

## DIRECTIONS

Take 4 drops under the tongue, 4 times a day, or 32 drops can be added to a daily water bottle and sipped throughout the day. The effects are cumulative. Though some immediate relief will be felt, major benefits are noticed after three weeks of regular use.

**First Aid Kit:** 4 drops under the tongue every 10-15 minutes until the effects are noticed. This is a formula you will use occasionally when the situation calls for it.

## QUALITY INGREDIENTS

**Healing Herbs Bach Flower Essences of Herefordshire, England:** Organic, biodynamic and wild-harvested in Britain, they are made in strict accordance with the preparation methods of Dr. Edward Bach.

**Mountain Valley Spring Water:** The finest spring water from Hot Springs, Arkansas, bottled in green glass. We use no plastic in the production of our remedies.

**Brandy:** Certified organic and biodynamic, our brandy is artisan distilled and handcrafted in California.

All of our products are made by hand.



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## FREQUENTLY ASKED QUESTIONS

**Q:** What Are Flower Remedies?

**A:** Not to be confused with aromatherapy or essential oils, flower remedies (flower essences) are scentless and are taken internally in the form of liquid drops under the tongue. Similar to acupuncture and homeopathy, flower remedies work on the subtle level of the bioenergetic field in our bodies and assist in positively changing mental and emotional patterns.

**Q:** How should I pick one that is right for me? I only have some of the symptoms listed.

**A:** Pick the one that most relates to your feelings and emotional state overall, at the moment. If some of the symptoms listed do not pertain to you, the formula will still be effective in treating the symptoms you do have.

**Q:** How long does the remedy take to work?

**A:** The remedies can work immediately, in certain situations (First Aid Kit, Moon River and Wholehearted are fast-acting), but for long-term issues it will take three weeks to one month to see changes. The effects of flower remedies are cumulative. Remedies must be taken as directed to feel the benefits.

**Q:** Can I take more than one formula at a time?

**A:** Please avoid taking more than one formula at a time, as it lessens the effectiveness. (First Aid Kit is the exception and can be taken at any time).

**Q:** What can I expect when I take flower remedies?

**A:** Many people report an initial increase in awareness of their previous pattern of imbalance, followed by a lessening of stress, more confidence, harmony in relationships, inner peace and happiness. Things improve over time and eventually the remedies are no longer needed. There is no backsliding or loss of benefits once progress has been made.

**Q:** Are flower remedies addictive? Do they have side effects?

**A:** Flower remedies are safe, non-addictive and have no side effects. Their gentleness makes them suitable for children and pets. (Drops can be added to a baby's bottle or put in a pet's water dish).

**Q:** Can children or people sensitive to alcohol use the formulas from the Regular line?

**A:** Yes. You may dilute the alcohol by adding four drops from the dropper bottle into a glass of spring water. Each sip counts as a dose. Or, 32 drops can be added to a daily water bottle and sipped throughout the day. Adults can also use the Children's Formulas.

**Q:** What about allergies to pollens/trees?

**A:** Flower remedies are safe for allergy sufferers. Because they are so dilute, they are considered vibrational medicine, containing only trace amounts of the original plant material.

# ALEXIS SMART FLOWER REMEDIES

*A line of formulas based on Dr. Bach's 38 flower essences*



*"There is no true healing unless there is change in outlook, peace of mind, and inner happiness."*

*Dr. Edward Bach*

[www.alexissmart.com](http://www.alexissmart.com)

## ALEXIS SMART FORMULAS

This comprehensive line of formulas was designed to bring relief to those who are suffering and to reconnect us with the happiness and peace of mind that is our birthright. Each blend was carefully developed while working with real people with real conditions and are based on pure clinical observation and practice.

*I look forward to sharing these tried and true remedies with you.  
~ Alexis Smart*

## ORIGIN OF FLOWER REMEDIES

Our formulas are based on the original 38 flower essences of Dr. Bach. His flower essences have had a devoted following since the 1930's because they offer a safe and effective way to balance emotions and relieve stress, bringing us back into alignment with ourselves.

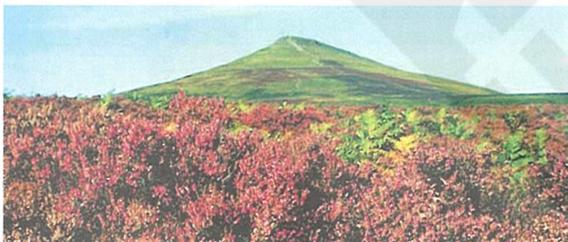


*heather essences being made*

The flowers we use are from the English and Welsh countryside, gathered at the peak of bloom where they grow wild, without interference from pollution or environmental disturbance. The best and brightest flowers are picked and floated in a crystal bowl filled with water from a clear stream nearby.

When the flowers have stood in full sunlight for several hours, the water is impregnated with the power of the plant. This is the flower essence. This liquid is then bottled and preserved in organic brandy.

Harmless and non-toxic, flower remedies are a great choice for families who wish not to use drugs, chemicals or even harsh herbal preparations or homeopathics, which may cause side effects in babies and sensitive individuals.



*field of heather in England*

*photos on this page: Healing Herbs*

**FORMULAS:** Pick the formula that most relates to your feelings and emotional state overall. If some of the symptoms listed do not pertain to you, the formula will still be effective in treating the symptoms you do have.

	FORMULA	INDICATIONS	BENEFITS
CALM	First Aid Kit	Fast-acting emotional relief for high-stress situations (traffic jams, emotional upsets, public speaking, fear of flying, dentist visits, etc.)	Instantly neutralizes trauma, restores calm, magical all purpose remedy everyone should keep on hand
	Unburdened	Overwhelmed by responsibility, workaholic, stress, tension, exhaustion	Unburdened, relaxed, strong, lightness in the face of adversity
	Moon River	Any imbalance that seems affected by hormones (PMS, Pregnancy, Post-Partum, Menopause, etc.)	Female balance, graceful and stable during times of change
	Peaceful Worrier	Anxiety, worry, everyday fears	Peace, quiet mind, positive outlook
	Safe and Sound	Panic attacks, fear, apprehension	Safe, calm, secure
CONFIDENCE	Beauty Formula No. 8	Expression lines, dull complexion, under eye circles, tired looking	Anti-aging (targets the 8 emotional causes of aging), relaxes facial muscles, magnetic beauty
	Ganesh	Lack of confidence, fear of failure, untapped potential, creative block	Remover of obstacles, confidence, inspiration, success
	Wallflower	Shyness, self-consciousness/criticism, nervousness	Self-assured/acceptance, outgoing, charismatic
FOCUS	Brain Drops	Scatterbrain, ungrounded, mental chatter, lack of focus	Calm and focused attention, improved memory/linear thinking, meditation in a bottle
	My Personal Assistant	Procrastination, fatigue, disinterest, reliance on caffeine for energy, dread of work	Energy, motivation, projects, moving, any daunting task, starting an exercise program etc.
	Soul Purpose	Haven't found your calling, unfulfilling career, indecision at crossroads in life	Loving what you do, knowing/following your true path in life and career
HEART	Above It All	"I hate everything," anger, irritability, resentment, judgmental/critical attitude	"Nothing gets to me," happiness, patience, gentleness, "I love and appreciate everything"
	In Love	Desire for love in your life/meaningful relationship	Attracts healthy relationships, deepens existing ones, heart full of love for self and others
	I Will	Physical illness, hopeless of recovery, weakness of will, fear, physical and spiritual exhaustion	Strong will to heal, hope, calm, renewed spiritual/physical strength, life force and joy
	Sunshine	Depression, hopelessness, desperation, apathy	Optimism, joy of living, light-hearted
	Wholehearted	Heartbreak, grief, stuck in the past	Comforting, letting go, heart at peace
FOR KIDS	Dream Boat	Restless, sleepless, resists going to bed	Relaxed, sleeps through the night
	First Aid Kit	Trauma, inconsolable, teething, travel,	Fast-acting, calming
	Flower Fixer Elixir	Sadness, homesickness, times of change (divorce, etc.)	Feels loved and secure, carefree, protection during times of change
	Goody Gum Drops	Tantrums, quarreling siblings, bossy, acting out fussiness	Loving, gentle, easygoing
	Magic Shield	Fears, shyness, separation anxiety, nightmares	Brave and self-confident, outgoing
	SmartyPlants	Lack of focus, fear of failing, difficulty in school	Focus, confidence, enthusiasm for learning

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat or prevent any disease*