



5 Essential Flower Essences For Grief and Loss

Message from Milly

Greetings to all,

I'm fresh off a glorious trip to South Africa where I spent some sweet time with friends and family.

These trips always feed my soul---because there's nothing quite like going back to your homeland---but they also bring up bittersweet feelings of grief for those who are no longer there to greet me.

I know everyone reading this newsletter can relate to this on one level or another.

Loss is a part of life in this world. Yet few of us have been given the tools to navigate this process and find closure and, eventually, peace.

In a wonderful book on grief (which I'll share coming up), the authors lament that we are all taught how to *get things (including people and relationships)* but not how *to lose them*.

In addition, our death-phobic culture largely ignores and marginalizes the natural process of grief, which leaves most of us wholly unequipped to nurture ourselves during these inevitable and challenging seasons of life.



And grief doesn't just relate to death. Any significant change or loss, such as a child leaving home, a breakup, or losing one's job or identity, can cause a natural grieving process.

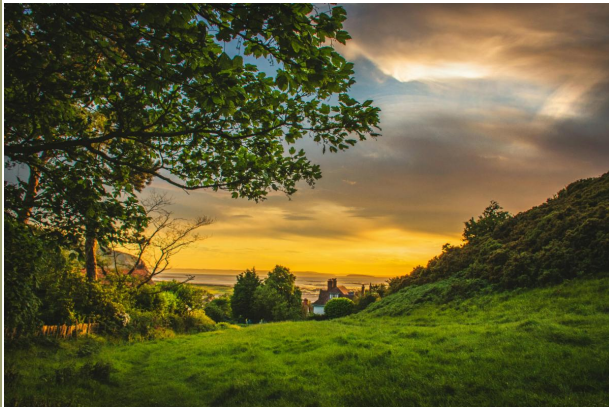
Fortunately, many holistic resources are available to help us move through grief and losses and even emerge stronger from it.

One of my favorite allies for this is the Bach Flower Essences.

In this newsletter, I'll share information on the history and application of Flower Essences and my top five essential ones for grief and loss, along with some other helpful resources for helping heal grief from different traditional medicine systems and modern psychology.

Blessings to all,

-Milly



A Brief Background on Bach Flower Essences

The Bach Flower Essences were discovered in the 1920s and 30s by Dr. Edward Bach, a physician, bacteriologist, and later a homeopath.

While practicing as a conventional physician and becoming gravely ill, Dr. Bach became disenchanted with the modern medical system of healing, which concentrated on disease and not the whole individual.

He soon abandoned his medical practice and, guided by his intuition, ended up in the Welsh countryside looking for plant medicines that could heal the whole person.

After much trial and error, looking for and preparing thousands of plants, he discovered flower essences.

He found that using flower essences to support an individual's mental and emotional states would ease the stress or stressors that were causing imbalance.

He completed the documentation of the first twelve flower essences in 1932, which he called the "Twelve Healers," and published them in his first pamphlet.

He went on to uncover 24 additional flower essences, which make up the full collection of the Bach Flower Essences available today.

Sources:

- <https://www.bachcentre.com/en/about-us/history/dr-bach/>
- <https://www.bach-flowers.co.uk/bach-flower-remedies-journey-of-discovery.asp>

Milly's Top 5 Essential Flower Essences for Grief and Loss

Before we dive in, I want to recognize and validate that all the emotions that go along with grief are very normal, including anger, resentment, despair, sadness, rage, clinging to the past, denial, etc.

The point of using Flower Essences and other tools is not to shut down those emotions. Rather, Flower Essences help realign you with your true nature, which makes living through those roller-coaster emotions and circumstances much more forgiving and manageable.

Here is a quick reference guide on my top 5 flower essences for grief.

1: **Star of Bethlehem:** For Shock and Trauma

This is the remedy for the after-effects of shock or trauma after receiving unexpected bad news or going through a traumatic event.



2: Holly: For Anger

According to Dr. Bach Holly is "For those who sometimes are attacked by thoughts of such kind as jealousy, envy, revenge, suspicion. For the different forms of vexation. Within themselves, they may suffer much, often when there is no real cause for their unhappiness."

In terms of grief, Holly is most helpful if you're having feelings of anger toward the person who died.

For example, Holly can be very helpful when coping with the death of a loved one from suicide or due to participation in risky behavior.

3: Elm: For Feelings of Overwhelm

Grief can bring anyone to their knees, even those who are usually strong, capable, and motivated.

Elm is wonderful for restoring your sense of confidence and motivation to keep going in the midst of chaos.

It can also help you with starting and completing taxing tasks, such as doing paperwork, sorting out medical bills, or sorting and letting go of a loved one's possessions.

4: Pine: For Guilt

Reach for Pine when you feel a great sense of self-blame for things that have been done or not done.

5: Honeysuckle: To Soothe Yearnings For The Past

Honeysuckle can be so helpful during divorces, breakups when children leave home, and any time we feel we cannot let go of the past and move forward.

How To Take Bach Flower Essences
You have several options for taking flower essences.

At QHC, we carry **Energetix Fields of Flowers**, which contains 38 Bach Flower Essences, including those

discussed here.

As a complex homeopathic formula, Fields of Flowers allows the body to choose which essences it needs to create balance and calm without having to keep 38 individual bottles around.

Energetix Calm 5 is another great one to have on hand for shock, injuries, trauma, or the onset of grief.

Modeled after Dr. Bach's infamous "Rescue Remedy", it contains Clematis, Rock Rose, Impatiens, Star of Bethlehem, and Cherry Plum.

You can also purchase the individual Flower Essences listed here online or at your local natural foods store.



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All the links to products are provided for educational purposes and are not affiliate links.

Holistic Resources for Grief and Loss

After experiencing many types of losses, I firmly believe there is no wrong way to grieve.

However, I would suggest many of us would do ourselves a great kindness by viewing a loss or trauma as an injury and taking appropriate action to remedy that injury.

You wouldn't ignore a deep cut or a broken bone. Likewise, some intentional self-care and reaching out for and accepting help are essential (and in no way represent weakness).

The following are some tools, lifestyle practices, and resources for grief based on traditional cultural practices and modern psychology.

Tools:

- [The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses](#) by John W. James and Russell Friedman. This is a wonderful book for helping complete the pain of loss and come to terms with all

the difficulties that surround it. The authors, who also run The Grief Recovery Institute, walk you through a step-by-step program you can complete with a friend or loved one or a grief counselor trained in the method.

- [When Children Grieve: To Help Adults Deal With Death, Divorce, Pet Loss, Moving, and Other Losses](#) by John W. James and Russell Friedman. This is the children's version of the original and an essential book on grief for parents.
- **Try grief counseling.** People in my generation weren't much for grief counseling. However, I'm pleased to see the younger generations utilizing these services. A grief counselor is a wonderful and safe resource for talk therapy and will provide custom recommendations such as art therapy, music, forgiveness exercises, and other tools to help you complete your pain and move on gently and compassionately. And there's no need to wait until you're feeling desperate. The best time to call a grief counselor is typically early on so they can help you navigate the unique challenges of the first few weeks and months.
- **Emotional Freedom Technique:** These tapping exercises, in which you tap on specific acupuncture points related to emotional healing, can be incredibly helpful when those waves of grief strike. Various courses are available for free, and the technique only takes a few moments to learn. [EFT Universe](#) has helpful content on grief, and this article from [Psychology Universe](#) describes more about the technique.
- **Consider taking Adaptogens.** Grieving is stressful business,

and when stress is kicking your butt (for lack of a better term), adaptogens are the best herbal allies. They work by supporting your body's stress response and giving you extra energy and nourishment where you need it most. Some of my favorites for grief include:

- Ashwagandha (which is also wonderful for sleep)
- Rhodiola rosea (Energetix Phyto B Complex contains Rhodiola plus stress-busting B-vitamins)
- Tulsi/Holy Basil tea (Organic India has a lovely selection)
- Learn more in our [newsletter on Adaptogens here.](#)
- **Neurotransmitter precursor supplements** can be very helpful during the first few days and weeks of grief or big transitions that negatively impact your emotional health. Three of my favorites are:
 - Energetix Seratran
 - Neuroscience TravaCor or TravaGen
 - If you're interested in these, please [contact us](#) for more information so we can ensure you choose the right option for you.

Lifestyle practices to help you cope and heal:

- **Take it extra easy on yourself.** If there was ever a time to be kind to yourself, it is during and after a loss. Be sure to talk kindly to yourself, feed yourself regular meals, stay hydrated, take your Flower Essences, and do something that makes you feel good every day.
- **Get enough sleep.** This may be easier said than done, but exhaustion will compound feelings of grief, anxiety, and

depression and hinder your healing. If you need help drifting off, natural supplements such as Melatonin (up to 3 mg), Ashwagandha, and Chamomile can be very helpful during this time.

- Get more tips in our previous newsletter: [Solutions For Better Sleep \(beyond sleep hygiene\)](#)
- **Take your workout/movement outdoors.** You may not feel like exercising or even taking a walk, but the benefits of being in nature are profoundly healing to the soul. I recommend a daily walk outdoors at the bare minimum once the dust has settled. If you need motivation, offer to walk a friend's dog.
- **Find opportunities to give and receive.** Finding ways to give through volunteering, your work, or even as a parent or grandparent will really lighten the heart and help you stay focused and busy. But, it's also essential to receive. Let people bring you dinner, run errands for you, and reach out for help on those dark days when you need it.
- **Avoid isolation at all costs.** While it is completely normal to want time alone to cry and process things, experts agree it mustn't become "the new normal". The effects of isolation on a good day have been compared to smoking a pack of cigarettes a day and also create optimal conditions for deep depression and other mental health issues. **Now is the time to lean on your family and community and make the extra effort to be around people.** I find pets are very helpful during these times.
 - For more health-focused inspiration, see: [How](#)

[Community And Social Connections Heal And Boost Longevity](#)

- **Practice mindfulness and/or prayer daily.** Loss can keep us trapped in the past or obsessing about the future. Meditation, prayers, and other mindfulness practices are essential during grief as they bring us into the present and offer our tired brains a respite and reset. Meditation doesn't have to mean sitting cross-legged and chanting, either. There are many excellent apps, like HeadSpace, and free guided meditations online focused on grief. There are also moving meditations like Yoga, Tai Chi, Qi Gong, and silent walking that offer the same or similar benefits.

If you're interested in ordering any supplements mentioned here, [email Holly at: info@quintessentialhealth.net](mailto:info@quintessentialhealth.net).

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