









<p>Nature's Sunshine</p>	<p>Be Response- Able Purple (Suppressed Fear)</p>	<p>help people caught up in addictive, obsessive or self-destructive behaviors. Promotes self-awareness and self-honesty to make positive choices from drinking, smoking, taking drugs, gambling, compulsive shopping, playing computer games, watching TV or obsessive behaviors like hand washing, counting, hoarding.</p>
<p>Black cohosh</p>		<p><u>Black Cohosh</u> <i>Actaea racemosa (Cimicifuga racemosa)</i> Positive qualities: Courage to confront rather than retreat from abusive or threatening relationships or situations; clear and contained psychic forces Patterns of imbalance: Enmeshed in a relationship or lifestyle that is abusive, addictive or violent; dark, brooding emotions, congested or toxic psychic forces Product Category: FES Quintessentials</p>
<p>Black Eyed Susan</p>		<p><u>Black-Eyed Susan</u> <i>Rudbeckia hirta</i> Positive qualities: Awake consciousness capable of acknowledging all aspects of the Self; penetrating insight and self-aware behavior Patterns of imbalance: Avoidance or repression of traumatic or shadow aspects of the personality, addictive or hypnotic behavior due to loss of consciousness Product Category: FES Quintessentials</p>
<p>Milkweed</p>		<p><u>Milkweed</u> <i>Asclepias cordifolia</i> Positive qualities: Healthy ego strength; independence and self-reliance Patterns of imbalance: Neediness and emotional regression, dulling the consciousness through drugs, alcohol, overeating; creating dependency or sickness to receive attention Product Category: FES Quintessentials</p>
<p>California Poppy</p>		<p><u>California Poppy</u> <i>Eschscholzia californica</i> Positive qualities: Radiant heart-centered spirituality; strong interior alignment for values and choices Patterns of imbalance: Attachment to illusion or grandeur, superficial spirituality or fantasy, external glamour or escapism through psychedelic drugs or other out-of-body activities Product Category: FES Quintessentials</p>

<p>Agrimony</p>		<p style="text-align: center;"><u>Agrimony</u></p> <p><i>Agrimonia eupatoria</i> Positive qualities: Emotional honesty, acknowledging and working with emotional pain, ability to radiate genuine equanimity and inner peace Patterns of imbalance: Anxiety hidden by a mask of cheerfulness; denial and avoidance of emotional pain, addictive behavior to anesthetize feelings Product Category: Healingherbs</p>
<p>Joshua Tree</p>		<p style="text-align: center;"><u>Joshua Tree</u></p> <p><i>Yucca brevifolia</i> Positive qualities: Individuation of soul forces through conscious transformation of family patterns and related cultural conditioning; enhanced freedom and compassionate insight for family and culture of origin Patterns of imbalance: Generational karma which shackles the soul's potential; inability to break free from family or cultural patterns of dysfunction, such as alcoholism, addiction, depression, violence or hereditary illnesses; loss of individual identity and freedom due to lack of insight regarding familial and cultural influences Product Category: Range of Light</p>
<p>Mullein</p>		<p style="text-align: center;"><u>Mullein</u></p> <p><i>Verbascum thapsus</i> Positive qualities: Strong sense of inner conscience, truthfulness, uprightness Patterns of imbalance: Inability to hear one's inner voice; moral weakness and confusion, indecisiveness; lying or deception to oneself or others Product Category: FES Quintessentials</p>
		<ul style="list-style-type: none"> • Helpful for people who get caught in addictive, obsessive or self-destructive behaviors. • • Helps them get in touch with the inner emotions that are driving their behavior. • • Promotes greater self-awareness and self-responsibility. • • Helps a person be true to themselves and move their life in a more positive direction.