



Rescue Remedy

A homeopathic treatment for emotional distress, stress, anxiety, and sudden shock, Rescue Remedy is a special combination of floral essences. Available at our clinic and in many health food stores it can be found in tincture, cream, and lozenge form. We recommend the tincture form. However, if you are avoiding all alcohol (the base in which the flower essences are preserved), you may wish to try the lozenge form.

Instructions

At the first sign of distress, put 3–4 drops under the tongue and hold for 30 seconds before swallowing. You may also put 3–4 drops in a glass of filtered water and consumer that way. Repeat every hour as necessary.