

## FLOWER ESSENCES INDICATIONS FOR USE:

**AGRIMONY:** Mental anguish behind a 'brave face'  
**ASPEN:** Vague unknown fears. Anxiety & apprehension.  
**BEECH:** Critical & intolerant of others.  
**CENTAURY:** Unable to say "no". Easily imposed on.  
**CERATO:** Unable to make decisions without advice from others.  
**CHERRY PLUM:** Fear losing control of thoughts & actions.  
**CHESTNUT BUD:** Needs to learn by experience; repeats same mistakes over & over.  
**CHICORY:** Always knows just what's "right" for others. Possessive.  
**CLEMATIS:** Dreamy, absentminded, and lack of attention & concentration.  
**CRAB APPLE:** Poor physical self-image. Feelings of shame and uncleanness.  
**ELM:** Temporary feelings of inadequacy, overwhelmed by responsibility.  
**GENTIAN:** Easily discouraged, often with self-doubt. Pessimistic.  
**GORSE:** Hopelessness & despair  
**HEATHER:** Obsessed with own troubles; over-talkative, unhappy when alone.  
**HOLLY:** Suspicious, envious, vengeful; those who hate.  
**HONEYSUCKLE:** Dwells in the past—of what was—and could have been.  
**HORNBEAM:** Tiredness & fatigue; gets things done, but feels need to be strengthened.  
**IMPATIENS:** Impatient, fast paced, irritable.  
**LARCH:** Lack of self-confidence, anticipates failure.  
**MIMULUS:** Fear of known things — heights, the dark, being alone, etc.  
**MUSTARD:** Deep gloom, which comes and goes. Melancholia.  
**OAK:** Workaholic. Nose to grindstone syndrome, can neglect own, & needs of those close.  
**OLIVE:** Complete exhaustion; weariness.  
**PINE:** Dissatisfied with own accomplishments; feelings of guilt. Perfectionist.  
**RED CHESTNUT:** Over-concern & worry for others, fearing the worst may happen.  
**ROCK ROSE:** Terror, extreme fright & panic. Nightmares.  
**ROCK WATER:** Overly rigid, strict adherence to a particular belief or lifestyle.  
**SCLERANTHUS:** Indecisiveness, forever in between choices.  
**STAR OF BETHLEHEM:** Past traumas not fully recovered from.  
**SWEET CHESTNUT:** Extreme anguish; having reached the limits of one's endurance.  
**VERVAIN:** "Must always be right." High-strung philosopher easily incensed by injustices.  
**VINE:** Natural leaders; in extreme can be dominating & tyrannical.  
**WALNUT:** Stabilizes during periods of transition; eases process of letting go and beginning anew.  
**WATER VIOLET:** Loners, proud & aloof; result, difficulty developing close relationships.

**WHITE CHESTNUT:** Persistent unwanted thoughts, mental chatter & associated sleeplessness.  
**WILD OAT:** Dissatisfied with career but undecided what else to do; feeling that life is passing by.  
**WILD ROSE:** Resigned to circumstances; indifferent & apathetic.  
**WILOW:** Resentment & bitterness at having been treated unfairly.

**CALMING ESSENCE®:** "The Natural Stress Relieving Formula". Gentle, calming and stabilizing in a wide range of stressful situations. The traditional blend of **Rock Rose, Impatiens, Clematis, Cherry Plum** and **Star of Bethlehem** combine to form an amazing flower remedy that can help set you back on the road to inner-peace and emotional balance.

**CALMING ESSENCE® CREAM:** Relief of pain and swelling due to minor burns, cuts, bruises, skin irritations, insect bites, acute muscle stiffness, and applied to temples for simple tension headache.

Ellon Botanicals Flower Essences are Available at:



## ***Hop in for Health***

*Your Neighborhood Health Food Store*  
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[www.hopinforhealth.com](http://www.hopinforhealth.com)

### **IMPORTANT NOTICE**

To maximize shelf life, keep all remedies tightly sealed, out of direct sunlight, away from heat, and out of airport X-ray machines. Keep the dropper tip from touching your mouth or other surfaces.

Though the alcohol volume, 27% (brandy made from grapes), is extremely minuscule, if you are alcohol sensitive, you may wish to dilute the concentrate before taking it. Adding this to hot water will dissipate the alcohol without reducing effectiveness. Or, the concentrate can be applied directly to the temples, wrists, behind the ears, or under the arms. This can also be an effective way of administering to children.

**Persistent conditions and those conditions requiring medical attention should be referred immediately to a physician!**