



## A system of Micro-Dilution Therapeutics

Homeostasis is a line of premium quality Homeopathic remedies manufactured in Canada. The formulations in this line have been compounded and evaluated in clinic for the last 25 years by a well-known, internationally trained homeopathic practitioner, Dr. Manohar Sood. He has been a registered Homeopath by the College of Homeopaths, Ontario since April 2015.

Dr. M. Sood's collective expertise and experience is captured in a comprehensive line of homeopathic remedies that spans traditional formulations to non-traditional, complex combinations.

Each homeopathic product is carefully compounded in a site-licensed facility and the quality of each remedy is assured through rigorous quality control process that includes raw material qualification to final release of finished product.

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CANADIAN!



### Disclaimer

This booklet is a guide for Professional Use Only. Please refer to product label for proper usage. Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner before use if you are pregnant or breastfeeding and when given to children.

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## A system of Micro-Dilution Therapeutics

# FLOWER REMEDIES





The German physician Samuel Hahnemann articulated the principles of homeopathy in his famous work entitled the Organon of the Art of Healing in 1810. The word homeopathy is derived from the Greek roots “omio” (meaning the same) and “pathos” (meaning suffering). One of the principles of homeopathy is that the same entity which causes symptoms of disease in healthy subjects also is able to ameliorate those same symptoms in sick subjects. Hence Hahnemann’s theory “similia similibus curentur” or “Like cures like”. Modern medicine’s priority is to provide symptomatic relief to patients as a strategy to manage disease rather than to understand the basis of disease. Consequently, medicines developed based on that model target symptoms.

Acetaminophen is perhaps the most widely prescribed medicine today. Acetaminophen inhibits the formation of internal biochemical messengers (the prostaglandins) so that the symptoms (headache, pain, inflammation) are in the short term eliminated, however, the reasons for the headache, the pain or the inflammation are not addressed. By contrast homeopathy is a modality that seeks to restore health by understanding the underlying basis of disease.

Homeopathy contradicts the well known dose-response principles of pharmacology. In the case of homeopathy the exact opposite is apparently true – decreasing the dose increases the pharmacological response. Although there is no apparent empirical evidence that supports the plausibility of this theory, an analysis of some 107 controlled clinical trials of efficacy led Dutch researchers (J. Kleijnenhat ,et al., British Medical Journal, 1991) to conclude that there is a legitimate case for the further evaluation of homeopathy. Scottish researchers (D. Reilly, et al. Lancet, 1986) were able to conclude that the placebo effects can not adequately explain the successful clinical responses observed with homeopathic medicines. The mechanistic basis underlying the action of homeopathic medicines represents a confusing challenge to orthodox scientific models which must imply that homeopathy and homeopathic medicines must work by mechanisms other than what scientists currently understand. Medical research certainly acknowledges that the etiologies of most diseases are multifactorial and do not have one single cause or predisposing factor.

The first cellular response after injury is an instinctive attempt to regain biochemical “normality” or homeostasis. It is when the injury to cells exhausts this inherent “homeostatic” repair mechanism that irreversible injury occurs and disease manifests. In a similar way homeopathy is designed to re-establish homeostasis after acute or chronic injury. Homeostasis is a comprehensive line of well researched combinations, formulated by homeopathic practitioners for the well being of your family.”

- Dinshaw Printer  
Certified Homeopath, Ontario

Homeostasis is a concept that embraces the belief that given the appropriate nutrients, cells will strive to regain homeostasis and subsequent overall health will be restored naturally. Dr. Schuessler’s Biochemic System of Medicine calls for the use of tissue salts also known as minerals. Dr. Schuessler observed that when the human body lacks one of these tissue salts many common ailments may occur. All the tissue salts are prepared in a unique way by micro dilutions for the rapid cellular assimilation. Once deficient tissue salts are supplied in this specific form, cellular homeostasis is restored  
**RESULTING IN GOOD HEALTH.**



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## BACH FLOWER REMEDIES

*(An Allied subject of homeopathy)*

Dr. Edward Bach (1886-1936), determined from his experience as medical practitioner and from his close observation of his own and other people's psyche, twelve outstanding states of mind or twelve typical tendencies of personality, that were basic to all humanity. He used these twelve basic states of mind, or types of personality, as building blocks for his new system of healing.

In the Bach flower therapy, these major mental/emotional states and their respective healing remedies are illustrated as follows:

	Remedy	Symptom of mental State
1	Mimulus	Fear and shyness
2	Rock Rose	Terror
3	Agrimony	Mental torture or worry
4	Scleranthus	Indecision
5	Clematis	Indifference or boredom
6	Gentian	Doubt or discouragement
7	Chicory	Over-concern of welfare of others
8	Centaury	Weakness, too willing servitor
9	Cerato	Self-distrust
10	Impatiens	Impatience
11	Vervain	Overenthusiasm
12	Water Violent	Pride or aloofness

## Group 'G': Overcare for welfare of others. (DIN-HM: 80046463)

In this state, consciousness is overbearing in its expression, attempting to shape the world and its people according to its own ideas. Five different facets of this mode are healed by the following remedies:

**Chicory:** Heals an overly fussy and self-centered approach to caring for others and being cared for by others. If unwell, accompanied by the need to bind others closely to oneself.

**Vervain:** Treats states of overenthusiasm for ideas, accompanied by the exaggerated attempt to convert others to one's view.

**Vine:** Is for those who consider themselves leaders and control others against their wishes.

**Beech:** Heals states of undue criticism and intolerance, as one judges others according to one's own ideals and standards.

**Rock Water:** Helps those overly motivated to inspire others with their personal path of self-mastery.

**Goal:** These five remedies are given to be open-minded to different views and allow others to determine their own views and opinions; to set their own course of action; to develop tolerance and learn to appreciate others by true tuning into the others' inner world and respect for their wishes. To cultivate the attitude of "live and let live".

**Ingredients:** Chicory 5X, Vervain 5X, Vine 5X, Beech 5X, Rock Water 5X

**Directions:** Take ten drops on tongue, three times daily. If symptoms persist consult a health care practitioner.

## Group 'F': Despondency or despair. (DIN-HM: 80046461)

In this state one cannot give to life fully, since inner lightness and freedom from cares are absent. One's consciousness is weighted down and unable to rise above despairing conditions. There are eight different facets within this mode of consciousness, healed by the following remedies.

**Larch:** Is for those suffering from low self-esteem and feeling despondent, and hampered in their approach to life.

**Pine:** Brings relief from the states of guilt and self-reproach which may weigh heavily upon one's consciousness.

**Elm:** Treats states of being overwhelmed and burdened by tremendous tasks.

**Sweet Chestnut:** Heals unbearable anguish and despair with concurrent faithlessness and a sense of meaninglessness of life.

**Star of Bethelhem:** Address the burden of grief plus trauma and shock and their after effects.

**Willow:** For those not favored by fate or mistreated by others and developing despair, bitterness and resentment.

**Oak:** Treats states of perseverance in face of hardship and despair.

**Crab Apple:** Helps those unable to rise above shameful aspects of the self and despairing over them.

**Goal:** This combination of eight remedies creates a balanced and sturdy self-confidence and resolve to not repeat the same fault and forgive oneself. It provides inner calm and a new overview to have faith and trust in a meaningful universe, and be open to guidance by one's inner truth and love. To soothe and comfort the heart and release trauma. Furthermore, to balance work and recreation, forgiveness and gratitude, and thereby to create healthy self-acceptance.

**Ingredients:** Larch 5X, Pine 5X, Elm 5X, Sweet Chestnut 5X, Star of Bethelhem 5X, Walnut 5X, Oak 5X, Crab Apple 5X

**Directions:** Take ten drops on tongue, three times daily. If symptoms persist consult a health care practitioner.

Dr. Bach, further identified twenty-six additional states of mind, which were complemented with healing remedies, produced from plants in nature. Initially, the above twelve type remedies were further complemented by seven adjunct remedies, or helpers, as they are known.

Dr. Bach explains, that whereas the healers address major parts or character traits of the personality, the helpers deal with long-standing states of mental/emotional suffering, that have become entrenched in the character as a whole and have begun to over shadow the true personality. He further notes that these healers and helpers, however, are not only prescribed for chronic states of mind but also for temporary upsets. They are given whenever they are indicated.

These seven, helper remedies were discovered in the following order:

	Remedy	Symptom of mental State
13	Gorse	Hopelessness
14	Oak	Despondency from overwork
15	Heather	Self-centered talkativeness
16	Rock water	Hard master onto oneself, with urge to inspire others
17	Wild Oat	Lack of motivation and incentive
18	Olive	Mental/emotional and physical weakness
19	Vine	Domination of others

The remaining nineteen remedies discovered were concerned mostly with temporary states of the mind/emotions that arise due to the circumstantial experiences of life. These mental/emotional states can be part of the personality for prolonged periods of time but are not considered typical character traits. The following remedies were mostly gained from bushes and trees.

	Remedy	Symptom of mental State
20	Cherry Plum	Fear of losing mental balance
21	Aspen	Vague fears and foreboding
22	Red Chestnut	Fear of others' welfare
23	Horn Beam	Mental fatigue
24	Honey Suckle	Longing for past happiness
25	Wild Rose	Feeling of powerlessness
26	White Chestnut	Lack of mental tranquility
27	Mustard	Depression and gloom
28	Chestnut Bud	Immaturity of mind/emotions, failure to learn from mistakes
29	Holy	Vexations and jealousy
30	Walnut	Easy impressionability
31	Crab Apple	Shame or feelings of uncleanness
32	Willow	Resentment and bitterness
33	Star of Bethlehem	Sadness, grief, shock
34	Sweet Chestnut	Despair and faithlessness
35	Elm	Being overwhelmed
36	Pine	Guilt and self-blame
37	Larch	Low self-confidence
38	Beech	Intolerance and criticism

## Group 'E': Oversensitive to influences and ideas. (DIN-HM: 80046466)

This mode of consciousness is marked by a heightened sensitivity to impact from outside. Four remedies address the different facets of this state.

**Agrimony**: Heals oversensitivity to turmoil. Strife and quarrel. Also those individual who suffers from disruptions in peace and tries to restore it.

**Centaury**: Helps those seeking to please and serve others and in so doing undermine their strength. They are overly sensitive to the demands and needs of others.

**Walnut**: Treats heightened mental sensitivity to impressions from outside. One is unstable and too easily influenced in one's inner self.

**Holly**: Heals those overly distressed and easily made upset and irritated by vexing and annoying circumstances.

**Goal**: The four remedies in combination serve to strengthen inner peace so that outside discord is not too disturbing. It provides inner stability, reduce vulnerability to impressions that may disturb inner balance and to keep one's own needs in mind while upholding one's good intentions and joy of service.

**Ingredients**: Agrimony 5X, Centaury 5X, Walnut 5X, Holly 5X

**Directions**: Take ten drops on tongue, three times daily. If symptoms persist consult a health care practitioner.



## Group 'D': Loneliness. (DIN-HM: 80046459)

This remedy addresses state of inner loneliness which arises from a self-centered attitude towards life. While being in this mode of consciousness, one is removed from heartfelt engagement with others for personally chosen reasons. Following three remedies heal the different facets within this state.

**Water violet:** Is for those who remove themselves in proud and reserved dignity.

**Impatiens:** Heals the tendency to force one's own fast pace of work or recreation onto others and not tuning into their natures.

**Heather:** Helps the state of being overly concerned with one's personal problems and not wanting to talk of anything else.

**Goal:** This combination of three remedies provides spontaneous affection towards others; "we are all created equal". To become a good listener and tune into other's problems and to allow them to unfold according to their individual pace. To remove inner loneliness which comes from not connecting fully with others and their personal needs.

**Ingredients:** Water violet 5X, Impatiens 5X, Heather 5X

**Directions:** Take ten drops on tongue, three times daily. If symptoms persist consult a health care practitioner.

Dr. Bach in his clinical practice observed very closely his patients' individual personalities, and their responses to treatment. From what he noticed, he concluded that the mental/emotional condition would influence the course of recovery and affect the efficiency of the administered medicines. He believed that in the process of disease and cure, the mind and emotions of the patient should be taken into consideration during diagnosis and treatment.

He emphasized in his "Bach flower therapy" the importance of the mental and physical differences of the seven major types of personality (consciousness) which he had observed and identified during his medical training and practice. His goal was to determine how the mind/emotions and body affected each other; specifically he was interested in identifying those physical symptoms that were commonly experienced by people of the same type of personality.

Dr. Bach, felt that these thirty-eight remedies span the whole sphere (arena) of mental/emotional suffering experienced by mankind. He decided to divide these total remedies into seven groups which represent "seven major area of consciousness" where mental/emotional imbalances can occur.

Major areas of consciousness	Remedies
Group 'A': For those who have fear	Rock Rose, Mimulus, Aspen, Cherry Plum, Red Chestnut
Group 'B': For those who suffer uncertainty	Cerato, Scleranthus, Gorse, Gentian, Horn Beam, Wild Oat
Group 'C': Not sufficient interest in present circumstances	Clematis, Honeysuckle, Wild Rose, Olive, White Chestnut, Mustard, Chestnut Bud
Group 'D': Loneliness	Water Violent, Impatiens, Heather
Group 'E': Oversensitive to influences and ideas	Agrimony, Centaury, Holly, Walnut
Group 'F': Despondency or despair	Larch, Pine, Elm, Oak, Sweet Chestnut, Willow, Star of Bethelhem, Crab Apple
Group 'G': Overcare for welfare of others	Chicory, Vervain, Vine, Beech, Rock Water

## FLOWER ESSENCE

### Agrimonia Eupatoria (DIN-HM: 80005318)

**Agrimony:** Mental torture or worry.

The mind is overly sensitive and in disharmony with the environment. Internal restlessness and worry, plus the effort to find peace within one's own mind.

**The goal of remedy:** To strengthen inner peace so that outside discord is not too disturbing.

**Ingredient:** Agrimony...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Populus Tremula (DIN-HM: 80005372)

**Aspen:** Vague fears and foreboding.

The mind is in a fearful state with feelings which have presence of evil and not knowing what exactly threatens. A feeling of anxiety and of being vulnerable to the outside forces that are threatening and out of one's control. The superstitions are easily stimulated.

**The goal of remedy:** Faith that one is safe and guarded.

**Ingredient:** Aspen ...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

## Group 'C': Not sufficient interest in present circumstances. (DIN-HM: TBA)

The seven remedies in this group represent a mode of consciousness that the beauty of the present moment does not hold a strong enough appeal to engage the mind fully.

**Clematis:** Based on one's belief that the present circumstances cannot provide future happiness this remedy treats longing for such fulfillment and daydreaming.

**Honeysuckle:** Is for those who live in the rich memories of the past, believing that such happiness can never be repeated again in the present or future.

**Wild rose:** Helps those withdrawn in apathy and resignation from unfavorable present circumstances.

**Olive:** Is for those too exhausted to attend to the daily business.

**White chestnut:** Treats states of mental preoccupation and intense worry, which remove one from concentrated involvement in the present.

**Mustard:** Heals withdrawal into depression and gloominess.

**Chestnut Bud:** Deals with states of inattentiveness and lack of restful concentration on the present moment.

**Goal:** The aim of these seven remedies is to feel empowered, to strengthen and revitalize mind/emotions and body. To reassure that present and future, promise to hold new happiness and bring light and incentive to the mind so life appeals again. To find calm and deep understanding in learning of life's lessons.

**Ingredients:** Clematis 5X, Honeysuckle 5X, Wild rose 5X, White chestnut 5X, Mustard 5X, Chestnut bud 5X

**Directions:** Take ten drops on tongue, three times daily. If symptoms persist consult a health care practitioner.



## Group 'B': For those who suffer uncertainty. (DIN-HM: 80046467)

The six different facets of this mode of consciousness are healed by the following remedies.

**Cerento:** Heals inner uncertainty, lack of self-assurance, and dependence on the advice of others.

**Scleranthus:** Is for person whose tendency is to vacillate between options and suffer delay in the decision making.

**Gentian:** Treats discouragement and reluctance to get involved in the world.

**Gorse:** Deals with hopelessness and retreat from active engagement in the world.

**Horn beam:** Heals mental fatigue, listlessness and procrastination.

Wild oat: Addresses a lack of motivation and incentive, plus uncertainty in regard to choosing a definite career path.

**Goal:** Reliance on inner wisdom with assuredness and increasing intuitive powers, so that a new perspective and overview can be gained. To promote inner certainty in one's quest for actualization of one's potentials, by rekindling joy, incentive and faith in one's ability and perseverance.

**Ingredients:** Cerento 5X, Scleranthus 5X, Gentian 5X, Gorse 5X, Horn beam 5X, Wild oat 5X

**Directions:** Take ten drops on tongue, three times daily. If symptoms persist consult a health care practitioner.

## Fagus Sylvatica (DIN-HM: 80005208)

**Beech:** Intolerance and criticism.

One sets up ideals of people's behavior, their position in life and their demeanor. One who do not measure up is then criticized. This attitude is openly expressed and attempts are made to fit the other people into this ideal image. The individual shows feeling for overcare for others' welfare.

**The goal of remedy:** To develop tolerance and learn to appreciate others for what they are; by seeing their strengths, rather than evaluating them by their shortcomings.

**Ingredient:** Beech ...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

## Centaureum Umbellatum (DIN-HM: 80005316)

**Centaury:** Weakness, too willing servitor.

A person is docile and always too willing to do anything for others. His over sensitivity comes from being too open and receptive to the expectations and demands of others; enhanced by one's desire to love and serve.

**The goal of remedy:** To keep one's own needs in mind, while upholding one's good intentions and joy of service.

**Ingredient:** Centaury ...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

## Ceratostigma Willmottiana (DIN-HM: 80005220)

**Cerato:** Self – distrust.

There is lack of decisiveness and uncertainty within oneself. As a result others are asked for advice, as one's own ability to make decisions is not trusted. The cause usually lack of self-confidence or lack of inner assuredness.

**The goal of remedy:** Increasing intuitive powers. Also, assuredness and wisdom

**Ingredient:** Cerato...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Prunus Cerasifera (DIN-HM: 80005322)

**Cherry Plum:** Fear of losing mental state.

There is anticipatory fear of threatening impulses from the unconscious mind, which the patient knows them to be wrong and does not want to engage in them. The patient is apprehensive, that the impulse will win and control and reasoning will give way.

**The goal of remedy:** Learning to understand the true meaning of the impulses from the unconscious mind and learning to integrate them into the conscious mind in a healthy, non-threatening way.

**Ingredient:** Cherry plum...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Aesculus Hippocastanum (DIN-HM: 80005269)

**Chestnut Bud:** Immaturity of mind/emotions, failure to learn from mistakes.

The mind is unsettled and impulsive. One is too restless to attend to the circumstances of the present. As a consequence there is lack of depth-involvement with issues at hand. Furthermore, life's lessons and experiences may not be grasped in their deeper meaning.

**The goal of remedy:** To find calm and deeper understanding and learning of life's lessons.

**Ingredient:** Chestnut bud...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Cichorium Intybus (DIN-HM: 80005246)

**Chicory:** Overconcern of welfare of others.

One overly attends to others in a rather self-centered way, without fully taking the other's inner needs into account. Especially their need for independence is totally disregarded. One seeks closeness with those one cares for.

**The goal of remedy:** True respect for other's wishes by tuning into the others' inner world.

**Ingredient:** Chicory...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Group 'A': For those who have fear. (DIN-HM: 80046508)

In this group A, a combination of five remedies that heal this specific imbalance of human mental state.

**Rock Rose:** Treats state of intense fear, terror and heightened nervousness.

**Mimulus:** Is for everyday fears of concrete objects, persons and circumstances.

**Cherry Plum:** Treats states of tension with the intense fear of losing control and engaging in unwanted dreaded acts or thoughts.

**Aspen:** Heals states of foreboding and vague, haunting fears for which no explanation can be given.

**Red chestnut:** Is indicated in fear for the welfare of others.

**Goal:** The combination of five remedies is to be given to reduce terror in an emergency; for inner peace and calm, and instill courage. To help heal chronic anxiety and remove the bad effects of trauma from fright and shock. To enable one to face feared events with courage and trust. To restore faith that one is safe and guarded. To integrate true meaning of the impulses from the subconscious mind into the conscious, in a healthy, non-threatening way.

**Ingredients:** Rock rose 5X, Mimulus 5X, Cherry Plum 5X, Aspen 5X, Red chestnut 5X

**Directions:** Take ten drops on tongue, three times daily. If symptoms persist consult a health care practitioner.

## SEVEN GROUPS OF FLOWER REMEDIES

In the process of disease and cure, the mind and emotion of the patient is to be taken into consideration during diagnosis and treatment. The importance of the mental and physical differences is identified in the seven major types of personality. The goal is how the mind/emotion and body affect each other in identifying to those physical symptoms that are commonly experienced by people of the same type of personality.

The following are seven major areas of consciousness where mental/emotional imbalances can occur, and suffering experienced by mankind.

Group 'A': For those who have fear

Group 'B': For those who suffer uncertainty

Group 'C': Not sufficient interest in present circumstances

Group 'D': Loneliness

Group 'E': Oversensitive to influences and ideas

Group 'F': Despondency or despair

Group 'G': Overcare for welfare of others

### Clematis Vitalba (DIN-HM: 80005321)

**Clematis:** Indifference or boredom.

One does not believe that happiness can be found in the present. The mind wanders with longing to a time in the future, when fulfillment is hoped for. One is absent-minded and daydreaming.

**The goal of remedy:** Trust that happiness is to be found here and now and that one can reach for it.

**Ingredient:** Clematis...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Malus Pumila (DIN-HM: 80005279)

**Crab Apple:** Shame or feelings of uncleanness.

The mind concentrates on one's internal or external aspect of the personality considered unclean or shameful. As a consequence one feels despondency and despair.

**The goal of remedy:** To create healthy self-acceptance.

**Ingredient:** Crab Apple...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Ulmus Procera (DIN-HM: 80005369)

**Elm:** Being overwhelmed.

Since one does not feel empowered or in charge, to get a handle on things, the mind feels overwhelmed by tasks or happenings. A state of despondency or despair may set in.

**The goal of remedy:** To prepare oneself with inner calm and a new overview so that tasks can be mastered one at a time.

**Ingredient:** Elm...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Gentiana Amarella (DIN-HM: 80005377)

**Gentian:** Doubt or discouragement.

Uncertainty extends into the area of action and doing. In the negative gentian state one is easily discouraged and often gives up an activity when obstacles arise.

**The goal of remedy:** Faith in one's ability and perseverance. Faith in general.

**Ingredient:** Gentian...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Ulex Europaeus (DIN-HM: 80005323)

**Gorse:** Hopelessness.

One feels loss of certainty and hope that anything can be done to be saved or to save oneself from the undesired condition one is in.

**The goal of remedy:** New hope

**Ingredient:** Gorse...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult your health care practitioner.

### Calluna Vulgaris (DIN-HM: 80005278)

**Heather:** Self-centered, talkativeness.

Inner loneliness comes from not connecting fully with others and their personal needs. Instead, one is overly concerned with one's own affairs and needs and one gives into the strong urge to talk about them.

**The goal of remedy:** To become a good listener and tune into other's problems, which leads to de-emphasis of one's own concerns.

**Ingredient:** Heather...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Salix Vitellina (DIN-HM: 80005254)

**Willow:** Resentment and bitterness.

Despondency and despair arise from the perception of not being dealt with fairly and feeling resentment toward those at fault or toward faith in general.

**The goal of remedy:** Forgiveness and gratitude for the good aspects of one's life.

**Ingredient:** Willow...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### R Remedy (DIN-HM: 80006950)

**The rescue remedy**

The contributions of the five remedies together give a unique synergistic effect. Its aim is to restore balance and calm to a person in acute emergency situations.

**Rock rose:** To counteract terror and panic.

**Cherry plum:** To balance one's mental power, when out of control due to intense fear and tension.

**Clematis:** To reduce faintness or coma.

**Impatiens:** To counter act inner turmoil, tension and impatience.

**Star of Bethlehem:** To reduce shock, trauma, sadness, and thereby prevent long-lasting effects on mind/emotion and body.

**The goal of remedy:** Rescue remedy is of a great value immediately after accidents or similar moments of shock and pain, when there is faintness, trembling or failure of normal physical functioning. Also, it can be used in chronic situations of intense nervousness and tension, when the vital force needs to recharge and recuperate.

**Ingredients:** Rock rose 5X, Cherry plum 5X, Clematis 5X, Impatiens 5X, Star of Bethlehem 5X

**Directions:** Take ten drops on tongue as needed. Not to exceed three times a day. If symptoms persist, consult a health care practitioner.

### Aesculus Hippocastanum (DIN-HM: 80005269)

**White Chestnut:** Lack of mental tranquility.

The mind is preoccupied with worrisome thoughts of a serious nature, that have more impact than the circumstances of the present moment and remove the resent therefrom.

**The goal of remedy:** To increase serenity of mind so that worrisome thoughts can be kept at bay and free the mind for devotion to the present.

**Ingredient:** White chestnut...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult your health care practitioner.

### Bromus Ramosus (DIN-HM: 80005319)

**Wild Oat:** Lack of motivation and incentive.

There is uncertainty in the area of motivation and incentive in regard to choosing a current activity or a whole life path: Daily chores may be accomplished with a sense of boredom or with aversion.

**The goal of remedy:** Rekindling of joy and incentive while engaging in current activities deemed necessary or worthwhile.

**Ingredient:** Wild oat...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Rosa Canina (DIN-HM: 80005223)

**Wild Rose:** Feeling of powerlessness.

The present denotes hardship and unhappiness that one feels powerless to rise above. As a consequence one loses interest in the present and experiences apathy and lack of involvement.

**The goal of remedy:** To feel empowered again in regard to changing one's lot.

**Ingredient:** Wild rose...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Ilex Aquifolium (DIN-HM: 80005232)

**Holly:** Jealousy and vexations.

Emotions of a strong and vehement nature are stirred up and may turn the person away from kindness, if only temporarily. Any upsetting circumstances within the environment causes sensitivity of the mind/emotions and the body. Also, the person is further overly sensitive to personally perceived circumstances of threat that create vexations, irritation and the need to "fight back".

**The goal of remedy:** To stay focused on love and kindness; forbearance.

**Ingredient:** Holly...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Lonicera Caprifolium (DIN-HM: 80005332)

**Honeysuckle:** Longing for past happiness.

One dwells with nostalgia feelings in the memories of happiness once experienced in the past; believing the present or future will never duplicate that happiness.

**The goal of remedy:** Trust that present and future promises hold new happiness. Have gratitude for previous happiness.

**Ingredient:** Honeysuckle...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Carpinus Betulus (DIN-HM: 80005221)

**Horn Beam:** Mental fatigue.

The mind and body seems tired. A person is prone to procrastination and bent on avoiding prolonged effort. Uncertainty lies in the inability to focus the mind with clarity and power of concentration to the tasks at hand.

The goal of remedy: Mental clarity and joy of attending to one's tasks.

**Ingredient:** Hornbeam...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Impatiens Glandulifera (DIN-HM: 80005270)

**Impatiens:** Impatience.

Inner loneliness exists because one is quick in thought and action and urges others to follow, without taking into account, their personal pace and individual natures.

**The goal of remedy:** To allow others to unfold according to their individual pace; patience based on inner kindness.

**Ingredient:** Impatiens...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Larix Decidua (DIN-HM: 80005222)

**Larch:** Low self-confidence.

A person loses self-confidence, leading to despair and despondency. This state arises from lack of those joyful and devoted experiences with people and tasks that would improve self-esteem and knowledge of one's capacities. Preoccupation and worry about self may further prevent healthful engagement and stabilized self-esteem.

**The goal of remedy:** Creating balance and sturdy self-confidence, by reducing focus on oneself and devoting to people and tasks.

**Ingredient:** Larch...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Vitis Vinifera (DIN-HM: 80005374)

**Vine:** Domination of others.

Overcare for others' welfare exists in one's tendency to influence and control others, even if they do not wish for it

**The goal of remedy:** To let others determine their own course of action and allow oneself to be led, instead of lead, should the situation call for it.

**Ingredient:** Vine...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Juglans Regia (DIN-HM: 80005206)

**Walnut:** Easy impressionability.

The mind is overly sensitive to all impressions and influence from the outside, especially during transitional stages of life when the person leaves behind a definite structure of living and is open to new impressions.

**The goal of remedy:** To give inner stability, reduce vulnerability to impressions that may disturb inner balance and deter from the state of being true to oneself.

**Ingredient:** Walnut...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Hottonia Palustris (DIN-HM: 80005371)

**Water Violet:** Pride or aloofness.

Loneliness of mind and heart arises from removing from people and putting oneself above them, instead of tuning into their inner natures and bonding with them.

**The goal of remedy:** Spontaneous affection, easy opening up toward others, "we are all created equal."

**Ingredient:** Water violet...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.



### Ornithogalum Umbellatum (DIN-HM: 80005329)

**Star of Bethlehem:** Sadness, grief, shock.

The bad effects from trauma cause despondency or despair.

**The goal of remedy:** Release trauma, by soothing and comforting the heart.

**Ingredient:** Star of Bethlehem...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Castanea Sativa (DIN-HM: 80005348)

**Sweet Chestnut:** Despair and faithlessness.

Despondency and despair arises from not seeing meaning in life and giving one's thoughts to faithlessness and negative doctrines.

**The goal of remedy:** To have faith and trust in a meaningful universe and be open to guidance by one's inner truth and love.

**Ingredient:** Sweet chestnut...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Verbena Officinalis (DIN-HM: 80005375)

**Vervain:** Overenthusiasm.

A person is convinced that certain ideas or views are right, and ardently tries to convert others to one's own view point, which leads to overcare for other's welfare.

**The goal of remedy:** To be open-minded to different views and allow others to determine their own views and opinions.

**Ingredient:** Vervain...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Mimulus Guttatus (DIN-HM: 80005276)

**Mimulus:** Fear and shyness.

This remedy treats concrete fears of known objects, situations or people. The mind in advance, anticipates fearful events and shrinking away from them with a sense of dread.

**The goal of remedy:** To face feared events with courage and trust.

**Ingredient:** Mimulus...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Sinapis Arvensis (DIN-HM: 80005212)

**Mustard:** Depression and gloom.

The mind overshadowed by depression and gloom, making it impossible for the person to find joy in the present circumstances.

**The goal of remedy:** To bring light and incentive to the mind so life appeals again.

**Ingredient:** Mustard...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult your health care practitioner.

### Quercus Robur (DIN-HM: 80005214)

**Oak:** Despondency from overwork.

The state of despair and despondency come from very hard work and not making satisfying progress or gaining rewards. There is a sense of moral duty while acting under compulsion, a virtue and feats of will power.

**The goal of remedy:** To balance work and recreation in a healthful way. To work "play-fully"

**Ingredient:** Oak...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Olea Europaea (DIN-HM: 80005274)

**Olive:** Mental/emotional and physical weakness.

Mind and body are too exhausted to attend with full capacity to the tasks at hand. A person feels the urge to remove from involvement, due to great fatigue, and give into the need to rest.

**The goal of remedy:** To strengthen and revitalize mind/emotions and body.

**Ingredient:** Olive...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Pinus Sylvestris (DIN-HM: 80005331)

**Pine:** Guilt and self-blame.

Despondency and despair center around guilt feelings, that one feels unable to rise above. Self-blame and regret may be high.

**The goal of remedy:** Forgive oneself and resolve not to repeat the same fault. Self-forgiveness comes easier when one learns to forgive others with similar faults.

**Ingredient:** Pine...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Aesculus Carnea (DIN-HM: 80005317)

**Red Chestnut:** Fear for others' welfare.

The mind is fearful that something bad or dangerous may befall a loved one. The person in fear feels that he/she is out of immediate care of the loved one and therefore out of control of the situation and cannot guard. Accompanying this state of mind, there is great nervousness and agitation.

**The goal of remedy:** Releasing the other to his/her destiny with faith.

**Ingredient:** Red chestnut...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Helianthemum Nummularium (DIN-HM: 80005216)

**Rock Rose:** Terror.

Heals acute states of extreme fear and terror, and their after effects. There is fear of death. In chronic cases, rock rose treats sensitive nervous system and states of chronic anxiety.

**The goal of remedy:** Self-transcendence, courage and true heroism

**Ingredients:** Rock rose...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Rock Water (DIN-HM:80005224)

Hard-master onto oneself, with urge to inspire others.

A person believes to be a good example to others, which brings out the urge to inspire and convert them, there by leading to overcare for "others' welfare."

**The goal of remedy:** To be more gentle with oneself and to cultivate the attitude of "live and let live".

**Ingredient:** Rock water...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.

### Scleranthus Annuus (DIN-HM: 80005327)

**Scleranthus:** Indecision.

A person is not able to make up his/her mind, having to choose between two options, usually of some magnitude. This results in uncertainty. There is dread of making the wrong decision, of having to let go of one option which might in hindsight been the better one. Also, one loses perspective due to flooding of the mind with details and arguments.

**The goal of remedy:** Reliance on inner wisdom. Lifting the mind to a higher vantage point so that a new perspective and overview can be gained.

**Ingredient:** Scleranthus...5X

**Directions:** Take ten drops on tongue three times daily. If symptoms persist, consult a health care practitioner.