

Frequently asked questions

What are Flower Essences?

Flower Essences are not therapeutic drugs – but work on the mind, body and spirit. They are obtained by extracting the vibrational quality from the most evolved part of the plant – the flowers.

How are they taken?

Just 7 drops under the tongue morning and night for 2 or 4 weeks depending. The essence is unaffected by food, drink, toothpaste, coffee, or cigarettes and does not interact with medication or supplements.

How are they made?

When making the Bush Essences, the flowers are left in water long enough for the life force energy of the flowers to combine with the water.

The flowers are then removed from the bowl so that no physical properties of the flowers remain. This flower water is then further diluted down several times until the dose essence is achieved for the stock bottle.

Your individual essence is taken from the stock bottle and bottled with [Pure One](#) artesian water, carbon dated to 29,000 years old from an aquifer under majestic Mt Taranaki, with a very small amount of brandy to preserve.

What if I'm alcohol sensitive?

An effective alternative is to blend the essence into an unscented salve or cream to use topically, or use in a bath.

Can I take them with medication or supplements?

Absolutely. The Australian Bush Flower Essences can be taken whilst under treatment with natural or pharmaceutical medications with no negative effects whatsoever. There is no healing modality that is compromised by combining it with the Australian Bush Flower Essences.

Are they safe for children?

Absolutely. Australian Bush Flower Essences are an effective drug free solution for adults, children and even your pets. In fact they work extremely quickly on children and animals as they do not have as many emotional blocks as adults generally do. The dose is the same for children as adults, and animals as well, i.e. 7 drops on rising and retiring.

When will I see results?

As we are all unique individuals it is difficult to predict how long it will take before you notice results. It is also important to note that the essences are self-adjusting and will release

layers of blocked emotions to whatever 'point of resolution' the person is able to deal with at the time.

Normally, it is recommended taking a remedy for two weeks when addressing an emotional issue and four weeks when addressing physical imbalances. If at the end of this time the desired result has not been achieved then it is suggested to repeat the remedy for a similar length of time.

At times, flower Essences can be very subtle as they work towards creating harmony and the changes can occur so easily and effortlessly that we are not aware of the shift until sometime later. At other times, the changes are profound and instantaneous.

What if I have allergies?

The stock bottles have been analysed by chemical laboratories to determine how much physical matter of the flower is present. The results show that there is only an infinitesimal amount of the flower remaining – one part in a hundred thousand, which is far too small to cause any physical reaction.

Are they organic?

All of the species used in the formulation are ecologically gathered in unpolluted and naturally occurring regions of the vast Australian landscape.

The making of some of the mother stock literally requires traveling thousands of miles into some of the most inaccessible regions of the outback. All of the species grow uninterrupted in natural, unpolluted, pristine environments that are pesticide free.