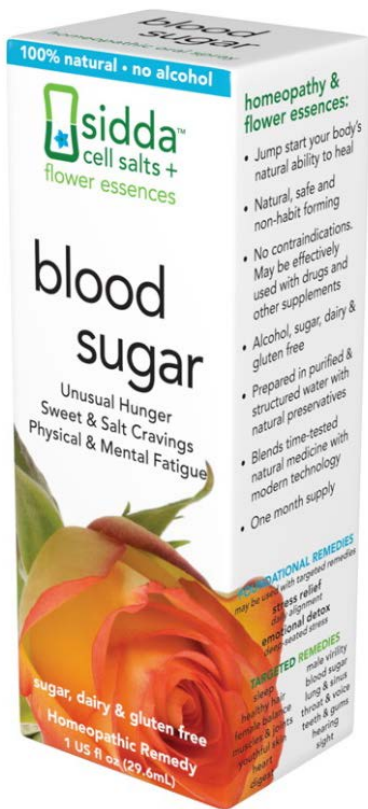




EDUCATION GUIDE

Blood Sugar

Flower Essence + Cell Salt Homeopathic Remedy – Sugar, Dairy, Alcohol & Gluten Free



Unusual Hunger - Sweet & Salt Cravings Physical & Mental Fatigue

- Many people experience mood and energy fluctuations that are directly tied to blood sugar levels. While most of these fluctuations are attributable to dietary choices, Blood Sugar can ease these swings and help reduce sugar cravings. Over time, many people find it easier to make better food choices.
- For those who have issues regarding digestion and blood sugar, they may wish to start with one formula for at least two weeks. After two weeks, a second formula can be added. Both formulas can then be taken twice per day, five days a week, with a three hour separation between doses.
- For digestive difficulties that are not specifically related to blood sugar metabolism or cravings for sweet things, Sidda Digest is an excellent option.

Use Sidda Blood Sugar to remember life is sweet: When we feel that life is sweet on the inside, we are less inclined towards seeking external sweetness. Comfort food doesn't make us feel comfortable, it just temporarily hides our discomfort.

Purpose (symptoms targeted)	Inactive Ingredients
<ul style="list-style-type: none"> • Excessive appetite and/or thirst • Weak appetite and/or thirst • Sweet cravings • Salt cravings • Physical and mental fatigue • Excessive urination • Sense of missing the sweetness of life <p>Indications are based on Homeopathic Materia Medica</p>	<p>American Ginseng*, Apricot*, Elecampane*, Jerusalem Artichoke*, Kiwi*, Lemon Balm*, Lotus*, Natural Flavor, Polylysine, Pomegranate*, Purified and Structured Water, Rosa Eglanteria*, Rosa Nitida*, Sugar Beet*, Wild Licorice*</p> <p>*flower essence</p>

Siddha Flower Essences

- Begin with one or two remedies so your body gets a clear message.
- Stress Relief & Emotional Detox establish a foundation to support all the other remedies.
- Using Stress Relief or Emotional Detox in combination with other remedies can bring faster results.

Feeling stressed:

Stress from the “daily grind” -to help take the edge off	Use Stress Relief
Deep-seated or chronic stress	Use Emotional Detox
Thinking too much (brain chatter), worrying, over analyzing	Use Heart

Need help with weight loss issues:

Deep-seated stress, physical toxins contributing to weight gain	Use Emotional Detox + Stress Relief
Sweet/carb cravings, blood sugar issues	Use Blood Sugar + Emotional Detox
Sluggish/weak digestion	Use Digest + Emotional Detox
Sleep disorders (research has found a link between sleep issues and weight gain)	Use Sleep

Skin issues:

Lack of general skin health	Use Youthful Skin
Caused by hormonal imbalance	Use Female Balance
Caused by emotional or physical toxins	Use Emotional Detox + Stress Relief
Caused by nutrient-deficient food choices and digestive disorders	Use Digest + Emotional Detox

Need to feel more grounded and centered:

Digestion problems with feeling ungrounded	Use Digest + Stress Relief
General grounding for women	Use Female Balance + Stress Relief
General grounding for men	Use Male Virility + Stress Relief
General feelings of anxiety, malaise or depression	Use Stress Relief

Physical movement issues:

Lack of fluid motion, coordination, balance, and agility	Use Muscles & Joints
Lack of lung capacity for physical activity or athletics	Use Lung & Sinus
Musculoskeletal discomfort	Use Muscles & Joints

How Siddha Homeopathics work:

- Siddha Flower essences and cell salts are captured in the medium of water using traditional homeopathic techniques. The ingredients have been shown to resolve various forms of stress.
- Western medicine and herbs treat the chemical portion of the nervous system. In Eastern traditions, electrical messaging within the body is viewed as more important. Siddha Homeopathics work at this electrical level of the nervous system.
- Electromagnetic blockages can be understood as minute interference waves that prevent smooth electrical transmission within the nervous system. The result is a basic hindrance to well-being from within multiple systems.
- When Siddha remedies are introduced into the body, the nervous system is exposed to a combination of homeopathic ingredients and cell salts. Together, they initiate resolution for the obstructed field, ease electrical transmission and reduce detrimental interference.

