



# Rescue Calm

## What?

**Rescue Calm** is a homeopathic flower essence remedy designed to provide emotional support for stress, shock and trauma.

## Why?

Homeopathic flower essences were discovered by the British physician Dr. Edward Bach in the 1930s. Disillusioned with the standard medical practices of his time, Dr. Bach rediscovered the healing nature of plants and homeopathy while living in the English countryside. 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.

**Rescue Calm** contains a combination of four specific flower essences for emotional support during or after an emergency situation which causes shock/trauma or fright. This remedy is also helpful for stress in general. Four flower essences have been included in this remedy based on the Bach flower principles as follows: Cherry Plum has been included to provide relaxation in stressful situations; Impatiens assists the body in letting go of intolerance and irritation to experience patience and acceptance; Rock Rose stimulates courage when facing challenges; Star of Bethlehem provides tranquility so shock, trauma and grief can be released.

## How?

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

## Tips:

**Rescue Calm** can also be administered in bath water or applied topically. For acute situations, it can be given every 15 minutes until a wave of calm moves through the body.

### Key Ingredients:

Cherry Plum 30C, Impatiens 30C, Rock Rose 30C, Star of Bethlehem 30C

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



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

### References:

- Bach, E. and F.J. Wheeler. 1979. *The Bach Flower Remedies*. London: C. W. Daniel Company, Ltd.
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- Krämer, Dietmar. 1995. *New Bach Flower Therapies: Healing the Emotional and Spiritual Causes of Illness*. Rochester, Vermont: Healing Arts Press.
- Kaminski, P. and R. Katz. 1996. *Flower Essence Repertory*. Nevada City, California: The Flower Essence Society.