

## The Sunshine Chiropractic Clinic

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## The Sunshine Chiropractic Clinic

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# What Are Flower Essences?

*Flower essences are derivatives of the subtle nature of flowers. This part of a plant, according to the Doctrine of Signatures, addresses symptoms related to the mental/emotional aspects of one's being. Each flower essence relates to a certain nature of our consciousness. Flower essences work on a more subtle level than Homeopathic remedies, which act more directly on the physical symptoms of disease. Many people report an immediate, but subtly profound shift in their outlook, as well as a long term response, when using Futureplex Flower Combinations.*

*Futureplex Flower Combination formulas work by releasing blocked and suppressed energy, the after-effects of emotional stress.*

Our office carries the Futureplex Flower Essences. Have one of our doctors test to see which one will work best for you!

### Why are Futureplex Combinations Unique?

*Futureplex formulas are designed to address both psychosomatic and somatopsychic factors.*

- ◆ They are multiple potencies to offer deeper, longer lasting action.
- ◆ They are in tablet form and their action is unlike the essences in tincture. For maximum effectiveness, the majority of the bottle must be completed.
- ◆ Compared to essences in tinctures, Futureplex Combinations are energetically more active due to their hard potentization process.

*Flower essences are highly effective and safe to use. The effects of flower essences include changes in attitude, renewed motivation, enhanced personal growth, and expression. However, they cannot substitute for a true change of heart and attitude, which occurs by personal choice and belief. Futureplex Flower Combinations come in tablet form. Each bottle contains 150 tablets.*

*Healing in a simple yet powerful way, flower essences are neither harmful or habit forming. Many illnesses are believed to stem from a few basic causes*

- ◆ Fear
- ◆ Uncertainty

Change in Attitude! Expression!  
Renewed Motivation!  
Enhanced personal growth!

- ◆ Insufficient interest in present circumstances
- ◆ Loneliness
- ◆ Oversensitivity of influence and ideas
- ◆ Despondency and despair
- ◆ Over care for the welfare of others.

*Disease is caused by obstruction of free flow of the vital force throughout the four levels of being: Spiritual, Emotional, Mental/Intellectual and Physical. If this obstruction is allowed to continue, disease can progress into all levels. To truly restore harmony, treatment will need to occur on each level. The cause of the illness must be treated, not just symptoms.*

*Flower essences heal in many ways. They help to give clarity to one's life, as well as courage, strength and commitment to follow and pursue one's goals and dreams. They help develop a higher level of intuition, self esteem, spirituality, creativity and fun. The more you use flower essences, the more you are likely to experience greater awareness and happiness in your life.*

*Flower essences help release negative beliefs that are held in the subconscious mind and allows the positive virtues, such as love, joy, faith, courage etc. to coming into your being. When this happens the negative beliefs and thoughts are dissolved, balance is restored and true healing occurs.*

# FUTUREPLEX FLOWER COMBINATIONS

**ANGR-RLS** for the relief of symptoms related to suppressed anger and dwelling on past griefs and humiliations, irritability, and for those who are easily provoked, and easily offended.

**ANGR-FLX** for the relief of symptoms related to anger, frustration, inflexibility, stubbornness, impatience, unforgiveness, and harshness.

**FR-RLS** for the relief of symptoms related to panic attacks, trembling, restlessness, fear of exams, and fear that something bad will happen. Also used for great fright and worry and compulsive ideas.

**FR-TRST** for the relief of symptoms related to fears, especially from past emotional hurts, separations, and rejections.

**SLFSTM** for the relief of symptoms related to mental weakness, timidity, reservedness, inability to face any challenges. Easily dominated or influenced, feelings of inferiority, uselessness, low confidence, low self-esteem

**EXPRSSN** for the relief of symptoms related to the inability to express oneself due to apprehensions or stage fright. Undervaluing talents and abilities, lack of imagination, mental blocks. Exhaustion due to sedentary or monotonous lifestyles.

**LVJY** for the relief of symptoms related to the effects of shock and ailments from long-lasting grief. Uneasiness concerning the future. Restores zest for life and accesses the more universal aspect of love.

**FRGV** for the relief of symptoms related to difficulty in forgiving. Easily offended, self-condemning, inability to accept love. Slightest contradiction excites rage. Quarrelsome, combative.

**LTGO** for the relief of symptoms related to feelings of anguish, restlessness, fixed negative ideas, stubbornness and jealousy, suspicious and selfish; suppression of important physical and emotional needs.

**WRMLV** for the relief of symptoms related to painful emotional attachments and heartaches, desire to run away. Indifference to loved ones and desire for solitude.

**CAREHRT** for the relief of symptoms related to feelings of alienation, indifference (especially indifference to loved ones), shyness, and non-communicative states. Dwells on unpleasant things. In need of enthusiasm and positive involvement in life.

**PSTVTY** for the relief of symptoms related to feelings of hopelessness, despair of recovery, constant brooding over troubles, over-sensitivity to external stresses.

**FRST-RSC** for the relief of emotional symptoms related to injuries with bleeding, contusions, sprains, sudden onset of symptoms, and fevers. Great anxiety. Traumas of grief, shock, and septic conditions.

**INCDNT-RLS** for the relief of symptoms related to traumatic incidents in the past. For hurtful memories of shock, trauma and severe hurts.

**MND-MMRY** for the relief of symptoms related to grief, shock, disappointments, loss of confidence, fear, and other effects of childhood abuse. Helps relieve resistance to confronting emotional difficulties of the past or present.

**CLR-MND** for the relief of symptoms related to feelings of unworthiness, inferiority, and confusion of identity, lack of clarity in purpose.

**FS-MND** for the relief of symptoms related to confusion and sensitivity to disorder. For mental fatigue, with inability to fix mind on one subject. Inability to grasp ideas and coordinate thoughts. For feeling overworked.

**RLXTN** for the relief of symptoms related to nervous energy and exhaustion, neck and back tension, rigidity, anxiousness, mental confusion. Over-sensitive physically and mentally.

**STRONG-MND** for the temporary relief of symptoms related to sadness, despondency, and internal emotional tension. Ill effects of fright and grief, hopelessness, and apathy. Inability to perform continuous active work. Promotes vitality.

**VTLTY** for the relief of symptoms such as deep, inner tiredness resulting from prolonged emotional struggles, grief or anxieties. Helps restore emotional vitality.

**PRTCT** for the relief of symptoms such as loss of vigor, hardheadedness, tiredness, and exhaustion. Debility, lack of "grit" and unfit for exertions. For symptoms related to physical shock or trauma. Oversensitivity to all sorts of influences.

**SOMATICA** for the relief of symptoms related to fear, repressed emotions, and tension held in the muscles and organs. Lethargy, confusion, inattentiveness, and daydreaming. Floating sensation as if anesthetized.

**NU-DRCTN** for the relief of symptoms related to feelings of being stuck.

**ADPTN** for the relief of symptoms related to the feeling of not knowing where one fits. Anguish and restlessness. Inability to adapt to new environments.

**LF-CHNGS** for the relief of symptoms related to despondency, sultriness and discouragement. Inclination to constantly criticize. Facilitates the letting go of false self-images which no longer serve any productive purpose.

**PRSVR** for the relief of symptoms related to feeling exhausted, finished, and utterly apathetic. Enhances endurance, reliability, strength, renewal and the persistence to attain completion. For the relief of tendencies to start projects with enthusiasm and drop them due to the lack of interest or energy.

**MVON** for the relief of symptoms related to effects of grief, disappointment and loss. Repressed or deep-seated emotions related to anger, or attitudes associated with past traumas or abuses. Assists in dealing with painful events from the past.

**HRMNY** for the relief of symptoms related to shock, grief, or disappointment. Tendencies to become restless, listless, melancholic, or suspicious. Needing comfort but unable to accept comforting.

**ACHIV** for the relief of symptoms related to ravenous appetite, obesity, feelings of unfulfillment, and the need to recognize unresolved issues and transform them. For dealing with lethargy and sluggishness.

**FEMFLWR** for the relief of symptoms related to lack of female expression and acceptance of female aspect of self.