

ORAL FLOWER ESSENCES FOR ADHD

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Oral flower essences...are a form of complementary medicine sometimes classified as homeopathy and sometimes as herbal medicine. Our pilot study on the use of flower essences in children with a diagnosis of attention-deficit/hyper-activity disorder showed them to be efficacious in reducing inattention and hyperactivity as measure by the Childhood Attention Profile (CAP). It also found almost a doubling of improvement in global functioning over control subjects as measured by the Columbia Impairment Scale (CIS).

The flower essences used were..."calming essence" (a combination of impatiens, clematis, star of Bethlehem, cherry plum, and rock rose), vervain, crab apple, and walnut. The essences are available from traditionalflowers.com (Ellon provided the product for the study) and ...health stores. We randomly administered these essences or a placebo to 10 children aged 5 to 12 years who were being admitted to partial hospitalization at Penn State Hershey Medical Center. We chose to conduct this study in children instead of adults for several reasons. First, the remedies are very safe, having been long used in children and pregnancy....A second reason for conducting the study in children is that children are thought to be more responsive than adults to homeopathic and flower essence therapies. Third, children seem to like taking this type of medication.

The standard allopathic therapies and medications...were delivered to all subjects. We followed up with parents by completing the CIS and CAP questionnaires at 3 weeks and 3 months.

At the end of the follow-up period, three of the five children in the placebo group had moved to inpatient hospitalization. In contrast, in the flower essence group, three of the five children were functioning well and off all medication.(underline added) The remaining four children in the study (two in the placebo group and two in the flower essence group) were at intermediate levels of functioning, taking medication as outpatients. Furthermore, at the follow-up, which was 3 weeks from admission to partial hospitalization, two in the placebo group had stopped taking the placebo. None in the flower essence group had stopped taking the flower essence solutions by the first follow-up.

It is well known that Flower Essences may have a powerful effect on the body, only the future and continued research will reveal all of the possibilities and benefits. Available from: Ellon Botanicals, 400 Oak Drive, Winona Lake, IN. 1-800-423-2256 Manufacturers of traditional flower essences.