

Welcome!!!
Just hang On :o)
Our meeting will start soon.



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Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment!

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products. I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them...

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

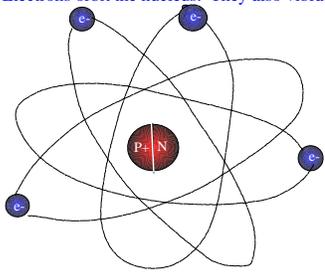
If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner, I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!



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Atoms make up all things

Protons and Neutrons make up the center or nucleus.
Electrons orbit the nucleus. They also vibrate.



Every Atom has a different vibratory rate. In the human body when the cells vibratory rate slows down the cells are diseased. Nutrients help re-establish the vibratory rate.



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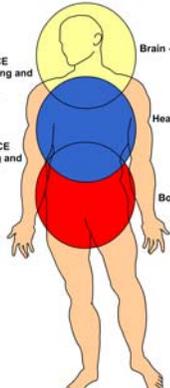
Theory on How Flower Essences Work

- Plants develop characteristics and components w they overcome their environment's challenges
- The vibration of that adaptation can be captured in a solution by soaking the flowers of the plant in sp water.
- The solution is preserved and diluted and then ma into a homeopathic like tincture (plant element dissolved in a liquid with a preservative)
- The essence of the plant lends the ability to overcome emotionally like challenges to those who take the tincture



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We are Mind, Soul and Body



We are in **BALANCE** when our thinking, feeling and body functions are in alignment

We are **OUT of BALANCE** when our thinking, feeling and body functions are not in alignment

Brain - Mind - Thinking Self
Heart - Emotional/Spiritual - Feeling Self
Body - Physical - Functioning Self

Emotions are Necessary

- Emotions inspires us to ACT
- Emotions are not wrong... what makes them wrong is how we react to them
- In our society we are often told to suppress emotions... Big boys don't cry, Don't be such a fraidy cat, Cheer up, etc.
- These messages generate a conflict between our thinking and feeling self and causes an imbalance



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Thoughts release chemicals..... These chemicals are how we experience feelings

- Memory is stored not just in the brain but throughout the whole body
- The Memory chemical stored can effect the organ or glands it occupies

Reference Book... [The Heart Code](#)
by Paul Pearsall, PhD



Three Ways of Handling a Negative Event

Bury
Within

Excuse
Without



Recognize &
Solve



Three Ways of Handling a Negative Event

Bury

Excuse

- | | |
|--|--|
| <ul style="list-style-type: none"> •FEELINGS BURIED ALIVE NEVER DIE •Bury instead of confront •Hide true emotions behind a mask •Denying/deluding yourself | <ul style="list-style-type: none"> •Assign the blame to others or situations •Time and energy spent to change others through force by intimidation and/or manipulation |
|--|--|

Recognize and Solve

- When you Recognize and Solve negative events you learn, mature and are strengthened



To Heal Emotionally it is not necessary to

- Reconnect or relive the feelings or events
- Rid them of the unpleasant feelings

But rather

- Become aware of and understand their meaning
- Learn to use the energy of the feeling in a constructive way
- Become responsible and aware of the reactions of the feelings

When unpleasant feelings are recognized and a solution is implemented, a lesson is learned, compassion and understanding are developed



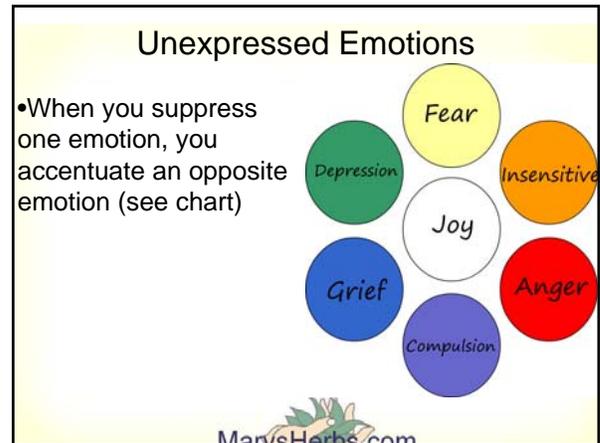
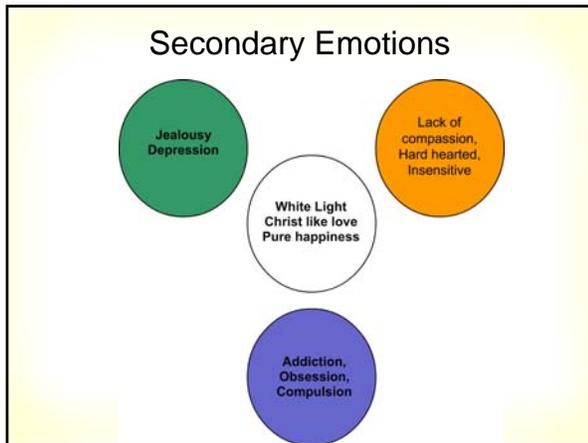
In our sayings, emotions are often assigned to a color

- Red would be Rage, anger, irritable
- Blue would be Sadness, unrealized desire, grief, a sense of loss
- Yellow would be Anxiety, worry and fear
- Green is a mixture of Discouragement, depression and jealousy
- Orange would be lack of compassion, hard hearted, insensitive
- Purple would be Addiction, Obsession, Compulsion
- White would be enlightenment, peace and love



Three Primary Emotions





Find Strength

- Helps one develop personal boundaries
- Helps develop strength
- Helps develop the ability to stand up to abuse or mistreatment

- Mariposa Lily (*Calochortus leichtlinii*),
- Pine (*Pinus sylvestrus*)
- Scarlet Monkeyflower (*Mimulus cardinalis*)
- Centaury (*Centaureum erythraea*)
- Fuschia (*Fuschia magellanica*)
- Pink Yarrow (*Achillea millefolium var. rubra*)
- Goldenrod (*Solidago californica*),

Vegetable glycerin and purified water

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Be Respons-able

- Helps develop self responsibility & awareness
- Helps overcome addictive self defeating, compulsive actions
- Helps break destructive habits
- Helps in making better decisions

- Black cohosh (*Cimicifuga racemosa*),
- Black Eyed Susan (*Rudbeckia hirta*),
- Milkweed (*Asclepias cordifolia*)
- California Poppy (*Eschscholzia californica*)
- Agrimony (*Agrimonia eupatoria*)
- Joshua Tree (*Yucca brevifolia*)
- Mullein (*Verbascum thapsus*)

Vegetable glycerin and purified water

MarysHerbs.com **Spleen**

Release It

- May assist the body with the grieving process.
- May help in letting go of the past.
- May assist with emotional distress.

- Self-Heal (*Prunella vulgaris*)
- Love Lies Bleeding (*Amaranthus caudatus*)
- Chicory (*Cichorium intybus*)
- Bleeding Heart (*Dicentra formosa*)
- Chrysanthemum (*Chrysanthemum morifolium*)
- Borage (*Borago officinalis*)
- Star Thistle (*Centaurea solstitialis*)

Vegetable glycerin and purified water.

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Keep Cool

- May assist the body with feelings of anger and irritability.
- May also assist with empathy and communication

- Calendula (*Calendula officinalis*)
- Snapdragon (*Antirrhinum majus*)
- Impatiens (*Impatiens glandulifera*)
- Grape Vine (*Vitis vinifera*)
- Willow (*Salix vitellina*)
- Holly (*Ilex aquifolium*)
- Tiger Lily (*Triteleia ixioides*)

vegetable glycerin and purified water.

MarysHerbs.com **Liver**

Open Heart

- May assist with the ability to love.
- May help release suppressed emotion.
- May help increase empathy and compassion



•California Wild Rose (*Rosa californica*)
 •Baby Blue Eyes (*Nemophila menziesii*)
 •Yerba Santa (*Eriodictyon californicum*)
 •Star Tulip (*Calochortus tolimica*)
 •Evening Primrose (*Oenothera elata*)
 •Pink Monkeyflower (*Mimulus lewisii*)
 •Golden Ear Drops (*Dicentra chrysantha*), vegetable glycerin and purified water.

Insensitive



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Heart

Be Courageous

- May assist with courage and self confidence.
- May help with indecisiveness, uncertainty and nervous tension.



•Mountain Pride (*Penstemon newberryi*)
 •Aspen (*Populus tremula*)
 •Scleranthus (*Scleranthus annuus*)
 •Mimulus (*Mimulus guttatus*),
 •Cerato (*Cerastigma willmottianum*)
 •Blackberry (*Rubus armeniacus*)
 •Red Clover (*Trifolium pratense*)

Fear



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Kidney

Distress Remedy

- To re-establish Balance
- Helps ease stress
- Helps in coping trauma
- Helps recover from injury
- Promotes awareness when you feel out of it



•Arnica (*Arnica mollis*)
 •Star of Bethlehem (*Ornithogalum umbellatum*)
 •Rock Rose (*Helianthemum nummularium*)
 •Impatiens (*Impatiens glandulifera*)
 •Clematis (*Clematis vitalba*)
 •Cherry Plum (*Prunus cerasifera*)
 •Red Clover (*Trifolium pratense*)

Joy



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Organ	Emotion experience through neurotransmitters
Kidney	Fear
Bladder	Being PO'ed
Lung Heart	Grief
Gallbladder	Bitterness
Pancreas	Lack of Sweetness and Joy
Liver	Anger
Colon	Not being able to let go
Thyroid	Holding in what should be expressed
Spleen	Obsessions



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To Sum it all Up

- Distress Remedy...Same as old works... Just a little different
- Keep cool...Anger, irritability, feeling cranky, losing one's temper.
- Finding Strength...For those who are afraid to express anger or suppresses anger, someone who is a doormat
- Release It...For those who are experiencing grief, sadness, pity party, whining, to be able move on and let go of the past.
- Open Heart...For those who are afraid to be hurt, are cold, lacks empathy, be more loving and compassionate, hard hearted, closed hearted
- Be Courageous...FEAR, indecisiveness, can't make own decisions
- Be Response-able...Suppress fear, reckless, addictions, compulsions



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Distress Remedy

Distress Remedy

Cherry Plum
Fear in loss of control, helps promote being able to trust

Star of Bethlehem
Helps one find comfort spiritually especially during a crisis

Red Clover
Helps to center one's self in a panic situation

Rock Rose
Helps Ease fears, panic and terror

Arnica
Aids during shock or trauma and the dissociation which may result

Red Clover
Helps to center one's self in a panic situation

Promotes calming to help you be present and aware

Clematis
Helps go from dreaming about something to executing it

Impatiens
Promotes tolerance, acceptance and patience with others

Long term to help with disassociation, that you are outside of yourself... not feeling real.

Short term for shock or trauma

“A sad soul can kill you quicker, far quicker, than a germ.” John Steinbeck

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