

Grab N Go Blessed Water Kit

The remedies in the Grab N Go Blessed Water Kit affect a wide range of symptoms and body systems. It would be helpful in any state of disaster or emergency. It's part of the 'Complete Grab N Go Kit' and deals energetically with injuries, illnesses, and emotional stress when the help of a medical professional may not be readily available. It's a wonderful addition to any first aid or preparedness kit.

Allergies #1



Allergies #1 formula contain 3 different remedies. Together they cover such symptoms as respiratory distress, asthma, rashes and hives, itching eyes, swollen eyelids, sensitivity to light, burning pain in the throat, gout and edema of the extremities, joint pain, and itchy blisters on fingers and hands. One note-worthy symptom covered by the *Urtica urens* contained in this remedy is the ill effects of eating shellfish which many people experience.

Bioplasma



Bioplasma has an incredible ability to coagulate blood in a serious deep cut where bleeding is profuse. Bioplasma is nearly miraculous in its ability to stop a hemorrhage in women - whether menstrual, post-partum, or from any other cause. Bioplasma is useful in stimulating the body to uptake and utilize trace minerals. Bioplasma has a stabilizing influence on nerves and nerve tissue and promotes healing of any type of wound or injury.

Apis mellifica



Apis mellifica is a remedy for burns, allergies, and kidney disorders that burn and sting. Particularly effective for allergic reactions to bee or wasp stings and for any ailment that includes puffiness of various parts, edema, or burning and stinging sensations. Keynotes in the mental sphere include irritability when crossed and an active, vital nature, or at least, busy and fretful during this episode. In general, the person will be worse from heat and better from cold applications.

Cantharis vesicatoria



Cantharis vesicatoria for burns and scalds of every variety. Its effect on burns includes burning in mouth and throat, burning sensation in the soles of the feet, burning and cutting pains in the kidneys and bladder, burning and shuddering with stools, and violent burning in the stomach. Also used for sudden loss of consciousness (if the face is bright red) and for any inflammation that came on violently and is rapidly destructive to the membranes and tissues.

Arnica montana



Arnica montana is the first remedy to use for trauma and its effects, either long ago or recent - from blows, falls, injuries, contusions, bruises, or sprains. It is particularly and amazingly effective whenever there has been bleeding into soft tissues (bruising). *Arnica* can be used post-operative for pain and to promote rapid healing and is an excellent remedy during labor and post-partum to prevent and heal bruising and swelling of those delicate tissues. Always remember this one for severe mental stress or shock, especially following an accident or injury. Mental key-notes are restlessness during recuperation period; can't get comfortable because everything feels too hard.

Carbo vegetabilis



Carbo vegetabilis is used as a follow-up remedy when *Arsenicum album* has been used at the outset of the illness or event. *Carbo* is for a person who has never fully recovered from the effects of some previous illness. *Carbo* helps to improve vitality following fevers and/or loss of fluids. *Carbo vegetabilis* acts upon venous and capillary circulation and is particularly indicated if there is blueness and coldness of the body or extremities. An odd note about the coldness of *Carbo* symptom pictures is that the head is generally hot, even when the rest of the body is in a total state of coldness and collapse. A key-note is the patient faints easily, is worn out, and must have fresh air.

Arsenicum album



Arsenicum is a great remedy for any type of flu symptom - both stomach and respiratory varieties - and because it is listed in the protocols for a wide range of epidemic diseases, from the mild ones right on through the really wicked and nasty ones. Key-notes are burning pains, sudden great weakness, exhaustion, shortness of breath, nausea and vomiting. It is effective with hay fever, liver and spleen enlargement, diarrhea, pleurisy, bronchitis and pneumonia, asthma, headaches, ulcers, anything that burns like fire - including nettle rash, etc. Also listed as a treatment for suppurating wounds and has been used for the treatment of gangrene. *Arsenicum* is the very best remedy I know of for food poisoning.

Diarrhea #1



Diarrhea #1 is a favorite remedy for a great many people and works very well against the diarrhea that often accompanies stomach flus or intestinal upsets, especially those that are accompanied by fever. This remedy is useful for chronic diarrhea, neuralgia, rumbling in the bowels, cramping pains, and violent squeezing and constriction in the umbilical region. Because of the *Arsenicum album* in this remedy, it will also help with the nausea, vomiting, fatigue, weakness, and overall feeling of coldness.

Grab N Go Blessed Water Kit

Flu Symptoms #1



Flu Symptoms #1 is another well-loved remedy and is often taken in conjunction with Diarrhea #1. This remedy contains two Flower Essence remedies which are specific to mental stress, anxious weakness, and fears that are sometimes the cause of digestive disturbances, fatigue and nausea. The other ingredients are meant to deal with such symptoms as passage of blood and mucus, anemia, vertigo, sleeplessness, sensations of alternating cold and heat, headache, nausea, and vomiting.

Gelsemium sempervirens



Gelsemium sempervirens is effective for treatments of viral and bacterial flu epidemics. Chief complaints are achiness, tiredness, heaviness, weakness, and soreness. The feeling of weakness is manifested on all levels (physical, emotional, mental) and is usually accompanied by dizziness, drowsiness, and trembling. Gelsemium has a dramatic action on the nervous system and is also a convalescent remedy for those who have never been well since a bout of the flu.

Histaminum muriaticum



Histaminum muriaticum is for allergic reactions that are accompanied by edema, hives, rashes and itching. Histaminum is a capillary dilator and a hypertensive remedy. It constricts the bronchials, acts as a stimulant to the tissues of the intestines and uterus, and stimulates gastric and pancreatic secretions for improvement of digestive function. Histaminum is also indicated for dryness of mucous membranes, redness and burning sensation of the skin, burning, spasmodic pains in the joints and muscles, and for headaches and vertigo that come with sensations of heat on the head and face.

Hypericum perforatum



Hypericum perforatum is for injuries to nerve-rich areas such as fingers, toes, eyes, spine, tailbone etc. Should be used for all puncture wounds as a preventative for lockjaw and for wounds that are more painful than the extent of the injury would indicate. It is used for depression, but is successful only when other key-note symptoms are present. Hypericum is used for facial neuralgia, toothache, recovery from nerve pains after dental work, and for head injuries. Any nerve damage or strain. Mental key-notes of this remedy include forgetting what one intended to say or mistakes in speaking where the wrong word is used.

Lachesis muta



Lachesis muta used for everything from hemorrhagic tendencies through high blood pressure and on to malignant or septic conditions. If the mental symptoms fit, Lachesis could be useful for headaches due to menstruation or menopause, hot flashes, nosebleeds, heart palpitations, earache with sore throat, and constipation. For overly strong emotions, particularly feelings of jealousy and possessiveness. They are almost always talkative, jumping from one subject to another, with a tendency to sarcastic and mocking comments. Lachesis is useful for certain types of depression, dealing with hormones in some way. A key-note is that symptoms appear on the left side and then go to the right. Lachesis is a treatment for ADHD when the child manifests a need for the spotlight and great resentment if they are not center stage. Jealousy toward siblings is often seen and these children can be possessive of friends and demand that they pay attention only to him or her.

Psorinum



Psorinum is often needed as a catalyst when progress toward a cure has 'stalled out'. The key-note of this remedy is often described as 'vital poverty', meaning that individuals needing this remedy display a lack of basic vital heat, an inability to assimilate foods properly, lack of response to remedies and herbals that should be working and, often, an extreme sensitivity to the environment in which they live. The sensitivities and diseases for which Psorinum might work are often linked to the calendar - they are worse at certain times of the year or even certain times of the day or night. People needing Psorinum usually develop skin disorders and injuries become infected easily. The pains they feel are usually described as itchy, crawly, tickly or burning and bruised feeling. Psorinum people are always made better by warmth, externally or internally in the form of hot drinks and they feel better for lying down for a short rest. They display anxiety and restlessness with deep despair concerning the possibility of recovery. They often have difficulty with deep mental concentration, are easily fatigued mentally, and are theoretical and full of impractical ideas. If you listen to them you will find them expressing feelings that they are failures or not very good at this or that, but it doesn't seem to really bother them much and they are willing to keep struggling on. Alternatively, chronic depression or depression long after the reason for the sadness is gone is often seen here.

Rescue Remedy



Rescue Remedy is meant to be used whenever there is a severe trauma, shock, pain or emergency. This remedy brings immediate calm and helps with both the physical and emotional aspects of shock. Rescue Remedy helps to re-connect the energies, calm the emotions, slow any bleeding that may be occurring, and aid in maintaining consciousness. Use for everything from the hysteria of a child that has been stung by a bee to very serious trauma and injury.

Grab N Go Blessed Water Kit



Sepia succus

Sepia succus is for disturbances of hormones in girls of all ages. She is never the same since puberty, childbirth, weaning a baby, and has hot flashes and other symptoms of menopause. They are mentally and physically worn out and can't deal with one more thing. Are irritable, angry, feelings of guilt, tearful, depressed, weeping, easily offended, sensitive to noise, and nervous palpitations. The gut feels like a knife is twisting inside at the slightest movement. Feels cold even in a hot room, weak in the small of the back, weak or prolapsed bladder, yellowish brown discoloration of the nose and cheeks, restlessness & falling asleep of limbs.



Silica terra

Silica terra can stimulate the body to expel foreign objects such as splinters and bits of glass, etc., and often stimulates the body to re-absorb fibroids, cysts, abscesses, and scar tissue. Silica is excellent for any ailment that includes pus formation and for unhealthy skin on which every injury suppurates. This remedy is indicated for anyone suffering from problems with the absorption of nutrients, has a tendency to tire easily, or is suffering any form of arrested development. Silica is often used when the person has a tendency for brittle bones, nails, teeth and hair. The mental picture of Silica includes loss of self-confidence, anxiousness, and procrastination of anything that might require mental effort. People needing this remedy often exhibit a yielding disposition and assume that other people's needs are more important than their own. However, they can be irritable and intolerant of opinions other than their own, especially when they are tired mentally or physically.



Symphytum officinale

Symphytum officinale is the latin name for comfrey and that tells us what this remedy is used for. Give this remedy whenever there are broken bones or bone injuries of any kind. Also good for eye injuries, gingivitis, enlarged glands, sprains, and wounds. Symphytum is particularly indicated when a fracture as been slow to heal or when there is pain in the back from a fall or sprain.



Thuja occidentalis

Thuja occidentalis is included for use on any ailment that has been made worse by the suppression of symptoms which occurs with the common drug therapies of our time. This remedy is the most frequently listed one for damage done by vaccinations, or for people who have never been quite well since a vaccination. Flatulence, distention of the abdomen, and rumbling in the bowels are often relieved by this (when the mental picture fits). The symptom picture of Thuja includes chronic sinus infection and chronic catarrh or constant dryness of the nasal cavities. (In other words, something is out of balance in one direction or another here.) Thuja is excellent for impetigo and skin rashes that appear only on areas covered by clothing.



Weakness #2

Weakness #2 is for use with such things as heat exhaustion, sunburn, anemia, early stages of flu and fever, headache, kidney distress with back pain, vertigo, neuro-muscular pains - especially those that accompany fevers, sensations of heaviness and weariness, sensation of palpitations in the chest cavity.

WHAT IS A BLESSED WATER?

Blessed Waters have an energy frequency similar to a homeopathic, and they're used the same way. Blessed Waters are energetic in nature. They help the body change energetic patterns that are not serving it well. They operate on a "like cures like" modality, so when looking for a Homeopathic, you need to match the symptoms you are experiencing with the Remedy most like it.

A Blessed Water (Homeopathic) is like a flagman on the highway. It calls attention to symptoms. The Remedy goes into the body saying "I'm looking for these symptoms, and when I find them, I'm going to tell the body that THIS is what you're supposed to be working on. (Like a nudge in the right direction.) The body then says "Oh, I see that now," and starts to fix that problem. PAY ATTENTION!! When your symptoms change, you will stop taking that particular remedy. If you don't stop taking the remedy, then your body gets confused and thinks it needs to CREATE those symptoms and you will get sicker. This is called "proving" the remedy. Basically, this means that when your energy system could no longer find the symptoms you fooled it by giving it that particular remedy, and it created them for you. (You must pay attention.) A good source to learn about Blessed Waters is the book Homeopathic Remedies sold by Butterfly Express.

DOSAGE

Since Blessed Waters are energetic in nature, it doesn't really matter how much or how little you get, but for practical purposes and clarity, 5-10 drops are sufficient. The easiest way to take a Blessed Water is to have a small glass or dixie cup, put a few tablespoons of water in it (one swallow of water) and add 5-10 drops of the Remedy to it. Swish it around a little and then swallow it down. The glass then gets washed. It is not to be set aside or inadvertently shared with any other family members (lest they get a dose too!) The dixie cup can be crushed and discarded.

HOW OFTEN TO TAKE

Muscle testing is very valuable here for determining how often to take a blessed water or homeopathic. For more information see our blog on muscle testing. Blessed Waters are graded into potencies. A low potency Remedy, like a flower essence, gem essence, or combination, can be taken "as needed." These potencies range from 6X to 15X and there's no danger of "proving" the remedy or overdosing. Remember these remedies are energetic and are gentle in their directions to the body. (Think of a hug—encouragement—you can do this.)

A higher potency, such as 30C means that instead of a gentle nudge, the wakeup call is more insistent. (Think of your mother firmly telling you to get your chores done.) You'll want to take these remedies no more than twice a day for few days and then take a break.

A still higher potency, such as 200C means that the wakeup call is getting even more insistent. (Think of a policeman pulling you over on the highway.) It's a stronger command—and you'll want to take that once a day for a few days and then take a break. There are higher potencies still. Butterfly Express does not sell these higher potencies (as a general rule) But if you have taken a homeopathic class, or understand energy, you can "move" the energy of that particular dose to whatever potency is beneficial. **BE VERY CAREFUL. YOU NEED TO UNDERSTAND WHAT YOU ARE DOING.** Butterfly Express takes no responsibility for your misuse of Blessed Waters.

Legalese and Explanations

There is absolutely no substitute for caution and common sense!

These few pages were written at the request of Butterfly Express® to accompany the Blessed Water portion of a kit they have put together as a help to those who are trying to be prepared in the current unsettled economy. Blessed waters have been used extensively in lieu of homeopathics for several years by many people with good results.

There is much more to be found in the literature about each of these blessed water remedies, and certainly much more could be said about them than has been included here. These descriptions are the things that came to my mind that I might consider and use for myself in various situations. These pages are written for general information and education only. It is not my intent to diagnose or prescribe for any ailment or situation whatsoever. Your use of the information contained on these pages is entirely at your own discretion and is also, entirely your own responsibility.

I am not a psychologist, a therapist, or a doctor any sort and I have no licensing or formal training in a university setting. My goal is simply, because I have been using blessed water remedies for a long time, to give you some idea of what I think these various remedies might be used for.

Subject to the provisions of this page - and the use of common sense - you are free to use anything that I have written for yourself and others, and to copy these pages for your personal use. You may even share copies with others freely, so long as each copy you make contains my copyright information. I provide classes in various subjects, at a minimum cost, to enable all who are interested to attend and obtain the information for themselves. I feel strongly, however, that what you do with any information you receive is your personal choice and responsibility!

You are advised to apply the information herein along with the assistance of competent professionals.

Obtaining a basic understanding of the principles and application of energetic remedies is your own responsibility, just as it was mine. Before using any blessed water remedy you are advised to seek the assistance of a competent professional in the use of homeopathic medicines and/or a medical doctor.