

CALIX: INTERNATIONAL JOURNAL OF FLOWER ESSENCE THERAPY, VOLUME 1
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Akin to a Calyx that supports a developing bud, this journal supports the blooming of flower essence therapy by featuring case studies, research, and clinical efforts of flower essence practitioners from around the world, and like a Calix or a chalice it offers readers nourishment for the body and soul, and a deeper understanding of the alternative therapy.

Published by the Flower Essence Society (FES), a division of the non-profit organization, Earth-Spirit, the journal has been launched to celebrate the society's twenty-five years of service to the development of flower essence therapy. Co-directed by Richard Katz and his wife Patricia Kaminski, who is also the editor of this publication, the FES is an extension of the trail-blazing efforts of Edward Bach, an English physician and homeopath, who took the holistic approach to disease and believed in the soul healing qualities of flower essences, seven decades ago.

The various case studies and research work overviewed in the journal illustrate the effectiveness of flower essence therapy in curing depression, menopausal symptoms, eczema, fatigue, hair loss, sensitivity, mental imbalance, infertility and tobacco addiction. Even child related problems, including learning disability, fear, insecurity and low self-esteem, have been tackled by the use of this therapy. For each malady, the therapeutic properties of the corresponding flower essences are profiled. The inclusion of flower essence therapy in the national health system by Cuba proves the efficacy of the holistic approach to medical treatment.

Enhanced by vibrant color photographs, and replete with information, Calix is an invaluable reference guide for health practitioners, researchers, students and anyone interested in the latest developments.

BookWire Review
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