



Pacific Essences[®] Ltd.

Energy Medicine[®] from Nature

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Physical Challenges based on the Energetics of Chinese Medicine

Brain:

- front & back alignment – Barnacle, Rainbow Kelp
- right & left alignment – Blue Camas
- hydrocephalics & brain cell loss due to strokes – Coral
- limbic system – Dolphin
- clear thinking – “Staghorn” Algae
- expansion of brain potential – Whale
- choice making – Pipsissewa
- addictions – Forsythia
- depression – Grape Hyacinth, Periwinkle
- memory – Periwinkle
- autism – Bluebell, Wallflower

Cardiovascular System:

- arterial plaque – Jellyfish
- body temperature – Moon Snail, Rainbow Kelp
- dizziness – Mussel
- hypertension (high blood pressure) – Periwinkle, Surfgrass
- oxygenation of blood – Sea Lettuce
- circulation – Fireweed
- tonic – Lily of the Valley

Digestive System:

- improved flow of bile – Mussel
- stomach acid, belching – Sea Palm
- inability to absorb nutrients – Barnacle
- eating disorders (eating too much or too little) – Urchin
- weight problems (excess) – Chickweed, Poison Hemlock
- transformation & absorption of nutrients – Sea Turtle
- indigestion caused by emotional upsets – Sponge

- indigestion due to toxicity – Blue Lupin, Plantain
- blood & liver toxicity – Plantain
- headaches – Blue Lupin, Plantain
- fasting & cleansing – Death Camas
- food intolerances – Grass Widow
- nervous stomach – Narcissus
- improved digestion – Windflower
- general tonic – Red Huckleberry

Elimination:

- general tonic for the colon – Polyanthus, Starfish
- bowel problems relating to stress & emotions – Camellia, Starfish
- inability to separate the pure from the impure – Barnacle
- heat & inflammation in the intestines (colitis, Crohn’s disease) – Sea Lettuce
- constipation – Pink Seaweed, Poison Hemlock

Endocrine System :

- Pituitary – Barnacle, Viburnum
- Pineal – Grape Hyacinth, Periwinkle, Whale
- Thyroid – Sand Dollar, Chiton
- Thymus – Jellyfish
- Adrenals – Surfgrass, Rainbow Kelp

Genito-urinary System:

- bladder problems – Brown Kelp
- kidney stones & inflammatory conditions – Surfgrass
- supports role of kidneys to cleanse blood & detoxify the system – Coral
- fluid balance & energy reserves – Sponge
- general kidney tonic – Fuchsia, Snowdrop

