

Blossoming Health
presents

A BEGINNER'S GUIDE

to Essential Oils and
Homeopathy



Every journey begins
With a first step

Introduction

Welcome!

You're about to step into a world where symptoms aren't enemies to be crushed — they're messages from your own body, waving little flags to get your attention. In this course, we'll explore the basics of homeopathy, the magic of essential oils, and other natural tools that help you listen to those messages and support your body's brilliant design for healing.

Modern medicine often teaches us that if something hurts, it must be shut down — quickly. A pill, a procedure, a suppressive treatment. It's like seeing the "Check Engine" light pop on in your car and solving it by taping a piece of paper over the dashboard. Sure, you don't see the warning anymore... but the real problem is still humming away underneath.

Natural healing takes a different approach. We see symptoms not as malfunctions, but as signals — vital clues about what's happening beneath the surface.

Your body is nothing short of miraculous. Every single day, without your conscious effort, it's performing superhero-level feats like:

- **Healing wounds:** Stopping bleeding, growing new skin, sealing you up tight.
- **Fighting off invaders:** Your immune system is like a personal army that never sleeps.
- **Detoxifying:** Your liver, kidneys, and lungs are scrubbing, filtering, and flushing out toxins 24/7.
- **Renewing cells:** Your skin and gut are constantly replacing themselves to stay strong and healthy.
- **Balancing temperature:** Your body can shiver or sweat, open or narrow blood vessels, all to keep your temperature just right.
- **Repairing bones:** Break a bone? Your body will rebuild it — stronger than before.
- **Rewiring your brain:** Thanks to something called neural plasticity, your brain is always adapting, learning, and healing.

When we interfere too quickly or aggressively with these processes — when we *suppress* symptoms without asking what they mean — we risk doing more harm than good.

In the natural health world, we talk a lot about *suppression*. Here's why:

1. **Pushing deeper:** Symptoms are surface-level messengers. Ignoring them can drive the root imbalance deeper, sometimes hitting critical organs.
2. **Blocking healing:** Symptoms often represent the body's *attempt* to heal itself. Suppressing them can stall or even reverse recovery.
3. **Creating chronic issues:** If the imbalance is never addressed, the body may escalate — moving from a small problem to bigger, long-term diseases.
4. **Making problems complex:** Suppression can create tangled health webs that are much harder to sort out later.
5. **Shifting symptoms:** Treating one symptom without understanding the root cause can simply cause new, seemingly unrelated issues to pop up elsewhere.

That's why homeopathy, essential oils, herbal supports, and thoughtful supplementation are so powerful: they *listen first*. They work with your body, not against it. They aim to gently stimulate the body's natural healing forces instead of silencing the messenger.

But don't get me wrong.

This doesn't mean there's no place for modern medicine. Emergencies, serious infections, surgeries — all of these are incredible gifts when used wisely.

What it *does* mean is that **medical intervention doesn't have to be your first move every time.**

Sometimes, the best thing you can do is *pause*, listen to what your body is saying, and give it the gentle, targeted support it's asking for.

And that's exactly what you'll learn to do here.

In the following pages, you will learn:

1. Strength Testing
2. The Basics of Homeopathy.
3. What Essentials are and How They are Obtained.
4. Using Essential Oils Safely
5. Using Supplements Safely
6. The Laws of Healing.
7. What is a protocol? How do I use it?
8. Keeping Records and Creating Community to Support your Learning.

So now that you have the roadmap to this course, I would like to tell my story very quickly. My journey to alternative healing began in 2017. I was on several medications, totaling \$6,000 each month. At thirteen, I was diagnosed with Scheuermann's Disk disease. My lower lumbar hurt constantly. A CAT scan showed 1/5 of my L5 and ¼ of my L4 completely gone. The disks were all fuzzy. I had pinched nerves down my legs constantly. At 24, I began to have digestive problems. Several trips to the doctor gave me the diagnosis of irritable bowel syndrome, but after a surgery for a fissure I was finally scheduled for a colonoscopy & endoscopy showing that what I actually have is Crohn's Disease. Finally, after getting to the point of so much pain that I could barely function and could only consume crackers & 7-up, I began to see a specialist. The conclusion: Lupus, Crohn's disease, PCOS, Fibromyalgia, and 3 different kinds of arthritis.

I had headaches constantly, struggled not to throw up whether I ate or not, my skin hurt to the touch, and I had so much pain that life was miserable. The doctor started me on low dose chemotherapy drugs, TNF blockers, gabapentin, muscle relaxers, and anti-anxiety medication. Please understand, I am so grateful for this doctor. He could have easily started me down the road of pain medication and I would have taken it. I was so desperate to be a functional mom who could play with my kids.

The summer of 2017, my husband changed jobs. When I went to refill the medicine under the new insurance, ALL of my medicine was denied. When I went to my specialist, who had to check my liver every 3 months, NONE of the visit was covered. Five hundred dollars later, I went home ready to go to bed.

It was around this time that a friend from church told me about a homeopathy study group. It was a 6 week class. By this time, I had tried medicine, diet, exercise, and herbs. I was so desperate that I signed up. I don't even remember those meetings. I was so sick, I spent most of the time there just hoping I didn't throw up and embarrass myself. In fact, I didn't even make it to the 5th meeting because I was in the hospital. On top of everything else, I began having episodes of intense pain that would cause me to pass out. My new friend Marissa agreed to meet with me and get me started on some "Banerji protocols." Within a month and a half, I began to feel human again. My pain

levels became more manageable. It was at that point that my life changed drastically. I began to deep dive into the world of homeopathy. I listened to podcasts, poured over books, and began to purchase other remedies for acute symptoms and try them.

As I learned how to use homeopathy, the life of my family began to change as well. My daughter would get respiratory illnesses every 2 months, I gave her the remedy *Calcarea Carbonicum* 30c everyday for 2 months and then began to notice that the rest of us were getting sick and she wasn't! This stuff works!

Growing up with a mother who was a nurse, I was set in the mindset that modern medicine was the only way, but this course of events really changed the way I looked at everything. I began to look around at our lifestyle, the products we were buying, and how we were eating and began to see my health and my body in a whole new way.

It is my hope that this course can be a stepping stone for you toward better health and a plethora of more choices to support the health of you and your family.

