

Purpose Passion Peace

With Joanne Sumner

Flower Essences for Mums, Babies and the rest of us!

Every Mum wants the best for her baby – and the majority of Mums work really hard to make this happen. They feed, clean, comfort, and play with their little ones. They're on hand 24-7, and it is truly a labour of love. In most households, Mum is the first port of call for everything from a stubbed toe, to my friends are picking on me, to I want this or that, to I can't sleep, to I don't understand my homework, to... you name it! And at times all these demands can get overwhelming, and especially right at the beginning when you're still in shock at being a Mum and you can't decipher what this scream or that squirm means yet!

So what are Bach Flower remedies, and how can they help? Flower remedies are made from the flowers of flowering plants and trees, which Dr Edward Bach, a Harley Street doctor, discovered to have particular healing properties in the early 20th century. Water has an amazing ability to hold the molecular imprint of whatever it comes into contact with, and when activated by sunshine or boiling, the properties of the flowers are captured in spring water and then preserved in brandy to make the 'mother tincture'. This is diluted to make stock and again to make dosage bottles.

Tips for handling common emotions

Shock! Every Mum I've spoken to has described the shock of the initial weeks. Take Star of Bethlehem for the shock itself, and combine it with Walnut to support you in the transition stage, and 5 Flower Remedy to get over the birth. These remedies will also help in day to day life, for shocks of all sorts.

Exhaustion – Try combining Olive for exhaustion with Elm for the feeling of being overwhelmed. If you are really so tired that you feel desperate (like you're losing your mind) then add Cherry Plum to help you regain your calm and sanity!

Worry – some Mums and Dads get terribly anxious and fearful for their children, and this can make them more controlling than they need to be. Take Red Chestnut if you find yourself anticipating things going wrong all the time, and if there is something specific you are worried about then take Mimulus.

Jealous siblings – for the beloved elder sibling who feels resentful and left out because of the new arrival try a mixture of Willow for resentment,

There are 38 remedies from commonly known plants and trees like Olive, Crab Apple, Clematis, Oak, to possibly less well known plants like Scleranthus or Centaury, and they work by balancing our emotional states and rooting out the cause of ill health and disease.

Because each person – and each baby – is different, remedies are chosen with the individual in mind rather than by the symptom. So, let's assume you're suffering lack of sleep – the question you want to ask is, "what effect is this having on me?" Do you snap, or complain? Do you feel sorry for yourself, or resentful? Do you dread the day? These emotional responses are the key to choosing the remedy or remedies you need. And the same is true for your baby (or friend, or colleague!). Once you've identified the way they respond to a situation, you can help them by giving them the appropriate remedy or combination of remedies. If you find you want to use more than 7 remedies in a blend, use Wild Oat for a couple of weeks to clarify what is happening, and then make up the appropriate blend. See www.healingherb.co.uk for more information on how remedies work.

Holly for spite and jealousy and Chicory so they can love freely.

Not sleeping – the best remedy I know for sleeplessness is White Chestnut, which brings a calm clear mind. Combine this with Mimulus if they don't want to be left alone because they're scared and Impatiens if they've become irritable or Willow if they are getting whiny.

Angry/impatient – try Impatiens if your child is getting frustrated with things not working first time and Cherry Plum if they're getting in a real state and are losing control. Vine is useful if they are getting too bossy and being aggressive with other children.

Fearful and shy – give your child Mimulus if they are afraid of specific things, or are shy or nervous in general; if they are clingy and don't want to be put down or left alone, combine with Chicory. If they're terrified, then give Rock Rose which is for courage to face an emergency – and if you're sending your children to school for the first time, for example, you might want to combine Rock Rose and Larch to ease dread and give confidence.

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How to use remedies

There are many ways – you can put 4 drops in water 4 x a day or take the drops whenever you feel the need, bearing in mind that frequency determines the strength not quantity. You can put them in the bath or in unperfumed cream that you rub in. For newborns, you can also put them on the crown of the head, or behind the ears.

Healing Herbs Ltd make a fantastic brand of remedies, and you can order online from www.healingherbs.co.uk. If you're not sure what you need, give me a call to talk it through and I will be happy to make you a specific blend (07786 273 826, jo@joannesumner.com).

Links

The Lakeland College of Homeopathy offers Part Time, Professional Homeopathic Training Courses in both Ambleside, The Lake District and Central London. They also hold a number of seminars and beginners courses.

Our high quality training gives you a professional qualification in homeopathy, and includes nutrition, herbal tinctures and flower essences in the curriculum. Please contact our office for further details or to arrange a visit. 01539 433 601

www.thelakelandcollege.co.uk

Classes & Events

Meditation and Relaxation Classes

Meditation is a simple and effective way to improve your health and wellbeing. It also increases creativity and positivity, and improves your ability to focus. Try our local drop-in classes to experience the benefits for yourself. Price: £6 per class.

Mondays, 7-8pm, The Hobbayne Centre, Lower Boston Road, Hanwell W7

Wednesdays, 6-7pm, Northfields Community Centre (Room 5)

Treasuring 2009: Your keys to abundance

We believe that the best way to predict the future is to create it... Join Elizabeth Cairns and me to clear confusion and doubt, create a compelling vision for yourself in 2009, discover your inner strengths, identify outer resources, and learn powerful processes to step confidently forward. Kindle the magic of 2009!

Saturday 14 March, 9.30-1.30, £70 pp
Hanwell, W7

Healing Herbs International Training: Learning to Use Bach Flower Remedies

This 6-day Classroom course (also available as a Distance Learning Programme) provides a comprehensive introduction to the Bach Flower remedies..

The remedies provide a natural and effective way to get control of your emotions; a safe way to treat children that draws on the body's own healing powers; valuable addition to any profession that involves treating or consulting with clients, and a way to promote the health and harmony of your family

For a relatively small investment of £495 you will gain a deeper awareness of emotional and psychological processes and a skill-set for life, both personally and professionally (e.g. Bach Flowers work well when integrated into coaching, psychotherapy, nutrition, homeopathy).

Fridays March 6, April 3, May 1, June 5, July 3 and Saturday July 4 2009. £495 pp. Regents College, NW1. Further details: www.joannesumner.com/bachflowers.



About Me...

I'm Joanne Sumner, and I help busy women, and men, rediscover the purpose, passion and peace in their lives. Health and harmony, fuelled by a compelling vision of the life they want, has enabled many of my clients to live a life of greater purpose meaning and joy. Making small changes to the way **you** live can have a significant impact on your well-being and that of your family and your business.

I offer a range of simple and effective holistic services that facilitate your body and mind's creativity and healing power to increase your health and happiness. My own journey has brought together the ancient wisdom of the East with the

very best in modern science.

I have been meditating since the age of 9 and worked in the biomedical research field for ten years. This drives my commitment to seeking the best in both approaches so that I can offer just the right synergy to you.

Please do get in contact to find out how I can help you recover your natural vitality and joie de vivre. After all, you are worth it!