



# Wellness, Naturally



**Herbs** The plants love us! All over the world people benefit from the traditional wisdom of using plants to cleanse, heal and strengthen the physical body naturally. Even today, the World Health Organization states that 80% of people worldwide use herbs for their healing. Herbs are used as food and medicinally in teas, extracts and pill form. Herb Pharm and Quantum are excellent extract brands.

**Flower Essences** are unscented vibrational remedies which gently help transform self-limiting beliefs and unresolved feelings so we may achieve our fullest potential. Developed in England during the 1930's by Dr. Edward Bach, this simple yet elegant method is one of the fastest growing healing modalities worldwide. Essences are created by floating blossoms at the peak of their bloom in water to bring forth the unique soul force of each flower. Flower essences preserved in brandy are available in health food stores or by mail and are inexpensive. *The Flower Essence Repertory* by Patricia Kaminski and Richard Katz is a highly recommended and easily understood resource for personal growth. Traditional use: Under the tongue or in any beverage: Adults 2 drops 3-4x daily, Children 2 drops 2x daily.

**Aromatherapy** makes use of scents extracted from plants and trees to promote physical and emotional healing. As they are highly concentrated only a few drops are used at a time. With care, a few drops may be inhaled, placed in a ceramic aromatherapy light bulb ring or added to baths or unscented oils. Use extra care if you have sensitive skin. It is very important to obtain essential oils from a reputable source as they are very costly and adulteration with synthetics is all too common and will not give the desired results. Brands which may be used with confidence are Simplers, Oshadi, Aroma Vera, Tisserand and Maharishi Ayer-Ved.

**Homeopathy** is a system of healing which treats physical and emotional symptoms by using extremely minute doses of remedies to restore balance. It is typically taken via tiny milk sugar pellets which are dissolved under the tongue. Homeopathic remedies must be taken 20 minutes before or after food or beverages. As these remedies are highly sensitive, avoid coffee, mint (i.e.: most toothpaste) or camphor (i.e.: pain rubs) or repeat the dose after 20 minutes. It's the 3rd most popular healing method world wide.

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Flower Essence Service (FES) or English (Healing Herbs) essences:  
**Flower Essence Service** P.O. Box 1769, Nevada City, CA 95959 USA  
Tel. (800) 548-0075 or (530) 265-0258 Fax (530) 265-6467  
www.fesflowers.com e-mail: info@fesflowers.com

European-style homeopathic pharmacy.  
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A reliable source for teas and healing preparations:  
**Jean's Greens** 1545 Columbia Turnpike, Castleton, NY 12033 USA  
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Isadora is available for telephone consultations and to travel for consultations and classes.