









Nature's Sunshine	Distress Remedy	- Emotional Trauma used to restore a sense of presence and awareness during situations that provoke shock, keeping them from going into shock. Helps a person stay calm
Arnica		<p style="text-align: center;"><u>Arnica</u></p> <p><i>Arnica mollis</i> Positive qualities: Conscious embodiment, despite emergency or stress; recovery from deep-seated strain, post-trauma, or scarring Patterns of imbalance: Disconnection of Higher Self from body during shock or trauma; disassociation, unconsciousness, dysfunction, or latent illness deriving from past trauma. Product Category: FES Quintessentials</p>
Star of Bethlehem		<p style="text-align: center;"><u>Star of Bethlehem</u></p> <p><i>Ornithogalum umbellatum</i> Positive qualities: Unity with deepest part of the Self; sense of inner divinity and wholeness Patterns of imbalance: Shock or trauma, either recent or from a past experience; need for healing and comfort from the spiritual world. Product Category: Healingherbs</p>
Rock Rose		<p style="text-align: center;"><u>Rock Rose</u></p> <p><i>Helianthemum nummularium</i> Positive qualities: Transcendent courage when facing adversity; ability to assume control in catastrophic situations by remaining grounded and present Patterns of imbalance: Gripping terror, panic; fear of death or annihilation; lack of embodiment and presence for the immediate situation. Product Category: Healingherbs</p>
Impatiens		<p style="text-align: center;"><u>Impatiens</u></p> <p><i>Impatiens glandulifera</i> Positive qualities: Ability to flow harmoniously with time and daily rhythms, patient embrace of life events and the pace of others Patterns of imbalance: Impatience, irritation, hypertension, intolerance; pain due to tension and resistance in the body. Product Category: Healingherbs</p>

<p>Clematis</p>		<p style="text-align: center;"><u>Clematis</u></p> <p><i>Clematis vitalba</i> Positive qualities: Awake, focused presence; manifesting inspiration in practical life; conscious embodiment and interest in the world Patterns of imbalance: Avoidance of the present by daydreaming; other-worldly and impractical ideals; fuzzy or vague states of floating consciousness Product Category: Healingherbs</p>
<p>Cherry Plum</p>		<p style="text-align: center;"><u>Cherry Plum</u></p> <p><i>Prunus cerasifera</i> Positive qualities: Spiritual surrender and trust, feeling guided and protected by a Higher Power; balance and equanimity despite extreme stress or adversity Patterns of imbalance: Fear of losing control, mental and emotional breakdown; desperate or destructive impulses; acute tension and rigidity Product Category: Healingherbs</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"> • General remedy for restoring presence and awareness during shock or trauma. • • Helps one stay calm in a crisis situation. • • Use when a person has been physically injured to overcome shock and promote tissue healing.