

Traditional Flower Remedies

For the Aware Parent

Help your child:

As your child grows, his remedy needs vary. The following information outlines various emotions and circumstances, which may come up along the way. It is by no means a definitive listing. Remedies may be chosen for children of all ages by carefully evaluating each Remedy description and applying it to the present situation.

Learning Difficulties:

Chestnut Bud: Used for children who make the same mistakes over and over both in schoolwork and in life. They take longer than others to grasp the lessons presented to them.

Larch: For children who feel they are not as good or as talented and are constantly comparing themselves to others. They lack confidence and often make no attempt because they anticipate failure.

Clematis: For children who are daydreamers with short attention spans. Their learning difficulties tend to stem from the fact that they are “somewhere else” in terms of their concentration.

Wild Rose: For children who lack motivation and initiative for no apparent reason.

White Chestnut: For children who find that their concentration is hampered by persistent thoughts. Unlike the Clematis children who have an active fantasy life and sometimes even use their thoughts as an escape from the world, the thoughts of the White Chestnut child tend to circle around and around, and are persistent, unwanted thoughts.

Gentian: Used for those times when a child becomes discouraged and gives up too easily.

The Trauma of Divorce:

Star of Bethlehem: For the trauma associated with divorce.

Walnut: Used for the major transition and adjustment period. It also acts to protect the child from the negative influences coming from outside the family or from one of the parents.

Scleranthus: Indicated if the child has feelings of being pulled emotionally between the parents. Walnut also will aid in this.

Pine: For the child who blames him or herself for the divorce.

Willow: For the times when a child feels bitter about the divorce and/or has feelings that the situation is unfair.

Holly: For the child who has developed a hatred for a parent.

Elm: For feeling overburdened by added chores and responsibilities in a single parent household.

Honeysuckle: For the child who continuously reminisces about the time when both parents were together. They may feel that there will not be a period of happiness for the family that will equal the past.

Hyperactive Children:

Vervain: For high strung children with tremendous reserves of energy. These children exhaust themselves by overdoing and over extending energy and effort. They have a tendency to get wound up.

Impatiens: For children who get irritable very easily and have a tendency to talk and move quickly. Fidgety children who can't keep still and are short tempered.

Walnut and Crab Apple: Very good for hyperactivity stemming from food or environmental causes. Walnut is good for oversensitive children who are physically sensitive to substances as well as manifestations of emotional sensitivity. Crab Apple is known as the cleansing essence.

Cherry Plum: Very good for children who seem to have no control over their behavior.

Calming Essence "Berry Content" tablets: A delicious way to help calm hyperactive children. This formula also contains the aforementioned Impatiens and Cherry Plum.

The "Only Child" Syndrome:

Water Violet: For those who prefer to be alone, who are able to amuse themselves at play and prefer to play alone. These children have difficulty interacting with others, and can appear to be aloof and snobbish.

Clematis: For the children who spend a great deal of time and energy living in day dreams and fantasies. They have an active fantasy life and imaginary playmates. When out of balance, they will not face the real world.

Sleeping Problems:

Rock Rose: For nightmares, and with Mimulus and/or Aspen for fear of the dark.

Chicory: If sleeping problems are used to manipulate the parent or to sleep with the parent(s).

White Chestnut: If insomnia occurs from persistent thoughts.

Vervain: For sleeplessness due to great surges of energy. For the wound up child. Use with Walnut for feelings of security and protection.

Calming Essence "Berry Content" tablets: For a feeling of calm.

Parents may find it helpful to add several drops of any of the appropriate remedies to a spray atomizer, spraying the child's room before sleep and while the child is asleep. The remedies can also be added to a humidifier.

The Teenage years:

There is no more emotionally volatile period in life than the teenage years. Today's teens are living in a world that makes a difficult period of life potentially devastating. The following Essences can be a great benefit for the tumultuous teen years.

Walnut: For stabilizing the emotions during this period of transition. It aids the teen in adjusting to the physical and psychological changes of puberty. In addition, Walnut acts to protect from the influences of peer pressure and negative influences from society (e.g. media, entertainment, drugs, sexual influences, etc.

Scleranthus: For erratic mood swings as well as imbalances which are common during this time.

Cherry Plum: For helping the teen who feels out of control, especially if there is the urge to do something known to be wrong, yet the teen feels as if she/he has no control over the impulses and/or action.

Depression and Despair:

Mustard: For depression and funks that come and go for no apparent reason.

Gorse: For those "end of the world", hopeless feelings.

Gentian: For discouragement and depression from a known cause.

Drug Abuse:

These remedies are not meant as a substitute for professional counseling and guidance. The following remedies have proven effective in balancing emotional states and personality characteristics that may lead to abuse.

Agrimony: For teens who do not communicate their feelings, and turn to drugs or alcohol to cope.

Cherry Plum: For substance abuse that has entered into physical or psychological dependency. When the teen knows that the action is wrong but has no self-control.

Walnut: Can be used for substance abuse that stems from peer pressure.

Romantic Crushes:

Clematis: For continuous daydreaming and fantasizing.

White Chestnut: Can be used if thoughts become constant and will not go away. For obsessions

Chicory: For the tendency to lavish the object of desire with over-affection, being possessive and controlling toward a love interest. For coming on too strong.

Choices for the Future:

Wild Oats: For those feelings in later adolescence when the teenager does not know what he/she wants to do in the future. When the teen feels a crossroad and has many decisions and options as to where to go in life.

Scleranthus and Wild Oats: Helpful if stuck in deciding between two things.

Cerato: If he/she does not trust his own judgment and asks others to the point of further confusion.

Walnut: For that period just after making an important life decision when the teen feels that he/she is in the midst of a transition.

Eating Disorders:

Cherry Plum: For binges and when actions are uncontrollable.

Agrimony: For when the teen is using food to stifle emotions or for comfort. When the teen is keeping an exterior that all is well, a cheerful façade, when underneath are negative emotions.

Crab Apple: For negative body image, ad for cleansing.

Pine: Used for feelings of guilt. In cases of anorexia or bulimia. Helps when there is a need for perfection and control over oneself.

Rock Water: For placing an over-demanding diet or exercise schedule upon oneself.

Walnut: For protection from society's ideal of beauty and physical perfection.

Growing Up:

Hornbeam: For fatigue, for feeling “blah” or bored. If a teenager has no interest in studies or activities. If the teen feels that he/she needs to be strengthened emotionally or physically before completing a task.

Olive: For when there is complete exhaustion.

Vervain: For the go-getter. For the teenager whose life is crammed full of activities, always on the go; who has a tendency to be very high strung, to overachieve and perhaps he is out of balance or overbearing.

Elm: For the teen feeling overwhelmed with activities or studies.

Crab Apple: For feelings of disgust toward the body; for feeling fat/skinny; for believing that something about oneself is unclean; for negative reactions when the teen feels awkward and uncomfortable about changes in his/her body. These remedies are not selected according to physical malady, however Crab Apple is generally considered the remedy related to cleansing on a physical level.

Larch: Can be taken if the teen is shy and lacking in confidence; always comparing oneself with others and feeling that they are missing the mark. The Larch teen will many times not make the effort because they anticipate failure.

Pine: For the need to be perfect, especially in schoolwork. Having a tendency to be hard on themselves.

Parenting and the Traditional Remedies:

Parents often need assistance in assessing their own, as well as the remedy needs of their children. The following is a general reference to situations and feelings often facing the parent in dealing with children in the home environment.

Vine: Is used when your word must be regarded as “law”, and the child’s opposition is met with strict authoritarian discipline.

Red Chestnut: When your over-concern and worry for your child’s health and safety consumes you. When each time they venture out takes up the better part of your time and focus.

Pine: When you blame yourself for your child’s mistakes, or are unduly hard on yourself for his or her failures, always thinking that you could do a better job. For feelings of guilt. For never living up to expectations of being “Super Mom”. For feelings of reproach for not being a “good parent”.

Willow: When you begin to resent your spouse or children. For home circumstances you may feel is unfair, such as taking care of the kids while your husband is out bowling, or having the baby wake you up at 3 a.m. to change the diaper. Any feelings of resentment towards the sacrifices necessary when parenting.

Gentian: For those times you have become discouraged; when you’ve tried your best but something hindered or blocked your way.

Oak: For the “Super Mom” who does it all and then some. Despite hardships or fatigue will carry on with little concern for self, quietly and with determination completing one task after another. The Oak parent is the strong member of the family who holds the family together and is the support of the others. Oak aids in the stress of being a single parent, doing everything, and being both Mom and Dad.

Beech: Is indicated when one becomes overly critical towards the children (or spouse) and is easily upset, especially by their small idiosyncrasies.

Wild Rose: When you give up the fight and have become apathetic and indifferent to the needs of those close to you as well as your own needs.

Centaury: For not knowing how to say, “No”. Your desire to serve those close to you often over extends your resources, and you become more of a slave than a willing helper. In addition to Centaury, Willow may be needed if you are resentful toward the situation or those that you perceive are responsible for it.

Chicory: For over-concern and possessiveness toward the children, always wanting them near you. For feelings that only you know what is best for them. Constantly feeling the need to correct them and to guide them from the largest to the smallest details of their lives.

Clematis: When the tendency to daydream and “space out” becomes strong. When you find that you miss what has been said because your head is “in the clouds”.

Hornbeam: If you become tired and fatigued, but are still able to complete your tasks. When you don’t want to get out of bed in the morning and you get tired just thinking about your chores. For feeling that some part of you needs to be strengthened in order to complete the tasks at hand.

Elm: For when work and tasks become overwhelming. For feelings of despair over the enormity of mothering/parenting and its responsibilities. For being over-burdened, especially for a single parent. For times when household chores become so great that the task seems beyond the capacity of one person to perform.

Crab Apple: For over-concern of cleanliness. For not allowing children to sit or touch furniture without plastic covers. Constantly picking up after them. Making sure their hands, face, and clothes are immediately washed all the time. Spending an undue amount of time cleaning.

Water Violet: When you find yourself aloof from it all, needing to spend a lot of time alone, away from your family.

Impatiens: When time seems short and your child seems to be moving too slowly. When you find yourself rushing others of organizing and completing tasks that they should be doing themselves because you can do it faster and better. When you find yourself getting irritable very easily and/or finding yourself snapping at others of saying something based on irritability that you wish you hadn’t.

Cherry Plum: For those who fear losing control of their temper or who do lose their temper easily. For “taking it out” on the child. For that “last straw” feeling.

Larch: For feeling inadequate and lacking confidence. Particularly good for mothers.

Walnut: Is good for new parents, for the major changes after having a baby. For older parents. Walnut is an excellent remedy to cope with the transition of children “leaving the nest”.

Wild Oats: For feelings of dissatisfaction with one’s role as mother/parent, for feeling as if life is passing you by. Willow should be used if feelings are strong to the point of bitterness.

Pregnancy:

Calming Essence “Berry Content” tablets: Can be Helpful to pregnant women in overcoming those emotional states so common in pre- and post natal periods. Totally natural and non-toxic, it will not interfere with prescribed medications.

If you have any other issues that come up around parenting, or pregnancy such as feeling inadequate as a parent, etc., we can make an essence just for what you are facing.