

PlantRhythms™

New Energy Range

Native Trees & Wild Plants of Aotearoa Indigenous New Zealand Herbal Plant Remedies

Reminding you of your optimal functioning

Balance First	Focus and Clarity Balances all Constitutions: Vata, Pitta & Kapha	Alkalizes the body and assists digestion. Nourishes liver and adrenal functioning, boosting energy levels and overall sense of well being. Alleviates mood swings; balances blood sugar levels and hormones. Aids with mental clarity, focus and confidence. Clears meridians through the body and promotes mind heart connection. Foundational in nature and effectively used with the other remedies.	<u>Ingredients</u> Extracts of: Taraira, Licorice, Ginger, Gotu cola, Mahoe, Motherwort, Wild Arnica, Kowhai, Wild clematis, Round-leaved Gotu cola, Eyebright, Viper's Bugloss, Mamaku, Matipo, Self Heal, Gingko, Tanekaha, Heart chakra and Kotukutuku.
Stress- Less	Supports Practicality, Upliftment and Focus	Rebalances the pineal and pituitary glands, aiding greater uptake of serotonin in the brain. Releases tension in the neck and shoulder areas. Eases muscle tension throughout the body and helps clear the lymph. Nourishes and supports the nervous system, and is strongly antiviral. Promotes self trust and unconditional love.	Extracts of: St John's Wort, Damiana, Motherwort, Vervain, Cleavers & Violets, Licorice, Speedwell, Polygonum and Wild roses.
Up	Enlivening And Uplifting Tonic	Boosts serotonin uptake and is a wonderful Energy tonic. Uplifting in cases of being depressed/down. Helps with libido. Nourishes adrenal functioning, hormone balance and is a digestive aid. Supports immune system and is strongly antiviral. Good for confidence, creativity and integration. Self assertion.	Extracts of: Dianella, Viper's bugloss, Licorice, Ginger, Rimu, Peach stones, Dandelion, Damiana, Gotu kola, Wild ginger, Tree daisy, Chickweed, Lady Nada and Mamaku.
Worry Ease	Clears on physical & energetic levels. Nourishes stomach & Throat areas.	Highly protective. Holds the space for big transitions and changes to happen more easily. Helps release irritability and anger. Uplifting. Effective adrenal gland support. Digestive tonic; calms stomach upsets. Helps with communication, and promotes optimal functioning of thyroid- balances metabolism. Helps clear the head.	Extracts of: Cleavers&Violets, Speedwell, Dandelion, Oxalis, Wood betony, Tataramoa, Damiana, Cranesbill, Heart chakra, Lavender& Angelica, Licorice, Gotu cola and Motherwort.

The above NZ PlantRhythms are easily taken as needed, or in a water bottle through the day. Doses are easily confirmed by muscle testing or dowsing. These herbal extracts, are unusual in that they are like a tincture and flower essence combined. This makes them quite widely applicable. They work physically as well as energetically, and emotionally. Effects are immediate. Varying degrees of sensitivity means that each person feels the effects in their own time.

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