

## Most Common Flowers for...Flower Energies

by Kat Miller

### Special Instructions:

1. If flowers are not listed alphabetically, call out in order listed.
2. Flowers listed in parentheses () are additional flowers that may be substituted for one or more of the flowers listed (or in some cases may be added to the formula).



<http://www.fv.ehdef.com>

**Abscess:** Angel's Trumpet, Canyon Dudleya, Chicory, Mariposa Lily, Quince (also check Aloe Vera, Fawn Lily, Larkspur, Sunflower, Yarrow)

**Accident Prone:** Calla Lily, Chrysanthemum, Gravenstein (also check Aloe Vera, Wild Oat, Willow)

**Acne:** Blackberry, Chestnut Bud, Cocoa Flower, Dill (also check Curly Dock, Crab Apple, Yarrow)

**Addiction:** Clematis, Rosemary, Curly Dock (also check Hibiscus, Madia, Pecan)

**Ageless:** Chrysanthemum, Filaree, Oregon Grape, Sunflower [Special Instructions: Run formula every other day for a minimum of 7 months for full effectiveness.](#)

**Alcoholism:** Basil, Bleeding Heart, Impatiens, Saguaro, Trillium

**Allergies:** Angelica, Elm, Impatiens, Iris, Shasta Daisy (also check Beech, Chamomile, Holly, Mariposa Lily, Saint John's Wort, Self-Heal, Yarrow, Yellow Star Tulip)

**Alzheimer's:** Beetroot, Dill, Ginseng, Gorse, Rabbitbrush and Wild Rose

**Anhedonia:** Baby Blue Eyes, Deerbrush, Manzanita, White Kukui

**Anxiety and Stress:** Canyon Dudleya and Fairy Lantern. [Special Instructions: This combination can be run multiple times a day, as required, like Rescue, and can also be run while doing other formulas](#)

**Arrogance:** Dandelion, Dogwood, Flaxseed, Sticky Monkeyflower and Yellow Star Tulip

**Attention Deficit Disorder:** Aloe Vera, Corn, Fuchsia, Shooting Star, Tansy, Yarrow

**Attention Deficit/Hyperactivity Disorder:** Alpine Lily, Chicory, Fuchsia, Hound's Tongue, Yellow Star Tulip (also check Blackberry, Deerbrush, Dogwood, Goldenrod, Manzanita, Sunflower, Cocoa Flower)

**Autism:** [Special Instructions: Alternate flower groups daily for a minimum of three months.](#)

Group 1– Aloe Vera, Canyon Dudleya, Forget-Me-Not, Fairy Lantern, Lotus

Group 2 – Alpine Lily, Elm, Morning Glory, Impatiens, Clematis

**Avoid Need for Surgery:** Gorse, Sweet Chestnut [Special Instructions: Use for a minimum of two days.](#)

**Back Pain (general):** Basil, Crab Apple, Holly, Indian Paintbrush, Manzanita (Upper Back – add Madia; Lower Back – add Pecan, Lemon; Middle Back – add Rock Rose, Water Violet)

**Balding:** Borage, California Poppy, Pretty Face, Wheatgrass [Special Instructions: Run every other day until hair begins regrowing.](#)

**Bedwetting:** Impatiens, Mallow, Milkweed, Morning Glory, White Kukui

**Bipolar Disorder:** Agrimony, Pecan, Sticky Monkeyflower, Trumpet Violet (also check Alpine Lily, Echinacea)

**Bones/Teeth Problems:** Calla Lily, Forget-Me-Not, Dandelion, Mariposa Lily, Yarrow Special Formula (also check Shooting Star, Yarrow)

**Breastfeeding (improve)(baby):** Fuchsia, Rabbitbrush, Vine, Yarrow Special Formula (also check Willow, Yarrow)

**Breast Milk Production (increase):** Aloe Vera, Gorse, Red Clover, Trumpet Vine.

**Cancer:** Special Instructions: Alternate flower groups daily for a minimum of six months.

Group 1 – Beech, Indigo, Pine, Sweet Pea, Yarrow Special Formula, Wild Oat.

Group 2 – Crab Apple, Tiger Lily, Yarrow Special Formula, Yarrow

**Canker Sores:** California Poppy, Grapefruit, Mountain Pennyroyal, Milkweed

**Cervical Ripening (in pregnancy, preparing for delivery):** Black Cohosh, Easter Lily, Evening Primrose (best used for three days in a row, once you are at least 38 weeks into the pregnancy)

**Change Unwanted Behaviors:** (See Addictions.)

**Chicken Pox:** Crab Apple, Impatiens, Beech and Star of Bethlehem

**Chronic Fatigue:** Agrimony, Black Cohosh, Bleeding Heart, Dandelion, Saint John's Wort (if you change any of the flowers, always keep Saint John's Wort in the formula; also check Canyon Dudleya, Hound's Tongue, Mustard, Oregon Grape, Shooting Star, Yarrow)

**Clearing Negative Energy:** Agrimony Bluebell, Yellow Dock, Red Clover, Mustard (good to use on alternate days with Obsessive Compulsive Disorder formula)

**Colic:** California Pitcher Plant, Easter Lily, Scleranthus, Yarrow (also check Blackberry, Dogwood, Pink Monkeyflower)

**Constipation:** Holly, Agrimony, Iris, Dandelion, Lotus (also check Angel's Trumpet, Beech, Fuchsia)

**Creativity (increase):** Sage, Golden Yarrow, White Kukui

**Crohn's Disease:** Rabbitbrush, Red Clover, Sage, Saint John's Wort, Scarlet Monkeyflower (also check Black Cohosh, Goldenrod, Penstemon, Shasta Daisy, Star Tulip, Yarrow Special Formula, Yellow Star Tulip, Zinnia)

**Dementia:** Cerato, Pine, Tea Tree, White Chestnut

**Diabetes:** Chestnut Bud, Oak, Self-Heal, Shasta Daisy (also check Beech, Cayenne, Chapparal, Impatiens, Yarrow Special Formula, Yellow Star Tulip) Special Instructions: May use up to 6 flowers in a diabetes remedy. Always keep Self-Heal in any diabetes formula.

**Digestive Gas:** Mullien, Pig Squeak, Sweet Pea.

**Drug Addiction:** Fuchsia, Mountain Pennyroyal, Heather, Tiger Lily, Manzanita (also check Chestnut Bud, Honeysuckle, Nasturtium, Red Chestnut, Rock Water, Sweet Chestnut)

**Ear Infections:** Cerato, Mariposa Lily, Lotus, Dandelion, Chrysanthemum (also check Cayenne, Chamomile, Nasturtium)

**Edema:** Hound's Tongue, Chestnut Bud, Wild Oat, Yarrow, Gentian (also check Beech, Chaparral, Indian Paintbrush, Trillium)

**Emotional Freezing:** Easter Lily, Impatiens, Mountain Pride, Walnut (also check Golden Yarrow, Vervain, Yarrow Special Formula)

**Emotional Sensitivity:** Angel's Trumpet, Pine, Sagebrush, Water Violet (also check Angelica, Star Tulip, Sunflower)

**Empty-Nest Syndrome:** Echinacea, Mariposa Lily, Garlic (also check Bleeding Heart, Goldenrod, Wild Oat)

**Enhance Psychic Abilities:** Olive, Rosemary, Trillium

**Expand Luck and Fortune:** Cerato, Oregon Grape, Saguaro, Scarlet Monkeyflower, Scleranthus

**Failure to Progress with Motor Skills:** Chestnut Bud, Pine, Water Violet, Wild Oat, Dandelion

**Fatalness:** Aloe Vera, Canyon Dudleya, Golden Yarrow, Hibiscus, Indian Paintbrush, Deerbrush, Elm, Milkweed, Dandelion Special Instructions: These must be called out in order listed, and you need to always use all 9 flowers.

**Female Reproductive Issues:** Calendula, Fuchsia, Pink Monkeyflower, Pomegranate

**Fertility Enhancement:** Zinnia, Vine, Saquaro

**Fibromyalgia:** Fuchsia, Lotus, Madia, Tiger Lily, Willow, Yerba Santa (also check Alpine Lily, Chamomile, Chicory, Deerbrush, Fawn Lily, Penstemon, Red Clover, Trumpet Vine)

**Flu Syndrome:** Crab Apple, Gravenstein, Red Chestnut, Sweet Pea (also check Grapefruit, Rabbitbrush)

**Flying:** Aloe Vera, Cayenne, Forget-Me-Not, Impatiens, Yerba Santa (also check Clematis, Deerbrush, Yarrow Special Formula)

**Fungus Infections:** Crab Apple, Walnut, Water Violet, Red Chestnut

**Grief Reaction (help soften):** Dill, Goldenrod, California Wild Rose, Tangerine, Thyme

**Heartburn:** California Pitcher Plant, California Wild Rose, Aloe Vera and Xanthomonas

**Hives:** Manzanita, Scotch Broom, Sticky Monkeyflower, Sweet Pea, Yarrow (also check Baby Blue Eyes, Cayenne, Dogwood, Larkspur)

**Holy Matrimony:** (find the right mate) Sweet Chestnut, Golden Yarrow, Red Clover, Cayenne

**Home Sickness:** Aloe Vera, Corn, Impatiens, Filaree, Yellow Star Tulip

**Hormone Imbalances:** Alpine Lily, Dill, Iris Blue Flag, Tansy, Wild Oat

**Hospital Exposure:** Mimulus, Mugwort, Star of Bethlehem, Yarrow

**Hostage Release:** (Given to family) Red Chestnut, Rock Rose, Sweet Chestnut, Gorse, Rock Water

**Hot Flashes:** Agrimony, Mountain Pennyroyal, Echinacea

**Hotel:** Black-Eyed Susan, Crab Apple, Queen Ann's Lace, Rock Rose

**Howling Dogs:** Angel's Trumpet, Beech, Iris Blue Flag, Kale

**Hypochondriac:** Aspen, Holly, Scleranthus, Star of Bethlehem (also check Chicory and Vervain)

**Hypoglycemia:** Chlorella, Forget-Me-Not, Mallow, Penstemon (also check Cosmos, Willow)

**Improper Diet Selection:** Black Cohosh, Clematis, Impatiens, Lady's Slipper (yellow), Mullein (also check Aloe Vera, Fuchsia, Indian Pink, Lavender, Lotus, Mariposa Lily, Quince) Special Instructions: Always keep Clematis in the formula.

**Improve Learning/Retention:** Walnut, Chestnut Bud, Centaury, Holly, Mariposa Lily

**Increase Height:** Crab Apple, Hornbeam, Primrose

**Increase Income:** Red Chestnut, Beech, Cayenne, Golden Yarrow

**Indigo:** California Wild Rose, Mallow, Prickly Pear, Wild Oat, Yarrow Special Formula (if only Bach flowers used - Crab Apple, Rock Rose, Water Violet and Wild Oat)

**Insomnia (general):** Beetroot, Borage, Gorse, Lemon, Oregon Grape (Sleep Onset Insomnia – add Chamomile and Sandalwood; Sleep Disturbance Insomnia – add Deerbrush; Shortened Sleep Cycle – add Dogwood and Queen Anne's Lace)

**Intuition Enhancement:** Clematis, Goldenrod, Gravenstein, Quaking Grass, Sweet Pea

**Jaundice:** Fairy Lantern, Iris, Quince, Snapdragon, Goldenrod, Sagebrush (also check Curly Dock, Golden Yarrow)

**Jealousy:** Angelica, Honeysuckle, Rabbitbrush, Heather, Vine

**Joint Problems:** Agrimony, Cayenne, Dandelion, Impatiens, Iris (also check Yarrow, Zinnia)

**Labor and Delivery:** Canyon Dudleya, Easter Lily, Hound's Tongue, Indian Pink (also check Pretty Face, Snapdragon, Wheatgrass)

**Lactation (Breast-Feeding) Problems:** Chrysanthemum, Heather, Raspberry Leaf, Tomato

**Leukemia:** Gorse, Willow, Crab Apple, Aloe Vera, Corn, Dandelion, Xanthomonas, Bluebell, Chaparral **Special Instructions:** Run every other day for minimum of 60 days.

**Libido Balancing:** Xanthomonas, Chicory, Golden Ear Drops, Calendula

**Math Problems (learning):** Angel's Trumpet, Purple Monkeyflower, Rock Water, Star Thistle, Walnut, Willow

**Loose Tooth:** Calendula, Indian Paintbrush, Indian Pink, Vervain, Yellow Star Tulip

**Menstrual Cramps:** California Poppy, Cocoa Flower (also check Angel's Trumpet, Tansy, Yarrow)

**Miscarriage:** Fuchsia, Mountain Pride, Pumpkin, Water Violet and Yellow Star Tulip

**Mole Reduction:** Calla Lily, Xanthomonas

**Nausea and Dizziness (Morning Sickness):** Angel's Trumpet, Sagebrush, Vine, Wild Oat and Crab Apple **Special Instructions:** Must be run in order listed. This combination can be run multiple times a day, as required, like Rescue, and can also be run while doing other formulas.

**Neuropathy:** Rabbitbrush, Red Clover, Sage, Saguaro, Scotch Broom (also check Chestnut Bud, Golden Ear Drops, Rosemary, Trillium, Trumpet Vine)

**Newborn (for trauma of birth):** Star of Bethlehem, Shooting Star and Indian Pink

**Nightmares:** Aloe Vera, Alpine Lily, Quaking Grass, Yarrow Special Formula (also check Baby Blue Eyes, Dogwood, Saguaro)

**Obsessive Compulsive Disorder:** Angel's Trumpet, Basil, Beech, Olive (also check Golden Yarrow, Mariposa Lily, Star Tulip)

**Obesity:** Calendula, Clematis, Gravenstein, Impatiens, Lotus, Mistletoe, Sandalwood, Self-Heal (also check Chrysanthemum, Baby Blue Eyes, Blackberry, Snapdragon, Yarrow, Yellow Star Tulip, Zinnia) Special Instructions: Always keep Impatiens in the formula

**PMS (Premenstrual Syndrome):** Green Cocoa Bean, Queen Anne's Lace, Filaree

**Poor Self-Image:** Yellow Star Tulip, Mountain Pennyroyal, Lotus, Nicotiana, Canyon Dudleya (also check Aloe Vera, Cerato, Fuchsia, Honeysuckle)

**Pregnancy (acceptance and calming of):** Husband – Sunflower. Pregnant woman – Walnut and Angelica.

**Pregnancy - Cervical Ripening (preparing for delivery):** Black Cohosh, Easter Lily, Evening Primrose (best used for three days in a row, once you are at least 38 weeks into the pregnancy)

**Pregnancy - Labor and Delivery:** Canyon Dudleya, Easter Lily, Hound's Tongue, Indian Pink (also check Pretty Face, Snapdragon, Wheatgrass) Special Instructions: Use during active labor to help calm and ease the birthing process.

**Pregnancy - Morning Sickness:** Angel's Trumpet, Sagebrush, Vine, Wild Oat and Crab Apple (must be run in order listed). Special Instructions: This combination can be run multiple times a day, as required, like Rescue, and can also be run while doing other formulas.

**Pregnancy - Newborn (for trauma of birth):** Star of Bethlehem, Shooting Star and Indian Pink

**Pregnancy – Water Retention:** California Pitcher Plant, Easter Lily, Mullein, Scleranthus

**Procrastination:** Agrimony, Corn, Juniper, Vervain, Xanthomonas, Echinacea

**Prostate Cancer:** Star of Bethlehem, Holly

**Protection (from unwanted outside forces):** Wild Oat, Impatiens, Pine, Rock Water and Chestnut Bud.

**Receding Gums:** Larch, Agrimony, Iris, Poison Oak, Trumpet Vine Special Instructions: Run every other day until gums improve.

**Restless Leg Syndrome:** Angel's Trumpet, Echinacea, Heather, Cocoa Flower, Centaury (also check Bluebell, Tansy, Willow) Special Instructions: Always keep Heather and Cocoa Flower in the Restless Leg Syndrome formula.

**Safe Return of a Lost/Kidnapped Loved One:** Red Chestnut, Rock Rose, Rock Water, Gorse, Sweet Chestnut Special Instructions: Run on parents/siblings/their children.

**Sanpaku Eyes:** Aspen, Cherry Plum, Heather, Vine, Star of Bethlehem (also check Water Violet). Special Instructions: Use combination for 7 days, then off for 2 days, then 7 days, etc., until Sanpaku eyes improve.

**Schizophrenia:** Star of Bethlehem, Elm, Clematis, Cherry Plum, Crab Apple, Holly, Water Violet, Wild Rose, Sweet Chestnut, Aspen, Rescue energy vial

**Self-Destruction/Self-Loathing:** Wild Oat, Buttercup, Mariposa Lily

**Sibling Rivalry:** Agrimony, Heather, Mallow, Pomegranate, Trillium (also check Angel's Trumpet – especially if new baby in house, Deerbrush, Fuchsia, Yerba Santa)

**Sleep Apnea:** Chaparral, Milkweed, Pecan, Trillium, Yarrow Special Formula.

**Smoking Cessation:** Mustard, Vervain, Water Violet, Willow

**Snoring:** Chestnut Bud, Chrysanthemum, Mustard, Oregon Grape, Wild Oat

**Stroke:** Calendula, Curly Dock, Fairy Lantern, Shooting Star, Xanthomonas (Bach only flowers – Gorse, Rock Water and Walnut)

**Surrogate or Proxy:** Olive Special Instructions: Before running energies surrogate or proxy for someone else, if you run Olive on yourself (all by itself) that should make the surrogate or proxy work better.

**Sugar Craving:** Echinacea, Elm, Rosemary, Yerba Santa, Zinnia (also check Black Cohosh, Fuchsia, Penstemon, Scotch Broom) Special Instructions: Always keep Echinacea in the formula.

**Terminal Illness:** Red Chestnut, Rock Rose, Gorse and Sweet Chestnut Special Instructions: Run on family and loved ones.

**Tumorous Growths:** Special Instructions: Alternate week 1 with week 2 for 8 weeks.

Week 1: Angel's Trumpet, Cayenne, Filaree, Indian Paintbrush, Larch (also check Chestnut Bud, Yellow Star Tulip, Zinnia)

Week 2: Alpine Lily, Cerato, Holly, Queen Anne's Lace, Saguaro (also check Bleeding Heart, Goldenrod, Mountain Pennyroyal, Self-Heal, Tansy)

**Unrequited Love:** Calla Lily, Dandelion, Milkweed, Rabbitbrush, Trillium

**Urinary Issues:** Agrimony, Aloe Vera, Alpine Lily, Wild Oat, Wild Rose (also check Clematis, Dogwood, Nasturtium, Sage, Self-Heal, Sweet Pea, Yarrow, Yarrow Special Formula, Zinnia)

**Vaccine Reaction:** Angelica, Cayenne, Chicory, Hibiscus, St. John's Wort (also check Chamomile, Chrysanthemum, Fawn Lily, Golden Yarrow, Mariposa Lily, Penstemon, Pink Yarrow)

**Victim Syndrome:** Basil, Fawn Lily, Larch, Rabbitbrush, White Chestnut, Yarrow Special Formula (also check Filaree, Mountain Pride, Raspberry Leaf) Special Instructions: Basil and Fawn Lily should always be in the formula.

**Vitality:** Scleranthus, Evening Primrose, Centaury, Cerato, Tansy, Yerba Santa

**Weight Gain (desiring):** Star of Bethlehem, Sweet Chestnut, Walnut

**Weight Loss (desiring):** Aspen, California Wild Rose, Iris, Mustard, Water Violet (also check Olive, Quince, Red Chestnut and White Chestnut)