

REFERENCE SHEET

PlantRhythms™

Acidity- Kumarahou, Olive leaf, Dandelion
Actioning one's dreams- Croneswort, Vervain, Speedwell
Addictions- Ipomea indica
After Birth healing- Motherwort, Dandelion, Licorice root, Wild Arnica
Anger- Horopito
Anxiety- St.John's wort, Damiana, Motherwort, Tamarack
Asthma- Licorice root, Kumarahou
Base chakra- Totara, Licorice root, Matai, Motherwort, Damiana
Bipolar- Damiana, Licorice root, Colloidal Minerals
Birthing- Wild roses 'Heart chakra', Wild Arnica, Native broom, Damiana
Blocked meridians- Gotu kola, Ginger, Round-leaved Gotu kola
Blocked sinuses- Speedwell
Blood Cleansing- Kumarahou, Olive leaf, Watercress, Viper's bugloss, Kawakawa
Boundaries- Wood betony, Self-heal, Feverfew
Candida- Olive Leaf, Horopito, Kumarahou, Lavender and Angelica
Cataracts- Eyebright, Speedwell, also as drops in a saline solution
Channelling- Wild clematis, Rimu, Matai
Communication- Peach stones, Speedwell, Viper's bugloss
Confidence- Dianella nigra, Vervain, St. John's wort
Constipation- Yellow dock
Depression- Damiana, Licorice root, Self-heal, St. John's wort, Motherwort, Minerals
Detox- Tanekaha, Olive leaf, Viper's bugloss, Watercress elixir, Yellow dock
Diabetes- Dandelion, Hops, Devil's Club, Fenugreek
Difficulty trusting life- Rewarewa, Self-heal, Native Jasmine-Kaihua, Rimu
Dizziness/Vertigo- Hawthorn, Licorice, Ginger
Emotional release work- Borage, Piripiri, Kotukutuku.
Emotional upset- Wild roses 'Heart chakra', Wild Arnica
Fragmentation of self- Self heal, St.John's wort, Wood betony
Gall bladder- Cranesbill, Vervain
Grief- Violets, Hawthorn, Piripiri, Cleavers& violets
Headaches- Motherwort, Feverfew
Heart palpitations- Motherwort
Heavy metal build up- Tanekaha, Viper's bugloss, Watercress, Olive leaf, Kumarahou
High blood pressure- Hawthorn, Kawakawa, Colloidal minerals
Hormone imbalance- Motherwort, Licorice root, Damiana, Maca root, Croneswort
Hot flushes- Maca
Immune system- Licorice, Dandelion
Indecisive- Dianella nigra, Motherwort, Vervain
Integration- Dandelion, Wild Ginger
Irritable bowel syndrome IBS- Licorice, Kawakawa, Vervain, Cranesbill, Gotu kola
Irritability- Lavender&Angelica, Motherwort, Damiana, Heart chakra
Lack of courage – Chicory, Dianella nigra
Liver- Kumarahou, Dandelion, Self-heal, Tanekaha
Loss of connection- Rimu, Wild Clematis, Self-heal, Kaihua, Wild Juniper
Low Adrenal glands- Licorice root, Borage, Colloidal minerals
Low Blood Pressure- Hawthorn, Licorice
Low Energy- Licorice root, Native Broom, Colloidal Seaweed minerals, Dandelion root, Speedwell, Kumarahou, Damiana, Olive leaf.
Loss of Libido- Damiana, Colloidal minerals, Licorice root, esp. women.
Lungs- Licorice root, Kumarahou
Lymphatic system- Cleavers& violets, Damiana, St. John's Wort
Menopause- Maca, Dandelion root, Licorice, Motherwort, Croneswort.
Menstrual Cramps- Motherwort

Mental Fatigue- Gingko, Gotu kola
Mood Swings- Damiana, Licorice, Motherwort, Minerals, Heart chakra, Wild Arnica
Moving forward- Dianella nigra, Lavender&Angelica, Heart chakra, Kawakawa, Round-leaved Gotu kola
Muscle tension- Damiana, St.John's wort, Speedwell.
Overweight- Chickweed, Licorice root, Colloidal minerals
Nerve pain- St. John's Wort
Nervous system- Vervain, St.John's wort, Tamarack, Colloidal minerals
Not sleeping- Hops, Damiana
Obstacles-Viper's bugloss, Feverfew
Old patterns- Wild carrot, Peach stones
Out of balance- Gingko, Gotu kola, Motherwort
Overwhelmed- Damiana, Wild Arnica
Poor Eyesight- Speedwell, Dandelion
Poor Breathing- Kumarahou, Wild roses 'Heart chakra'
Poor circulation- Kawakawa, Motherwort, Ginger, Hawthorn
Poor digestion- Licorice root, Cranesbill, Vervain, Dandelion root
Poor fat digestion- Cranesbill, Vervain
Poor Memory- Gingko, Gotu kola, Craneswort
Protection- Yarrow, Native broom
Rescue remedy- Wild roses 'Heart chakra', Wild arnica
Release work- Kotukutuku, Piripiri, Tamarack, Cleavers&Violets
Self-love- Self-heal, NativeJasmineKaihua, Heart chakra, Motherwort
Self negating behaviour- Native fuschia, Wild roses, Motherwort, Self-heal
Self-Sabotage- Lancewood, Self-heal, Heart chakra, Tamarack
Self-trust- Motherwort, Kotukutuku, Totara, Self-heal, Native Fuschia
Sexual abuse- Red clover, Totara, Wild Arnica, Licorice root, Heart chakra, Yarrow
Stomach upsets- Cranesbill, Vervain
Schizophrenia- St.John's wort, Licorice root, Colloidal minerals
Shock- Wild Arnica, Wild roses 'Heart chakra', Motherwort
Short of breath- Motherwort, Kumarahou
Shyness- Chicory, Damiana
Skin problems- Kumarahou, Licorice root, Yellow Dock, Gotu kola
Spleen- Speedwell, Yellow dock, Gotu Kola
Standing in your power- Maca, Self-heal, Motherwort, Native broom
Stress-Motherwort, Damiana, Maca, St.John's wort, Vervain, Minerals, Speedwell
Sugar Cravings- Licorice root, Colloidal minerals, Dandelion root
Support- Tanekaha, Licorice root, Dandelion
Thrush- Lavender &Angelica, Horopito, Olive leaf, Kumarahou
Thyroid problems- Chickweed, Colloidal minerals, Rimu, Native broom
Tired- Licorice, Gotu kola, Damiana, Motherwort, Tanekaha, Speedwell.
Tired Eyes- Speedwell, Eyebright to be used internally and as eyedrops
Toxins-Viper's bugloss, Watercress elixir, Olive leaf, Tanekaha, Kumarahou
Transformation- Pennyroyal
Transitions- Pennyroyal, Lavender and Angelica
Trauma- Tamarack, Wild Arnica, Self-heal, Heart Chakra, Speedwell, Native Fuchsia.
Ungrounded- Matai, Totara, Licorice root, Damiana
Unsettled- Motherwort, Damiana, Wild Arnica, Gotu kola Licorice root, Tataramoa
Worry- Motherwort, Damiana, Vervain, Wild Arnica, St.John's wort

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INFORMATION SHEET

PlantRhythms™

These PlantRhythms, 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.

These herb and tree extracts are **Wildcrafted and Organic**.

They are all different frequencies, just like crystals. As physics understands, plants all vibrate at a different rate, at a slightly different frequency to one another. They have been colour-coded for the frequencies they work on. The colour(s) that you are drawn to is/are usually the plant(s) working with you.

People ask 'When do they start working?'

The answer is that they start working straight away, it is simply how sensitive you are how fast you feel them. I can feel them working with myself and others when they are simply being held, before they are even taken internally.

The herbs are generally taken under the tongue, in a glass of water or in a waterbottle through the day.

These are plant concentrates that simply rebalance the body. Every plant in the world has about 600-800 different alkaloids, and these extracts have concentrated the medicinal components— while working strongly energetically as well.

The interesting thing is that though they are physical **they are safe to use with prescription medication**; they do not contraindicate with medication. Indeed they can and do greatly help people get off medication such as antidepressants, high blood pressure tablets etc.

There is one plant to be careful with however; in the instance of those people **with high blood pressure or a tendency towards it, Licorice root can push it higher**. In this instance Licorice root is best avoided. (Conversely of course, Licorice root can really help people with low blood pressure and/or dizziness).

Plants and Trees are remarkable- it has been shown that they hold the image in their DNA of our 'wholeness'. For instance, Licorice helps our energy levels as, in its DNA it holds the image of our adrenal glands, which are the 'shock absorbers' of our system largely responsible for our hormones, blood sugar balance etc. Licorice literally reminds our adrenal glands what it is like to function optimally via the 'pictograph' in its DNA.

Plants actually set us up to be independent- so the net result is that, with a good diet, we do not need to continue taking them.

When taking a course of plants it is best to continue the bottle(s) until finished.

Then wait a week or two and one should still feel just as good as when you were taking them. If after a week or two, this changes, you may need one or two more courses of herbs.

The herbs may also be used topically as needed, and may be applied to the area(s) of the body they are working with.

They are a wonderful addition to any healing session.

Additionally, the herbs may be used to make eyedrops.

Simply make a saline solution- that tastes like tears- and add one, or several herbs, of your choice. Speedwell and Eyebright are perfect for use in eyedrops, as they both efficiently relieve eye tiredness and soreness. Enjoy!