

Australian Bush Flower Essence

Ian White a fifth generation herbalist who grew up in the Australian bush was taught at an early age how flower essences helped generations dating back to the 12th century. Ian further developed the essences and according to Gurudas, a Homeopathic Physician; author of the book Flower Essences and Vibrational Healing, of the three major forms of remedies – Flower Essences, Gem Elixirs' and Homoeopathic remedies; Flower Essences are the most effective modality to treat subtle-energy bodies and meridians.

Essences are extracted from the flowers and contain the unique vibrational signature of each flower. Australian Bush Flower Essences were developed to treat imbalances at a higher level bringing emotional and spiritual balance. Hence enabling a person to experience greater wellbeing and positive change.

Flower Essences are self-adjusting meaning the body only takes what is needed, they have no side effects and can be effectively combined with other modalities e.g. aromatherapy.

Further guidance on choosing an essence can be obtained by booking an Essence Consultation via the Wealthy Wellbeing website.

Complementary therapies provided by the practitioner on this site, whether in person, email, online, phone, Skype, is not a substitute for medical care. Complementary therapies work alongside your current medical treatment to encourage holistic (mind, body, spirit, emotion) health to support the body's natural ability to heal. Complementary therapies aim to give an effective and supportive balance to conventional medical care. Complementary therapies are generally safe when used with medical treatment to help manage the symptoms and side effects of illness. Some complementary therapies may help in relieving the stress and anxiety related to having a disease.