









<p>Nature's Sunshine</p>	<p><i>Be Courageous</i> Yellow (Vented Fear)</p>	<p>helps with fears that hold us back from achieving our true potential.</p>
<p>Mountain Pride</p>		<p><u>Mountain Pride</u> <i>Penstemon newberryi</i> Positive qualities: Fortright masculine energy; warrior-like spirituality which confronts and transforms Patterns of imbalance: Vacillation and withdrawal in the face of challenge; lack of assertiveness, inability to take a stand for one's convictions. Product Category: FES Quintessentials</p>
<p>Aspen</p>		<p><u>Aspen</u> <i>Populus tremula</i> Positive qualities: Trust and confidence to meet the unknown, sensitive attunement to the spiritual world; perceptive awareness of psychic realms Patterns of imbalance: Fear of the unknown, vague anxiety and apprehension, hidden fears, nightmares; easily startled or frightened. Product Category: Healingherbs</p>
<p>Scleranthus</p>		<p><u>Scleranthus</u> <i>Scleranthus annuus</i> Positive qualities: Decisiveness, inner resolve, ability to weigh choices and make judgments Patterns of imbalance: Hesitation, indecision, confusion and ambiguity; wavering between choices or values Product Category: Healingherbs</p>
<p>Mimulus</p>		<p><u>Mimulus</u> <i>Erythranthe guttata (Mimulus guttatus)</i> Positive qualities: Courage and confidence to face life's challenges; radiant light that shines outward to the world Patterns of imbalance: Over-exaggerated concern for daily life events; extreme apprehension of new thresholds of experience Product Category: Healingherbs</p>

<p>Cerato</p>		<p style="text-align: center;"><u>Cerato</u></p> <p><i>Ceratostigma willmottianum</i> Positive qualities: Trusting one's inner knowing, intuition; self-confidence, certainty Patterns of imbalance: Uncertainty or doubt of one's inner wisdom and truth; invalidating what one knows, over-dependent on advice from others. Product Category: Healingherbs</p>
<p>Blackberry</p>		<p style="text-align: center;"><u>Blackberry</u></p> <p><i>Rubus armeniacus</i> Positive qualities: Competent manifestation in the world; clearly directed forces of will, intentional and decisive action Patterns of imbalance: Inability to translate goals and ideals into concrete action or viable activities; procrastination. Product Category: FES Quintessentials</p>
<p>Red Clover</p>		<p style="text-align: center;"><u>Red Clover</u></p> <p><i>Trifolium pratense</i> Positive qualities: Calm and steady presence, especially in emergency situations, internally generated behavior Patterns of imbalance: Susceptible to mass hysteria and anxiety, easily influenced by panic or other forms of group thought. Product Category: FES Quintessentials</p>
		<ul style="list-style-type: none"> • For people who allow their fears to paralyze them in life and give up control to authority figures instead of trusting their own judgment • • Helps people make their own decisions. • • Helps with the development of courage to act in the face of fear and self-confidence to pursue the goals and directions they desire in life