



ARE YOU STRESSED ?

Do you suffer from any of these ?

- ANTICIPATORY ANXIETY
- SLEEPLESSNESS
- UNDUE TENSIONS
- DEPRESSION
- ADDICTIONS
- JOB INSECURITY
- EXCESSIVE IRRITABILITY / EXCITEMENT
- SEXUAL INCOMPETENCY
- OBESITY
- IMPATIENCE

– BACH FLOWER THERAPY –

We suffer with **STRESS** due to certain 'Unresolved Negative Emotions' like Anger, Anxiety, Insecurity, Uncertainty, Fear, Sadness, Jealousy, etc. that can reflect on physical level as well.

Bach Flower essences create **POSITIVE VIBRATIONS** within, to receive any stimulus in a "**BALANCED STATE OF MIND**" thus helping us to deal problems much effectively. In other words, these essences increase your EMOTIONAL IMMUNITY.

Apart from this, they relieve various kinds of **BLOCKS** that limit our performance; thus resulting in the **OPTIMUM UTILIZATION** of **OUR SKILLS & CAPABILITIES**.

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Health is being an integral part of NATURE !!