

## Emotional Support Protocol

Emotional support plays a crucial role in any holistic health program as it addresses the psychological aspect of overall well-being.

Our emotions often influence our physical health, so including adequate and ongoing emotional support can enhance our ability to cope with challenges and stress. When we feel supported emotionally, it can boost our resilience, reduce feelings of loneliness, and improve our mental health.

### Emotional Support Protocol

**Fields of Flowers**<sup>®</sup>, a homeopathic formula, is a unique combination of the 38 traditional flower essences with each one long-associated with a key element of emotional concern. Addressing your emotional state is an essential component of healing and general well-being.

*For symptoms such as fear, despair, anxiety, compulsiveness, worry, despondency, intolerance, withdrawal, irritability, aggressiveness, impatience, obsessiveness, and apathy.*



**Calm Five**<sup>®</sup> is a homeopathic combination formula containing five flower essences traditionally used for emergency situations and every-day stress. Emotional symptoms left unchecked often manifest into physical symptoms.

*To be used as needed, in the moment for symptoms such as fear, extreme agitation, shock, anxiety, grief, hopelessness, and denial.*



### Dosage Instructions

Succuss (tap) the bottle on the palm of your hand 10 times to energize the formula. Squeeze up a dropper full and drop under your tongue. Use 2-3 times a day or once a day for maintenance.

\* Fields of Flowers is great for daily use while Calm Five is good for Acute situations of emotional imbalance.

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