

Worry Ease

Emotional well-being & digestive tonic.
Nourishes stomach and throat areas.

ACTIVE INGREDIENTS: Cranesbill, Tataramoa, Speedwell, Cleavers, Violets, Oxalis

USES:

- A digestive aid; helps to calm and alleviate stomach upsets
- Uplifting and supports balanced emotions
- Holds the space for big transitions and changes to happen
- Helps release irritability and anger
- Aids gall bladder, liver, adrenal and uterine health
- Enables clearing of the throat and clear communication
- Aids mental clarity, and is grounding
- Useful in cases of bloating, gas or sore stomach

SIZES AVAILABLE: 50ml

Breathe

Lung tonic. Breathing relief.

ACTIVE INGREDIENTS: Kumarahou, Yarrow, Rose, Ti Kouka, Nikau, Sage

USES:

- Support for asthma, and for hay fever relief
- Breath awareness and meditation tonic
- Promotes a willingness to let go, and let life in
- Helps during periods of shut down or depression
- Supports a sense of safety through increased connection with oneself
- Calming for the nervous system

SIZE AVAILABLE: 50ml

Clarity

'the enlightenment tonic'. Pineal gland detox.
Drops improve water quality.

ACTIVE INGREDIENTS: Coriander, Round-leaved Gotu cola, Tanekaha, Cocoa, Kohekohe.

USES:

- Promotes mental clarity, energizes organ function, boosts serotonin levels
- Contains components that actively detoxify and decalcify the pineal gland
- Supports increased mental clarity
- Heightens right and left brain connection and intuitive trust
- Promotes optimal serotonin levels, relaxation and happiness
- Energizes organ function
- Revitalising for the nervous system and the liver and spleen qi (energy)

SIZE AVAILABLE: 50ml

Tech Protect

Helps protect from radiation, cell phone and WIFI technology.

ACTIVE INGREDIENTS: Colloidal minerals, Gingko, Tanekaha, Pokeroot, Nascent Iodine.

USES:

- Contains basic components for radiation protection and EMF shielding
- Fosters optimal hormonal balance
- Thyroid support and healthy metabolism
- Ideal for office and high WIFI and EMF environments
- Protects from radiation, cell phone and WIFI computer technology
- Assisting the body's natural cleansing response
- Healing at a DNA level
- Remineralizing at a core level

SIZE AVAILABLE: 50ml

Colloidal Mineral Supplement

Amazingly rich mineral supplement!

ACTIVE INGREDIENTS: Red and Green Seaweeds, Bladderwrack, Kelp

USES:

- Boost your energy levels
- Facilitate weight loss and optimal metabolism
- Nourish digestive system
- Hormone and Mood stabilizing
- Alleviate sugar cravings
- Alkalize and remineralize your entire body:
Contains over 90 different minerals in an absorbable form, including high concentrations of absorbable magnesium and iodine.
- The good bacteria in it greatly facilitate the uptake of minerals by the body

SIZE AVAILABLE: 300ml

Cherish

Love and respect.

ACTIVE INGREDIENTS: Kawakawa, Nikau, Yarrow, Karamu, Puriri.

USES:

- Neurochemically balances the mind and body
- Immediate shock relief
- Movement away from abusive relationships
- Nurtures a sense of self esteem and self trust
- Supports empowerment
- Spleen and kidney tonic

SIZE AVAILABLE: 50ml



Amy McComb

Herbalist, Healer and Intuitive Empath
PLANT RHYTHMS

About Plant Rhythms

Plant Rhythms is an ethically and environmentally responsible company providing high quality formulae and elixirs that work both physiologically and spiritually.

Based in the beautiful Waitakere Ranges on the West Coast of New Zealand, Plant Rhythms is a company created to further our own awareness and enjoyment of self, and a vehicle through which to experience the wealth of wisdom and healing wild plants have to offer.

Plant Rhythms is dedicated to producing a range of natural herbal remedies mixed from wild harvested and native New Zealand plants. The uncommon blend of tinctures (physical extracts) and essences is unique to Plant Rhythms and offers a rich vehicle of wisdom and healing.

Amy McComb is chiefly responsible for the harvesting and production of every herbal formula. She oversees the manufacture of hand harvested herbs from the Karekare base nestled in Auckland's beautiful and rugged West Coast.

As a company, Plant Rhythms recognises their responsibility to maintain the integrity of the earth's natural environment, whilst actively supporting a return to vibrant health.

Plant Rhythms honours the holistic and divine human being, nurturing our connection with nature which leads to deeper awareness and realisation of self.

Plant Rhythms is honoured to promote a stronger understanding of herbal medicine, whilst advocating self empowerment.

PLANT RHYTHMS

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GENERAL ADVICE: Always read the product label and use only as directed. If symptoms persist see your healthcare professional.



New Energy Range

Herbal Support Formulae



Plant Rhythms New Energy remedies are blends of New Zealand Wild plants and Native trees.

www.plantrhythms.co.nz

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Balance First

Supports new foundations. Hormonal balance & confidence.

ACTIVE INGREDIENTS: Mahoe, Motherwort, Tanekaha, Self Heal
USES:

- Foundational in nature and effectively used with the other remedies
- Promotes optimal hormone balance
- Balances all constitutions (vata, pitta and kapha)
- Nourishes liver and adrenal functioning
- Promotes mental clarity, alignment & mind heart connection
- Helps to boost energy levels, overall sense of wellbeing & inspire confidence
- Alleviates mood swings and helps blood sugar levels
- Clears energy meridians throughout the body and helps with active creation of new foundations

SIZE AVAILABLE: 50ml

Create

Active creation tonic. Facilitates transformation.

ACTIVE INGREDIENTS: Croneswort, Wild Clematis, Wild Ginger
USES:

- Fosters active creation of own life
- Helps reconnect both sides of the brain and helps access the creative right side
- Strengthens and clears synapse connections in right and left hemispheres
- Increased intracellular communication & integrates male and female aspects
- Encourages integration and increased intuitive awareness
- Helps reintegrate forgotten aspects of the psyche
- Supports freedom of expression and encourages self trust
- Aids creative processes such as writing, painting and dancing
- Supports reconnection with one's goals and dreams

SIZE AVAILABLE: 50ml

Earth-E

Immune system support.

Supports essential recuperation and change.

ACTIVE INGREDIENTS: Pokeroot, Ginger, Yellow Dock
USES:

- Assists liver function and lymphatic system cleansing
- Strong kidney and spleen tonic
- Find safety and comfort in being settled in yourself
- Promotes focus, playfulness, and integration
- Centering and aids hormonal balance
- For when you need mothering and nurturing feminine support
- Useful for fatigue, low energy levels, and poor metabolism
- Improves feelings of wellbeing and helps recuperation

SIZE AVAILABLE: 50ml

Focus

Rejuvenating brain tonic.
Mental clarity and clear alignment with your goals.

ACTIVE INGREDIENTS: Gotu Cola, Gingko, Eyebright, Damiana
USES:

- Fosters mental clarity
- Alignment with your dreams and goals
- Facilitates clear decision-making
- Clears "brain fog" and supports good concentration
- Alleviates mood swings
- Facilitates focus from a balanced perspective
- Supports stable blood sugar levels and hormonal harmony
- Encourages one to live your inspirations and passions into being

SIZE AVAILABLE: 50ml

I Am

Release of old patterns, habits and addictions - 'habit breaker'.
Resume a positive relationship with self.

ACTIVE INGREDIENTS: Round leaved Gotu Cola, Walnut, St. John's Wort, Tataramoa, Heartsease

USES:

- Fosters gentle relationship with self
- Supports the release of old habits and addictions
- Promotes strong reconnection with self
- Clears the way for new beginnings
- Clears energy grid through the body, releasing old conditioning
- Helps release overactive emotional states
- De-conditions the nervous system
- Encourages self-trust and the following of one's inner wisdom

SIZE AVAILABLE: 50ml

'I Am' is also known as 'Habit Breaker'

Loss

All seasons liver tonic.
Supports during loss, grief and change.

ACTIVE INGREDIENTS: Kawakawa, Matipo, Pennyroyal, Motherwort, Roses
USES:

- Assists in the support and release of grief
- All seasons liver, hormone balance, and skin tonic
- Supports emotional health, healing and calms the body system
- Gently uplifting while still allowing the experience to be processed
- Calms the nervous system and fosters cellular release work
- Best taken until the bottle is finished.
- Disclaimer: "It is OK to cry"
- Supports those experiencing death, a break up, and any kind of loss or sudden and extreme change

SIZE AVAILABLE: 50ml

Sleep Ease

Calming sleep tonic.
Helps relieve stressed nerves and promotes deep peaceful rest.

ACTIVE INGREDIENTS: Tataramoa, Hops, St. John's Wort
USES:

- Facilitates deep nervous system health and settled emotions
- Improves emotional wellbeing; healing and uplifting
- Calming tonic, useful for acute and chronic stress
- Supports deep rest and recuperation for the body system
- Promotes restful sleep
- Useful in cases of insomnia, exhaustion, anxiety, attention deficit disorder (ADD)
- Best taken half an hour before bed, or as needed to settle down
- Suitable for all ages, including young children and babies

SIZE AVAILABLE: 50ml

Smile

Joy elixir. Cleansing & promotes an open heart.

ACTIVE INGREDIENTS: Yarrow, Nutmeg, Orange, Rose, Damiana
USES:

- Reconnect with the laughter and warmth in your life
- Promotes a sense of expansion of a feeling of joy
- Fosters self-confidence and release of old memories on a cellular level
- Supports cleansing and fosters insight
- Encourages unconditional love of self and others
- Helps digestion and is a liver balance and kidney tonic
- Promotes healthy blood pressure, and heart and kidney function

SIZE AVAILABLE: 50ml

Stress Less

Uplifting nervous system tonic.
Helps relieve muscle tension and facilitate serotonin uptake.

ACTIVE INGREDIENTS: Vervain, Damiana, Speedwell
USES:

- Soothing for the nervous system and facilitates serotonin uptake
- A calming and uplifting elixir
- Supports lymph and immune function
- Helps improve libido and boost energy levels
- Relaxes tense muscles (especially in the neck and shoulders)
- Rebalances the pineal and pituitary glands
- Strongly antiviral
- Useful for cases of nervous tension, low energy levels, moodiness and depression

SIZE AVAILABLE: 50ml

The Everyday Remedy

Rejuvenation & empowerment remedy.
Releases shock & trauma at a cellular level.

ACTIVE INGREDIENTS: Wild Arnica, Pokeroot, Kumarahou, Kawakawa, Puriri
USES:

- Relieves shock and supports cellular release of trauma
- Promotes rejuvenation of the body and supports the adrenals
- Fosters increased alignment with your inspiration and passion
- Deeply cleanses the lymphatic and immune system
- Rebalances, uplifts, empowers
- Aids lymphatic cleansing & is good nervous system support
- Enhances feelings of self acceptance & peacefulness

SIZE AVAILABLE: 50ml

Up

Moving forward with ease elixir. Confidence & integration.
Helps boost thyroid function & serotonin uptake.

ACTIVE INGREDIENTS: Dianella, Viper's bugloss, Damiana, Rimu, Mamaku
USES:

- Helps increase energy levels; an enlivening and uplifting tonic
- Aids serotonin uptake
- Supports thyroid function and promotes optimal metabolism
- Creates a powerful foundation for self assertion and integration
- Supports good immunity and is antiviral
- An uplifting and useful tonic in times of depression
- Assists with poor thyroid functioning (hyper & hypo), low energy levels, & helps with good pituitary and pineal gland functioning

SIZE AVAILABLE: 50ml

Trust

Embracing who you are. Positive life and relationships.

ACTIVE INGREDIENTS: Eyebright, Speedwell, Kawakawa, Maca, Vervain
USES:

- Helps improve energy levels through supporting liver function
- Promotes a healthy lymphatic system and good digestion
- Supports trusting in one's nature
- Being solid in yourself
- Alleviates shock & opens the heart chakra area
- Helps forward movement towards one's goals and dreams
- Hormone balance and improves overall sense of wellbeing

SIZE AVAILABLE: 50ml



Plant Rhythms is dedicated to providing Wildcrafted Native tree and Wild Plant remedies. The remedies take effect immediately and are widely applicable as they work both physiologically and spiritually.