

FLOWER AND FERN

HEALING HAWAIIAN BOTANICALS

OPTIMUM WELLNESS & WISE WOMAN TRANSITION

JUNE 2, 2020

HEALTH PRIORITIES:
NOURISH, RESTORE, BALANCE

HERBAL PROTOCOLS:

Custom blended Hormonal & Adaptogenic Tincture

“DANCING THROUGH THE TEMPLE GATES”

Dose: 60 drops per day (30 am/30 pm or all together at mid-day)

THE PLANT PILLARS:

Ren Shen: Panax Ginseng: Calms the heart, energizes, adaptogenic, strengthens the immune system, balances HPA axis, adjusts coping ability and reduces stress, increases moisture, treats fatigue and loss of libido

Motherwort: Feminine Energizer, strengthening, rooting powers. Calms and steadies heartbeat, cools hot flashes, treats fatigue, anxiety and depression

Angelica: Specific to menopausal symptoms, moisturizing, diuretic, increases circulation, hepatic, hormone balancer; this ‘angel’ herb to women supports our balance between receptiveness and giving

St. John’s Wort : The Sunshine-Mood plant; brings light to darkness, warms heart, anti-depressant, anti-inflammatory, anti-viral, feminine mood support, slows us into the present moment

Wild Yam: clears congested digestive organs and nourishes the female reproductive system; anti-inflammatory, strengthens liver and urinary track

TREATMENT SUMMARY:

- ACHIEVE GROUNDED AND VIBRANT ENERGY
- INCREASE ABILITY TO COPE AND COMPARTMENTALIZE
- ROOT AND STEADY MOOD AND EMOTIONS
- NORMALIZE HORMONE BALANCE POST-MENOPAUSE
- REDUCE WATER-RETENTION AND LIVER STAGNATION
- INCREASE PASSION
- RESTORE HAIR GROWTH AND SCALP HEALTH
- BRING CLARITY TO MIND AND MEMORY
- CONNECT TO ANCESTRAL WISDOM

Custom Blended Daily Tonic Infusion - make a hot or cold tea

“ANCESTRAL HEART-CENTERED HEALER”

Dose: Up to 16 oz daily — You can make a bigger batch and keep in the fridge. Safe and effective for long-term use. Boil water, pour over loose herbs and steep for 15 minutes. Ratio— 1tbs herb:16oz of H2O. Serve cold or warm, day or night.

Foundation: Gotu Kola: Stimulating, Tonic, Diuretic, Rejuvenating, Cooling, Bitter, encourages hair growth, relief from fatigue and depression

According to Sri Lankan tradition, after noticing that **ELEPHANTS** loved to eat Gotu Kola leaves ('Brahmi'), they mimicked the long-living, long-remembering animals and found enhanced energy, passion, sex drive, longevity, vibrancy.

Traditionally used as a treatment for hair growth (internal & external); also eliminates extra fluids, balancing all three doshas in Ayurvedic Medicine

Hawthorn/Hibiscus/Linden: cardiovascular trilogy to nourish, strengthen, steady

Ginkgo: revered neuroprotector, antioxidant and cardiovascular support

Oatstraw/Wild Oats - builds hair, skin, nails; calms emotions, strengthens resolve, superstar nutritive for whole system

Roses: Eases emotions, heals old wounds and heartbreak

Dandelion: (leaves&roots): hepatic protector, nourishing, water-balance, increases circulation, high in potassium (balances sodium/potassium), high in vitamins A & C, calcium, boron, iron, magnesium

Cinnamon: treats edema, circulation, increases passion

Daily Hormonal Support: Capsule

Black Cohosh: Native America's menopause plant; balances hormones, relieves diverse menopausal symptoms.

Dose: **400mg 2x a day (800mg per day)**

Daily Restorative Liver Support: Capsule

Milk Thistle: hepatic superstar (protector and generator) connects with emotions through cleansing of liver heat/toxicity, anti-depressant, anti-inflammatory

Dose: **375mg 1x per day**

Daily spritzer for face and throat — take 4-5 spritzes per day

Kaua'i grown and distilled: **Rosemary Aromatic Hydrosol**: clarity of mind, relieves fatigue, stimulates organs to function, clears vaginal discharge, helps alleviate fluid retention. Can be used internally and externally safely!

AROMATIC OILS

TO WEAR OR DIFFUSE: These three essential oils lift clouds of depression, mental fog, and stagnation; they are proven to reduce cortisol. They are highly romantic and increase love and appreciation of oneself and the world. Blend in a carrier oil (eg. sweet almond)

Neroli - 4 parts

Geranium - 2 part

Bergamont - 2 parts

SCALP & HAIR: Rosemary EO, massage 5-7 minutes per day: stimulates hair follicles, anti-fungal, anti-inflammatory, anti-bacterial, improves memory, relieves mental fog, stimulating to circulatory system. Dilute in carrier oil and massage with fingertips directly into scalp. *Great to do before bed, before a shower, or even as you go on your daily walk.*

HIGHLY EFFECTIVE FOODS TO ADD TO YOUR DIET:

Dandelion Leaves (2 per day): nourishing, creates internal water-balance, increases circulation, high in potassium (balances sodium/potassium), high in A & C (*you can harvest these from a place you know is not sprayed, any lawn that you trust, OR you can often find them at Whole Foods, add to your salad!*)

Pure Cranberry Juice: drink 4-6 oz daily, urinary antiseptic, stimulates circulation, diuretic, supports respiratory system, supports liver and kidney (*I drink this everyday diluted in water or aloe juice*)

Aloe Vera Juice: (drink 2-3 oz daily with Cranberry Juice) cools and cleanses the liver, will help with the heat, swelling, and internal/external dryness

Green Tea

Avocado Oil - excellent for high-heat cooking, sautéing, frying

Grape seed Oil - excellent for cooking

Hemp Oil (only raw)

Olive Oil (only raw)

Brazil nuts - alkaline forming, high source of magnesium and selenium (2 per day)

Seaweeds & miso: phytoestrogens, iron, iodine and minerals

Rosemary Vinegar — make your own! *Add 4-5 sprigs of fresh rosemary to apple cider or champagne vinegar on a new moon, leave in the dark pantry until the full moon, then add 1-2 tsp to salad dressings or veggies. Great method for extracting active compounds in rosemary and making it 100% bio-available!*

ASIATIC ELEPHANT MEDICINE

Actively connect to your spirit animal, your 'aumakua. In Hawaiian tradition, an 'aumakua is an animal or plant that is considered an ancestor, a true part of your genealogy lineage. Maintaining the connection to this animal or plant requires active participation on your part. You can begin to elevate your connection to your Elephant ancestor by creating an altar with many of your elephant objects, or things you feel connect you to Grandmother Elephant.

To use her medicine and receive her teachings sit at your altar and connect through your heart chakra to the Asiatic Grandmother Elephant. Hold your palms on your heart and breathe deeply. Greet her with your *audible voice** and ask her to guide you, to teach you what you need to know, and to support your healing.

GRANDMOTHER ELEPHANT IS THE EMBODIMENT
OF BOTH STRENGTH AND GRACE.
SHE MOVES SLOWLY AND DOES NOT WORRY.
HER LEGS ROOT HER TO THE EARTH, LIKE THE
TRUNKS OF THE TALLEST TREES;
AND HER DEEP BLACK EYES
HOLD THE MEMORIES OF A THOUSAND GENERATIONS.
SHE TEACHES US TO WALK SLOWLY THROUGH THE
SPACES WE CHOOSE TO INHABIT.
SHE TURNS HER BACK ON NEGATIVITY AND
GENTLY MOVES AWAY.
SHE WILL ONLY ENGAGE IN CONFLICT IF ABSOLUTELY TRAPPED.
GRANDMOTHER ELEPHANT TEACHES US
HOW TO WALK THE PATH FORGED BY OTHERS,
AND TO RESTRAIN FROM EXPECTATION,
TO SLOW DOWN OUR HEARTS AND MINDS.
ASK GRANDMOTHER ELEPHANT TO HELP LEAD
YOU ON THE WELL WORN PATH THROUGH THE JUNGLE,
FIND PEACE AND JOY NO FURTHER THAN WHERE
YOUR GENTLE TRUNK CAN REACH.
RIGHT HERE.
RIGHT NOW.

***Speaking the words aloud may seem awkward at first, so first hum or sing a song, to free your throat chakra. Allowing the words to escape your lips is the first step in creating an active relationship.*