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## Smell Your Way To Health With Flower Essences

*Use flower essences for a calm, stress-free life!*

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The use of flower essences – sun-soaked flower petals that have been boiled or steeped in spring water – is not a new idea! Ancient societies often found flower fragrances to be effective healing remedies. When Edward Bach, M.D., the British physician to which the modern flower essence movement has been attributed, first started encouraging his homeopathic patients to use flower essences, it was no surprise they started to catch on!

## When To Take Flower Essences



Flower essence therapy is often grouped with other alternative, energetic-based holistic medicine practices, which makes it rather different than Western-based treatments. Try something new, and you may just find that flower essences offer you some excellent health benefits! Here are some of the maladies flower essences are often used for:

**Stress:** This is one of the most popular symptoms treated with flower essences, with many mixtures available for you to try.

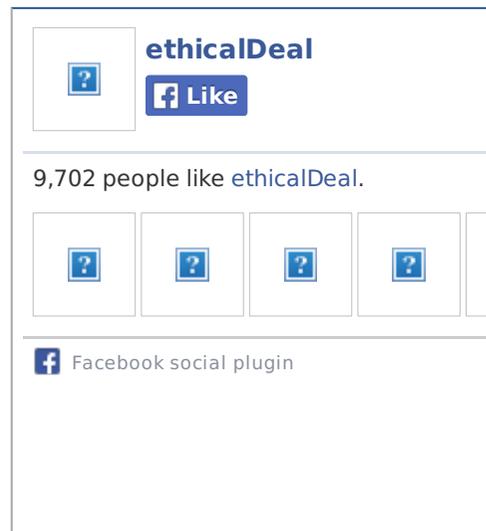
**Depression:** Several clinical studies have shown that flower essences can be used to effectively treat certain types of [depression](#).

**Animal Anxiety:** Many have found flower essence tinctures to be extremely

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beneficial for helping their pets through **anxious times** – whether it be a visit to the vet, a relocation, or fireworks during the holidays.

Additional studies are also under way to determine the efficacy of flower essences for things such as obsessive compulsive disorder and autism.

## How To Take Flower Essences



For the most part, flower essences have little to no scent and are made in an alcohol base with very mild flavours, making them rather painless to administer, even to animals. Here are some guidelines to get you started:

**Consult a Pro:** If you're introducing flower essences into your natural health routine, consider consulting with a professional naturopath or holistic health practitioner with extensive knowledge of how flower essences work. They will be able to guide you in selecting the correct combination.

**Administer Often:** Taking a flower essence generally involves putting four drops of the liquid under your tongue four times daily, depending on the tincture and your desired result.

The good news is that flower essences are completely **nontoxic and safe**, meaning you can experiment with them without fear of doing harm to yourself, and they won't negatively interact with any other medications you may be taking. So try them with confidence and share your experiences here.

## About the Author:

**Maryruth** has been seeking the keys to environmental justice – both at home and at work – for over a decade. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the

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subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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