it is almost unknown in the English-speaking world.

> *In Lauren Hubele's holistic approach, gemmos are not used to fight symptoms. They are partners that help body and mind return to their own balance.*

THE FIRST 6 GEMMOS

harmonizers

The primary nervous system gemmos in Lauren Hubele's approach: the first extracts a practitioner considers when the body does not feel safe.

POPULUS NIGRA

black poplar

courage

Fear drives every decision, or you feel frozen in fear.

ROSA CANINA

dog rose

support in fragile moments

You feel you might fall to pieces, lose yourself in pleasing others, or keep searching for the next solution.

HUMULUS LUPULUS

hops

to stabilize

Head and body feel disconnected, and stillness feels unsafe.

AVENA SATIVA

oat

establishing roots

You struggle to feel grounded, to nourish yourself or to hold boundaries.

JUGLANS REGIA

walnut

shielding

You feel safe only when alone and find it hard to take the next step.

SALIX ALBA

white willow

gathering

Exhaustion and overwhelm build up, and emotions spill over.

start with

one drop

Trying a single gemmo is a gentle way to begin, as long as you have read the precautions on the next page. You do not need all six: choose the one that sounds most like you today.

1 *choose a D1 gemmo*

Look for a bottle labeled gemmotherapy with the dilution D1. Lauren Hubele offers her gemmos in the US: LAUREN'S GEMMOS

2 *one drop under the tongue*

Take 1 drop under the tongue, once a day, for 3 days.

3 *observe yourself*

Notice your sleep, mood, energy and body. Then decide: continue with this gemmo, or choose another one?

4 *or choose two*

You can also choose two gemmos from the list: 1 drop of one in the morning and 1 drop of the other in the evening.

small doses,

wise hands

Check the precautions below before you start. For longer use, combining several gemmos, children, pregnancy or medication, please work with a trained practitioner. This is what we learn together in Gemmo School.

precautions from Lauren's work

black poplar	Take care with anticoagulant medication. Avoid with a severe aspirin allergy. From age 6.
hops	Limit to 30 days, then pause. Avoid with a history of estrogen-dependent cancer, and during pregnancy and breastfeeding. From age 12.
oat	Do not combine with medication that adjusts hormone levels.
walnut	Made from leaf buds, so it is safe with a nut allergy.
white willow	Avoid with an aspirin allergy. From age 6.
dog rose	No known precautions.

you are safe here *and now*

Gemmos work best on top of simple daily habits that tell your brain you are safe.

1 ***sleep on time***

Go to bed and wake up at roughly the same hours. Regular sleep is the strongest safety signal you can give your body.

2 ***follow the light***

Get daylight in the morning and dim the lights in the evening. This keeps your circadian rhythm steady.

3 ***eat living food***

Add a little fermented food to your meals, such as sauerkraut, kefir or kombucha, alongside whole, natural foods.

4 ***move gently***

Walk, stretch, spend time among trees.

5 ***choose yourself***

Notice when you are rescuing others at your own expense, and bring that energy back to your own foundation.

GO DEEPER WITH US

if this speaks to you,

grow

with the power of buds

START HERE

gemmo index

New to gemmotherapy? Get to know the buds step by step with Lauren Hubele's Gemmo Index, a gentle place to begin before you go deeper.

EXPLORE THE INDEX

YEAR-LONG PROGRAM

gemmo school

A year of study in Lauren Hubele's holistic approach, with live practice and a certificate of completion. For those who want to work with gemmos in depth: for yourself, your family or your clients.

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This guide shares traditional knowledge and personal experience for education only. It is not medical advice and does not replace your doctor. Please consult a qualified health professional before starting any new remedy, especially if you are pregnant, breastfeeding or taking medication.