

BE WELL WITH *Flowers*



The Healing Power of Flowers

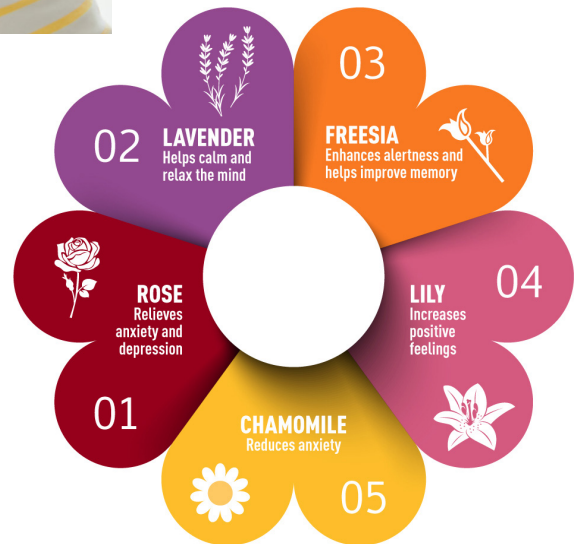
Flowers have so much more to offer than just a pretty view. They also offer a number of medicinal benefits which have been used for centuries and continue to work wonders today. Science has proven the importance of staying positive and keeping your head up during times of uncertainty. We recommend filling your home with a bouquet of flowers or two - they might be more helpful to your health than you realize!

Below are interesting ways in which botanicals, both fresh and in other forms, can benefit our health:

A Gateway to Happiness

A 10-month long study done by Rutgers University proved that flowers directly impact our happiness. Participants in the study showed signs of true excitement and joy upon receiving fresh flowers.

Blooms of all kinds have also been linked to lowering unwanted feelings of anxiety and depression and raising sought after feelings of positivity, contentment and gratitude.



Fragrant Mood Boosters

You might have heard of aromatherapy, a powerful and effective mood booster. Did you know that many essential oils are produced to reap the powerful healing benefits of floral scents? The best part is that aromatherapy is instant and can be practiced right at home. Rose essential oil is one of the most popular out there, as it helps relieve anxiety and depression. And not to worry if you don't have any on hand, a sweet fragrant bouquet of fresh roses, stock, or lilies can offer the same instant and uplifting effect.

Physical Health Benefits

Research has proven a link between your mental and physical health. Flowers can instantly lift your mood, making you feel emotionally and physically better when recovering from a difficult situation. Additionally, flowers can help cure physical conditions directly related stress, swelling, upset stomach, infections, and even colds. Teas, tonics, supplements, and other effective floral remedies are readily available in homeopathic shelves at most major pharmacies and supermarkets. In this case, we always recommend consuming food grade and FDA approved products to ensure both quality and your safety.

There are over 240,000 flowering plants on earth, all with unique healing properties and health benefits. Whether you're spreading kindness to someone else or treating yourself by bringing some home with you, flowers are an amazing gift from nature that can cause a positive impact in our daily lives.

