



# Introduction to Flower Essence Therapy

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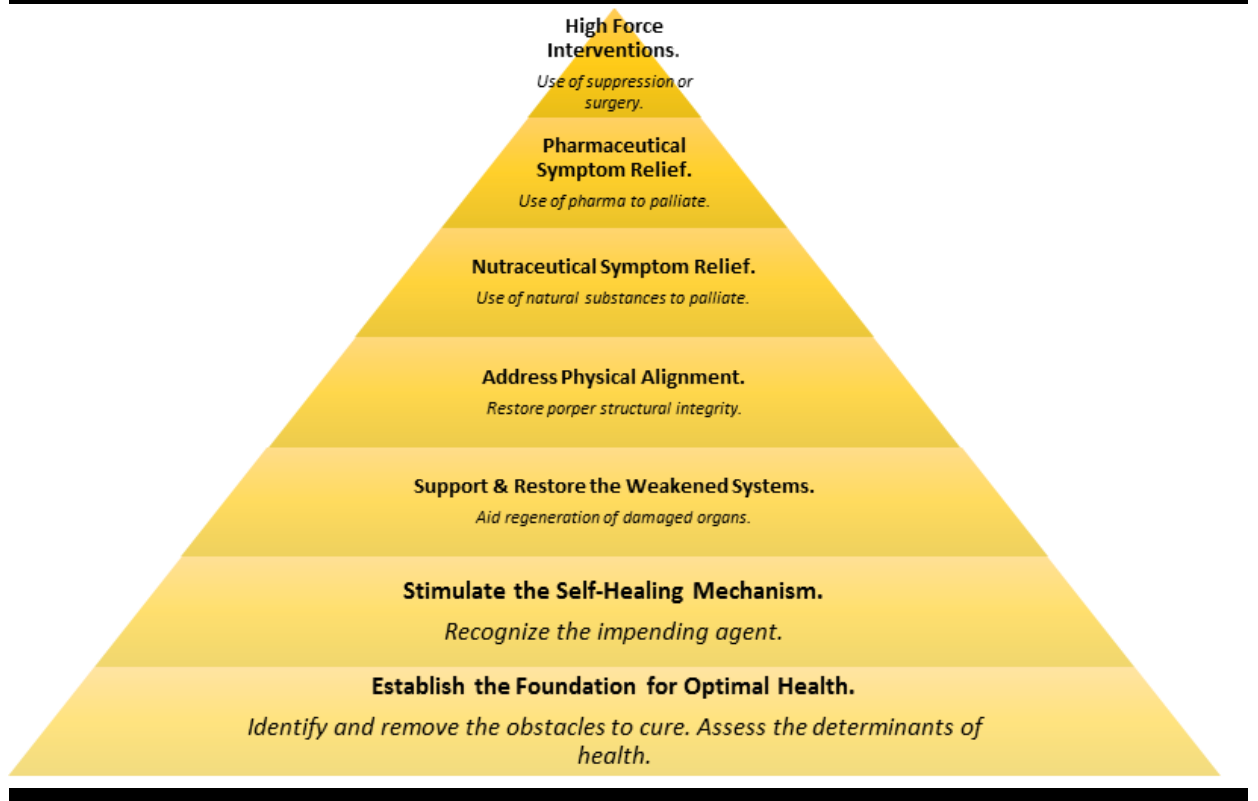


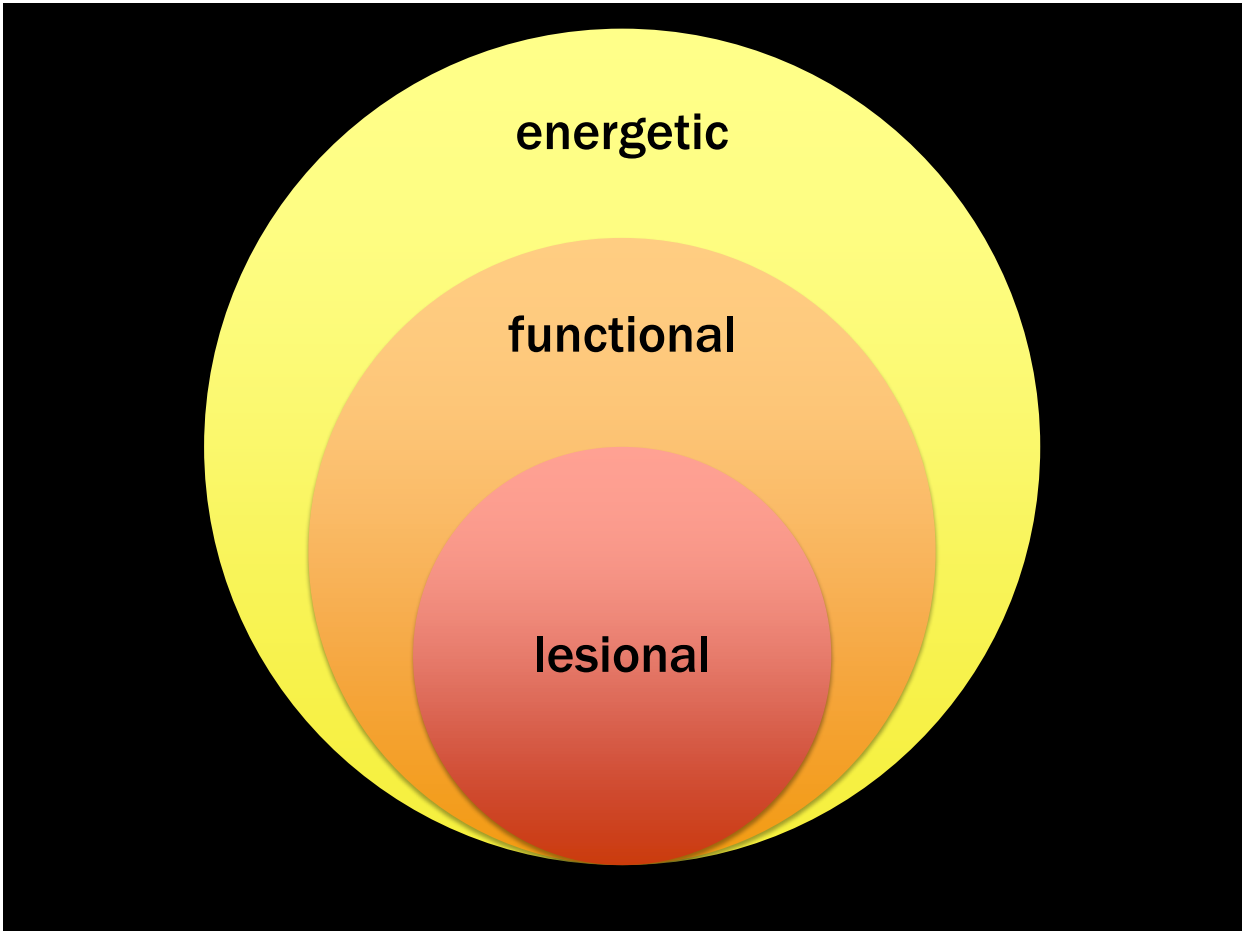


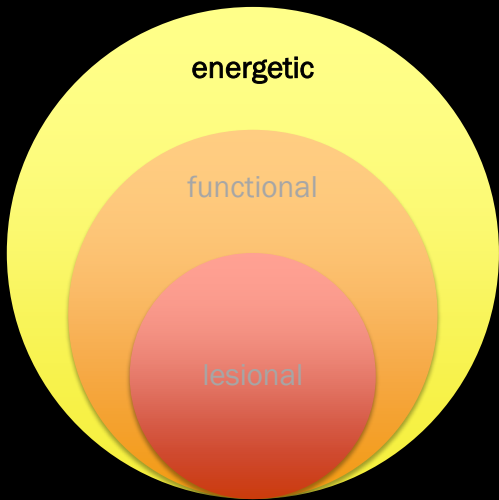
# How I learned



# The Therapeutic Order







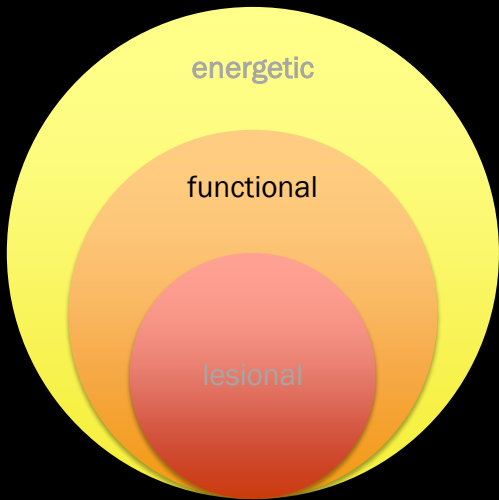
## Energetic modalities

### Flower remedies

hydrotherapy  
single HPs  
acupuncture  
nosodes

tissue salts  
craniosacral  
drainage  
botanical (potentially)

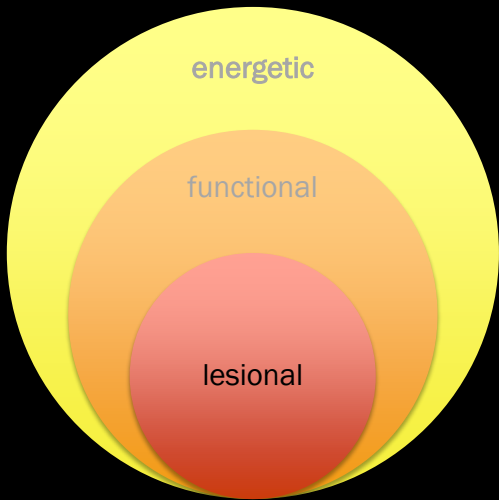




## Functional modalities

oligotherapy  
gemmotherapy

organotherapy  
drainage



## Lesional modalities

vitamins  
minerals  
botanicals  
physiotherapy

fasting/colonics  
manipulation  
BHRT  
drainage

**suppression**

**palliation**

**cure**

Since they are subtle energetic remedies, the essences tend to work mostly on the subtle and energetic aspects of ourselves.... For example, a common root cause of suffering is low self-esteem and feelings of unworthiness, which have many consequences ranging from inaction and disengagement from life, to more outwardly destructive or extreme self-sabotaging behavior. Flower essences are profound in that **they are actually able to transform these root causes into something positive and improve our overall health.**

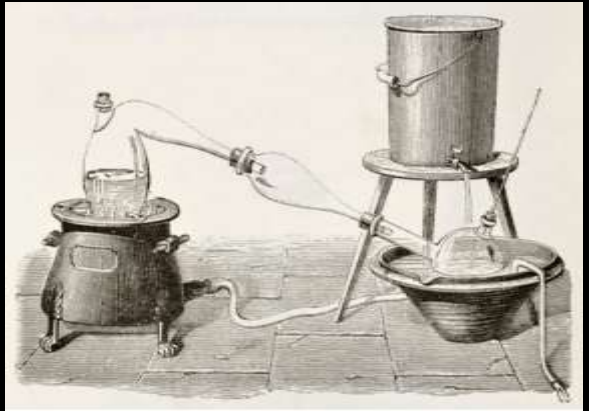
— Sara Crow in goop

<http://goop.com/flower-power-floral-tinctures-for-6-ailments/>

## What are flower essences?



## Not essential oils



EOs are concentrated volatile oils distilled from plant sources

It takes 6 pounds of lavender flowers to make 1 ounce of EO

It takes 300 pounds of rose flowers to make 1 ounce of EO

**Not homeopathy**



## What are flower essences?

- Start off diluted
- Broad indications
- Less specific than HP (+/-)
- Sustainable
- Long lasting
- Cost effective





## How do flower essences work?

- Vibrational coherence
- Plant-spirit medicine
- Intention/affirmation
- Suggestion (placebo)
- Unidentified mechanism (“magic”)



## History and philosophy



Dr. Edward Bach 1886-1936

## History and philosophy

Intent: a simple, accessible,  
comprehensive system

7 nosodes (intestinal toxemia)

12 healers (flowers)

38 essences at time of death

More reputedly in the works



Dr. Edward Bach 1886-1936

## History and philosophy

Bach's 7 types:

1. Fear
2. Uncertainty
3. Loneliness
4. Despondency/despair
5. Overconcern for others' welfare
6. Oversensitivity to influences/ideas
7. Insufficient interest in present circumstances



Dr. Edward Bach 1886-1936

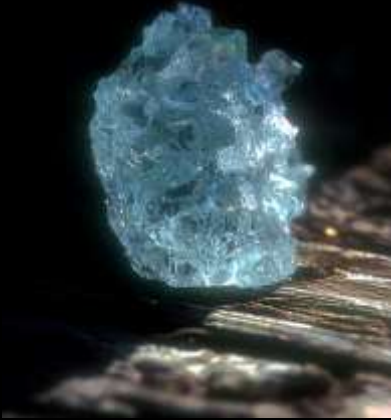
**Lots of choices now. Bioregional, endangered, garden, etc.**



## Gem essences



Black tourmaline  
(detox)



Aquamarine  
(clear mind,  
eases learning)



Covelite  
(protection)

## Environmental essences



Portage Glacier



Solstice Sun



Tidal Forces

## Preparation and dosing





# Preparation



May be simple or complex

# Preparation



## Mother essence

- Flowers infuse in water
- Strain
- Dilute 1:1 with brandy

## Stock bottle

- Four drops mother
- In water-brandy mix
- This is what you buy

## Dosing bottle

- 4 gtts single stock essence
- 2 gtts each multiple stocks
- In water-brandy mix
- May use in other bases

## Formulating



- 1-5 essences per formula
- May dose in plain water, glycerite, tincture, etc.

## Dosing



- 4 gtts in water QID
- Q 15 minutes PRN for emergencies
- May also apply topically
  - Pulse points
  - Area of injury
  - Spray
- More often if needed
- Renew rx as needed

## What to expect



- Some essences, formulae, work faster than others
  - May work in days
  - May take full month to see changes
  - I have seen both
- Sx relief  $\neq$  cure
- Bach cases show cures in 3-12 months.
- Some cases take years to cure

## Case: nightmares

- 47yo M for nightmares
  - Sphagnum moss
  - Black tourmaline
  - Chapparal
  - Stone circle
  - 4gtts in water QID/PRN
  
- Symptoms resolved in days
- Stopped taking essence
- Nightmares resumed
- Was tx suppressive?
- Resumed tx
- Nightmares resolved
- Stopped taking essence
- No more nightmares
- Cure!



## *Larrea tridentata* (chaparral) FE

“The dream life acts as an important filter for the soul, digesting disturbing or chaotic experiences which may be too powerful to contact consciously. Chaparral is an important psychic and physical cleanser... It is broadly applicable, but works especially through the dream life to cleanse the psyche.”

—P. Kaminski and R. Katz



## *Larrea tridentata* (chaparral) FE

“Cleansing. Clearing physical, emotional, and mental toxins. Inviting guidance or spiritual assistance. Sense of ancient support, a lifting of the burden. Opening and energizing a receptive space for new experience. Transformation. Can be a doorway to more profound perceptions, an invitation into the magic of the Sonoran desert.”

— Mimi Kamp





## Commonly used essences

These are some of the essences I use most commonly in my practice. This list is highly subjective and not comprehensive. Don't worry about memorizing these. This is intended to show you what is possible.

- Essences for depression and anxiety
  - Case: butterflies
- Essences for depression
  - Case: grief
- Essences for insecurity and procrastination
- Essences for fatigue
  - Case: overwhelm
- Essences for boundaries
- Essences for self worth
- Essences for emergencies

**Essences for fear and anxiety**





**Mimulus**

Fear and anxiety about specific things.

Examples: finances, exams, blind dates, public speaking



**Aspen**

Anxiety with no specific known cause.

**Keyword:** reassurance



**Rock rose**

Extreme terror.

**Keyword:** Fearlessness



**Cherry plum**

Fear of losing control.

**Keyword:** Composure



**Red chestnut**

Fear for loved ones.

**Keywords:** Peace of mind

## Case: “butterflies”

- 51-yo M with dx of bipolar disorder. Had crippling attacks of “butterflies,” which prevented him from working on some days.
- Big fears were about money, family.
- Checking in after several months, he mentioned no sx when I asked about mood. So I asked about butterflies.



“What butterflies?”

Essences for  
depression





**Mustard**

Depression without clear cause. Melancholy, gloom.

**Keyword:** Brightness



**Gorse**

Discouragement, hopelessness, resignation.

**Keyword:** Hope



**Sweet chestnut**

Despair, no hope left, "dark night of the soul."

**Keyword:** Consolation

## Case: Grief

58-yo F PTC for  
seizures, headaches,  
polypharmacy

Always grieving. Family  
did something terrible  
hundreds of years ago,  
not sure what, and she  
carried the weight of  
that.



Star of Bethlehem



Reindeer moss



## Case: Grief

“The flower essence formula helped me quiet the past that haunted me. I carried a great deal of grief; sometimes I think I was born grieving. The flower essence somehow took all my grief and placed it in perspective. It is not always walking with me. I know that the grief is still there. I just know that it is under control and not consuming me. I know that I am no longer a captive, I am free just to be me.”



Star of Bethlehem



Reindeer moss

## Star of Bethlehem indications

**Keywords:** after effects of shock.

For the after effects of trauma, mental or physical, as a result of accident, bad news, bereavement, sudden disappointments, frights, etc.



Star of Bethlehem

## Reindeer moss indications

**Indications:** feeling uprooted, displaced or disconnected; grief; despondency and despair; significant, sudden changes in life such as loss of one's home or business due to circumstances beyond one's control.

**Healing qualities:** for humans and animals who have suffered a loss of connection with their ancestral homes or habitats; opens awareness of the constant and eternal nature of life.



Reindeer moss



Insecurity and  
procrastination



### **Hornbeam**

Procrastination. I'm exhausted just thinking about the work I need to do.

**Keyword:** Resolve



### **Larch/tamarack**

You expect to fail and lack confidence in your abilities.

**Keyword:** Confidence



### **Sticky geranium**

Getting unstuck. Supports decisive and focused action. Helps us move beyond previous stages of growth and self identity.

Boundaries





### **Yarrow**

Several yarrow essences — white, lavender, pink, yellow, combination. All work on maintaining energetic boundaries. Protective light.



### **Devils club**

Boundaries, grounding into the physical body.



### **Poison oak**

Positive qualities: emotional openness and vulnerability, ability to be close and make contact with others.



**Walnut**

Not getting knocked off course by others. Important in many cases of family issues.



**Stone circle**

Naturally occurring stone circle creates protective space.

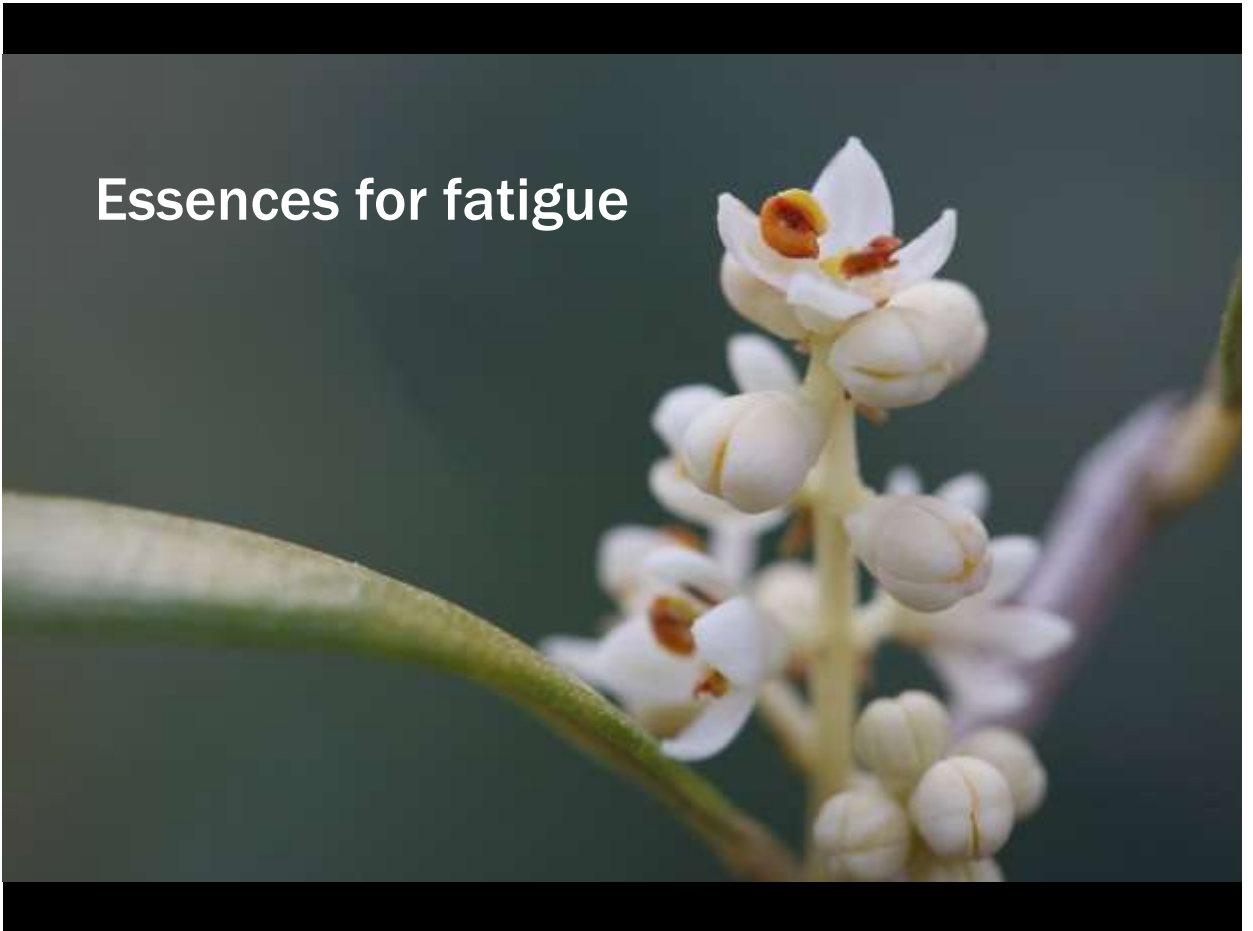


**Covalite**

Strength and clarity to auric field, protective filter that lets us relax and thus receive love and support from the environment.



## Essences for fatigue





**Olive (*Olea europea*)**

Exhaustion from life's difficulties.



**Elm (*Ulmus procera*)**

Capable people following their calling who start to feel the task is too difficult and beyond the power of a human being to complete.



**Fire opal**

Exhaustion, depleted energy reserves; chronically tired from overwork; lifestyle and work habits not replenishing to the body.

## Case: Overwhelm

60-yo F PTC for arrhythmia,  
constipation, stress

Workaholic, overwhelmed.  
Doesn't always get emotional  
support from partner in the  
form she wants it.

I gave her two essences.

First, a type essence, roughly  
equivalent to a constitutional  
remedy in homeopathy.

Second, a formula to take PRN  
as a hug from the universe  
when she wasn't getting  
support from her partner.



*Verbena officinalis*

## Vervain indications

Patterns of imbalance:  
Overbearing or intolerant;  
over-enthusiasm or extreme  
fanaticism; **nervous  
exhaustion from over-  
striving.**

Positive qualities: Ability to  
practice moderation,  
tolerance, balance. The  
middle way. **Grounded  
idealism.**

— Kaminski & Katz



*Verbena officinalis*

## Case: Overwhelm

Emotional support formula:

- *Angelica genuflexa*
- Chalice well
- Jadeite jade

Administered in rose glycerite.

Dose 4 gtts in water or SL PRN.

15 months later, she requested a refill.



*Angelica genuflexa*

## Angelica indications

Indications: feeling lost or abandoned and without spiritual protection; isolated in one's anxiety; overburdened by life.

Healing qualities: connects us to the protective energies of the angelic kingdom; promotes acceptance of spiritual support in all situations; helps us experience protection as coming from a certainty of our divine nature.



— Steve Johnson

*Angelica genuflexa*

## Angelica indications

Positive qualities: Feeling protection and guidance from spiritual beings, especially at threshold experiences such as birth and death.

Patterns of imbalance: Feeling cut off, bereft of spiritual guidance and protection.

— Kaminski & Katz



*Angelica genuflexa*



**Angelica genuflexa**

Protection, spiritual support



**Chalice Well**

Spiritual support, reminds us we are not alone and can draw on this matrix of support when we are struggling.



**Jadeite jade**

**Indications:** easily pulled off center by experiences; attached to drama; makes things harder or more involved than necessary; unable to accept the way things are.



Essences for self worth





**Sphagnum moss**

indications: overly self critical.



**Pine**

You feel guilty and blame yourself.



**Crab apple**

You feel unclean, ashamed or embarrassed about your appearance.

Example: "My genital warts make me disgusting."





**Rescue remedy/5  
flower formula**

Classic emergency formula

Rock rose, cherry plum,  
Star of Bethlehem,  
impatiens, clematis.



**Cottongrass**

*Eriophorum spp.*

Shock or trauma from  
accident or injury. Can't  
heal w/o identifying root  
cause.



**Malachite**

Grounding for physical,  
emotional, mental and  
spiritual.

## When to use essences in clinical practice

- When you see a spiritual, emotional or mental obstacle to cure
- With patients on polypharmacy
- In complicated or critical cases
- With patients who are too sensitive for more physiological remedies

## Contraindications

- Technically there are none. Essences are safe, do not interact with other meds, including homeopathy.
- I've had one patient have a bad reaction after second formula.
- Are people ready to change? Are their symptoms actually important coping mechanisms (secondary gains)?
- Limit number of essences in one treatment. Too many essences confuse the picture.

When to use essences in practice



## Case: Gluten free

33yo F PTC for a variety of issues including neurological and hormonal.

TTG+

All sx improved with paleo diet.

Reported difficulty adhering to diet because she felt she had to eat cookies coworkers brought to the office.

Why?





## Case: Gluten free

### Formula

- Yarrow
- Centaury
- Agrimony

Dose: 4 gtts in water

QID/PRN



## Centaury indications

Positive qualities: Serving others from inner strength, with a healthy recognition of one's own needs. Acting from strength of inner purpose, saying "no" when appropriate.

Patters of imbalance: Weak willed, dominated by others, servile, acting to please. Difficulty saying "no," neglecting one's own needs.



Centaury

## Case: Gluten free

“I just want to thank you. I was feeling very frustrated and sad about not keeping to my diet. It helped me a lot yesterday to know that you believe that I can do this. I obviously have done it before, but that was when I thought of it as only temporary. Making a more permanent change has been difficult to accept. The people around me often say ‘I could never do that’ or other comments that sort of wear away at my resolve. I appreciate support and I started today with a new outlook that I hope to keep going, the belief that this is for me and no one else. It doesn't matter if other people think it's strange or if they think it is not realistic. I need to do this for myself and my health.”



## Case taking: what are you treating?

Identify and treat the cause  
personality vs. specific issue  
(type remedy vs. temporary state)



# Choosing essences



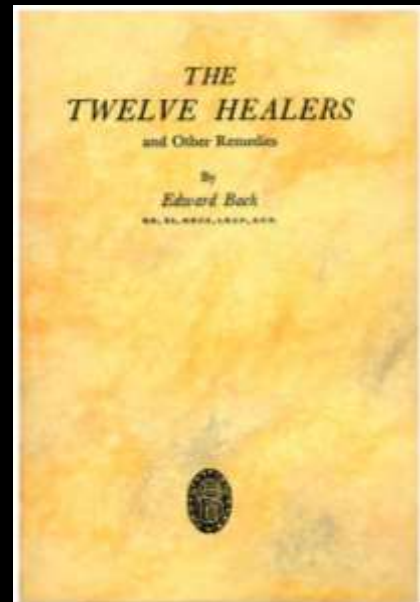
## Case taking

- Where do you feel an emotional issue holds you back? Where would you like help?
- With a partner, take 10-15 minutes to discuss, then switch.
- Partner choose 3-5 essences and makes a dosage bottle.
- We'll regroup to discuss.



## Further study

- Observe
  - Choose one essence, sit with and/or take for a month, journal your reactions
- Read
  - *The Bach Remedies Workbook*, Stefan Ball
  - *The 12 Healers*, Edward Bach (free online)
  - *Illustrated Handbook of the Bach Flower Remedies*, Philip Chancellor
  - *Flower Essence Repertory*, Patricia Kaminski and Richard Katz
  - FE company websites often have detailed information about indications.
- Practice
  - Start with yourself, friends and family
  - Clinic shifts if supervisor allows



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