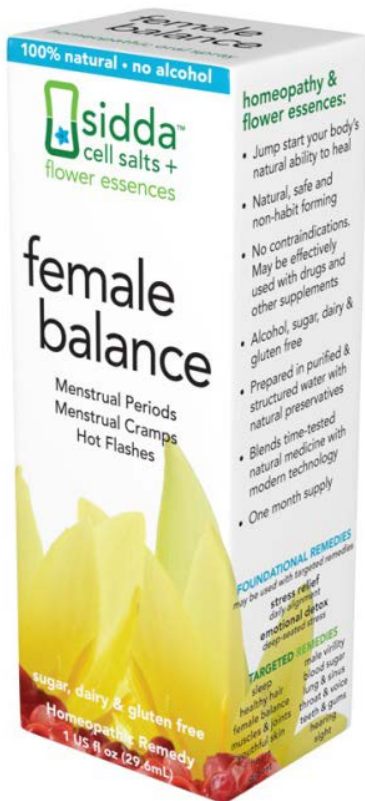




# EDUCATION GUIDE

## Female Balance

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



### Menstrual Periods - Menstrual Cramps - Hot Flashes

- Female Balance addresses the complexity and intricacy of the female body by resolving psychological, emotional and energetic obstructions specific to women.
- As the stress that impedes optimal functioning is reduced, one of the positive effects that can occur is a lighter cycle.
- Female Balance is an effective general remedy for women's physical, mental, and emotional well being.
- Safe and designed for use during pregnancy, breast feeding, and pre-conception.
- Helps women settle into the female form and become comfortable with being a woman, especially for transitional periods such as puberty, motherhood and menopause.
- Female Balance supports stress management, healthy detoxification, and enhanced digestion.
- Encourages women to feel “grounded” and “centered.”

Purpose (symptoms targeted)	Inactive Ingredients
<ul style="list-style-type: none"> <li>• Menstrual cramps</li> <li>• Hot flashes</li> <li>• Irritability</li> <li>• Headaches</li> <li>• Irregular menses</li> <li>• Resistance to motherly giving</li> </ul> <p>Indications are based on Homeopathic Materia Medica</p>	<p>Elecampane*, Lotus*, Mountain Pride*, Natural Flavor, Polylysine, Pomegranate*, Purified and Structured Water, Squash*, Watermelon*</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.

