









<p><b>Nature's Sunshine</b></p>	<p><i>Find Strength</i>  <b>Green-Suppressed Anger</b></p>	<p>- helps people set healthy boundaries and have the courage to communicate their own needs and feeling openly and honestly</p>
<p><b>Mariposa Lily</b></p>		<p style="text-align: center;"><u><b>Mariposa Lily</b></u></p> <p><i>Calochortus leichtlinii</i>  <b>Positive qualities:</b> Maternal consciousness, warm, feminine and nurturing; mother-child bonding, positive connection to mother and similar female figures  <b>Patterns of imbalance:</b> Alienated from mother or from mothering role, feelings of childhood abandonment or abuse; orphan state of consciousness.  <b>Product Category:</b> FES Quintessentials</p>
<p><b>Pine</b></p>		<p style="text-align: center;"><u><b>Pine</b></u></p> <p><i>Pinus sylvestris</i>  <b>Positive qualities:</b> Self-acceptance, self-forgiveness; freedom to move forward despite past mistakes  <b>Patterns of imbalance:</b> Melancholic obsession with past events; over-emphasis on guilt or self-blame, paralysis due to excessive self-criticism.  <b>Product Category:</b> Healingherbs</p>
<p><b>Scarlet Monkey Flower</b></p>		<p style="text-align: center;"><u><b>Scarlet Monkeyflower</b></u></p> <p><i>Erythranthe cardinalis (Mimulus cardinalis)</i>  <b>Positive qualities:</b> Direct and clear communication of deep feelings, especially anger or disappointment; integration of the emotional "shadow"  <b>Patterns of imbalance:</b> Fear or repression of intense feelings; inability to act upon issues of anger and powerlessness; need to be seen as "nice" rather than "real"  <b>Product Category:</b> FES Quintessentials</p>
<p><b>Centauray</b></p>		<p style="text-align: center;"><u><b>Centauray</b></u></p> <p><i>Centaurium erythraea</i>  <b>Positive qualities:</b> Serving others from inner strength, while nourishing one's own needs; acting from strength of inner purpose, saying "No" when appropriate  <b>Patterns of imbalance:</b> Weak-willed, dominated by others, servile, acting to please; difficulty saying "No;" fatigue and related problems due to self-neglect.  <b>Product Category:</b> Healingherbs</p>

<p><b>Fuchsia</b></p>		<p style="text-align: center;"><u><b>Fuchsia</b></u></p> <p><i>Fuchsia magellanica</i>  <b>Positive qualities:</b> Genuine emotional vitality, ability to express intense feelings  <b>Patterns of imbalance:</b> Hyper-emotionality or hysteria that masks deeply seated pain and trauma; misdirected psychosomatic responses to pain and stress  <b>Product Category:</b> FES Quintessentials</p>
<p><b>Pink Yarrow</b></p>		<p style="text-align: center;"><u><b>Pink Yarrow</b></u></p> <p><i>Achillea millefolium var. rubra</i>  <b>Positive qualities:</b> Loving awareness of others within a field of self-contained consciousness; appropriate emotional boundaries  <b>Patterns of imbalance:</b> Unbalanced sympathetic forces, overly absorbent auric field, lack of emotional clarity, dysfunctional merging with others  <b>Product Category:</b> FES Quintessentials</p>
<p><b>Goldenrod</b></p>		<p style="text-align: center;"><u><b>Goldenrod</b></u></p> <p><i>Solidago velutina ssp californica</i>  <b>Positive qualities:</b> Strong and secure sense of individuality, balanced with group or social consciousness  <b>Patterns of imbalance:</b> Overly influenced by group or cultural ties; inability to be true to oneself, easily susceptible to peer pressure or external social demands.  <b>Product Category:</b> FES Quintessentials</p>
		<ul style="list-style-type: none"> <li>• Helpful for people who are “people pleasers” and enablers.</li> <li>•</li> <li>• Helps people who are being abused to recognize the abuse and stand up to it</li> <li>•</li> <li>• Helps people to set healthy boundaries for others and have the courage to communicate openly and honestly in relationships.</li> </ul>