

# Flower remedies not just a placebo

This is the seventh installment of a series about alternative health care providers in the Illinois Valley.

By  
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Susan Gustafson first learned about flower remedies from a neighbor when her children were young and she started borrowing books on the subject. She soon experienced how much they could help.

“Flower remedies helps you change the way you are to the way you want to be. It helps you realize your own potential to become your best self,” she explains. “They’re primarily water and work on an energy level, not a chemical level. They’re very benign and probably the safest medicinal. For example, they wouldn’t negatively impact you if you have allergies. When people take them the first time, it might not even be that noticeable. It needs to be a cumulative effect.”

Gustafson, a bookkeeper at the Dome School in Takilma, recommends flower remedies to enhance other therapies. She works with a couple hundred different formulas, including a set of the 38 Bach Flower Remedies.

“Flower remedies are very effective,” she states.

Uses include dealing with Seasonal Affective Disorder (SAD). SAD usually occurs between November and February, the darkest months of the year. Those affected feel anxious or irritable and it can create changes in sleep habits, appetite and weight.

One of Gustafson’s clients reports that she can’t remember not feeling depressed during December.

“It’s affected me my entire adult life, even when I lived in Los Angeles,” states the woman, who asked to remain anonymous. “The Flower Remedies have helped me and for the first time, here it is, December and I don’t feel depressed.”

Edward Bach was a British physician who practiced in the early part of the 20th Century. He began as a homeopathic doctor, and studied plants and their effects and eventually developed this “flower essence” therapy. He could tell by observing people, what they would need and created his 38 different formulas in the 1930’s.

“It’s not a placebo effect, it can help with animals’ issues, too. For example, it can help if your pet is fearful or is having problems getting along with other pets. A lot of people use them with their horses,” Gustafson states.

“People can actually look up a remedy in the various reference books and select which remedies will help; depending on which issues they’re experiencing in their life,” Gustafson continues. “It could be very helpful for veterans returning to civilian life, an application I hope to help develop.”

In explaining the process, Gustafson explains, “I use a one-ounce dropper bottle and may recommend a person take, say, 4 drops, 4 times a day. It’s very gentle, very subtle. You can take it more often, but larger doses aren’t necessary.”

“It’s very helpful for kid’s issues, they can generally notice

changes sooner. One example, if your child falls and skins her knee, you can give her a few drops of Rescue Remedy in a glass of water and she will calm right down,” Gustafson affirms. “Rescue Remedy is for all humanity, not the domain of one person to profit off it and anyone can legally use it. Some producers call it “5 Flower Formula” – it’s the same.”

“If a person has a long – standing issue, it might take a month or two to start to experience a difference. The important thing is, unlike pharmaceuticals, it can’t change you for the worse. I took it to be more decisive; and it allowed me to be more sure of myself. It felt good for me.”

“We follow a certain path, or things happen to us that can affect us. Well, it’s part of our culture to be stoic. We get used to the ways our lives are, and don’t consider that we can easily create change, but these simple formulas can do just that,” Gustafson affirms.

“People around the world are determining what are the gifts of these flower blossoms. They’re all raised organically in bio-dynamic systems.”

Gustafson’s business card reads: “Flower Remedies – for emotional healing and personal growth.” She offers her services on a sliding scale, depending on a person’s ability to pay and she’s also willing to barter or trade. She has free pamphlets and books to loan those interested in learning more.

“I just want to help people,” she states. “Flower remedies work synergistically to help you effect the change you want to see in your life.” She can be reached at 541-592-3632.

# Christmas Toy give-away to be held Dec. 24 in Cave Junction

Rotary Club of Illinois Valley will welcome Santa Claus to Cave Junction on Christmas Eve, Tuesday, Dec. 24. Join the Jolly Old Elf and his Rotarian helpers for cookies and cocoa from noon to 3 p.m. at the Josephine County Bldg., 102 S. Redwood Hwy., in Cave Junction. Santa (a good friend of Cave Junction Mayor Carl Jacobson) will distribute toys and gifts for the valley’s youngsters.

Toys were collected and purchased through the generosity of those attending the I.V. Rotary-sponsored Bikers Toy Run and through especially kind donations from Dutch Bros. Coffee, Illinois Valley Senior Center, Illinois Valley Lions Club and Josephine County Toys for Tots.

In addition to the toys to be distributed, Rotary Club of Illinois Valley allocates funds to six valley schools to help teachers and advocates tackle challenges that might not be apparent to an “outside” organization. Some \$2,000 will be disbursed and discretion given to staff to help meet the need for coats, shoes, toiletries, haircuts or other items the valley’s children might have need of this holiday season.

Those funds distributed in proportion to the student population at each school.

## 2014-2015 Aquatic invasive species Tyvek tags available on-line

Aquatic invasive species prevention permits for paddlers expire December 31 and the Marine Board has several purchasing options that are perfect to take advantage of when the weather is less-than desirable. Purchasing is easy from the comfort of your home through the Marine Board’s online storefront. An annual or two-year Tyvek tag costs a flat, \$5 or \$10, and the Marine Board does not charge an online processing fee. Out-of-state permits for trailered motorboats are also available for on-line for \$20.

The revenue that is raised from permit sales directly benefits Oregon’s efforts to prevent the spread of aquatic invasive species and deter introduction of new species into the state. In 2013, funds from the aquatic invasive species program were used to build a first-of-its-kind boat wash station at Tenmile Lakes, expand inspection stations around the state and keep the stations open longer. There were 7,436 boat inspections conducted from May through October and 297 boats were found with live weeds, mussels, snails and other or-

ganisms. Of the contaminated boats, three boats were carrying mussels and 14 boats had standing water in various compartments.

Any areas with standing water are capable of transporting mussel larvae and weed fragments that can easily contaminate a waterbody. Law enforcement partners reported a range from 70% to 90% compliance, depending on the region of the state, for people carrying their AIS permit.

Other highlights for 2013 include more signage at boat ramps with the “Clean, Drain, and Dry” message, and completion of a state-wide rapid response plan (with practice exercises) for a detection scenario of quagga or zebra mussels.

The 2013 Aquatic Invasive Species Prevention Program Report will be available for download shortly after the first of the year at [www.boatoregon.com](http://www.boatoregon.com).

To order your annual or two-year Tyvek tags, or an out-of-state permit for trailered motorboats, visit <https://apps.oregon.gov/e-commerce/osmb/Index.aspx>.



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