



Comprehensive Wellness Solutions  
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Test Client  
8/20/2018

### Bach Flower/ NSP Flower Essence Assessment

WELCOME, Today will be assessing your bodies preference to the top 5 Bach Flower Essences it prefers and the 1 Nature's Sunshine Flower Essence it prefers.. You will be able to put a person, place or event with the Flower that your body wants most. Please make a note to enable your Wellness Partner to better help you on "Your Path To Wellness".

Your Wellness Partner is:

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Contact Information is:

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The ZYTO Hand Cradle has been cleared by the FDA for the measurement of galvanic skin response. ZYTO software has not undergone FDA review for effectiveness. ZYTO technologies are not intended to be used in the diagnosis, cure, treatment, mitigation, or prevention of any disease or medical condition. The diagnosis and treatment of medical conditions should only be undertaken by qualified medical professionals. ZYTO professional software provides general wellness information and should not be used without the involvement of a licensed healthcare professional. ZYTO products have not been the subject of controlled clinical trials to establish their effectiveness and their use is not a generally accepted medical practice by the traditional medical establishment. If you have any questions regarding ZYTO technology or our products please contact us at info@zyto.com.

The following list are emotional essences your body is asking for. Please review each one and identify an event, place, person, time period, situation etc that comes to mind and make a note by each one. Please ask your Wellness Partner if you need further clarification on an item that appears. Each essence does not always have to be you. It can be a family member, friend or someone of influence from childhood etc.

#### NSP Flower Essence

##### 13.01 NSP - Be Response-Able (Suppressed Fear Formula)

Be Response-Able (Suppressed Fear Formula) (2 fl oz)

Stock No. 8783-8

This flower remedy may help encourage responsibility and self-honesty as it supports a person dealing with suppressed fear.

##### Benefits:

May assist the body with promoting self honesty.

May help encourage self-responsibility.

May help with self-defeating behavior.

##### How It Works:

Flower Essences are liquid extracts developed for modern issues of emotional and physical stress.

##### Ingredients:

Black cohosh (*Cimicifuga racemosa*), Black Eyed Susan (*Rudbeckia hurta*), Milkweed (*Asclepias cordifolia*), California Poppy (*Eschscholzia californica*), Agrimony (*Agrimonia eupatoria*), Joshua Tree (*Yucca brevifolia*), Mullein (*Verbascum thaspus*), vegetable glycerin and purified water.

##### Recommended Use:

Take 10–15 drops under the tongue every 10–15 minutes or as needed until symptoms improve. Then decrease to every 1–2 hours, then to four times daily until symptoms are relieved. For children under 4, consult your health care professional. Avoid any contact with dropper to eliminate product contamination.

#### Bach Flowers

##### 20.20 Aspen

Aspen is indicated for people who are seized by sudden fears or worries for no specific reason, and who may therefore be generally nervy and anxious. A typical need for Aspen is for waking in fear from a bad dream, even if the dream itself is forgotten. Aspen is helpful for young children experiencing nightmares and night terrors (see also Rock Rose).

Aspen fears can occur during day or night; an inexplicable anxiety or sense of foreboding may strike when alone, or suddenly in the company of friends, and may be accompanied by trembling.

The positive potential of Aspen is a state of inner peace, security and fearlessness. Apprehension is replaced by a desire for adventure and new experiences, disregarding difficulties and dangers.

As Dr Back wrote: 'Once we come to that realization, we are beyond pain and suffering, beyond care or worry or fear, beyond everything except the joy of life, the joy of death, and the joy of our immortality ... we can walk that path through any danger, through any difficulty, unafraid.'

##### 18.32 Chestnut Bud

Chestnut Bud is for failure to learn by experience, leading to an inability to make progress in life. The person keeps repeating the same mistakes, such as falling over again and again for the wrong partner, or continuing to work in an unsuitable job. Instead of learning from past mistakes, Chestnut Bud people try to forget them and therefore have no basis on which to make future decisions. They may suffer recurrent ailments but never question why they keep returning and thus fail to deal with the root cause.

Positive potential: Dr Back wrote: 'This remedy is to help us to take full advantage of daily experiences and to see ourselves and our mistakes as others do.' The positive Chestnut Bud personality observes his or her own mistakes with objectivity, and learns from every experience, gaining knowledge and wisdom so as to move forward in life. Mentally active, he or she also observes and learns from others.

##### 17.77 Holly



Holly is for people who can be bad-tempered, hard-hearted, even cruel and on occasions violent. Inside, they are suffering - often for no good cause. They find it difficult to open their hearts to love.

The negative Holly state is full of hatred, envy and jealousy. Suffering, perhaps unconsciously from insecurity. Holly people are suspicious and aggressive. They lack the ability to love and feel a generalized anger towards their fellows.

Holly is a good remedy for children who are jealous of their siblings.

The positive potential of Holly is a generous-hearted person, able to give without making demands for any return. Such people are compassionate, loving and loveable, willing to share and unpossessive, even when having personal problems themselves. Upheld by a sense of inner harmony, they take genuine pleasure in other people's success. Dr Bach wrote: 'Holly protects us from everything that is not Universal Love. Holly opens the heart and unites us with Divine Love'.

#### 15.43 **Mimulus**

Mimulus is for fear from known causes, such as: illness, death, accidents, pain, the dark, cold poverty, other people, animals, spiders, public speaking, loss of friends or job, dentistry, etc. It is for people who suffer from fears that can be easily named. Sufferers may be artistic and talented, but shy and retiring and can be tongue-tied in company. Mimulus is good for shy, timid, sensitive children, afraid of animals, the dark, etc. (see also Larch).

The positive potential of Mimulus is the personality possessed of quiet courage to face trials and difficulties with humor and confidence. They can stand up for themselves, and with the emotions under complete control can enjoy life without fear.

#### 13.65 **Walnut**

Walnut is for those who find it difficult to adapt to change or who are over-sensitive to certain ideas, atmospheres and influences. It is the remedy for times of major life changes - teething, puberty, pregnancy, divorce, menopause, changes of religion, moving a job or home, giving up an addiction or breaking away from old ties and restrictions, also for the regrets caused by change - loss of friends and familiar circumstances, ageing, bereavement, approaching death, etc.

Those in need of Walnut have definite ideals and ambitions and are keen to move forward in life but are held back or side-tracked by the influence of a stronger personality, by restrictive circumstances, by family ties or links with the past. They may be temporarily affected by another's personality or problems: it is useful for therapists, healers and counselors dealing with emotionally troubled or draining clients.

The positive potential of Walnut is the ability to move forward and remain steadfast to one's path in life, free of the past and to make necessary changes in life, carrying plans through despite discouragement, objections or ridicule from others.

It is the remedy that provides constancy and protection from the influence of others.