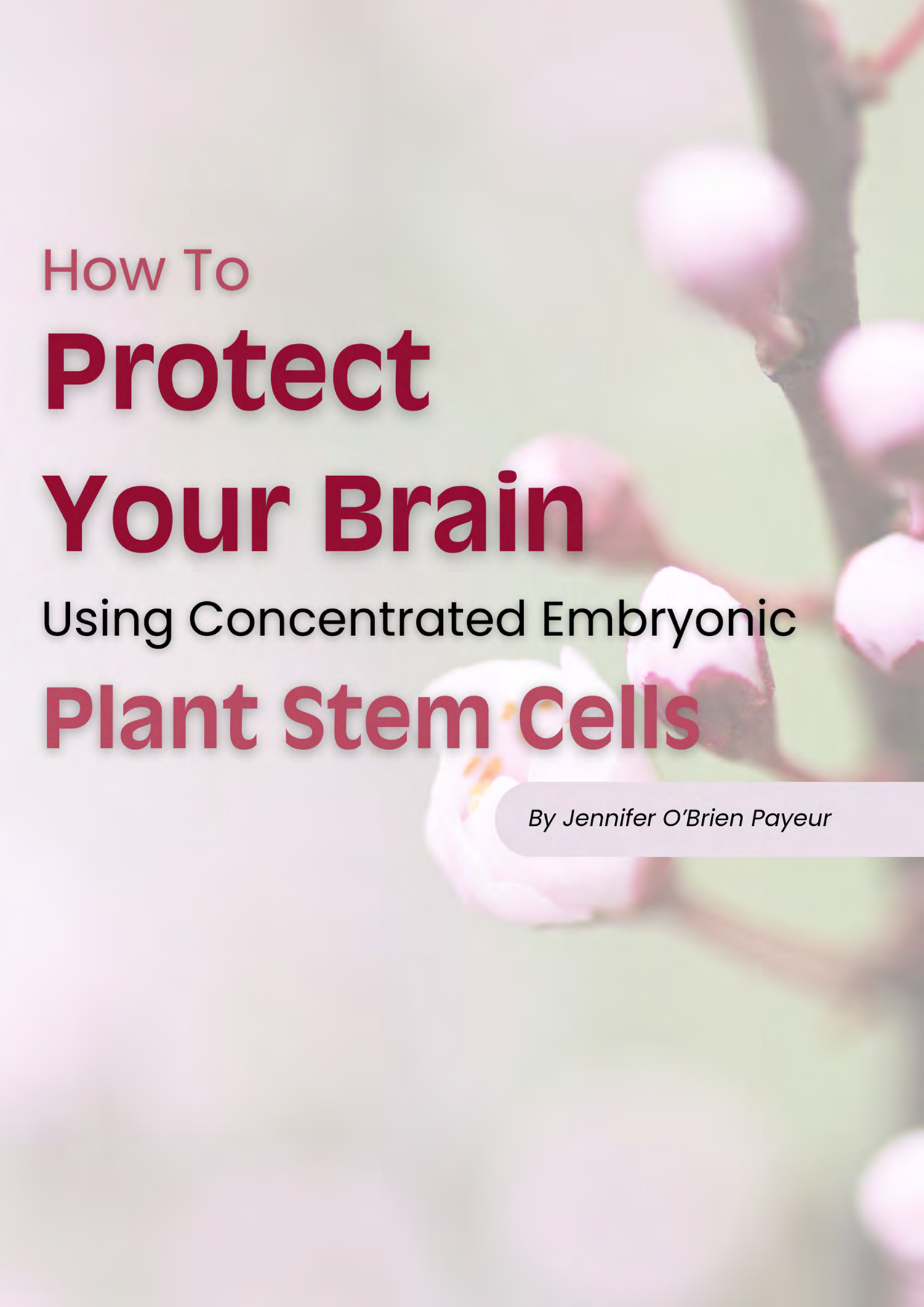


A background image of pink cherry blossoms on a dark branch, with some flowers in focus and others blurred.

How To **Protect Your Brain**

Using Concentrated Embryonic
Plant Stem Cells

By Jennifer O'Brien Payeur

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Hello!

I am thrilled to be able to share with you a little-known, yet highly effective healing modality known as gemmotherapy, the use of concentrated embryonic plant stem cells (PSCs).

More specifically, I will show you how you can use these special gifts from Nature to keep your brain healthy and protect yourself from brain fog, cognitive issues, and other brain conditions, including more serious brain and other neurological conditions.

This information is crucial today, given the epidemic of conditions such as dementia and Alzheimer's disease, both of which were nearly nonexistent among the U.S. population just a few generations ago, yet which are now becoming ever more prevalent and striking people earlier than ever before. Given the stressful pace of our modern world, along with the wide range of environmental toxins – including those found in our food and water supplies – mental issues such as concentration problems, lack of mental clarity, nervous tension, and other stress- and brain-related problems are also on the rise.

Fortunately, as you are about to learn in this report, there is much that concentrated embryonic stem cells can do for you to prevent and help reverse such issues, as well as a wide range of other health conditions.

What Is Gemmotherapy and What Are Embryonic Plant Stem Cells?

Like most people, you are likely familiar with various herbal remedies and may have even used them from time to time. Herbal medicine is one of the world's oldest healing practices, with herbal healing traditions found in virtually every culture and nation all across the globe. With good reason, because of the healing properties herbal remedies derived from plants possess, and which were first discovered many centuries ago.

Though herbal medicine in general may be familiar to you, until now, you may not have

been aware of *gemmotherapy*, a term that is derived from the Latin word *gemmo*, which means "bud". Gemmotherapy is perhaps the most potent form of herbal medicine, and one that can gently yet powerfully enhance health and reverse many chronic disease conditions in ways that other forms cannot do.

Unlike other types of herbal medicine remedies, which are prepared using herbs that have fully matured, gemmotherapy is unique in that it is the only plant-based modality that derives its remedy extracts from undifferentiated meristem tissue taken when plants are in the early stage of their development. This tissue is found in the developing buds, young shoots, germinating seeds, sap, the growing tips of plant roots, and other parts of young plants, and gathered at a key stage in their natural growth cycle when their vitality is at its peak.

Meristem tissue contains the embryonic stem cells in plants. These plant stem cells (PSCs) represent the origin of much of the food we eat, the oxygen we breathe, and even the fuels we burn. Thus, plant stem cells may be ranked among the most important cells for human well-being. They contain all the necessary components for maintaining the life of the plant, including a rich source of minerals, carbohydrates, lipids (fatty acids), amino acids and proteins. In this regard, embryonic PSCs act very much like embryonic stem cells in the human body.

To fully appreciate what this means, look at the roles human embryonic stem cells play in human development and overall health.

Embryonic stem cells are the cells from which all the other cells in your body are derived, or stem from. They are the basic building blocks from which your body was formed.

In addition, these stem cells are different from other cells in a number of important ways. First, like embryonic PSCs, they are undifferentiated and unspecialized, meaning that they act as the raw material from which the body creates the many types of specialized cells that make up

the body's other cells, tissues, and organs.

Embryonic stem cells, unlike other cells in the body, are capable of transforming themselves into any other type of cell that the body needs to regenerate itself. For example, they can mature into heart cells, pancreatic cells producing insulin, brain cells, liver cells, and so forth.

Similar to human embryonic stem cells, embryonic plant stem cells contain all the growth material of the entire plant, and the ability to transform into almost any type of plant cell, allowing them to regenerate and repair plant tissues. They can also be used to produce certain compounds not found in other parts of the plant. When used therapeutically as extracts, PSCs engage human organs and organ systems on a cellular level to improve their function and simultaneously clean, feed, and restore organ tissue. The actions of these gemmotherapy extracts on a cellular level also promote drainage and rejuvenation of organs and tissue.

The buds, young shoots, rootlets and germinating seeds of PSCs are also richer in various growth factors and plant hormones than the plant tissues of fully mature plants. They also contain higher concentrations of a wide range of vitamins, minerals, amino acids, enzymes, and other components. This enables them to aid in RNA and DNA repair and antibody production, protect against free radical damage, enhance digestion and act as anti-inflammatory agents, drain and detoxify toxins, including heavy metals, in the body's cells, tissues, and organs.

PSCs also contain other unique active substances known as juvenile phytohormones. These plant hormones control all aspects of plant growth and development, including potentiating plants' detoxification processes and their immune-enhancing activities. Juvenile phytohormones offer therapeutic benefits that are extremely different than those provided by adult plant phytohormones, especially with regard to their ability to improve the body's drainage

and detoxification processes.

While many health care practitioners recognize the importance of detoxification for maintaining and improving health, they often overlook or are unfamiliar with the importance of drainage. Very often, if the body does not first drain the body's cells, tissues, and organs of toxins prior to beginning a detoxification program, complications during the detoxification process can occur. Drainage is a more complex process than detoxification. It is a transformative process that affects the entire terrain of the body, while simultaneously integrating an individual's physical, mental, emotional, and spiritual well-being as toxins are evacuated from the body.

Each plant stem cell extract goes directly into the cells, tissues, and organs to drain the toxins from them. This enables the organs of detoxification (the liver, kidneys, lymphatics, and skin) to more effectively push the toxins out of the body without the complications that can occur when the toxins are not first drained from the cells.

In addition, juvenile phytohormones support and enhance the body's ability to regulate activities of the immune system. Their multiple healing properties make juvenile phytohormones efficient modulators of both pro-inflammatory and anti-inflammatory chemicals in the body, thereby helping the body's inflammatory responses to operate more effectively.

All of these healing properties of embryonic plant stem cells are critically important when it comes to protecting our brains.

Clinical studies have confirmed that plant stem cell remedies can help prevent and reverse chronic inflammation by supporting the body's detoxification and immune system processes. One significant reason why is again because of the juvenile phytohormones PSCs contain.

Further distinguishing gemmotherapy as a unique form of herbal medicine is the fact that embryonic plant stem cells can be harvested from a wide array of plants and their multiple components, while other forms of herbal medicine are typically derived from only one aspect of plants, such as their leaves. Moreover, plant stem cells can often be combined to create unique synergistic blends that produce remedies with greater potency and efficacy than other forms of herbal medicine can provide.

These are some of the reasons why I absolutely love working with concentrated gemmo remedies. They are so multifaceted, serving multiple purposes, and they work in so many areas of the body. They have this incredible intelligence so that when they come into the body, they know exactly what to do, where to go in the body, and to help clean up the body and bring everything back online into homeostasis. And that includes the brain.

An Overview of the Human Brain

The brain is a very complex and complicated, yet very amazing organ. It drives so many of the functions in our body, and also it has a connection to the various other organs in our body. It is the interpreter of information that's coming in from the outside world, and it also is really what drives so much of our five senses, our smell, our sight, our hearing, our touch, our taste. It allows us to have thoughts and memories of experiences that we have in our life. When everything's working well with our brains, it's amazing, and we can go into doing mode and get a lot done. But things are not working, we are not able to live a vital life full of vital experiences.

This impediment to a full and vital life can occur even with mild cases of brain fog and lack of mental clarity. There seems to be a lot of that happening today, and part of that is because we are living in a very, very toxic environment. What we knew about the brain 30 years ago, 20

years ago, even 10 years ago, continues to evolve and we continue to learn that what we used to think could not cross our blood-brain barrier and get into our brain is actually happening a lot more frequently and causing a lot of our neurodegenerative issues that we have right now as an epidemic on the planet.

I want to share a little bit about the blood-brain barrier. At least 10 to 15 years ago, there was a belief that the blood-brain barrier prevented toxins from getting into the brain. And not just toxins, but also even things like different medicines, nutritional supplements, and other things. It was believed that the brain and the central nervous system had this innate protection in it from the blood-brain barrier.

However, we have now come to learn that when there is a high level of oxidative stress, some type of chronic or systemic inflammation happening, or some type of autoimmune disease, it can disrupt blood-brain barrier function. It turns out that the blood-brain barrier is not the impermeable protective aspect of our brains that we had been taught to believe. All of these factors impact the mitochondrial function in brain and other cells (mitochondria are the "energy factories" within cells that supply the body with at least 90 percent of its energy) and can actually deposit proteins in the brain. And that is kind of the beginning of where disease and issues start to happen in the brain.

Scientists and physician call this development neuroinflammation. It's this chronic, systemic inflammation in the brain that's happening day in and day out that is a major contributor to serious brain a neurological diseases like Alzheimer's and Parkinson's disease, ALS (Lou Gehrig's disease), and multiple sclerosis (MS), and also conditions such as schizophrenia, bipolar disorder, and severe clinical depression. Even things like—and this was really surprising to me—long-haul COVID syndrome, chronic fatigue syndrome (CFS), and fibromyalgia are all being

attributed to this longstanding chronic systemic inflammation that's happening in the brain that is actually affecting and crossing over the blood-brain barrier and causing major issues. This is why it is so critical that microenvironment in our brain stays in a state of homeostasis, or balance. When that homeostasis is disturbed, that's when things start to break down in brain, and in the body in general.

In addition to this delicate membrane, this blood-brain barrier around our brain, the brain has over a hundred trillion synapses, or connections, that it is responsible for overseeing. And it contains approximately hundred billion of neurons, roughly the same number of stars that exist in the Milky Way galaxy. And of these many synaptic connections in the brain that are occurring all the time. even when we sleep.

The other thing that I have learned is that we have an energetic impulse to the brain and the brain is supposed to be spinning clockwise. However, many of us, I would gauge about 90 percent or higher, are having our brain spinning backwards, which is a very interesting thing to think about. That, too, is contributing to some of this lack of mental clarity, and some of the brain fog, and other brain-related issues that so many of us are experiencing.

The Brain's Connections to the Gut and the Heart

There are two important connections that you also need to know about when it comes to your brain. The first of these is the gut-brain connection.

It was assumed for a long time that the brain has a direct effect on our gut (stomach and other organs of the gastrointestinal tract), and vice versa. This assumption has now been scientifically proven to be true. When you get a gut-wrenching feeling in your stomach, or you have "butterflies" in your stomach, we now know that these are literally ways that your gut is

giving you information and that it's connecting to what's going on in your brain.

If you're experiencing fear or feeling anxious, you actually can feel it in your stomach. We also know that stress can have a huge impact on this gut-brain connection and can lead to things like anxiety and depression. And then over a long term, when there is a dysbiosis, or imbalance, between the gut and the brain, you can develop long-term gastrointestinal issues.

The other major connection to be aware of is the heart-brain connection, which is my favorite.

The heart has its own intelligence, and researchers at HeartMath™ have done a phenomenal job over the last few decades documenting how the heart is really acting as another brain of the body, influencing both our emotions and the way that we think. The heart also influences how we process information and can actually sense an emotional response to an event before the event even happens, signaling the brain about that.

Your heart also has its own internal nervous system, which again, is sending information to the brain. Moreover, your heart actually sends more signals to your brain than what your brain is sending to your heart.

I love this quote from Steve Jobs: "Whatever you do, you must never let that voice in your head control the brain in your heart." Isn't that true? The brain will analyze and try to make sense of things, but the heart knows. It doesn't have to analyze anything. The heart just has this knowingness, and the brain wants to make sense of it, and is always processing, trying to do that. So whenever you have any doubts, you can just simply put your hands on your heart and connect into that heart, and your heart will inform every other aspect of you so that you can come back to a place of calm and steadiness and being grounded.

Working With Embryonic Plant Stem Cells

Now I want to discuss these amazing embryonic plant stem cells and how you can work with them to optimize your brain health, restoring homeostasis in your brain and central nervous system, and overall come back into vitality in all aspects of yourself.

To recap, embryonic plant stem cells are undifferentiated cells that are located in the meristems of plants, and they are capable of forming any type of specialized cells, very similar to human stem cells. They are cells that have not become a leaf, a stem, part of the bark, a flower or whatever else it's going to become as the plant grows and matures. They really represent every aspect of the food that we eat, the air that we breathe, even the fuel that we burn. And this is why they are considered one of the most important gifts of Nature to support human well-being. They work very well together with human cells, tissues, and organs, including the brain.

As I also mention, concentrated embryonic plant stem cells are known for their drainage capabilities. I view drainage as really a step beyond detoxification. These plant stem cell remedies go into the cells, tissues, and organs and drain the toxins out of those areas, cleaning up the body, and basically allowing the communication networks in the body to come back online so that the body can do what it's designed to do, which is come back into a state of homeostasis and into health. They're also a really wonderful way to help with both acute and chronic health conditions, each in their own unique way, depending on how they are used.

My Most Recommended Plant Stems Cell Remedies for Supporting Brain Health:

There are literally over 70 embryonic plant stem cell extract remedies that I use in my clinical practice that support overall health and help to prevent and reverse a wide range of disease conditions. You can learn about all of them and the more than 100 conditions they are most useful for treating in my book *Ancient Plant Wisdom*. In this report, I want to share with you the

most effective plant stem cell remedies I recommend for maintaining and improving healthy brain function.

Crab Apple: Crab apple is beautiful plant remedy that I work a lot with. It detoxifies the blood and lymph, which is important because blood and lymph impact brain health. When blood and lymph flow become sluggish or, in the case of lymph, clogged, due to toxins, this creates a lot of neurodegeneration, Crab apple helps help prevent that.

In addition, the polyphenols found in the buds of the crab apple have been shown by research to be effective for scavenging for free radicals and getting rid of oxidative stress, and also for helping to prevent and reverse chronic disease. It helps with concentration and mental fog, and helps prevent neurodegeneration and the development of conditions like ALS, MS, Alzheimer's disease, and dementia.

I use crab apple a lot as a preventative measure. It is wonderful for increasing memory and for helping with mental fatigue. When I'm working a lot, this is the plant stem cell remedy that I'll use to help calm things down and to provide me with that regenerative mental boost that I need.

Among its other healing properties, crab apple helps relieve constipation, restores peristaltic action, protects against IBS and diverticulosis, and helps prevent and break down gallstones.

Eyebright: Eyebright is not a well-known plant. The way I describe eyebright is that it brightens everything, the brain, the eyes, the skin, and even your mood. It is a natural nootropic, meaning it increases cognitive function and abilities. It really helps a lot with cognitive impairment.

It also increases the level of ATP in your brain, providing it with more energy. I call

eyebright a fixer for the brain. It helps with brain anti-aging and increasing the longevity of the brain, as well as aiding the immune system and preventing brain neurodegeneration and neurodegenerative diseases.

I use eyebright when I'm tired and when I'm traveling because it really makes a difference. It brings everything back online for me so that I can focus and concentrate again' It also really does brighten your eyes. So that's a plus. I had LASIK surgery back in 1999 when it first came out, and I had terrible, terrible dry eyes afterward. Just using eye bright for about six months got rid of that. I used to have to use eye drops all the time, which I rarely do now, maybe a couple of times a year, because of how much eyebright helped me in that regard. It really brought things back online for my eyes and for my brain.

As its name implies, eyebright also strengthens the eyes and promotes elasticity of the optic nerves and the mucous linings of the eyes, and helps protect against aging of eye cells. It also clears catarrh and can be used for cold symptoms, hay fever, coughs, sinus congestion, and earaches.

Grape Vine: Grape vine is another really wonderful plant stem cell remedy. Grape vine is the vine that grapes grow on. Grapes have one of the highest amounts of resveratrol, and resveratrol is one of those enzymes that can actually cross the blood-brain barrier. So this is a plant stem cell remedy that's phenomenal for what it can do to protect the brain. When there are neurological disorders, it helps get rid of inflammation in the brain, and really it works on the breaking up the immunoglobulin that causes inflammation in any type of autoimmune activity, including in the brain.

I use grape vine frequently for prevention and getting rid of neuroinflammation in the brain, and as a free radical scavenger. It is a potent antioxidant, anti-inflammatory agent, and a

proven inhibitor of age-related free radical-induced cellular damage in the brain and elsewhere in the body. It's a great remedy for the brain and for the body overall. It boosts brain activity and brings homeostasis back into the body. It also a phenomenal plant stem cell remedy if you have gut issues and for helping bring homeostasis to gut-brain connection.

In addition to protecting the brain and the gut, grape vine also has cardioprotective properties, supports a healthy inflammatory response, and is cytotoxic to abnormal cells.

It is also an antiatherogenic agent. (Antiatherogenic substances prevent and protect against the formation of fatty deposits, or plaques, on the walls of arteries.) And it protects against autoimmune conditions because of how it breaks up immunoglobulin chain reactions that cause inflammation and autoimmune activity.

In addition, grape vine stimulates the production of, and regulates, white blood cells (leukocytes), helping to protect against leukopenia (low white blood cell count), and it induces apoptosis (death) of cancer cells and slows tumor growth.

Maidenhair Tree: one of my favorites. Maidenhair tree, also known as ginkgo biloba, is another one of my favorite remedies to use for brain health. I have been working with it for years now, and I've experienced dramatic results for myself after going through a pretty significant health journey when I used it and other embryonic plant stem cell remedies to help me fully recover from cancer. Maidenhair tree was one of the plants that really brought my cognition back.

I had a reputation for having a steel claw memory, meaning I could remember everything, even to the point that I could remember what somebody was wearing 20 years ago in a meeting. I had a very acute memory. But when I went through my health challenge, it really shook my cognitive functioning to the core, and I lost a lot in my abilities. It was a really challenging time,

and maidenhair tree one of the plants that brought that back online for me. It was something that brought back my memory and my concentration and really refined my mental clarity and brought everything back online.

Among its brain-supporting properties, maidenhair tree provides neuroprotective benefits and helps with blood flow in the brain by dilating brain blood vessels and increasing cerebral circulation (as well as overall circulation throughout the body). It also protects the brain from premature aging, provides cognitive support, improves mental concentration, and protects against memory loss, brain fog, and cerebral insufficiency. It also reduces plaque in the brain that happens naturally as we age.

Among its other health properties, maidenhair tree acts as a tonic for the veins, protects against atherosclerosis and intermittent claudication of the lower extremities, and even helps reverse complications caused by radiation.

Passion Flower: Passion flower is often used to symbolize events in the last hours of the life of Jesus Christ (the Passion of Christ), which accounts for its name. It is one of my all time favorite plant stem cell remedies. Every time I see a picture of passion flower, I just fall in love with this plant because I just think it's spectacular. It's one of the best plants to use to help calm the brain because it's a natural MAO inhibitor that nourishes the brain and restores healthy function of the entire nervous system. It also calms the heart, and is a really wonderful for treating mood disorders, as well as ADD and ADHD.

I use passion flower a lot with children who have trouble focusing. It's another nootropic plant that prevents and relieves anxiety and depression. It's wonderful for dealing with insomnia and other sleep issues because of how it calms everything down and bring things back online so you can sleep well. It is also a brain and central nervous system cleanser, draining them both of

toxins. In addition, it acts as a modulator of GABA (gamma-aminobutyric acid), a neurotransmitter (chemical messenger) in the brain that slows down brain activity by blocking specific signals in the central nervous system. As it does so, GABA produces a calming effect, and has been shown to controlling hyperactivity in nerve cells that occur during times of anxiety, stress, and fear.

One of most significant properties of passion flower is its ability to decalcify the pineal gland. It is one of the only plants that does that. Among its many functions, the pineal gland releases melatonin, which is a hormone that creates our sleep weight cycle.

The pineal gland is the physical gateway to expanded awareness. It is about the size of a pea, nestled deep in the center of our brain, and is often referred to as our third eye because it is said to hold the key to our enlightenment and awakening. And I would say even our total mind, body, spirit balance.

By meditating, many people have reported that they see this bright celestial radiant light that they can see with their third eye when they go deep into this meditation and into the sacred space. And it's almost like when they're in that place, their body melts away and everything just comes completely into a state of peace and calm. So you can understand why I think so highly of passion flower.

Among its other benefits, passion flower helps prevent and relieve headaches, migraines, and general pain. It is also an effective remedy for stomach issues, IBS, stress-induced ulcers, severe muscular spasms and nervous twitching, PMS, menstrual disorders, and dysmenorrhea.

Periwinkle: Periwinkle is another plant the is not well-known. It is great for cerebral circulation and getting movement in the brain, moving things around in a healthy fashion. It as acts as brain cleanup agent. I think of it as a remedy for brain irrigation.

Periwinkle is also a really wonderful plant stem cell remedy to use for cases of vertigo. Within the last few years, really beginning at the onset of Covid, the incidence of vertigo has increased significantly. I see a lot of folks that are having vertigo now, and I'm curious if that's connected to this brain spinning backwards phenomenon that I mentioned above. Either way, periwinkle is excellent for vertigo and related issues

It's also good for tremors and any speech disorders, and for diminished cognitive issues. It's really wonderful for bringing the brain's electrical activity back online because of how it stimulates the brain's electrical activity.

Periwinkle is also a great remedy to use to help heal concussions and any other type of brain injury. It supports cerebral circulation and aids recovery from post cerebral infarctions and post traumatic brain injury (TBI). It really lights up the brain. It also improves cerebral oxidation and aids in the recovery from cerebral trauma.

Periwinkle and eyebright are two of my favorite plants use to brighten things up in the brain and light up and improve the communication of all of the brain's synapses and neurons to get things back to functioning and working well.

Periwinkle also supports all aspects of the body's circulatory system, including peripheral circulation, and lowers diastolic arterial pressure.

In addition, it improves the microcapillaries of the eyes and can help relieve migraines, and is useful for recovery from the aftereffects of thrombosis as well as coronary spasms.

Rosemary: Rosemary is a hardy, woody, evergreen shrub from the Mediterranean region that flower from January to May. Its plant stem cell extract contains two diterpenes that drive so much of its antioxidant anti-inflammatory properties. Both of diterpenes, carnosic acid and carnosol, are proven to provide significant neuroprotective effects, and they can significantly

reduce neuroinflammation in the body, as well, in many cases even more so than resveratrol and sulforaphane, both of which are well-known for their ability to reduce inflammation and help protect the brain.

Rosemary also balances the central nervous system and helps improve memory. There's a quote that talks about if you forget anything, use rosemary and you'll always remember. In traditional herbal medicine, rosemary is very much equated with improved memory and concentration, and I find that the embryonic plant stem cell extract remedy that is derived from it is the most potent and effective way to use it.

The other thing that rosemary plants cells do is help with neurodegeneration. If there is anything that might be breaking down in the brain, rosemary will actually stop that from happening and help get rid of any neurotoxicity or oxidative stress that could be forming in the brain.

When I think of rosemary, I think of memory, liver, skin and hair, and that's one of the things that I absolutely adore and love about embryonic plant stem cell remedies: They are so multifaceted, and they work in so many areas of the body in multiple ways. They have this incredible intelligence so that when they come into the body, they know exactly what to do, where to go in the body, and to help clean up the body and bring everything back online into homeostasis, including in the brain.

In addition to supporting brain health, the rosemary embryonic plant stem cell remedy also is hepato (liver)-protective and facilitates the eliminations of all "glues" and mucus from the body. It encourages catabolism and can help regenerate the liver by draining toxins from it, as well as from the gallbladder, where it also acts as an antispasmodic.

In addition, rosemary eliminates mucus accumulation that blocks function of cells,

tissues, and organs, increases red blood cell count, and, because of its carnosol content, and the volatile oils betulin and betulinic acid it also contains, it acts as a natural anticancer agent.

St. John's wort: St. John's wort is known for its ability to minimize depression, which is also connected to the nerve regeneration in the brain. St. John's wort binds to GABA receptors and inhibits that re-uptake of serotonin, norepinephrine, and dopamine.

St. John's Wort also helps prevent stress-induced memory disorders. Oftentimes, memory and cognition issues are really driven by a constant overload of stress and anxiety. St. John's wort is a really wonderful plant to use in those situations.

Another important benefit that St. John's wort provides its ability to drain the brain and body of heavy metals. As you may know, many heavy metals, such as aluminum, cadmium, and mercury, have a tendency to travel to and lodge within the brain because of their ability to cross the blood-brain barrier. St. John's wort is able to do this, as well, which is why it is able to clean up heavy metals and other toxins in our brains and help reverse the inflammation that has accumulated there.

In addition, it helps relieve nerve pain. I use it to help people with diabetes who have issues with neuropathy. It's a really wonderful plant stem cell remedy to use to help that. So keywords for St. John's wort, decreased depression, lower stress, and also that brain inflammation buster.

Other plant stem cells can also benefit your brain due to their own health-supporting properties, yet these are the ones that I most often use and recommend for keeping our brains healthy.

How To Use Concentrated Plant Stem Cell Extracts

One of the many benefits that I most appreciate about concentrated plant stem cell extracts is how easy they are to incorporate into a daily self-care regimen. Everyone of any age can benefit from plant stem cell remedies.

The Importance of Only Using the Highest Quality Products: The first important key to using them is to choose plant stem cell products that are high quality, with a proven potency and purity. Just as nutritional supplement and herbal product brands can greatly vary in terms of how they are produced, the same is true about plant stem cell brands. In order to receive the most benefit from them, you need to be sure the plant stem cell remedies you intend to use have been harvested and prepared with the highest standards of production. Unfortunately, not all plant stem cell products meet those standards. Ensuring that the plant stem cell remedies I use *do* meet those standards is one of the reasons why I created my own company, Nature Provides (see the Resources section below).

The most effective plant stem cell remedies are handpicked in the wild in regions that are far away from pollution, and grown in soil that is free of herbicides, pesticides, heavy metals and other harmful chemicals. The PSCs that Nature Provides makes available come from one of the most pristine regions in Europe. There, the plants that are picked and harvested in the spring before their buds appear. Then the production of the remedies begins within two hours after the plant parts are picked, macerated in an alcohol and glycerin solution using only the highest quality production methods.

Generally speaking, maceration is an ancient technique that has been used for centuries by various cultures around the world to produce tonics and other plant extracts. It involves placing plants or their selected component parts in closed vessels to which a specific type of solvent has also been added. The plants and/or their components are kept in the vessel for a

period of time that can range from a few hours to days or weeks in rooms kept at either room temperature or above. During this time, the plant and solvent mixture may occasionally be stirred. The maceration process increases the diffusion of the desired compounds from the plant material into the solvent, while also removing concentrated solution from the materials of the plants' surface in order to increase the amount of the extraction that is produced.

In the case of the concentrated plant stem cell extract remedies my company provides, the maceration process lasts between 21 to 28 days. After that, macerated plant products are pressed and filtered so that their cell salts are extracted. The final products are then inspected, bottled, and made ready for shipping.

Guidelines For Use: Once you have decided on which of the above-mentioned concentrated plant stem cell remedies you think will be most appropriate for your specific needs, here are the guidelines I recommend that you follow in order to get the most benefit.

1. Each remedy can be added to a small amount of high quality, filtered water. Simply add the recommended drops on the product label of each remedy to the water. The number of drops depends on each remedy, and can range from a dose of five to as many as 75 drops per serving. Once you've added the drops, sip the water over a period of five minutes, holding each sip in your mouth for a few seconds before swallowing so that the remedy or remedies are fully absorbed.

You can also take the drops directly into your mouth, without water, if you wish. Again, holding them in your mouth for a few moments before swallowing. Either way, I recommend taking the remedies 15 minutes before you eat.

2. All of the remedies in this report (as well as all other concentrated plant stem cell remedies) can be taken singly or combined into a single overall dose.

3. I recommend taking the first single or combination dose in the morning, away from food, and then taking additional doses—usually no more than three doses per day in total—throughout the rest of the day.

Some gemmotherapy practitioners suggest taking one PSC remedy in the morning, a different PSC remedy in the afternoon, and a third remedy in the evening. Feel free to experiment to discover what works best for you.

4. I recommend that whichever of the remedies you choose to use to be taken on a daily basis, once to three times each day (three times usually being best) for three weeks (21 days), followed by one week off. Repeat this cycle for up to six months or until you have experienced the relief you seek if it occurs sooner than that.

5. In most cases, you can expect to begin experiencing improvements in your condition within a few days to two weeks. If this does not occur, try increasing your dosage (number of drops) or consider switching to another remedies.

6. When taking concentrated plant stem cell remedies for a significant period of time, I recommend that you alternate single or combination remedies in addition to taking one week off from using them during each month period.

7. For chronic brain conditions requiring regeneration, usually six to 12 months of use may be necessary before complete resolution occurs. During this time, be sure to re-evaluate and retest throughout this treatment period, ideally with the guidance of a trained gemmotherapy practitioner.

Conclusion

Thank you for taking the time to read this report. I hope that the information I've shared has piqued your interest in concentrated plant stem cell remedies and that you will consider using

them so that you can obtain the same level of benefit for your brain and overall health that my many clients and I continue to receive from them by making them an essential part of our daily self-care approaches.

May God bless you with long-lasting, vibrant health!

Resources

Nature-Provides.com

This is my website, where you can find more information about the concentrated plant stem cells discussed in this report, as well as all of the plant stem cells I use and recommend. You will also find information about essential oils and the various nutraceutical remedies that I recommend. All of these remedies available for purchase at this site.

This user-friendly website also has a searchable database where you can find health care practitioners trained in the use of concentrated plant stem cell remedies. You can find it at <https://nature-provides.com/find-a-practitioner>.

You can also sign up to receive my free email-based newsletter on this site. To subscribe, go to <https://nature-provides.com/join-our-newsletter/>

Nature-Provides.com also includes a section devoted to health care practitioners wanting to learn more about how to use PSCs. This section provides additional articles and webinars geared to furthering practitioners' understanding of PSCs and how to incorporate them into a healthcare practice. If you are a practitioner, you can register to access all of this information using the Practitioner Registration Form available at <https://nature-provides.com/practitioner-registration-form>.

For further information, you can contact:

Nature Provides

PO Box 78027

Charlotte, NC 28271

Phone: (704) 246-7175

Email: info@nature-provides.com

The Wellness Sherpa

This is my podcast, where I regularly interview other health care experts who share their insights about a wide range of health topics. It is available on the Nature-Provides website, as well as on YouTube, Spotify, Audible, and Apple Podcasts. The links are:

Nature-Provides.com: <https://nature-provides.com/podcast>.

YouTube: <https://www.youtube.com/@JennPayeur>

Spotify: <https://open.spotify.com/show/3BVxQTTvraInTvn6iiSk17>

Audible: <https://www.amazon.com/Wellness-Sherpa/dp/B0CVNC8W14>

Apple Podcasts: <https://podcasts.apple.com/us/podcast/wellness-sherpa/id1734332235>

***Ancient Plant Wisdom, Modern Healing* by Jennifer Payeur**

This is my book, which provides the most complete information on gemmotherapy and concentrated plant stem cell remedies ever written for lay readers. It is available as both a trade paperback and ebook (Kindle, Nook, etc.) and you can find it at Amazon.com and Barnes and Noble (BN.com). It can also be ordered through Target, Walmart, your local independent bookstore, and wherever else books are available throughout the US, Canada, Australia, and New Zealand.

About the Author

Jennifer Payeur is a holistic health practitioner and researcher, a passionate advocate for the healing power of nature, and a leading expert on gemmotherapy, the use of concentrated embryonic plant stem cells for improving and maintaining health. After experiencing a life-threatening health issue, she left a 29-year career as an executive in Financial Services and embarked on a journey of self-discovery, reconnecting with the inherent healing properties of plants, which enabled her to achieve a complete and long-lasting recovery.

In 2019, she founded Nature Provides, an innovative plant stem cell company. Her mission is to educate and empower others on how these unique plant remedies detoxify, strengthen, and rejuvenate the cells in the body, bringing vibrant health to the individual.

An inspirational speaker and podcast host of The Wellness Sherpa, Jennifer is also Founder and Co-owner of Divine Health Alliance, a holistic healing center in Charlotte, NC, and is also on the Board for the Metabolic Terrain Institute of Health (MTIH), a nonprofit organization whose mission is to ingrain the terrain-based treatment methodology into cancer treatment and preventative care through practice, science, research, education, training, collaboration and funding.

In her role as a teacher and mentor, Jennifer continues to travel around the world to educate others on the many healing properties of concentrated embryonic plant stem cells.