



# **The Complete Book of Flower Essences: 48 Natural and Beautiful Ways to Heal Yourself and Your Life**

*Rhonda PallasDowney*

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First codified by Edward Bach, a licensed physician in the early 20th century, flower essences are increasingly popular for use in holistic healing. Here Rhonda PallasDowney explores the healing power of flower essences and their relationship to the chakras, and the relationship of the chakras to the endocrine system, taking into account both the physical and psychological aspects of the subject. This book, complete with dozens of color photos, makes sense of the four elements, the senses, Chinese herbal medicine, and the integration of the whole person. The last section of the book describes the 48 whole-plant flower essences.

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