

AC STRONGEST MINDS, LLC.

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Amy D. Cohen, BFRP, is a registered Bach Flower Practitioner. She is one of six registered Practitioners in the State of New Jersey and there are approximately 115 Registered Bach Practitioners throughout the United States. She maintains a consulting practice in New Jersey and does telephone consultations nationwide. In addition to her Bach foundation, she studied and uses her homeopathic background to assist in her consulting practice.

www.strongestminds.com

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DEAR AMY,

**JOIN OUR NEW FACEBOOK FAN PAGE
VIEW MY UPCOMING CLASSES**



I just recently lost my job and i was not expecting it. I was in shock and did not know what to do about it. I am having a hard time getting another job, although sending out many resumes, I have not had many interviews. I am not sure of the direction I should take. I am very worried and having a hard time getting myself out of bed in the morning. I feel so exhausted all the time. I know I am depressed right now, terribly stressed and cannot concentrate. Can the flower remedies help this? Karen in NY

Dear Karen,

You should start with Star of Bethlehem for dealing with the shock of losing your job. You need Gentian to not get easily discouraged in your search. Elm for the stress, Oak for the exhaustion you are feeling from the stress. Clematis can help you to focus. You need Wild Oat to help figure out your career path and Mustard for your sadness that comes and goes in dealing with all this. This blend of remedies should help you to feel better and take you on a desired path. It should also help to relieve you of the sadness and exhaustion you are feeling. Its all inside you. Good luck to you!



USE THE FLOWER ESSENCES TO BRING YOU BACK INTO BALANCE
I am currently working with children and adults for:

- | | | | |
|--------------------------|------------|-----------------|----------------------|
| Symptoms of Autism | Stress | Anxiety | Depression |
| Career Goals | Jealousy | Grief | Obsessive Compulsive |
| Trauma | Anger | Teens | Peer Pressure |
| Toddler Issues (biting+) | Guilt | Phobias | Lack of Energy |
| Racing thoughts | Fears | Shyness | Decision Making |
| Focusing Issues | Self Hate | ADD/ADHD | Hopelessness |
| Exhaustion | Confidence | Procrastination | |
- and much more....

**IMMEDIATE AND EFFECTIVE RESULTS IN CHILDREN
ADULTS FEEL GREAT, BRINGS THE CONFIDENCE TO FOLLOW YOUR
PATH
EVERY BLEND IS CUSTOMIZED TO FIT YOUR NEEDS**

STAYING HEALTHY THIS WINTER

Arm your household with these remedies to keep sickness at bay. When you start to feel like you are getting ill - reach for these items.

Zinc when you start to feel sickness including sore throat, cold - etc. grab 30mg zinc daily.

Vitamin C - come in 1000 mg for adults. Can take up to 4000 daily when getting sick. They make chewables for kids. Keep on hand.

Acidophilus - kids can be taking this every day to boost immune system and stay strong from stomach viruses, upset stomach. If they are nauseous, not feeling well, or taking antibiotics - this is a good choice to stay healthy.

Probiotics- take for ay kind of stomach ailments and for an immune system boost. Good to take every day for digestive health. (adults)

GSE by Nutrabioc (liquid form). Natural antibiotic. Take when ill or getting sick. Tastes awful so best way to take is in orange juice.