



# PLANT POWER

By Kate Kirrane, co-founder of Seed Wellness ([seedwellness.co.uk](http://seedwellness.co.uk))

It's a fact that here in the West, when we feel under the weather, we rely on our GP to fix us. Yet, with the prescription of common drugs such as antibiotics, sleeping pills, painkillers and anti-depressant at an all-time high, even the medical world is concerned about the issues this is raising, from an increasing resistance to antibiotics to addiction to certain medications, particularly when taken long-term.

The good news is there are so many ways we can utilise the power of good old mother nature to maintain positive health, prevent our reliance on prescription pills and relieve the burden on our NHS.

From combatting infection to improving mental health, the likes of homeopathy, herbal medicine, essential oils and even flowers offer a great adjunct to pharma. Not only that – unlike many medications which simply treat the symptoms, these modalities adopt a more holistic approach, getting to the root cause.

Herbal Medicine treats a wide variety of health conditions from hormonal disorders, digestive issues, mood-related conditions, skin concerns, recurrent infection and more. In fact, a qualified Medical Herbalist is trained in the same diagnostic skills as a GP.

Homeopathy treats common ailments and can work alongside conventional medicine. Homeopathy works on the principle that 'like cures like'. For example, to treat the likes of hayfever, it uses pollen to alleviate symptoms.



See our top 3 essential oils and flower remedies to have in your medicine cabinet!

## OILS

**On Guard and Oregano** – absolute powerhouses for immunity, providing an excellent line of defence against seasonal threats.

**Peppermint** – Research suggests that inhaling peppermint oil can relieve digestive complaints, hayfever and headaches.

**Lavender** – Research published by the International Journal of Psychiatry in Clinical Practice shows lavender alleviates anxiety, depression and insomnia as well as sunburn, burns, and anything itchy!

*Note - Please be sure to use a reputable brand to ensure maximum efficacy.*

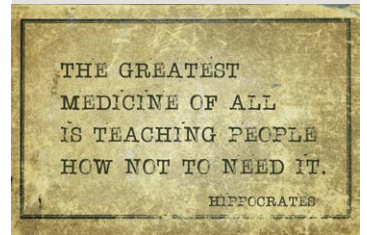
## FLOWER REMEDIES

**Bach Rescue remedy** – This 'combination' remedy is ideal for times when we are shaken by traumatic events, helping us feel grounded and centred.

**Walnut** – Helps us feel protected and safe. Walnut wraps its magic around you to help you through change such as a new job, puberty, relocation, divorce or menopause.

**White Chestnut** – The most commonly used remedy in the UK, White Chestnut helps calm the overthinking 'monkey mind' and is also great for insomnia. ■

**For more information about how our natural health experts can help you, email [info@seedwellness.co.uk](mailto:info@seedwellness.co.uk) or visit [seedwellness.co.uk](http://seedwellness.co.uk)**



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