

Dynamic Gemmotherapy - Integrative Embryonic Phytotherapy

Author: Dr Joe Rozencwajg

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Reviewed by Julia M Twohig

Whenever I hear that Dr Joe has published another book I admit to an immediate stirring of interest. Those who have been privileged to hear Joe Rozencwajg speak would know his presentation is usually one which imparts useful, thoughtful wisdom. Though not always strictly homoeopathic, it is always delivered with enthusiasm and vitality. This new, slightly revamped edition of Dynamic Gemmotherapy is presented in much the same style and could be a useful addition to any energetic healing practice.

I suspect I am not the only Australian homoeopath who knows very little about the use of gemmotherapy. The author credits a Belgian practitioner, Dr. Pol Henry with its formulation and of writing the first publication about its uses.

The author gives a clear description of Gemmotherapy, which involves the use of 'extracts from buds, rootlets, young shoots and the inner bark of roots'. The buds of trees, in particular, are meant to contain high amounts of nucleic acids when compared with mature plant cells, and Rozencwajg likens these to 'herbal stem cells'.

While acknowledging that Gemmotherapy does not comply with homoeopathic principles, the author suggests the system shares some commonality with the French system of drainage, with the clinical purpose of each remedy to both stimulate and regenerate cells.

By far the largest portion of the book (over 200 pages) is taken up by the Materia Medica, which is limited to fifty-one remedies. Each plant is accompanied by at least one, excellent quality, delightful, coloured photograph. A monograph of each plant follows and includes both indications for use and precautions with some further suggestions about how this therapy might fit with other approaches, including homoeopathy, herbalism, ayurveda, and anthroposophical medicine.

Copious details of research references are supplied for those keen for further exploration. The author uses these remedies in what he refers to as 'the concentrate', which I imagine is akin to mother tincture, or in 1X potency and in a much heavier dose than homoeopaths are used to.

Suggested therapeutic applications are then presented in 12 chapters relating to specific body systems. The section on integrated therapies is also presented with an emphasis on therapeutics and how these compare with the other major modalities discussed.

While it is true that many of the clinical treatments presented in Dynamic Gemmotherapy fly in the face of the principles of homoeopathic practice, such as treating the totality and finding the similimum, I think it would be wrong to discourage dipping into this beautifully bound and presented book. As well as shedding light on another therapeutic approach the text contains much wisdom and good information about potentially useful additions to our Materia Medica. The book concludes with a few brief but nonetheless quite impressive case accounts. It should be pointed out that none of these cases used gemmotherapy in isolation but as part of a complex of approaches. More food, or perhaps I should say 'gems' for thought.