



# THE INCREDIBLE HEALING POWER

OF FLOWER ESSENCES

BY DR. MELISSA CRUM



## ABOUT THE AUTHOR



As a practicing Doctor of Oriental Medicine for over two decades, Dr. Melissa Crum is passionate about harnessing the natural world to heal our bodies and minds. She received her initial training in acupuncture and Chinese herbs at the International Institute of Chinese Medicine. Later, she studied both homeopathy and flower essences with some of the leading teachers in their fields.

For Dr. Crum, this has been a lifelong calling – She has been interested in plant-based remedies since she was a teenager. When her daughter was born, she relied on proven homeopathic treatments to resolve the childhood ailments her daughter encountered.

Today, she is grateful for the relationships she has with her patients. Being able to affect positive change in their lives is a true gift. Their healing journeys inspire Dr. Crum to continue to grow and learn in her practice.

## WHY I WROTE THIS E-BOOK (I WANT TO CHANGE YOUR LIFE)

When you admire your garden or a thoughtfully arranged vase, what do you see? Beauty, sure. The forsythia's first spring bloom, the mum's signal that fall has arrived. But there's a hidden secret underneath all of that color and splendor – a vibrational healing tool that has the potential to shift your emotions for the better. This tool is flower therapy and it can change your life in a major way.

Flower therapy uses flower essences – potent concentrations of a flower's energy – to promote wellness. These essences each have unique properties that address certain emotional states – worry, anger, sadness, lethargy, for example – that can impede the overall healing process.

I created my company – The Flower Remedy – because I passionately believe that true healing involves not only the body, but also the brain. Your brain chemistry affects your physical chemistry, and vice versa. Whether you are suffering from anxiety, trouble sleeping, less energy than you want, gastrointestinal issues, heart problems, diabetes, or myriad other ailments, flower therapy is a powerful companion on your healing journey. Why? Because unlike many drugs, flower essences have zero side effects and do not interfere with other medications. This truth has inspired me to bring these amazing treatments to light so that more people can experience genuine wellness.

This is important beyond an individual level. We are all connected. And we need emotional support in these challenging times. For each one of us that experiences healing, the whole is affected for the better.



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## HOW FLOWER THERAPY WORKS

Flower therapy is a catalyst for healing that works on an energetic level. Flower essences are a powerful source of energy that create actual physical changes in the body. This is not about magic or manifestation or anything esoteric. Consider that 99% of your body is hydrogen, carbon, nitrogen, and oxygen atoms – each of which is made up of electrons, neutrons, and protons. Flower essence shifts these energetic vibrations, optimizing the body’s innate desire to balance and heal itself. Worry, stress, and other negative emotions impact our immune systems. But if these feelings are energetically shifted, our bodies are strengthened and better able to fight off disease and heal more quickly. In this way, the flower essence serves as a nudge to both the body and brain: “Hey, you need to pay attention to this.” Energy shifts and healing commences.



And while there are other sources of flower therapy on the market, The Flower Remedy is unique in that I incorporate homeopathic ingredients into each formula. For example, my Peaceful Night tincture includes flower essences such as white chestnut (for rumination) and elm (for overwhelm), among others. But it also contains the homeopathic remedy *ignacia amara*, a substance derived from the seeds of the St. Ignatius bean tree in Southeast Asia with a long history of stress alleviation. The combination of flower essences and homeopathic remedies provides a powerful shift toward wellness.

As a trained practitioner of homeopathy, I know the body can heal itself if given the right information. The formulas I’ve created do just that.

## THE ORIGIN OF FLOWER ESSENCES

The flower essences we use today originated with British physician Edward Bach in the 1930s. Dr. Bach spent his life seeking natural remedies for addressing the emotional underpinnings of disease. Bach created 38 formulas that each focus on a negative emotion.

Dr. Bach spent his life seeking natural remedies for addressing the emotional underpinnings of disease. His goal: “mens sana in corpore sano” (a healthy mind in a healthy body). Bach created 38 formulas that each focus on a negative emotion. These can be grouped into seven broader categories of psychological distress:



- Fear
- Uncertainty
- Lack of interest in present circumstances
- Loneliness
- Oversensitivity to influences or ideas
- Sadness or despair
- Cares for others at the expense of self <sup>2</sup>

Edward Bach (1886-1936) <sup>1</sup>

According to Dr. Bach, “The actions of certain flowers, shrubs, and trees that grow in the wild...cure not by attacking the disease, but by flooding our bodies with the beautiful vibrations of our higher nature. There is no true healing unless there is a change in outlook, peace of mind, and inner happiness <sup>3</sup>.”

<sup>1</sup> <https://elixirs-co.com/en/history-of-bach-flowers/>

<sup>2</sup> Cate P. An ABC of alternative medicine: Bach flower remedies. *Health Visit*. 1986;59:276-277

<sup>3</sup> McQuerter, Shelley. “Learn Homeopathy Now”, Encinitas, CA, 2010.

# WHAT YOU CAN DO NEXT TO IMPROVE YOUR HEALTH AND EMOTIONAL WELL BEING

Ready to vibrate at a higher frequency? The Flower Remedy offers four carefully crafted formulas to improve your health and make you feel great.

The first step is to check in with yourself. What are you struggling with currently? Are you dealing with sleep issues? Over-worrying? Is it hard to get out of bed? Take some time to self-reflect and see if any of these four remedies resonate with your needs.



- “Peaceful Feeling” includes Aspen, Cherry Plum, and Rock Rose, among others. These flowers have proven properties that help alleviate feelings of stress. *Aconitum napellus* is added as the homeopathic remedy for acute anxiety.
- “Peaceful Night” provides relief from sleeplessness with essences from White Chestnut, Oak, Impatiens, and more – all helpful in quieting the restless mind.
- “Happy Heart” addresses occasional sadness. Here, honeysuckle, Mustard, Willow,

and other flower essences help to shift your vibration away from regret and resentment and toward peace. The homeopathic remedy *Natrium Muriaticum* is included as a powerful tonic for the alleviation of grief.

- “Get Up and Go” tackles low mental energy. With the aim of increased vibrancy, Gorse, Olive, and Wild Oat, and others, are remedies that combat lethargy and lack of motivation. *Carbo Vegetabilis* is also included. It is a homeopathic treatment that has many uses, one of which is to alleviate sluggishness and restore vitality.

Each remedy comes in a 1-ounce tincture. Four drops placed under your tongue four times per day will kick start a positive energetic shift in your body and mind.

# TAKING THE NEXT STEPS ON YOUR ROAD TO WELLNESS

My goal is to make these incredible healing remedies accessible to everyone. Because of that, just because you downloaded (and hopefully read) my e-book, I am offering you two things to get started on your road to wellness:

A 20% discount when you order any of our healing remedies, using the code: FLOWERWELLNESS

A free download of my healing meditation: \*\*\*

Thanks for taking the time to read this. I look forward to hearing from you and helping you feel amazing. Please feel free to reach out to me anytime on the socials to let me know how you're doing to ask any questions:

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