

# Australian Bush Flower Remedies

## Women's Health

### PUBERTY

The 3 main remedies used in most of women's essences are:

- SHE OAK

Regulates hormonal cycle. She Oak seeds look like the ovaries, the flowering part looks like fallopian tubes. Deals with fluid retention too.

- BUSH FUSCHIA

Stimulates and regulates Hypothalamus

- PINK FLANNEL FLOWER

Heart Chakra energy. Heart and Uterus connected.

TO REGULATE MENSTRUAL CYCLES SHE OAK, BUSH FUSCHIA  
AND PINK FLANNEL FLOWER.

Dose: 7 drops am/pm for 4 weeks, with 2 weeks off

### WOMEN'S ESSENCE

Can use this as spray, drops or cream – if cream can rub into lower abdomen during period or ovulatory pain.

Take 10 days prior to period and during period.

SHAME & EMBARRASSMENT ABOUT BILLY GOAT PLUM  
PERIODS AND BODILY CHANGES

DOESN'T LIKE 1 OR 2 ASPECTS OF SELF BILLY GOAT PLUM

LOW SELF ESTEEM, SELF WORTH FIVE CORNERS

DOESN'T LIKE ANYTHING ABOUT  
THEMSELF FIVE CORNERS

CHANGES IN LIFE BOTTLEBRUSH

MOTHER-DAUGHTER ANGST BOTTLEBRUSH

PIMPLES OR ACNE EMERGENCY CREAM

SKIN RASHES, PSORIASIS & ECZEMA GREEN ESSENCE (mist)

VERRUCA AND WARTS BILLY GOAT PLUM & FIVE  
CORNERS

## ALL MENSTRUAL WOMEN

### PURIFYING ESSENCE

Works on cleansing all organs of elimination, to help detox and purify physically and emotionally. Cleans out chemicals, anesthetics, nicotine, drugs etc...

Includes Dagger Hakea which cleanses the liver, especially useful for breaking down the oestrogens to help eliminate “pelvic diseases”

Bad Oestrogens cause: Breast/Ovarian cysts, Fibroids, Polycystic ovaries, Endometriosis and fertility problems.

Liver doesn't work well when bowels, Large Intestine not working – sore breasts can often be due to excess oestrogen, hence bad bowels causing this too.

Liver: anger and resentment

Kidneys: Fear & anxiety

Large Intestines: holding on, not letting go.

### ADRENALS, EXHAUSTION AND FATIGUE

### MACROCARPA

Adrenals – helps with fatigue and exhaustion

### OLD MAN BANKSIA

Thyroid – key gland for water element

#### • PELVIC DISEASES

#### AMENORRHEA

SHE OAK, BUSH FUSCHIA, PINK  
FLANNEL FLOWER AND YELLOW  
COWSLIP (pituitary gland)

#### ENDOMETRIOSIS

PURIFYING ESSENCE OR DAGGER  
HAKEA  
GREEN ESSENCE if thrush develops

#### FIBROIDS

PURIFYING ESSENCE OR DAGGER  
HAKEA  
FOLLOWED BY SHE OAK, BUSH  
FUSCHIA AND PINK FLANNEL  
FLOWER

#### POLYCYSTIC OVARIES

DAGGER HAKEA, WOMENS  
ESSENCE AND PURIFYING ESSENCE

#### HEAVY BLEEDING

PAW PAW, CROWEA AND PINK  
MULLA MULLA

HEREDITARY DISEASES

BOAB

HIGH TESTOTERONE

YELLOW COWSLIP AND FLANNEL  
FLOWER

IMPROVE DHEA LEVELS

YELLOW COWSLIP ORCHID, SHE OAK,  
BUSH FUSCHIA AND PINK FLANNEL  
FLOWER

Other Menstrual Problems:

SUGAR CRAVINGS  
(Also check diet)

PEACH FLOWER TEA TREE

HEADACHES AND ACHING MUSCLES CROWEA

SPINE ALINGMENT CAUSING  
HEADACHES

TALL YELLOW TOP

HEADACHES AND TENSION

CALM & CLEAR

TENSION IN TMJ, JAW,  
GRINDING TEETH

RED GREVILLEA

• CONTRACEPTIVE PILL

Effect on hypothalamus  
Effect on Liver

BUSH FUSCHIA  
DAGGER HAKEA

Dose: take for 2 weeks every 2 months whilst on the pill.

• SMOKING

Addictions

MANGA WARATAL  
Followed by PURIFYING ESSENCE,  
BOTTLEBRUSH and BORONIA then  
address underlying reason

Smoking reduces oestrogens by up to 50%, if continue to smoke and not do any weight bearing exercise, increased chance of osteoporosis.

• ANOREXIA, BULIMIA

OBSESSION AND ADDICTION	BORONIA
NEED FOR CONTROL	HIBBERTIA
OUT OF TOUCH WITH REALITY	SUNDEW
COMPETITIVE, RAGE, ANGER	MOUNTAIN DEVIL
LOW SELF ESTEEM, SELF WORTH	FIVE CORNERS
BUILD STOMACH LINING STRENGTH AND INCREASE STOMACH ACID	CROWEA AND PAW PAW
PANCREAS	PEACH FLOWER TEA TREE
LOOKING AT BODY WITH REVULSION	BILLY GOAT PLUM
ABOUT THE NEED FOR ATTENTION	RED HELMET
IF THE PROBLEM IS WITH THE FATHER	RED HELMET
IF THE PROBLEM IS WITH THE MOTHER	BOTTLEBRUSH
GUILT OVER WHAT THEY'VE EATEN	STURT DESERT ROSE
SELF HARMING	SUNDEW
NEGATIVE ENTITY CAUSING THIS ISSUE	ANGELSWORD
CLOSE ENEGRY AND AURA	FRINGED VIOLET
OCD	BORONIA

• SEXUAL ABUSE

FRINGED VIOLET, WISTERIA AND FLANNEL FLOWER OR SEXUALITY ESSENCE	
SHAME, FEEL DIRTY, CONTANIMATED	BILLY GOAT PLUM

## FERTILITY

### PREPARING FOR PREGNANCY

DETOX

(Do at least for 1 month, in the month of, really concentrate on good diet)

PURIFYING ESSENCE

LETTING GO OF EMOTIONAL CONTROL

BOTTLEBRUSH, HIBBERTIA

TRUST INTUITION

BUSH FUSCHIA

GIVE UP ANY ADDICTIONS

MANGA WARATAL

OWN CHILDHOOD, OR ISSUES  
BECOMING A MOTHER

BOTTLEBRUSH

LACKING OF ENERGY

MACROCARPA

DIGESTION

PAW PAW, CROWEA, PEACH  
FLOWER TEA TREE

RELATIONSHIP – COMMITMENT,  
CHANGES TO RELATIONSHIP

BOTTLEBRUSH

CHANGES IN CAREER AND SOCIAL

BOTTLEBRUSH

ANY SEXUAL ABUSE

SEXUALITY ESSENCE

FATHER ISSUES

RED HELMET

MOTHER

BOTTLEBRUSH

NEGATIVE FAMILY PATTERNS

BOAB

BALANCE HORMONES

WOMENS ESSENCE OR SHE  
OAK, BUSH FUSCHIA AND  
PINK FLANNEL FLOWER

SLOW DOWN

BLACK EYED SUSAN

INFERTILITY

SHE OAK, BUSH FUSCHIA AND  
PINK FLANNEL FLOWER

Dose: 4 weeks on, 2 weeks off

FRUSTRATION AT NOT BECOMING  
PREGNANT

TURKEY BUSH

Dose: take in the 2 week break

PREVIOUS MISCARRIAGES

SHE OAK, BUSH FUSCHIA AND  
PINK FLANNEL FLOWER

CHLAMYDIA

SPINIFEX

BLOCKED FALLOPIAN TUBES

SPINIFEX

OTHERS SHARING NEGATIVE BIRTH STORIES FRINGED VIOLET

### AFTER CONCEPTION

MORNING SICKNESS (FEAR)

DOG ROSE, PAW PAW,  
DAGGER HAKEA, SHE OAK

GENITAL HERPES

SPINIFEX

THRUSH

GREEN ESSENCE

TELEPATHIC COMMUNICATION  
WITH BABY

GREEN SPIDER

MAJOR CHANGES

BOTTLEBRUSH

WEARY AT END 3R TRIMESTER

WILD POTATO BUSH

SCANS  
(Take before and after scan)

ELECTRO

STRESS

CALM AND CLEAR

MISCARRIAGES

SUNSHINE WATTLE

DENIAL OF PREGNANCY

BLUEBELL

IMPLANTATION OF IVF

SHE OAK, PINK FLANNEL  
FLOWER AND BLUEBELL

MALPOSITION OF BABY

ISOPOGEN AND BAUHINIA

## LABOUR

ALWAYS: EMERGENCY ESSENCE AND SPACE CLEARING

NOT DILATING

BAUHINIA

EXHAUSTION

KAPOK BUSH

C-SECTION/EPISIOTOMY

SLENDER RICE FLOWER  
(heals scars)

TRAUMA TO CHILD

FRINGED VIOLET

PERINEUM

EMERGENCY CREAM  
(rub direct on perineum)

AFTER BIRTH

MACROCARPA OR DYNAMIS

## POST PARTUM

NAPPY RASH OR ANY SKIN RASH,  
ECZEMA

GREEN ESSENCE (mist)

GIVE UP BREASTFEEDING

BUSH FUSCHIA

BONDING

BOTTLEBRUSH

MASTITIS

MULLA MULLA ,  
BOTTLEBRUSH AND BUSH  
IRIS. EMERGENCY CREAM

POST NATAL DEPRESSION:

- BABY BLUES IN DAYS 3-5

BOTTLEBRUSH, SHE OAK,  
BUSH FUSCHIA, PINK  
FLANNEL FLOWER

- PSYCHOSIS

WARRATAH

- SUICIDAL THOUGHTS

TALL YELLOW TOP

- NOT WANTING TO BE LIKE  
HER OWN MOTHER

HIBBERTIA

- STUCK IN LIFE, FEELING TRAPPED      RED GREVILLIA
- FEEL ALONE OR DEPRESSED      TALL YELLOW TOP
- OVERWHELMED      PAW PAW
- WEARY, EXHAUSTION      ALPINE MINT BUSH
- SELF CRITICISM, NOT GOOD ENOUGH      YELLOW COWSLIP ORCHID
- EVERYONE TELLING YOU WHAT TO DO      BUSH FUSCHIA

ADOPTION

BOTTLEBRUSH, RED HELMET  
AND TALL YELLOW TOP

GUILT OVER GOING BACK TO WORK      RED GREVILLIA

BEING TRUE TO SELF

STURT DESERT ROSE

“GO, GO, GO”

BLACK EYED SUSAN

AWARE OF OWN NEEDS

PHILOTHECA

SMOTHER LOVE

FLANNEL FLOWER

ANXIOUS AND FEARFUL PARENT

DOG ROSE

CHILD STARTING SCHOOL  
PARENT UPSET

BOTTLEBRUSH, RED SUVA  
FRANGIPANI AND STURT  
DESERT PEA

LOSS OF CHILD, MISCARRIAGE, STILL  
BIRTH, LOSS OF PARENT, PARTNER

STURT DESERT PEA AND  
BOTTLEBRUSH

ABORTION

STURT DESERT ROSE



## WISE WOMEN

EMPTY NEST SYDNROME  
(Can cause breast cancer)

STURT DESERT PEA AND  
BOTTLEBRUSH

OPEN UP LEVELS OF COMMUNICATION  
WITH PARTNER/CHILDREN

BUSH GARDENIA

SENSUALITY

WISTERIA

EXPRESS SELF PHYSICALLY

FLANNEL FLOWER

LETTING GO OF RESENTMENTS

DAGGER HAKEA

CHOLESTEROL, IF FAMILY HISTORY BOAB

STEP FAMILIES:

GAINING AN EX OR STEP CHILDREN

DAGGER HAKEA

BRINGING HARMONY INTO HOME

SLENDER RICE

JEALOUSIES

MOUNTIN DEVIL

TEENAGERS GETTING TO YOU

YELLOW COWSLIP ORCHID

MANIPULATION  
(Encourages love into heart chakra)

ROUGH BLUEBELL

DEALING WITH ELDERLY PARENTS

TALL MULLA MULLA, CALM  
AND CLEAR

ELDERLY DEPENDANT PARENTS

ALPINE MINT BUSH

BRING BACK PLAYFULNESS

LITTLE FLANNEL FLOWER

WEIGHT GAIN

OLD MAN BANKSIA, SHE OAK,  
BUSH FUSCHIA, PINK  
FLANNEL FLOWER AND  
YELLOW COWSLIP

THYROID

OLD MAN BANKSIA

ARTHRITIS

PURIFYING ESSENCE

PHYSICAL OR EMOTIONAL RIGIDITY LITTLE FLANNEL FLOWER,  
BAUHINIA AND ISOPOGEN

FRUSTRATIONS AT BODY LIMITING WILD POTATO BUSH  
ACTIVITIES

CANCER:

Body needs to become alkaline and more oxygen, ph should be over 6.5 in morning and over 7 at evening.

INCREASE ALKALINE

CROWEA AND BUSH FUCSHIA

PREPARE BEFORE SURGERY

EMERGENCY, DAGGER  
HAKEA AND MACROCARPA

AFTER SURGERY  
(For 2 weeks)

SLENDER RICE FLOWER

PURIFYING THE DRUGS

PURIFYING ESSENCE

RADIATION

SOLARIS OR ELECTRO AND  
MULLA MULLA

## MENOPAUSE

HYSTERECTOMY

STURT DESERT PEA

HOT FLUSHES

MULLA MULLA

MOOD SWINGS

PEACH FLOWER TEA TREE

MEMORY LOSS

ISOPOGEN AND COGNIS  
ESSENCE

DEHYDRATION AND ACCLERATION OF  
AGEING SIGNS

SHE OAK

VAGINAL DRYNESS

SHE OAK

SEX DRIVE LOW

SHE OAK, PINK FLANNEL  
FLOWER AND BUSH FUSCHIA

SAD AT END OF FERTILITY

STURT DESERT PEA

LOW SELF ESTEEM, WORRY PARTNER  
NO LONGER FINDS THEM ATTRACTIVE

FIVE CORNERS

RESENTMENT

DAGGER HAKEA

OSTEOPOROSIS:

LIGAMENTS AND BONE

GYMEA LILY

MUSCLES AND TENDONS

CROWEA

LACK CALCIUM, PARATHYROID

HIBBERTIA

ADRENALS,  
TO RELEASE SEX HORMONES

MACROCARPA

ELDERLY WOMEN (AND MEN)

LOSS, SADNESS, GRIEF

STURT DESERT PEA

ISOLATION, LONELY

TALL YELLOW TOP

TERROR OF ALZHEIMERS

GREY SPIDER FLOWER

PREPARING TO PASS OVER

AUTUMN LEAVES

TO LET GO, EASE FEAR

LICHEN

FEAR OF DEATH

BUSH IRIS

FAMILY TO LET GO

BOTTLEBRUSH