



FLOWER ESSENCES

Flower Essences are liquid tinctures that are placed on the forehead or tongue to bring balance and optimal function to the body, mind and spirit for people of all ages.

They can be used daily as a preventative tool because they strengthen the body's defense for chronic pain, illness or emotional instability or for acute upset or injury.

Some popular remedies specifically include:

- ❖ Support for daily stress or anxieties felt from long school/work hours, separation from family, travel, medical tests, doctors' visits or upsetting conversations.
- ❖ Support for focus and ordering projects, meetings or people.
- ❖ Support for hormonal balance from the age of 10 years on.
- ❖ Support for up and down emotional swings or feelings of low energy throughout the day.

Flower essences can be taken nightly to boost the body's immune, lymphatic and respiratory systems and are great for alleviating allergies or persistent digestive concerns. In addition, they can be taken to support every major organ system in the body including muscles, joints and bones.

There are many flower essences that can be administered to support specific challenges including emotional upset, mental confusion, feeling sad or discouraged, discernment about one's role in family or society and sorting through personal options, just to name a few.

Flower essences can be taken along with pharmaceuticals if needed, in conjunction with all medical interventions and during childbirth. They can also be administered to animals. It is not necessary to engage a professional to purchase flower essences.

Prepared by: [Gretchen Van Fossan, L.Ac., M.Ac.](#)