

Flor* Essence FREQUENTLY ASKED QUESTIONS



Flor* Essence sizes?

Flor*Essence is available in liquid form in a 500 ml bottle, which is very convenient and quick, but it is also available as a box of dry herbs. Inside the box there are 3 foil pouches, and each of these will make 1 litre of the tea. This is more economical.

How long does one box last?

Depends on how much is taken: 1 oz = approx. 30 mls

Children 6-12 years amount: 30-60 mls/day = 100-50 days

Low maintenance amount:

30 mls/day = 100 days

High maintenance amount:

60 mls/day = 50 days

Extra-strength cleansing:

60 mls 2x day = 25 days

Higher amounts: 60 mls 3x day = 17 days , 90 mls 3x day = 11 days,

90 mls 4x day = 8 days

How long to take FE?

Flor*Essence can be taken on an ongoing basis at whatever amount you are taking. It is not habit forming, nor does your body get used to the action and make it less effective. Many people, especially those dealing with active illnesses, and/or undergoing regular intensive treatments, need to take the tea for at least one year past their very last treatment date, so that the body can rid itself of wastes left from these treatments.

Side Effects?

There are no side effects from taking Flor*Essence. Minor difficulties, such as stomach upsets, can be attributed to the health condition and detoxification. There are times people may have difficulty in taking the tea:

- if they are very sensitive to environmental toxins.
- when they take too much Flor*Essence
- if they have never done any kind of detoxifying before and are not familiar with detoxification signs.

What are detox signs?

Mild diarrhea, or nausea, or a bit of an itchy skin rash. Low grade fever, headaches, muscle aches, or other flu-like symptoms can also be signs of detoxifying. All of these can indicate that the tea is working too efficiently. There are a few other things that can be done to alleviate this. **FIRST** - Drink more water. Each of us needs to drink at least 2 litres of water to help the body flush out the toxins. **SECOND** - Dilute the Flor*Essence with a little more water when it is taken. Use 120 mls of water instead of 60 mls or even more. Make sure the tea is sipped over maybe 5 mins or so. **THIRD** - If the difficulty still is there, then stop the tea until it goes away, then start again at a lesser amount. The body may just be so toxic that even the smallest amount of cleansing creates difficulties.

Conflict with other drugs?

There is no contradiction for the use of Flor-Essence with any other medical therapy or drug.

Flor* Essence and auto-immune diseases

Anecdotally, the tea works more as a cleanser and a detoxifier than anything else. In essence this means that it decreases the load of

toxins that the immune system would have to deal with, helping it to function properly again. As far as the actions of the different herbs are concerned when you look at them from the Chinese traditions, they are purging, dissolving, and removing in their nature. Preliminary investigation showed that it had a secondary immuno-modulating effect.

Water - hot/cold - non-fluoridated:

Regarding the hot or cold water: It is my understanding that medicinal ingredients in liquids are better absorbed by the body in warm liquids than cold.

Regarding non-fluoridated water added fluoride in municipal water is not beneficial to the body. It is best to use spring or distilled water.

Microwave reheating:

DO NOT reheat the tea in the microwave oven. Use a stainless steel kettle to heat the water, take the cold tea from the fridge, pour it into a glass and add the hot water from the kettle, the tea warms up to a very pleasant drinking temperature.

Pregnancy and nursing mothers:

The tea is not recommended for either pregnant women or nursing mothers.

Flor* Essence and travelling

Pack the bottles of Flor*Essence in a container, like an "Esky". Put in enough ice to keep the tea cold. When you get to your destination, replace the ice or put the bottles in a refrigerator.

Water cress and kidneys

Caution is advised, but there is very little of this herb in the formula.

Proof in testimonials

There are over 1,200 testimonials at Flora's office from people who have been helped by Flor*Essence. The people who send the testimonials are the ones who make the claims, we have never and will never claim that this tea is a cure. Unfortunately we cannot send out testimonial information, since Flor*Essence is a herbal tea, and no claims of medicinal properties can be made at the moment.