



natural wellness noosa

How to take Flower Essences

Flower Essences are taken orally either onto the tongue via a glass dropper or added to a small amount of water which is sipped slowly. For best results I would recommend you take them at a different time in the day to your vitamin or prescription medication.

Note: Avoid taking Flower Essences close to consuming coffee, tea or alcohol.

- Step 1. Shake the bottle three times before use.
- Step 2. Unscrew the dropper, placing 3–5 drops onto the tongue. Do not touch your mouth with the dropper.
- Step 3. Replace dropper top and store bottle in a dark cupboard.
- Step 4. The prescription should be taken until finished.

Frequency: How long do I need to take Flower Essences for?

Generally, the prescription is taken **3–5 drops four times a day**. If you experience an **acute episode** such as trauma, accident or are feeling very anxious take 3–5 drops every 15 minutes until you feel better. Continue to take as directed 3–5 drops four times a day until entire bottle has finished.

Do Flower Essences have side effects?

No! Flower Essences are completely safe and have no side effects. They can be used safely with infants, children, the elderly and pets.

As a professional in the natural health industry, I have chosen Flower Essence Therapy during this time as they are safe, easy to take, effective and offer an excellent method of balancing and enhancing our mental wellbeing.

Can I take Flower Essences at the same time as my prescription medication?

Yes, Flower Essences will not interfere with your prescribed medication. Ideally take the Flower Essences at a different time of the day than your prescribed medication.

Important: Please **DO NOT** stop taking your medication. See your General Practitioner and talk about your mental health concerns if needed. Flower essences are one way to support and benefit your mental health. They are not a substitute for your medication. Please remember to seek professional advice via your doctor or specialist if concerned.



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Alcohol Free Flower Essence remedies are available

Flower Essence remedies are normally preserved in 30% alcohol such as organic brandy. Natural Wellness Noosa can make alcohol free prescriptions using cider vinegar on request.

Pet Therapy Administration

Add 3–5 drops to a small bowl of distilled or tap water (boiled or hot).
Allow the bowl of water to cool and give to pet, four times a day.

Case examples

Poor sleep:

Take 3–5 drops every 15 minutes one hour prior to bed. Have beside bed, if you wake, take 3–5 drops immediately. Recommend 50ml bottle.

Anxious about new job:

Take 3–5 drops four times a day. If anxiety increases, take 3–5 drops every 15 minutes until mood has settled. Recommend 25ml bottle.

Feel generally sad but don't know why:

Take 3–5 drops four times a day, until bottle has finished. Recommend 25ml bottle.

Overwhelmed by responsibilities:

Take 3–5 drops four times a day, until bottle has finished. Recommend 15ml bottle.

Suffering grief for long period:

Take 3–5 drops three times a day. Take until bottle has finished. Recommend 50ml bottle.

Shock trauma of COVID 19:

Take 3–5 drops four times a day, until bottle has finished. Recommend 25ml bottle.

Having difficulty adapting to changes in life:

Take 3–5 drops four times a day, until bottle has finished. Recommend 50ml bottle.

Mentally exhausted, constant worrying:

Take 3–5 drops four times a day, until bottle has finished. Recommend 50ml bottle.

Difficultly making a decision:

Take 3–5 drops four times a day, until bottle has finished. Recommend 25ml bottle.

wellness health solutions