

Grab N' Go Complete Kit

LeBaby Me Essential Oil

LeBaby Me enables us to give and receive love. It brings a sense of calmness and competence. A connection with the Eternal Father of us all. LeBaby Me increases skin elasticity, retard wrinkles, enhance skin tone and remove scaly patches. It increases the ability of the skin to act as a protective barrier against germs. Reduces cramping during menstruation. Reduces or prevents stretch marks, acts as a diaper rash cream, full body massage, excellent aftershave for sensitive skin especially when mixed with a little Miracle Salve. LeBaby Me also stabilizes low blood sugar.

LeDeeper Essential Oil

LeDeeper aids in relieving pain that is deep in the tissues and nerves. It is useful for sciatica, arthritis, osteoarthritis, the pain of osteoporosis, sprains, and injuries where there is bruising and/or nerve damage. LeDeeper increases blood and lymph circulation to the extremities, making it effective for neuropathy and fibromyalgia. It brings instant relief for pre-menstrual cramps. Useful for pain relief with shingles and bursitis.

LeEndoRelief Essential Oil

Apply LeEndoRelief to the lymph glands of the neck, chest, and armpits whenever a cold, sore throat, or flu is suspected. Using LeEndoRelief early, before the illness is fully developed, will lessen its severity. LeEndoRelief is useful for diabetes, hypoglycemia, candida, bladder and kidney infections. It can also help prevent gallstones, kidney stones, arthritis, and osteoporosis.

LeInsideOut Essential Oil

LeInsideOut improves the function of the digestive system. It helps with upset stomach, belching, bloating, stomach cramps, heartburn, constipation, and diarrhea. Apply to the abdominal area and bottom of the feet. LeInsideOut is for nausea, motion sickness, or morning sickness, apply one drop behind the ears. It is useful for treatment of parasites in animals and humans. For humans, place LeInsideOut on the feet and massage across abdomen. For animals, dilute a few drops in water and massage into soft tissues.

LeMillenia Essential Oil

Diffused, LeMillenia builds courage, confidence, and self-esteem while being calming and relaxing at the same time. Place anywhere on body. LeMillenia is described as "Chiropractor in a bottle". It aligns physical structures, electrical energies of the body, balances every meridian, and energizes every chakra. It maintains the integrity of the connective tissues that wrap, connect, and protect every organ and balances the emotions connected to each organ. LeMillenia balances the moisture and fluid levels in the body. Use with LeTranquility for ADHD and hyperactivity.

LeBreezey Essential Oil

LeBreezey opens bronchial, sinus passages, and helps alleviating snoring. It's an excellent respiratory tonic and immune stimulant. It lifts the spirits, brings a sense of confidence, and self-worth. LeBreezey has viral fighting and tissue rebuilding properties for the lungs and bronchial tissues. Try it for colds, asthma, allergies, sinus congestion, and flu. It makes an excellent muscle relaxant and pain reliever when you do not have LeWarmDown or LeDeeper handy.

LeDeliverance Essential Oil

LeDeliverance can be used, diluted, or diffused, in the home as a cleaner and air purifier to fight viruses and airborne bacteria. Its many uses include respiratory infections, sore throats, strep throats, dental diseases and infections, cold sores, canker sores, cuts, general infections, athlete's foot, toenail fungus, and infection from slivers. Apply faithfully, undiluted, for warts (this takes a little time). Frequent and consistent use of LeDeliverance strengthens the immune system and helps the lymph system to drain.

LeHeart Song Essential Oil

LeHeartSong helps you get through a tough time or a difficult day. Use for a protection against negative energy from others. LeHeartSong is an anti-depressant for grief and mild depression. It's a high frequency blend reminding us that we are loved and cherished by many people, and certainly by Heaven. It stabilizes mood swings, relieving stress and tension, and helping one to relax. Diffuse, wear as perfume, cologne, or deodorant. If the smell is offensive apply LeUnity to the palms of the hands and place the hands over the navel and thymus. Hold for 20 seconds and then reverse the hand positions and hold for another 20 seconds or more, bringing a great feeling of peace.

LeMelaPlus Essential Oil

LeMelaPlus should be applied topically on insect bites and stings. LeMelaPlus can also be diluted and massaged over the liver. Add a few drops to Miracle Salve to make an antibacterial ointment for cuts and abrasions. It can be diffused to dispel odors. LeMelaPlus is strongly antiseptic. It prevents the growth of bacteria, fungus, and other infectious agents. It can be used for athlete's foot and toe nail fungal infections.

LeMyGraine Essential Oil

LeMyGraine is used for migraine and stress related headaches with or without accompanying nausea. It is useful following neck injuries and to open the blood supplies to and from the head. LeMyGraine does its best work with headaches related to stress and circulation problems. It may be useful for some types of depression. Very effective for headaches when inhaled or diffused. Can place on the temples, forehead, and back of the neck.

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LePurify Essential Oil

LePurify kills odors, bacteria, molds, and fungus. Spray onto window sills and into corners during the winter months to prevent the growth of molds. Apply to spider bites, insect stings and can be used for repelling bugs, insects, and mice. LePurify brings relief from toothaches and dental abscesses; at the very least, it may relieve the problem somewhat until a dentist can be reached. LePurify is useful for anorexia and eating disorders because it moderate feelings of insecurity, self-doubt, and self-loathing.

LeVitality Essential Oil

LeVitality's aroma is useful for shock, increases vitality, energy, and stamina. It gives us more enthusiasm for life, and reduces stress levels. LeVitality is used to improve circulation, preventing spider veins or varicose veins. LeVitality reduces the size and painfulness of hemorrhoids; be sure to dilute well. LeVitality can be used for toxemia or high blood pressure if related to heart and circulation. LeVitality can be used to stop or slow the progress of an oncoming stroke, apply to the neck and forehead, breathing deeply and calmly.

Lavender Essential Oil

Lavender gives us the feeling of total and unchanging support around us. Lavender promotes faith, even in the hard times. It can help us move from judgement to kindness and generosity. Lavender can bring relief from anxiety, panic, hysteria, emotional and mental fatigue, headaches, migraines, and insomnia. Lavender can be used for nearly all skin conditions. It can be applied to cuts, sunburns, burns, rashes, dermatitis, eczema, and insect bites. Consistent use of lavender with burns and injuries minimizes scarring. Lavender is effective for muscle strains and sprains, cramps, and wound healing.

Orange Sweet Essential Oil

Orange Sweet promotes feelings of well-being, happiness to the mind and body. It promotes restful sleep and helps with moodiness, irritability, headaches, insomnia, and expecting more of ourselves and others than is reasonable. It provides emotional support to overcome sadness and courage to escape emotional and physical abuse. Orange Sweet reestablishes optimism and a sense of humor when they have become lost. Dilute and apply anywhere on the body or diffuse. It works very well as a cleaner. It removes sticky adhesive residue from most surfaces.

Yarrow Blue Essential Oil

Yarrow Blue will pull the edges of a cut together and help it to heal almost miraculously. Its antiseptic properties are strong enough to prevent infection, no matter how dirty or contaminated conditions were at the time of the injury. The anti-inflammatory properties of Yarrow Blue are effective wherever the inflammation is. It is applied without a carrier oil to close a wound. It should be diluted for other applications. Use Yarrow Blue for dandruff, hair loss, setting the teeth firmly into the gums, or firming up areas of sagging skin. Use as a face wash for oily skin and acne. When you are ill, the use of Yarrow Blue holds the fever from getting dangerously high and stimulates perspiration. It improves digestion by stimulating the secretion of bile and restoring the liver and other organs. Reasonable caution should be taken during pregnancy for Yarrow Blue.

LeSunburst Essential Oil

LeSunburst is a favorite among the citrus blends because it is relaxing and calming, especially for children. LeSunburst promotes a sense of well-being and is an excellent remedy for insomnia. LeSunburst has been used in treatments for anorexia and bulimia. It is excellent added to the dishwasher, dishwater, or laundry. LeSunburst makes an excellent oil for cleaning surfaces throughout the house. LeSunburst is useful for circulatory problems, varicose veins, and lymphatic congestion. It is a powerful immune stimulant.

LeTranquility Essential Oil

LeTranquility can help us develop inner strength, patience, understanding, and confidence. LeTranquility promotes relaxation, relieves anxiety, stress, tension, and depression. Use for panic attacks. LeTranquility helps alleviate anxiety based disorders; helps reduce insomnia; quiets the mind and helps with feelings of rebellion; aids in understanding all aspects of a situation; Helps with ADHD; develops inner strength and confidence; osteoporosis; migraines and tension headaches. LeTranquility can also be useful for circulatory problems to the extremities.

Helichrysum Essential Oil

Helichrysum rejuvenates skin, muscle, and damaged tissue. It helps prevent scarring. Helichrysum drains congestion and reestablishes blood flow to traumatized areas, helping bruises and hematomas to disperse more quickly. Helichrysum is recommended for lowering cholesterol. Helichrysum is anti-inflammatory and analgesic, making it excellent for sciatica and arthritis, respiratory conditions and for lymph drainage. Helichrysum helps us make our choices from a more balanced perspective. It is used in emotional healing. Caution should be used if pregnant or for small children.

Peppermint Essential Oil

Peppermint stimulates the mind, increasing the ability to focus and concentrate. When inhaled, it restores the sense of taste by stimulating the trigeminal nerve. Inhaling peppermint can curb the appetite. Peppermint is useful for muscle pain, inflamed joints, and arthritis. It can be used for headaches and nerve regeneration. Used for the digestive system and in bowel disorders. It is one of the best for nausea, vomiting, morning sickness (small amounts only), mouth or gum infections, fainting, and motion sickness. It's supportive of prostate function. Dilute well. Not used in the bath.

Coconut Oil

Coconut oil is odorless and colorless. It absorbs readily into the skin, leaving no residue. Doesn't stain clothing and easily washes out of clothing and bedding. Coconut oil is an excellent skin moisturizer; rarely aggravates existing skin problems such as fungal or bacterial infections and does not clog pores. It leaves the skin feeling smooth but not greasy. Coconut oil has almost no aroma at all and has the added advantage of a long shelf life at room temperature without rancidity. Coconut oil is

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BBL Tincture

A few drops of BBL at bedtime can help you relax into sleep. BBL is especially calming for children. Use 20-40 drops in the tub for relaxation and pain relief. For convulsions brought on by fever, put at least 2 dropperfuls in a tub of tepid (lukewarm) water and place the child into it. BBL is useful for coughs, bronchitis, asthma conditions, insomnia, headaches (back of head at base), and the onset of colds. BBL is good for healing nerves.



Cayenne Tincture

Cayenne is used for blood pressure, arthritis, mental confusion, dizziness, vertigo, heart-related issues, headache, metabolism, motion sickness, osteoporosis, shingles, shock, trauma recovery, increased stamina, stroke, and varicose veins. Cayenne rebuilds vein structures, removes plaque from veins, and sends the blood rushing along carrying nutrients to every cell of the body. Cayenne brings the blood into a state of homeostasis, making it effective for hemorrhage as well as poor circulation. Cayenne will stop bleeding. It is the first thing to reach for at the onset of a stroke or heart attack. Cayenne reduces blood cholesterol, triglyceride levels, and prevents blood clots. Take at the first sign of a cold or fever. It thins the mucus in the lungs, making it possible for the body to expel it. Improves the ability of the body to absorb nutrients.



Catnip-Chamomile Tincture

Catnip-Chamomile is made as a glycerite because it is typically used for colicky, cranky, or teething infants. It is also excellent for babies, children, and adults suffering with bloating and/or gas. Chamomile and Catnip are both very relaxing herbs, making this formula good for those who are having trouble sleeping.



IF Tincture

Formerly Infection Fighter. IF is a very effective all-purpose infection fighting formula. It may be used for any type of infection—infected injuries, sore throats, ear infections, colds and flus, and anything else that you can think of. Add Yarrow/Usnea or the SS formula if strep or staph is suspected. FN should be added if there is any chance the problem is fungal.



BHM Tincture

Formerly Bone High Mineral. BHM is made with the same dry herbs as are listed for the APL formula (no Garlic however). BHM is made into a regular alcohol-based tincture. Obviously, nutrition and nutritive herbs play an important role in the treatment of bone and muscle problems. BHM can also be used as a mineral supplement, especially for low calcium and magnesium. A little bit is helpful with teething babies and the healing of breaks, sprains, and burns.



CC Tincture

Formerly Children's Compound. CC is an excellent first response remedy for flu symptoms, colds, and fevers. In this simple formula are herbs to promote a healing sweat to hold the fever at just a hot enough degree to kill bacteria. It will effectively fight infectious agents, and calm and soothe the nerves. CC is perfectly balanced to be effective against bacterial, fungal, and strep infections. It rids the body of the excess mucous that is being produced. This is one of the great ones—even for adults. Often CC is the only remedy needed.



CD Tincture

Formerly Colon Digestive. CD is a combination to be used for inflammation and irritation in the digestive tract. It could be useful for such conditions as chronic indigestion, colitis, ulcers of the small intestine, and constipation. The Plantain, Marshmallow, and Papaya Leaf are particularly soothing and healing, keeping any cleansing side effects more mild than might otherwise be. CD is effective as a mild colon cleanse. Use 3 or 4 times every year for a week or two just to keep the colon healthy and efficient. As always, be sure to support the liver and the kidneys.



KNA Tincture

Formerly Kelp/Nettles/Alfalfa. These three herbs contain all of the trace minerals, in adequate amounts and excellent proportions, that have been identified as vital to good health. KNA is particularly high in absorbable calcium, natural iron that does not cause constipation, iodine, vitamin C, and vitamin A. In addition, Alfalfa contains a lot of a very usable form of protein, which is unusual in herbs. Vegans should pay particular attention and make it a habit to supplement their diets with Dulse or Kelp. Dulse and Kelp are very similar.

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KB Tincture

Formerly Kidney Bladder. KB can help cleanse and strengthen the urinary tract to accomplish the important job of eliminating toxins and waste products from the body. The kidneys also regulate the liquid to solids ratio in the blood and tissues. Use KB with IF or RC if a kidney infection is suspected. KB is a strong kidney formula. Use KB with IF and then switch to the milder diuretic formula, KT for a period of rebuilding and soothing of the urinary tract. Repeat several times until the entire urinary system is operating optimally.



NS Tincture

Formerly Nerve Special. NS relieves pain. Use to heal, calm, strengthen the nerves, and alleviate depression. NS is used for anxiety, stress, premenstrual tension, menstrual cramping, hyperactivity, nervous exhaustion, depression, pain relief, heart palpitations, and irregular heartbeats. (If heart palpitations and irregular heartbeats occur, you should add herbs for heart health and see a physician quite soon.) NS herbs are not narcotic. They do not make you feel groggy or disconnected.



Rosehips Tincture

Rosehips have extremely high levels of vitamins, particularly vitamin C. Other nutrients include vitamins A, B1, B2, B3, B6, B12, and K as well as thiamin, riboflavin, niacin, folate, pantothenic acid, choline, betaine, and the minerals, calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, manganese, selenium, and fluoride. The nutrients in Rosehips are in an extremely absorbable form. Rosehips are a gentle remedy for diarrhea and are mildly diuretic. Rosehips reduce thirst and alleviates gastric inflammation. Iron needs vitamin C, found in rosehips, to be absorbed; take vitamin C during pregnancy and at other times when the absorption of additional iron is needed. Vitamin C also supports and enhances the immune system function.



Super C Tincture

Formerly Super Cold and Lymph. Super C is usually done as a glycerite and is very effective as a first response when you feel a cold coming on. Super C works great for children. Super C also has some excellent lymph draining properties. The Red Clover and Elderflower make this formula excellent for controlling fever.



LC Tincture

Formerly Liver Cleanse. LC aids the liver in secreting the bile into the colon that is necessary for digestive function. When the liver is sluggish, the result is indigestion, constipation, fatigue, headaches, and a long list of other problems which are somewhat unique to each individual. It is recommended to strengthen and support the kidneys and colon while working with the liver by using either KB or KT for the kidneys, CD for the colon, and RC to keep the blood clean of toxins and impurities.



RC Tincture

Formerly Red Clover Combination. RC is one of the most effective infection fighter formulas. RC is a particularly potent blood cleanser, and is very good at keeping a localized infection from spreading and growing. Use RC to prevent contagion when everyone around you is coming down with one bug or another. RC is useful as a cancer fighting formula. RC is safe enough to use when nursing. Be very faithful about taking RC regularly. When recovering from illness keep the doses as high as can be tolerated by the body and continue taking for a few days after you think you are completely well.



SS Tincture

Formerly Strep and Staph. SS is an amazing strep and staph fighter in part because of the inclusion of usnea. This formula is used for strep, staph, pneumonia, bronchitis, impetigo, pleurisy, sinusitis, tuberculosis, and urinary tract infections.



WC Tincture

Formerly Wild Cherry Cough Syrup. WC is an excellent cough and expectorant formula. It is more effective when given in frequent small doses—1/2 to 1 teaspoon, depending on the age of the patient, than in 2 or 3 larger doses. WC will liquefy mucous in the throat, lungs, and sinuses. This allows the body to either internalize it or expectorate it according to need. WC is very effective at quieting a dry, hacking cough where the throat is irritated but there is no mucous needing to be expelled.

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Allergies #1 Blessed Water



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.

Apis mellifica Blessed Water



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.

Arnica montana Blessed Water



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.

Arsenicum album Blessed Water



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.

Bioplasma Blessed Water



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.

Cantharis vesicatoria Blessed Water



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

Carbo vegetabilis Blessed Water



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.

Diarrhea #1 Blessed Water



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.

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Flu Symptoms #1 Blessed Water

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 Blessed Water

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



Histaminum muriaticum Blessed Water

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



Hypericum perforatum Blessed Water

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 Blessed Water

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 Blessed Water

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 Blessed Water

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.

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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 has 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.