

Ready Combinations

Personalized
Formulas

Free Stress Analysis

Dr. Bach - Pioneer

Shopping

Philosophy of Flower
Remedy



ABOUT US

'Pushpa' means flower. 'Arka' means essence.

So Pushparka means Essence of flowers.

Flower remedies are well-known **alternative system of healing**. They are very popular in Europe, America, Australia and many other countries. Now, we are offering this wonder-therapy for users in India also.

Flower remedies are the **healing qualities of flowers**. They are usually liquid.

They are well known in bringing about harmony and balance of body, mind and emotions.

Flower remedies help to relieve stress, tensions, lack of confidence, depression, restlessness, agitation, panic attacks, grief, shock and similar negative states of the mind. They support positivity and bring an optimistic outlook towards our life. They also tend to boost good communication with people around us.



These remedies work by **removing** the negative traits and patterns in the mind that results in the negative thoughts, commonly affecting us in our day-to-day life. As we know, negative traits in the mind are the root causes of all psychosomatic diseases.

CHILDREN having following problems have been successfully helped: Thumb-sucking, Nail-biting, Bed-wetting, abnormal speech and aggressive behavior. Children with Exam-fear, Stress due to past failure or anxiety due to peer-pressure can also be helped. It helps hyperactive children to be calm and focused and helps to improve their power of concentration.

HOW do Flower remedies work?

The flower remedy acts on the root **CAUSE** of the problem.

They work by *replacing the negativity with a positive state of mind*. The body also responds accordingly and it tends to return to its original healthy state.

They are very subtle in action and work best at the level of mind and emotions.

Dr Edward Bach, the father of flower remedies, believed that any ailment starts with a continued negative state of mind. *This principle is similar to the principles mentioned in Yoga and Ayurveda.*

Flower remedies help a person in consciously **replacing** the negative state of mind and emotion with a positive and realistic approach.

This positive change at **root level** eventually reflects in thought, speech, action and reaction. With this change, the body gets a chance to regain its original state of positivism and dynamism. Thus, it restores the harmony within.

In comparison, many other therapies tend to focus on reducing or removing the effects of the disease. This is a superficial approach. Whereas, flower remedies offers

a holistic approach.

**Flower Remedies are the gift of Mother Nature.
They support us to keep our Life in harmony with our true Nature.**

Heal your mind and body with PUSHPARKA FLOWER REMEDIES.

HIGHLIGHTS of this Alternative system of Healing are:

- 100% original and natural.
- No side effects.
- Simple and easy treatment.
- Safe for babies, children, teenagers, adults as well as pregnant women.
- Complementary and supportive to other therapies like Allopathy, Homeopathy, Ayurveda, Naturopathy Herbal remedy and others. There is no cross-reaction.
- Time-tested by thousands of people, irrespective of faith or belief. However, it has been observed that positive thought patterns and visualization help the person to receive better results. They work, irrespective of visualization also.
- They are NOT herbal extracts, essential oils or perfumes. They do not contain any part of the flowers whatsoever. They are at best described as the healing vibrations of flowers absorbed in the form of a liquid.

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ABOUT US

We came to know about the power of flower remedies many years ago. We experienced its benefits for ourselves first and then for others. Later, we decided to be life partners. We are spreading the awareness about this subtle and powerful healing. We have traveled to many cities and towns of India. We found that the remedies work wonders on people, especially those who **want to** feel better.

Presently, we are based in Pune, India. However, we give consultation in Mumbai (Bombay) also. Apart from giving us details through the registration forms, we encourage people to describe their problems over phone. People can call us up over Telephone (landline) 020 - 2546 1991 Call us anytime from morning 10.00 hrs to evening 22.00 hrs (Indian Standard Time). Those from New-Delhi, Ahmedabad, Bangalore, Chennai (Madras), Goa, Kolkata (Calcutta), Chandigarh, Noida, Gurgaon, Jaipur, Lucknow, Patna, Allahabad, Rajkot, Kolhapur, Nagpur and Pondicherry are welcome to call us on phone. We invite Franchising agents from all over the country.



Dr. Avanish Thanawala, **Flower Remedies Consultant**

Flower remedies have helped several people in my practice in the last 20 years.

I want these benefits to be available to every individual who needs them and are keen to heal themselves!"

Right since childhood, I have been attracted to alternative systems of healing.

I have been a senior trainer of SSS (Siddha Samadhi Yoga, a life-transformation program that teaches Pranayama (optimised breathing), Meditation and all about health foods.

Besides, I have conducted Meditation courses for over 15 years.

I have personally trained thousands of people in several cities and towns of India.

I have been Editor and Publisher of over 50 books and training manuals.

These training have deeply influenced the participants.

The trainings have helped people to be healthy, positive, joyous and self-dependent.

I am also working with a holistic approach for treating pets and birds.

Shehnaz Thanawala,
B.A. (Psychology & Sociology),
Masters in Social Work (T.I.S.S., Mumbai)

I have found very good results in both adults and children with the flower remedies in the last 15 years.

Counseling works best when combined with Bach Therapy. The results can be experienced by you too.

I have worked as a Medical Social Worker at Hinduja Hospital and KEM Hospital, Mumbai.

I have also worked as a Professional Counselor in various Institutions.

I was a senior trainer of SSY (Siddha Samadhi Yoga Training Program) for children and adults for 10 years.

Author of Amrut Aahar - (the cookbook of uncooked foods). This book has been translated into 4 other languages apart from original English version - Hindi, Marathi and Gujarati and Telegu. Over 40,000 copies sold in 11 years.

Editor of Rishi-Vani magazine for over 5 years

Joint Editor of over 20 books on yoga and meditation. EVENTS

- 1) Holistic health conference in Pune
- 2) Music for meditation and Healing, Pune
- 3) Receiving recognition from Swamiji from Guruji

ARCHIVES

- 1) Our participation in Conferences and workshops
- 2) As speakers in renowned Institutes
- 3) As a part of the Health Exhibition
- 4) Other certificates

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TESTIMONIALS

The personalized formulas of flower remedies are known to give excellent results in adults as well as children. They have been very useful to a large number of people for a wide range of problems.

Behaviour disorder corrected:

Mr. Shastri : " I had obsessive compulsive behaviour disorder since almost 10 years. I was continuing psychiatric medicines. The dose of medicines was increasing gradually. After taking flower remedy, I feel confident. Now, I am much more balanced. It has helped me to become more rational in my behaviour, rather than emotional or compulsive.

Depression and postponing attitude corrected:

Mr Ansari, Businessman, 45 years: " I had lost all my money in business. Since then, I was postponing everything. I was not progressing. After taking your personalized formula for 2 months, I was much better. I continued it for almost 2 years, and now, the depression has gone. I have taken charge of my life and attend to my work promptly.

Depression and headache disappear:

Mitali Gujarati : "I had a big fight with my cousin sister about 10 months ago. Since then, I developed headache. I was very depressed and would just sit silently at home. I was much better after taking the first bottle itself. After seeing the progress, I was given different combinations twice later. After taking the third bottle, I was completely alright. My depression and headache disappeared and I could easily forgive my cousin. I am now a great fan of flower remedies and I recommend it to everyone."

Regain confidence:

Jiten Varma, Student of Chartered Accountancy : " I was depressed when I failed my exams. I was also feeling cheated by my previous employer-company. Within 15 days of taking the personal combination, I regained my confidence. I started planning my career and future. Thanks to the Pushpark flower remedies."

Anxiety and insecurity gone :

Jaideep Patel, Estate Developer, 36 years : " I was very anxious. I was thinking that something bad will happen to me. I visited a palmist who told me that I am likely to get heart problem in the future. I did not sleep at all that night !! I took the personal combination and within 7 days, I forgot all about the problem. I am now completely free from all anxiety and insecurity."

Executive burnout cured :

Rajan Nair, Software Engineer: " I had worked for more than 12 hours daily for almost 5 weeks. I was totally exhausted and desperate. I started your combination and I was feeling refreshed within just 4 days. However, I completed the bottle. Now even my wife knows what to do when I am overworked."

Suicidal tendency (due to extreme pain) removed :

Mr. Shastri, 45 years : " I had a suicidal tendency due to extreme pain in my back. After taking your personalized formula, the pain disappeared and I am now completely free from all anxiety and insecurity."



Mrs Sharada Devi, 36 years, Housewife : "I was suffering extreme agony due to painful knees. I was depressed and wanted to die. My Yoga teacher recommended your name for flower remedies. After taking 4 bottles of personal combinations, I am very cheerful. I am free from most of the body pains. I got a new life."

Flower Remedies gives excellent results in children also

Day dreaming reduced and concentration increased dramatically

Nikhil Joshi was a 10 years old boy. His mother brought him with the complaint "He daydreams a lot, he lacks concentration and he has just managed to pass his exams with 40% marks." He needed to be more daring and less fearful too.

He was given flower remedies. His mother reported that it helped him tremendously - she found 70% difference in him in just 25 days after the remedies were started. His daydreaming reduced drastically, he was able to concentrate on his studies. His grades too improved and he got 55% in the 2nd term and 65% in the finals.

Hyperactive angry child improves

Nikita Deshpande was a 5 years old girl. She was very hyperactive. Whenever angry, she would scream and shout, throw tantrums and bang her head on the wall. At school, her teacher said that she would not concentrate and keep looking out of the window. Her parents did not have a happy marriage. Her mother admitted that Nikita would witness fights and arguments between the parents. Nikita was given Flower remedies and her condition improved fast. She also became a quieter child.

Failure in School passes easily

Samir Shetty was a 12-year boy. He had repeated in the 6th standard and did not concentrate on studies at all. His parents said that he was just not interested in studies and only wanted to play the whole evening. He was very intelligent on the IQ test. During the interview, Samir admitted that he felt he lacked concentration and did not absorb anything although he would be sitting in front of books for hours.

He was given over Remedies and his concentration improved a lot. He was also motivated to study of his own accord. He did very well in his final exams.

Bed wetting problem stops

Preeti Poojari was an 8-year-old girl. Her main complaint was bed wetting. She was very afraid of the dark. She was very shy and lonely. She had no friends.

She would not talk at all. But she would keep on smiling all the time. Her mother was a very strict person and would sometimes hit Preeti out of sheer anger and frustration. Her brother who was a couple of years older to her and was also very shy and would cry easily.

Her mother was given counselling and Preeti was given flower remedies. Her bed-wetting problem stopped. Gradually she opened up and would speak more to friends.

Examination Blank-out cured

Sheetal Khosla was a bright 15 years girl. She was a topper till the 9th std. Suddenly in the 10th std., she would blank out during the exams. She could not recall anything of what she had studied. She failed in a couple of subjects. She also complained that she was getting bored of studies and that she would sleep a lot.

She took flower therapy and in the subsequent exams (which were their 2nd terminals), she did not blank out at all and scored very well. She continued the Bach Flower Therapy for the next 4 months and did very well in the final exams also.

Attention - seeking behaviour and stammering corrected

Amar Singh, a 4-year kid had stammering. His handwriting was very untidy. He was very distractive in class. When the teacher would be talking to the class, he would be busy holding conversation with several children and would distract the teacher. Hence the teacher was very upset and reported the matter to the parents. The teacher warned that if they did not help in changing Amar's behaviour, she would have him removed from school. The child was referred to a speech therapist and he improved in his speech, but his behavior in school did not improve. So his mother brought him to me for Flower Therapy.

..

He and his mother were both given flower therapy. He improved tremendously, his attention-seeking behavior stopped and he did not distract his teachers in class any more.

Slow-learner becomes normal in studies

Saili Naik, aged 14 years was very slow in studies. She could not remember spellings. She used to make the same spelling mistakes again despite practising the particular spelling atleast 30- 40 times. She had to be reminded to study, otherwise she would spend all her time in daydreaming. Handwriting was very poor and she frequently cancelled words written in her exercise book, making her work very untidy. She was given flower therapy Gradually, over a period of 4-6 months; she started studying without her mother having to remind her . She became less dreamy and more alert ; her spellings improved vastly.

Child starts answering Rohan Kumar, 5 years of age, would not answer a single question, which his teacher would ask him in class. At the end of the first term, the class teacher called Rohan's mother and told her that if he did not answer her in class, she would fail him in his exams.

I spoke to Rohan and his mother and found out that the child was quite talkative and playful at home. He was terrified of his teacher after one incidence, which took place in his school. Once, apparently, Rohan was very naughty in class and the teacher shouted at him. The teacher was very strict and Rohan took a dislike and fear for his teacher. Hence, he refused to answer even a single question asked by her.

Rohan was put on Flower Therapy and improved greatly within a month. He started answering in class and he cleared his examination as well.

White patches disappear

Tanvi Kulkarni, age 6 years, had white patches on the right upper eyelid. Her parents were worried. She was put on allopathic medicines for 4 months. The patch became less for some time. When the allopathic treatment was stopped, within 1 month, the white patch appeared in a bigger area than before! The parents panicked and started ayurveda. She was on Ayurvedic treatment for a couple of months. There was no improvement as such. The worried parents brought her to me.

I gave her suitable Flower Therapy. She improved steadily and the white patches became faint and disappeared after 6-8 months of treatment. They also informed me that incidentally her irritability and crankiness too had improved by 80%. The parents were really overjoyed with this improvement in their daughter.

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FAQs

1) What is Pushparka?

The word 'Pushpa' means flower. 'Arka' means essence. So Pushparka literally means Essence of flowers. Pushparka is dedicated to Lord Moolikeshwar, the God of herbs and healing.

2) WHAT are flower remedies?

FLOWER REMEDIES are healing concentrates of flowers in a liquid form.

They are absolutely natural and have no side effects.

They are subtle in their action.

They help to balance mental and emotional disharmony and ultimately heal the body too.

They help to relieve stress, anxiety, tension, lack of confidence, depression, restlessness, panic, grief and shock- like symptoms by removing the root causes.

3) HOW are they used?

The Pushparka flower remedies are available in the form of liquid drops. Each bottle contains 15 ml.

There are a few ready-to-use combinations, which can be used as per the indications.

You can ask for your own Personal formula, which will be personally more effective.

4) What is the dosage of the flower remedies?

Normally, the dose for adults is 4 drops to be taken on the tongue 4 times a day. For children up to 12 years age, 2-3 drops are sufficient.

Note: Doses can be taken more frequently if required. Dosage may vary from case to case as specified.

5)What is the usual duration of the therapy?

In most of the cases, the individuals can observe the effects or benefits of the remedy within 20 days of commencement. Acute cases may take one or two months to improve. Chronic cases will take much longer, depending on the chronicity of the problem.

The remedies are natural and not habit-forming.

They can be stopped any time when the desired effect is achieved.



6) How long will each 15 ml. Bottle last?

Usually, one 15ml. Bottle will last for approximately 1 month (4 weeks) if 4 drops are taken 4 times a day.

7) WHO can benefit from the flower remedies?

They can help everyone who has a problem at the level of mind or emotions.

They help a person to deal with the situations of life in a positive manner.

They harmonize mind and emotions. They also help in making corresponding positive changes in the body, actions and behavior of the individual.

8) What is HELP RESCUE?

Help Rescue is a special ready-to-use combination of flower remedies.

It should be always kept handy at home and during travel.

It is useful to cope up with anxiety, fear, stress and tension. It helps one to relax.

It is also a great support useful during any emergencies.

9) How are CHILDREN benefited?

Usually, the parents or the guardians assist the younger children to detect the problem.

Flower remedies support children to concentrate on their studies and improves memory. It also helps overcome hyperactivity, lack of confidence, exam blank-out, day-dreaming, thumb-sucking and bed-wetting like symptoms. Advice provided with remedies help for optimum results.

Many times while helping children, it is beneficial to counsel and provide these essences to the parents for the maximum benefits.

10) Are they cost-effective?

Yes. They are highly cost-effective and affordable.

11) Why is consultation or counseling necessary?

These essences are Holistic in nature.

They work on the cause of the stress rather than just the symptoms.

This requires a lot of insight from the person accessing help.

Consultation and counseling advice helps the person to know what changes in attitude are necessary to bring about harmony and balance in their life.

The counselor can give tips on how one can lead a positive and meaningful life. This can add a totally new dimension to their existence.

12) Can other treatments continue while taking flower essences?

Yes, these remedies are complimentary. Other treatments can be continued as per the physician's advice.

13) How are the flower remedies classified by known agencies?

They are classified under Alternative therapies. Even in the U.K., which follows stringent norms, they are categorized as 'food supplements'. They are easily available

in Health-food shops. Other countries have also given a similar recognition.

14) Are there any side-effects of the flower remedies?

No, there are no known side-effects of the flower remedies. The remedies are natural and not habit-forming. They can be stopped any time when the desired effects are achieved.

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READY COMBINATIONS

1) HELP ACIDITY (15 ml. Bottle)

- A support for reducing acidity and indigestion. All associated symptoms like burning, headache etc. also gradually decrease after consistent use. Results depend upon the duration and cause of the condition.

2) HELP ALLERGY & POLLUTION (15 ml. Bottle)

- Supports to detoxify the system from the effects of pollution. Helps to cope up with allergies.

3) HELP ANGER (15 ml. Bottle)

- Great support for overcoming anger and excitement. Use it as a preventive also. It helps to control temper-tantrums and resultant violence.

4) HELP ANXIETY (15 ml. Bottle)

- Helps to take care of a state of mind prone to anxiety. • Normally, all such thoughts look trivial or insignificant. • However, during a bout of anxiety, the person goes on worrying and is unable to stop worrying. This triggers or starts off a negative vicious cycle. This formulation helps one to bring calmness and peace within. It helps the person to deal effectively with stress and anxiety of day to day to life. It helps in breaking the negative cycle.

5) HELP CONCENTRATION (15 ml. Bottle)

- Great help for concentration and to be focused in the present.
- It will help students to focus on their studies without getting distracted from it.
- It will help Professionals and achievers to remain focused on their chosen goals and activities.
- It is observed that the variety of options available in entertainment, communication and information could become a source of distraction. This combination will help the person to concentrate on the work or activity, which they want to pursue.

6) HELP CONFIDENCE (15 ml. Bottle)

A combination to boost the confidence. It helps to overcome shyness. It assists the person to give their optimum performance. It is good to take it before a stage performance or before talking in front of an audience or strangers.

7) HELP DEPRESSION (15 ml. Bottle)

- This formulation helps to overcome acute and chronic depression.
- It helps to remove the fears and phobias. A nagging depression can deplete the inner sense of well being of a person, resulting in a wide range of other symptoms. The person can feel very fearful. The person could feel lonely or incapable of doing simple tasks. They may lose confidence. The person might become full of guilt, or may be unable to adjust to new situations in life. The effects of depression could be much more as a result of disharmony in the mind.

8) HELP FEAR (15 ml. Bottle)

- Helpful for overcoming LONG-TERM fears like fear of travel, insects, particular persons, situations etc.

9) HELP INTIMACY (15 ml. Bottle)

- Great support to overcome shyness, hesitation and fear of failure.
- Helps to charge your intimate life with a new dimension.
- Helps to give confidence to both the partners.
- Kindles the flame of love and removes inhibitions during intimacy.

10) HELP MENOPAUSE (15 ml. Bottle)

- Helps to cope up with anger, irritability, sensitivity on small issues, depression, lack of self-worth, inability to accept present realities, etc. These are all reduced to a great extent.
- Helps to balance the mental and emotional swings associated with menopause in women. Reduces hot flushes.

11) HELP NERVOUSNESS (15 ml. Bottle)

- Great for nervous temperaments! It could be nervousness with a known or unknown cause, shyness as well for panic attacks.
- This is useful for short-term fears.
- Use it for situations like appearing for exams, giving an interview, reporting to the boss, going to the doctor or dentist, giving a presentation, talking in front of a large audience, etc.
- Average students who are well prepared for the exams, yet experiencing nervousness as they approach closer, can also use it.

12) HELP – RESCUE (15 ml. Bottle)

- A great healer, a must for all homes.
- Can be applied locally on uninjured surfaces of the skin. Avoid using on open wounds.
- A must-carry for travelers, trekkers, hikers and adventurers.

13) REVITALISER (15 ml. Bottle)

- It is a great energizer and rejuvenator for the mind and body.
- It helps to develop positive outlook and to develop a new perspective towards life.
- It is an ideal support for busy individuals to relax and to remove the harmful effects of over-work.
- This combination is also helpful for removing the negative effects of past incidences.

14) STAMMERING (15 ml. Bottle)

- Helps to reduce and overcome speech problems like hesitation and stammering.
- It reduces the inferiority complex which usually develops due to this problem
- It is best to take care of this problem from young age. Response is better and quicker.

15) STUDY-PLUS (15 ml. Bottle)

- Helps one to maximize learning and enhance concentration ability.
- Helps to reduce the fatigue of studying. • It enhances one's consciousness of the present.
- It improves the awareness of the reality and helps one to study and remember well.

16) WEANING, THUMB-SUCKING (15 ml. Bottle)

Weaning is a major change for infants and growing children. This remedy helps the child to smoothly adopt this change. It is also helpful in reducing the habit of thumb-sucking.

- Helps children to adjust to the process of weaning from the mother or from the bottle.
- Reduces anxiety, fear and insecurity of the child.
- Assists the child to easily accept the new diet.
- Prevents and reduces thumb-sucking.

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Personalized Formulas

It is very important to take a combination of flower remedies, which is specific for you.

You can explore custom-made flower combinations relevant to your personality and specific needs.

Please take a moment to develop an insight about your personality today.

See for yourself how you are coping up with stress and tension.

If you are interested in having your personal combination of flower remedies, please reply with answers of the following questionnaire.



- 1) Name :
- 2) Age in years:
- 3) Sex: Male / Female
- 4) Marital status
- 5) Profession
- 6) Address for despatch:
- 7) What is your main problem? Describe your mental and emotional state at present (Please read the questions in the stress test. It will help you to give answer to this question.)
- 8) How is your relationship with your family?
- 9) Are you satisfied with your work? How is your relation with people at work?
- 10) How is your sleep? (in terms of duration and quality) What type of dreams do you get?
- 11) Any major incidence / s in your life which had a deep impact on your life? In which year did it / they happen?
- 12) Medical history in brief. Name of any major ailment / disease, it's duration, and type of medication taken

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You can know for yourself what kind of a personality you have. The number of points you earn indicates whether you need the flower remedies or not.

INSTRUCTION: You can choose only one option to a particular response. Click either on YES or NO.

CHECK YOUR STRESS:

Do you experience any of the following things? If you experience some of these frequently, then answer YES. If you do not experience them, or experience them rarely, then answer NO.

Minimum marks possible: 40 – means your stress level is minimum. You are coping up very well with life and its ups and downs. You can try some of the ready combinations to help you to continue to keep fit.

41 to 50 points: You have high stress and this can be serious. It is very important for you to order your personal combination and some ready combinations as per requirements.

51 and above: RED ALERT!! You are under very high stress. Immediately order rescue and your personal combination. In addition, you must take professional help.)

- 1) Do you suffer from inner anxiety and confusions, which you do not want others to know about?
- 2) Are you anxious and apprehensive about your future?
- 3) Are you very critical of others and cannot tolerate them anymore?
- 4) Do you feel weak-willed, passive or have difficulty in saying 'no' to others?
- 5) Do you doubt your own judgment and often need to seek advice of others?
- 6) Do you get very angry or emotionally upset often?
- 7) Do you continuously repeat the same mistakes?
- 8) Are you very possessive and like others to confirm to your standards?
- 9) Are you inattentive, absent-minded or indifferent to the present moment?
- 11) Do you feel unclean or ashamed of yourself or your ailments?
- 12) Are you normally very capable, but you suddenly feel inadequate and incapable



- 13) Do you feel dejected and get discouraged very easily?
- 14) Do you feel obsessed with your troubles and experiences?
- 15) Do you feel jealous, envious, revengeful and suspicious?
- 16) Do you often feel homesick and miss people?
- 17) Do you keep postponing work or decisions?
- 18) Do you feel impatient and irritable?
- 19) Do you feel inferior, and lack confidence although you have good abilities?
- 20) Are you shy and timid? Do you have fear of known things?
- 21) Do you experience deep gloom, which comes suddenly and goes away suddenly?
- 22) Do you struggle bravely against all odds and circumstances?
- 23) Do you feel very exhausted, drained out - physically and mentally?
- 24) Do you have deep feelings of guilt?
- 25) Do you take extreme care and worry for others, especially those who are very close and dear to you?
- 26) Do you feel extreme fear and panic?
- 27) Are you rigid-minded and self-denying?
- 28) Do you suffer from fluctuating moods?
- 29) Have you had a severe shock or trauma in your life,?
- 30) Do you feel that you have reached the limits of your endurance?
- 31) Are you over-enthusiastic and effortful to the point of straining?
- 32) Are you highly ambitious? Are you a good leader?
- 33) Are you easily influenced by your surroundings?
- 34) Are you a very reserved of a person?
- 35) Are you preoccupied with some thoughts, worry or incident?
- 36) Are you unable to determine what you want in your life?
- 37) Do others feel that you lack ambition and make little effort to improve your life?
- 38) Do you have a lot of resentment and bitterness?
- 39) Do you want to reduce acute anxiety and stress?
- 40) Do you want to deal effectively with any kind of emergency situations?

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**Philosophy of Flower
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THE PIONEER of Flower remedies:

The pioneer of flower remedies is **Dr Edward Bach of England.**

He discovered this powerful form of healing approximately 70 years ago. He was a practicing physician in London. He was not convinced with the way medicine was practiced then. He thought that nature itself has ample capacity to heal.

He studied the theory of Homeopathy and then evolved the system of flower remedies after a lot of research and experimentation. It is now very popular the world over. Later on, other healers from America, Australia and India have developed remedies from the flowers available in their surroundings based on similar principles.



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Ready Combinations

**Personalized
Formulas**

Free Stress Analysis

Dr. Bach - Pioneer

Shopping

**Philosophy of Flower
Remedy**



Prices of Flower Remedies by Pushparka:

A) Ready-to-use Combinations

B) Personal Combination

PRICING:

Inclusive of Remedy, Packing and Courier for delivery in India only.

All bottles of 15 ml.

A) READY COMBINATIONS

- 1) HELP ACIDITY : Rs 400/-
- 2) HELP ALLERGY & POLLUTION : Rs. 400/-
- 3) HELP ANGER : Rs 450/-
- 4) HELP ANXIETY : Rs 430/-
- 5) HELP CONCENTRATION : Rs 430/-
- 6) HELP CONFIDENCE : Rs 430/-
- 7) HELP DEPRESSION : Rs 450/-
- 8) HELP FEAR Rs 400/-
- 9) HELP INTIMACY Rs 450/-
- 10) HELP MENOPAUSE : Rs 430/-
- 11) HELP NERVOUSNESS : Rs 450/-
- 12) Help - Rescue : Rs 450/-
- 13) REVITALISER Rs 430/-
- 14) STAMMERING : Rs 400/-
- 15)STUDY-PLUS : Rs 430 /-
- 16) THUMB-SUCKING WEANING : Rs 450/-

B) PERSONALISED FORMULA: Rs 560/-



BUY NOW!

(Also 15 ml. bottle for sale in India only)

Discount offers: For Franchisees and for bulk purchases

DOSAGE: (for Adults)

- Three to four drops of the remedy below or on the tongue is one standard dose.
- Usually, four doses in a day are enough. More doses can also be taken if required.
- Even if 4 drops are taken 4 times a day, then a bottle of 15 ml. will last for approximately 4 weeks, ie one month.

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- **These essences are not the substitute for your physician's advice or proper medical care whenever required.**
- **Please make sure you get the proper medical help and attention for yourself whenever necessary.**

There is no intention to treat, diagnose or prevent any condition.

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Philosophy of Flower Remedy

Alternative Systems of healing - Remedies for the future:

The world over, there is a rising demand for herbal and natural medicines. The new-age revolution has come here for good. The science of allopathic medicine had made great progress in the last century. Antibiotics were a boon and gift to mankind for fighting bacterial infections. A whole range of drugs and surgical procedures is available for patients. There is a wide range to suit the pocket. However, the greatest limitation of allopathic remedies is the fact that many of them have undesirable side effects, especially upon prolonged use. Another point is that allopathy, as a system of medicine, focuses on the effects (and not on the cause) of the disease.

The beauty of the flower remedies is that they work on the subtle cause of the disease. That is why they are Holistic in nature. They take into consideration the person as a whole, which includes the personality, the physiology, thought-patterns, actions and reactions to people and situations. This is the WHOLISTIC approach behind the remedies. Even the word holistic has been derived from the word 'whole', which means complete. The flower remedies help the person to become whole, complete, united with one's own true nature. They help the person to achieve the inner balance.



BUY NOW!

In general, the Alternative (also called holistic, complimentary or new-age medicine) systems of healing are here to stay. Whether it is Herbal, Homoeopathic, Ayurvedic, Music, Unani, Kinesiology, aroma or gem therapy. The future is bright. Science and experience will prove which of them are the best and most suitable for mankind from time to time.

Philosophy behind the flower remedies:

As such, everything created by God or Nature is perfect and complete. In the same way, men women and children are complete and perfect as they are. Every personality has some desirable and some undesirable tendencies or qualities. When the unwanted or negative qualities (like anxiety, fear, irritability, despair, loneliness, insecurity etc.) in a person increase, there is an imbalance. This imbalance leads to a state of disease. Disease is literally dis-ease. The person feels 'not at ease' or not completely himself or herself.

When the correct remedy or combination of remedies is given to the person, it replaces the negative energy with a positive energy. Thus, it helps in achieving a balance. The person then begins to operate from the real inner nature. A balance is achieved between thought, speech and actions. This balance helps the physiology of the person to recover from the disease. The immune system also responds positively. Mental harmony and physical Health are thus regained.

(**Note:** In the context of the Indian Philosophy, the triad of thought, speech and actions is known as Manasaa, Vaacha and Kaaya.)

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