

The book cover features a central white rectangular area with a thin blue border. This area is set against a background of intricate blue line-art botanical illustrations, including various leaves, flowers, and seed pods. Two dark blue rectangular tabs are positioned at the top and bottom center of the white area, suggesting the book is part of a binder or folder. The title 'FLOWER ESSENCES' is printed in a large, black, sans-serif font, centered within the white area. Below the title, the author's name 'Options to Health - Ginger Bisplinghoff, RN, BS' is written in a smaller, black, sans-serif font.

# FLOWER ESSENCES

Options to Health - Ginger Bisplinghoff, RN, BS

Hi,

Thanks for working with me and preparing to identify and release blockages that are preventing you from moving forward in a way that you would like!

One of the healing methods that I've used for the past 33 years are flower essences. They are gentle, yet powerful and clear physical, mental, emotional and/or spiritual negative energy away while infusing the positive support needed for healing.

I've created a short informational eBook that will help with an understanding of flower essences, especially if this is new to you.

I look forward to guiding you on your path to success.

Ginger



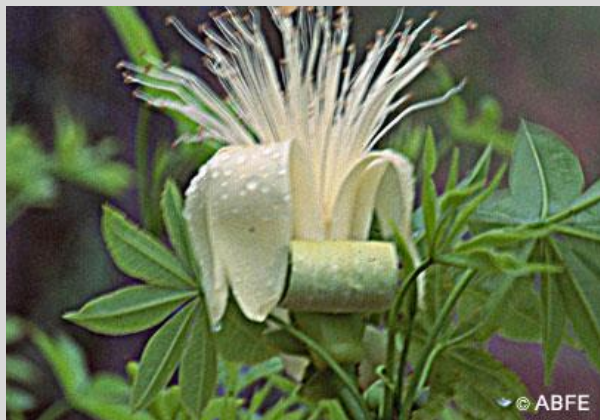
Options to Health



# Flower Essences: What Are They?

The use of flowers and their vibrations can be traced back thousands of years with many cultures using flower essences to treat emotional health and well-being.

Flower essences are wonderful gifts from nature that help you heal and strengthen your electrical energy system when it is out of balance. They help you cope with stressful situations while giving you an opportunity for self-healing.



# Dr. Edward Bach

In 1930, Dr. Edward Bach created 39 flower essences that are still being used today. He believed that physical symptoms in the body were a result of disharmony on the mental, emotional and spiritual levels.

Rescue Remedy is the flower essence of Dr. Bach's that is most recognized. It is a wonderful healing vibration for stress, anxiety and emergency situations.



# Ian White

## Australian Bush Flower Essences

Ian White, Naturopath, Herbalist and creator of the Australian Bush Flower Essences describes essences as vibrational therapy for humans and animals.

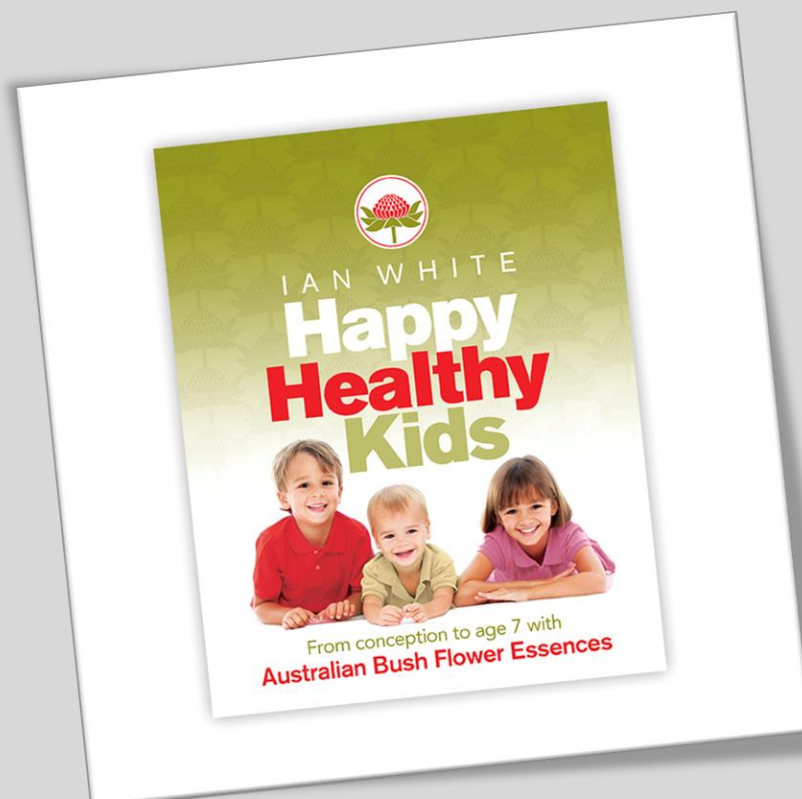
I have had the great pleasure of studying with Ian and he is an amazing teacher. His reverence and awe of the human body, flowers, the elements, nature and the healing process is evident when you are with him, watch him in a You Tube video and read his stories behind his adventures of making the flower essences.



# Are Flower Essences Safe?

Flower essences are vibrational medicine and completely natural. They are safe and free from side effects, adjust to the needs of the individual and will not interfere with any other treatment methods.

Children, adults and animals all benefit from the vibrational healing properties of a flower essence.



# How are Flower Essences Taken?

Flower essences are taken by placing drops under the tongue, in water, in the palms of the hand or directly on the body.

They can be taken as needed (example, Rescue Remedy), for 2 weeks or as a regime specifically for you.

Some flower essences come in the form of a mist, cream, pendant, pastilles.



# More Ways to Use Flower Essences

- Apply to acupuncture points or chakras.
- Put several drops in your tub bath.
- Use as a spray or mist to clear energy in your house.
- Dab drops on minor cuts and scrapes or palms of the hands when children get hurt.
- Put a few drops in beauty products, shampoos, massage oils, and lotions.
- Rub them on your hands when giving healing treatments such as Reiki or massage.
- Put in your food.
- Put in your dog or cat's water bowl.





# Why Take Flower Essences?

Ian White says of the Australian Bush Flower Essences:

*"We are all functioning on beliefs and emotions which may not necessarily be helpful to us. By challenging our thoughts and beliefs we can relieve stress which then can ultimately restore health."*



# Flower Essence Books and Websites

Australian Bush Flower Essences:

- ***Australian Bush Flower Essences*** by Ian White. Findhorn Press.
- ***Australian Bush Flower Healing*** by Ian White. Bantam Books.
- ***Animal Healing with Australian Bush Flower Essences*** by Marie Matthews. Bush Biotherapies Pty Ltd.
- ***Happy Healthy Kids*** by Ian White. McPherson's Printing Group

**Website:**

[www.ausflowers.com.au](http://www.ausflowers.com.au)

To order any of the ABFE dose bottles, contact me:

[Ginger@OptionstoHealth.com](mailto:Ginger@OptionstoHealth.com)

Bach Flower Essences: (found at most health food stores)

- ***The Bach Flower Remedies*** by Edward Bach, M.D. and F.J. Wheeler, M.D. Keats Publishing.
- ***Advanced Bach Flower Therapy*** by Gotz Blome, M.D. Healing Arts Press.
- ***The Essences of Bach Flowers*** by Rachelle Hasnas, M.S.W. The Crossing Press.
- ***Bach Flower Remedies for Children*** by Barbara Mazzarella. Healing Arts Press.
- ***Bach Flower Therapy*** by Mechthild Scheffer. Healing Arts Press.
- ***The Encyclopedia of Bach Flower Therapy*** by Mechthild Scheffer. Healing Arts Press.
- ***New Bach Flower Body Maps*** by Dietmar Kramer. Healing Arts Press.
- ***Floral Acupuncture*** by Deborah Craydon, C.F.E.P. & Warren Bellows, Lic.AC. The Crossing Press.

Green Hope Farm – Molly Sheehan – 603-469-3662  
[www.greenhopeessences.com](http://www.greenhopeessences.com)

Tree Frog Farm – Diana Pepper – 306-758-7260  
[www.treefrogfarm.com](http://www.treefrogfarm.com)     [info@treefrogfarm.com](mailto:info@treefrogfarm.com)

Flower Essence Services – [www.fesflowers.com](http://www.fesflowers.com)

Flower Essence Society - [www.flowersociety.org](http://www.flowersociety.org)

Alaskan Essences – [www.alaskanessences.com](http://www.alaskanessences.com)

# Ginger Bisplinghoff

I have always loved gathering information and passing it on to family, friends, students, clients and even strangers who will stop and ask me a question. I like taking something complicated and finding a way to simplify it.

This eBook offers an introduction to flower essences that may become self-care and energy rebalancing for you.

I have used essences both personally and professionally for over 30 years and my office has quite a collection from all sources.

In an *Options to Health* session, I utilize 40+ years of nursing experience and information gathered in both the medical and holistic field of study. I help you identify and release the root cause of any situation, challenge or relationship through the bio-feedback tool of muscle testing.

Feel free to contact me: [Ginger@OptionstoHealth.com](mailto:Ginger@OptionstoHealth.com)

Wishing you health and balance,

*Ginger*