









<p>Nature's Sunshine</p>	<p>Release It: Blue-Vented Grief</p>	<p>- helps a person go through a healthy grieving process. For breakups, divorce or death of loved ones. People clinging to the past, finding hope and confidence to face the future.</p>
<p>Self-heal</p>		<p style="text-align: center;"><u>Self-Heal</u></p> <p><i>Prunella vulgaris</i> Positive qualities: Ability to tap into health-giving forces for body and soul; lifestyle choices that lead to wellness and wholeness Patterns of imbalance: Inability to take inner responsibility for one's healing; lacking in spiritual motivation for wellness; overly dependent on external advice for health choices. Product Category: FES Quintessentials</p>
<p>Love Lies Bleeding</p>		<p style="text-align: center;"><u>Love-Lies-Bleeding</u></p> <p><i>Amaranthus caudatus</i> Positive qualities: Transcendent consciousness, the ability to move beyond personal pain, suffering or mental anguish; transpersonal vision; compassionate acceptance of life karma Patterns of imbalance: Intensification of pain and suffering due to isolation; profound melancholia or despair due to the over-personalization of one's pain. Product Category: FES Quintessentials</p>
<p>Chicory</p>		<p style="text-align: center;"><u>Chicory</u></p> <p><i>Cichorium intybus</i> Positive qualities: Selfless love given freely, respecting the freedom and individuality of others; emotional containment Patterns of imbalance: Possessive or manipulative behaviors disguised as love, demanding, or emotionally needy; getting attention through negative behavior; self-centeredness. Product Category: Healingherbs</p>
<p>Bleeding Heart</p>		<p style="text-align: center;"><u>Bleeding Heart</u></p> <p><i>Dicentra formosa</i> Positive qualities: Ability to love others unconditionally, with an open heart; emotional freedom Patterns of imbalance: Entangled in relationships based on fear, possessiveness, or neediness; emotional co-dependence. Product Category: FES Quintessentials</p>

<p>Chrysanthemum</p>		<p style="text-align: center;"><u>Chrysanthemum</u></p> <p><i>Chrysanthemum morifolium</i> Positive qualities: Able to distinguish higher spiritual identity from temporal personality; transpersonal and transcendent soul expression Patterns of imbalance: Fear of aging and mortality, over-attachment to temporal personality; healing crisis due to materialistic focus of the soul Product Category: FES Quintessentials</p>
<p>Borage</p>		<p style="text-align: center;"><u>Borage</u></p> <p><i>Borago officinalis</i> Positive qualities: Ebullient heart forces, buoyant courage and optimism Patterns of imbalance: Heavyheartedness or grief, lack of confidence in facing difficult circumstances; depressive behavior. Product Category: FES Quintessentials</p>
<p>Star Thistle</p>		<p style="text-align: center;"><u>Star Thistle</u></p> <p><i>Centaurea solstitialis</i> Positive qualities: Generous and inclusive, ability to share with others due to an inner feeling of abundance Patterns of imbalance: Fear of lack, inability to give freely and spontaneously, miserly or hoarding tendencies. Product Category: FES Quintessentials</p>
		<ul style="list-style-type: none"> • Helpful for people who are going through breakups, divorce or death of loved ones • • Also helpful for people who are “victims,” who complain a lot, blaming others for their lack of success and problems. • • Helps people find comfort, let go of the past and have hope and confidence to face the future.