

Agrimony

Those who need Agrimony are outwardly happy people who keep their true feelings under a mask. They may appear to be the life of the party, but are often quite sad. They tend to seek out parties and entertainment as a distraction and can have drug or alcohol problems. Their desire to please means they are often on the back foot in arguments and negotiations.

Aspen

Aspen covers any type of fearfulness – from unease and disquiet to outright terror. The important component to this fearfulness is that the fear cannot be named or explained. Aspen replaces vagueness with security, and fearfulness with peace.

Beech

Beech is for people who are prone to being intolerant and negative but who would like to see more of the beauty in things around them. They lack understanding and empathy and can be irritable.

Cerato

Cerato people lack confidence in their own decisions. They often prefer other people to make their decisions for them. If they do make a decision they will be plagued by doubts about it and wonder if they could have done better.

Cherry Plum

The Cherry Plum person is fearful and, in particular, is worried about losing control. They are afraid they could do something irrational in a rage such as hurting a loved one.

Chestnut Bud

Those who need Chestnut Bud are so eager to move on from their problems that they forget the lessons of the past and make the same mistakes over and over. They never seem to learn from the past experiences of either themselves or others.

Chicory

Chicory people tend to over-care those they love in a way that others find stifling and oppressive. They also expect their loving treatment to be returned in full and become upset if this doesn't happen. Their love is selfish and possessive.

Clematis

Those who need Clematis fantasize excessively without being able to turn their dreams into reality. They may dream of being famous or successful, but take no steps towards those goals in real life.

Crab Apple

Crab Apple is a 'cleanser' for people who feel unclean and impure, or who dislike some aspect of their appearance or personality. The particular problem they focus on may be small in relation to

some of their other issues but it will become a major sticking point that they move on from.

Elm

Elm is for those who doubt their abilities. They may take on an important task that right from the beginning they feel depressed and exhausted about. As a result they feel they cannot keep going and so have no choice but to fail.

Gentian

A Gentian person is depressed about their affairs but not completely without hope. They feel they cannot succeed but will continue trying rather than giving up.

Gorse

In contrast to Gentian, Gorse people suffer from great despondency and though they may grudgingly follow advice, believe that nothing can be done. They also suffer from a lack of certainty.

Heather

Those who need Heather are obsessed with their own concerns. They endlessly talk about themselves and their problems to others who eventually try to avoid them. They usually are not good listeners, or particularly sympathetic regarding the concerns of others.

Holly

Holly is useful when negative, aggressive feelings such as jealousy, contempt, and anger are directed at others. The person may feel justified in do so but often there has been no wrong-doing on behalf of others and the attacks are completely undeserved.

Honeysuckle

They feel that their best days are behind them, and there is nothing to look forward to. They live in the past, and dwell on past hurts and regrets. They may be nostalgic and feel that things were better before. This also applies to homesickness.

Hornbeam

This is for people who are exhausted before the day even begins. They would rather stay in bed rather than face the challenge of their working day. They feel overstretched and overworked. They procrastinate, and feel tiredness even at the thought of doing something.

Impatiens

People who are impatient, feel other people aren't shifting their weight, and become angry because of their impatience. They try to work alone if possible, feeling that other people will only slow them down.

Larch

They feel they are not as good as others and are bound to fail. Their thoughts of success or failure

dictate their actions, they often don't do something because they feel it is not worth it (even when it is). They have no confidence in their own abilities.

Mimulus

The remedy for fears that can be expressed and articulated, such as dogs, spiders, darkness, snakes, thunderstorms. The phobia does not cause a state of blind panic, they remain rational and clear-headed even when terrified. Mimulus patients are often shy, timid and quiet naturally, and may stammer while speaking.

Mustard

People who are depressed for no reason, and feel miserable even when everything is going right for them. They can even list the ways in which they should be happy but are not. They cannot even maintain a facade of being cheerful.

Oak

Strong, determined people who fight on against the odds. They feel a strong sense of duty and obligation, and become frustrated if something (such as sickness) prevents them from carrying out their duties. They can be stubborn, and refuse to sit back when something is going on.

Olive

In contrast to Hornbeam, this is for when you feel tired after effort or exertion has been made. Daily work is hard, and without pleasure.

Pine

Those who blame themselves for something that happened in the past, either something that they should have done or something they should have done better. They suffer much for their real or imagined problems. They suffer from guilt and self-reproach no matter how successful they are.

Red Chestnut

Those who worry excessively about others, such as a mother worrying about her child at school. These normal fears are exaggerated until they destroy the confidence of the patient. They can find it difficult to not always be anxious about someone.

Rock Rose

Rational thought is almost impossible, the person is terrified and in a state of panic. This is an emergency remedy for people who are in a very extreme state of fright.

Rock Water

For people who are very strict in their habits of living, and take asceticism and self-denial to the extreme. They are self-oriented, and usually don't talk to others in their quest to improve themselves. They hope they will be examples to others. Their high standards can make them inflexible and difficult to get along with.

Scleranthus

Indecision, and inability to choose between two options, even in unimportant things like what dress to wear. This indecision will often immobilise them. They tend to be solitary and not seek the advice of others.

Star of Bethlehem

Shock, such as from bad news. It can also be used for states of depression following some bad event, such as a loved one moving away. Star of Bethlehem patients can refuse to be comforted or consoled.

Sweet Chestnut

For people who feel they have reached the limits of human endurance, and cannot go on any further. While Gorse is a sense of hopelessness, Sweet Chestnut patients are genuinely at the end of the line.

Vervain

Extreme perfectionism, and a drive to do things with zest and enthusiasm. They can feel a strong need to persuade others to their point of view. Vervain people can become fanatics and refuse to listen to alternate points of view.

Vine

They usually feel strongly about their own views, and can try to dominate others by force alone. They don't try to convince people of their views like Vervain, it is simply enough to control others. They are not concerned with winning hearts and minds, they just want to be obeyed.

Walnut

These are people who have a definite plan of their future, but feel doubtful when confronted by other people's ideas. They can easily be led astray and manipulated. They are also prone to going down the wrong path at critical points.

Water Violet

People who are too talented for their own good, and often look down on those who aren't as good as them. They may have trouble relating and making contact with other people, and may surround themselves with a small, inclusive group of friends.

White Chestnut

For those who are plagued with distractions, and can't concentrate on things because of unwanted thoughts. They want to be able to think rationally about things but their mind is too full of meaningless thoughts.

Wild Oat

Wild Oat patients have lots of ambition, but can't decide what to use it on. They may have trouble in

choosing a career, or a subject to study at university. They drift from occupation to occupation and have difficulty settling down on something. They have no calling that particularly appeals to them.

Wild Rose

People who suffer from ennui, who have resigned themselves to the way things are and just take what life throws at them. They have surrendered to their fate without complaint.

Willow

This is for people who are bitter and unhappy with the way their life is gone. They are often resentful of people more successful than them. This bitterness means they take less pleasure in their own lives and prefer to focus on the negatives. They smolder with self-pity.