



EDUCATION GUIDE

Digestion

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



Indigestion - Stomachache - Feeling Overwhelmed

- Sidida Digest eases the neural inhibition throughout the abdomen that may lead to impaired digestion, absorption and elimination. This also may include emotional restriction throughout the core muscles and overall emotional instability.
- There are more nerve endings in the small intestine than in the spine. By improving the integration of the nerves of this “enteric brain,” Sidida Digest can assist in resolving some of the deepest causes of digestive imbalance.
- Intestines (small and large) are lined by smooth muscle which can become tense, tight and restricted due to stress. Stress reduces circulation, oxygenation, nutrient supply and waste removal. This reduction leads to an overall decline in digestive functioning.
- For nervousness leading to digestion problems and feelings of being ungrounded.
- Sidida Digest is an excellent choice people who can’t eat, or tend to overeat, due to stress. Specifically, it can assist those who are under a lot of pressure whose stress and anxiety “hits them in the gut.”
- For “butterflies” in the stomach / stress-fueled constipation or diarrhea.
- For people with a sluggish or weak digestion who are trying to lose weight.

Purpose (symptoms targets)	Inactive Ingredients
<ul style="list-style-type: none"> • Indigestion • Heartburn • Stomachache • Abnormal appetite • Nausea • Feeling overwhelmed <p>Indications are based on Homeopathic Materia Medica</p>	<p>Cedar*, Dill*, Elecampane*, Figwort*, Grape*, Kiwi*, Loquat*, Natural Flavor, Pineapple*, Polylysine, Psyllium*, Purified and Structured Water, Red Spider Lily*, Sage*, Venus Fly Trap*</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.

