

# NATURAL HEALTH



[Home](#)

[Health & Wellness](#)

[ASK THE EXPERTS](#)

[Healing Foods](#)

[RECIPE FINDER](#)

[HEALTHY RECIPES](#)

[REMEDY FINDER](#)

[Mind / Body](#)

[SHARE YOUR STORIES](#)

[Fit For Life](#)

[Natural Beauty](#)

[Doing Good](#)

[Community](#)

[FORUMS](#)

[Promotions](#)

## Health & Wellness



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## Holiday Healers

Nancy Buono, national education manager at Nelson Bach USA, Ltd., suggests these remedies for coping with holiday mood challenges:

Why make do with mistletoe? Bachs Rescue Remedy Spray features a blend of five flower essences (impatiens, star of Bethlehem, cherry plum, rock rose, and clematis) that work to relieve extreme emotional stress. Or create your own formula with any combination of essences (\$10\$17.50 each, [nelsonbach.com](http://nelsonbach.com)). Nancy Buono, national education manager at Nelson Bach USA, Ltd., suggests these remedies for coping with holiday mood challenges:

## Mood Mending

### Elm

For those who are overwhelmed by responsibility, elm puts problems into perspective and restores the ability to prioritize.

### Beech

When in-laws are driving you crazy, take a few drops of beech to enhance your compassion and increase your tolerance.

## Honeysuckle

If you can't get home for the holidays, honeysuckle eases homesickness and nostalgia, which will help you appreciate the present.

## Olive

When you get exhausted and stressed out, Olive raises your self-awareness as it rejuvenates your body and mind.

## Mimulus

During shopping season, mimulus can alleviate worries over money, enabling you to gain control of your finances.

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