



Fields of Flowers

What?

Fields of Flowers is a homeopathic flower remedy combination used for broad-based emotional support.

Why?

Homeopathic flower essences were discovered in the 1930s by the British physician, Dr. Edward Bach. A pathologist, bacteriologist, immunologist and avid nature lover, Dr. Bach became disillusioned with the standard medical practices of his time and moved to the English countryside to rediscover the healing nature of plants and homeopathy. Dr. Bach firmly believed that ills of the heart and spirit contributed to disease as much as physical ailments, and it was during his time in the country that he began to develop his philosophy of the relationship between specific flowers and emotions. From these observations he wrote his first book "Heal Thyself," and the practice of homeopathic flower essences was born. An easy way to understand flower essences is to think of herbs as support for the physical body and flowers as support for the mind and heart — and aren't flowers always an uplifting sight?

Fields of Flowers contains 37 flower essences designed to address a wide range of emotional discords. Why so many flower essences? We as human beings experience a wide range of emotions and these can be temporarily magnified as we go through a healing process. As with all homeopathics, the body will take what it needs from the **Fields of Flowers** formula in order to maintain balance, making this a very comprehensive and convenient remedy!

This information is not meant to diagnose, treat or replace traditional treatment, and has not been approved by the FDA or HPB.

How?

30 drops orally twice daily AM/PM, or as directed.

Tips:

If you wish to be discreet when taking **Fields of Flowers** you can put 30 drops directly into your water bottle. Some practitioners also recommend rubbing it directly onto your temples or adding it to your bathwater.

Key Ingredients:

Agrimony 30C, Aspen 30C, Beech 30C, Centaury 30C, Cerato 30C, Cherry Plum 30C, Chestnut Bud 30C, Chicory 30C, Crab Apple 30C, Elm 30C, Gentian 30C, Gorse 30C, Heather 30C, Holly 30C, Honeysuckle 30C, Hornbeam 30C, Impatiens 30C, Larch 30C, Mimulus 30C, Mustard 30C, Oak 30C, Olive 30C, Pine 30C, Red Chestnut 30C, Rock Rose 30C, Rock Water 30C, Scleranthus 30C, Star of Bethlehem 30C, Sweet Chestnut 30C, Vervain 30C, Vine 30C, Walnut 30C, Water Violet 30C, White Chestnut 30C, Wild Oat 30C, Wild Rose 30C, Willow 30C



To learn more about homeopathy, ask your practitioner for a copy of Energetix' patient brochure: "Homeopathy Made Simple."

References:

- Bach, E. and F. J. Wheeler. 1979. *The Bach Flower Remedies*. London: C. W. Daniel Company, Ltd.
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- Wood, Matthew. 2005. *Vitalism: The History of Herbalism, Homeopathy, and Flower Essences*. Berkeley, CA: North Atlantic Books.