

Choose your emotions and feelings then put a check mark

**The 38 remedies by their common English names**

	<b>English Name</b>	<b>Latin Name</b>	<b>Brief Description</b>	<u>✓</u>
1	<b>Agrimony</b>	Agrimonia Eupatoria	Behind the mask of carelessness and vivacity, spiritual suffering is hidden deeply suppressed inside, does not give peace to his emotions, and carefully hides those, as seen in polite people who do not want to disturb others.	
2	<b>Aspen</b>	Populus Tremula	Inexplicable anxiety, vague forebodings, constant fear. For children and adults who fear the loneliness of darkness and suspense.	
3	<b>Beech</b>	Fagus Sylvatica	Criticism and intolerance, pickiness, and excessive reaction to minor irritants for those who are always dissatisfied, for whom it is very difficult satisfy, intolerant and unwilling understanding others point of view.	
4	<b>Centaury</b>	Centaurium Umbellatum	Low willpower, inability to say no, selfless desire to please everyone. For those who sacrifice their destiny for others.	
5	<b>Cerato</b>	Ceratostigma Willmottiana	For those who always listen to the opinions of others, who cannot make their own decisions, who need constant support and encouragement, who lack their own intuition.	
6	<b>Cherry Plum</b>	Prunus Cerasifera	For those who are afraid to lose control of themselves and as a result, they may have uncontrolled outbursts of rage, for those who find it difficult to relax, for those who are afraid of mental and physical breakdowns.	
7	<b>Chestnut Bud</b>	Aesculus Hippocastanum	For those who make the same mistakes over and over again, and cannot learn from their own experience, they are in a constant hurry and show a lack of interest and indifference.	
8	<b>Chicory</b>	Cichorium Intybus	For those who impose their help on others, they interfere in the lives of other people and wait for gratitude for those who have selfishness for those who have the need to receive attention from others.	

9	<b>Clematis</b>	Clematis Vitalba	For those who have too much self-pity, for those who have no interest in the present, for those who find it difficult to maintain order in their thoughts, and in their life.	
10	<b>Crab Apple</b>	Malus Pumila	For those who are ashamed of their shortcomings, for those who have an increased passion for purity at the physical and emotional levels. For those who reproach themselves for something that they have committed or not corrected during their “useless” lives.	
11	<b>Elm</b>	Ulmus Procera	For those who feel tired, have a depressed state caused by many responsibilities and high expectations from themselves and others, for those who are depressed, contrary to common sense, they doubt their capabilities and abilities.	
12	<b>Gentian</b>	Gentiana Amarella	For those who are easily depressed, who have negative visions of life, for those whose circumstances do not work out in a way as they would like, they doubt success and are easily depressed.	
13	<b>Gorse</b>	Ulex Europaeus	For those who in their lives have reached such a stage that they do not believe someday he will be better and life is sheer disappointment and suffering, they have lost the courage and strength to fight on.	
14	<b>Heather</b>	Calluna Vulgaris	For those who have self-confidence, narcissism, talkativeness, the desire to be distracted at all costs, occupied only with themselves, for those who listen to themselves and speak only about themselves.	
15	<b>Holly</b>	Ilex Aquifolium	For those who have a deeply negative state of mind, hatred, jealousy, suspiciousness, gloating, and quick-tempered, for those who are afraid to be deceived or offended.	
16	<b>Honeysuckle</b>	Lonicera Caprifolium	For those who continue to live in the past, who have sorrow, nostalgia, who find it difficult to live in the present, for whom it is difficult to part with people or unnecessary things, failing to enjoy life and the pleasure of today and now.	
17	<b>Hornbeam</b>	Carpinus Betulus	For those who put things off until the last minute, for those who feel mental and physical fatigue, for those who cannot concentrate and complete what they had started.	

18	<b>Impatiens</b>	Impatiens Glandulifera	For those who have a high pace of life, for those who live at a high speed, for those who do not have enough time.	
19	<b>Larch</b>	Larix Decidua	For those who have a low self-esteem, for those who feel insecure, have sense of inferiority and inability to do something.	
20	<b>Mimulus</b>	Mimulus Guttatus	For those who have a fear of an understandable origin, for those who blush easily, there is excessive shyness, for those who find it difficult to be in the company of new people and to be in the spotlight.	
21	<b>Mustard</b>	Sinapis Arvensis	For those whose mood often changes, it deteriorates without any reason, for those who suddenly experience a deep gloom and melancholy.	
22	<b>Oak</b>	Quercus Robur	For those who continue the struggle, and as a result they experience physical and mental fatigue, but do not give up and take one attempt after another, non-stop trying to achieve their goal. For people who are strong and courageous with an increased sense of duty.	
23	<b>Olive</b>	Olea Europaea	For people experiencing severe physical and mental fatigue, as a result of overstrain of mental and physical activity.	
24	<b>Pine</b>	Pinus Sylvestris	For people who always feel guilty which prevents them from living in the present, helps them understand that others also make mistakes, that you need to move on. For those people who constantly feel guilty if something is wrong, even if they are completely innocent.	
25	<b>Red Chestnut</b>	Aesculus Carnea	For those people who have an increased fear for their loved ones, this fear is not their own, it is for others who are close to them.	
26	<b>Rock Rose</b>	Helianthemum Nummularium	Uncontrollable fears, nightmares, panic attacks.	
27	<b>Rock Water</b>		People who have suppressed desires, self-denial, depression as a result of strict life principles from which they get tired every once a while.	
28	<b>Scleranthus</b>	Scleranthus Annuus	Indecision for those people who constantly sort through a lot of options and cannot choose any, this creates anxiety and imbalance in their lives.	

29	<b>Star of Bethlehem</b>	Ornithogalum Umbellatum	A state of shock for those people who have experienced a physical or emotional trauma, since then never returned to their normal state.	
30	<b>Sweet Chestnut</b>	Castanea Sativa	For people who have mental anguish, deep suffering, for people who have gone through a divorce, who are parting with their beloved ones, for people who had lost all hope and are too numb to live on.	
31	<b>Vervain</b>	Verbena Officinalis	For people who must achieve justice. These people are full of faith that everything should be fair and right. They can often be tired of excessive struggle. These people have firm beliefs and principles and are super-enthusiastic.	
32	<b>Vine</b>	Vitis Vinifera	Suitable for those who have such qualities as inability to rule adherence, desire to dominate, they easily take on responsibility and achieve their goals. But their stubbornness and self-determination can overwhelm the people living with them.	
33	<b>Walnut</b>	Juglans Regia	For those who are going through a period of change in life and cannot adapt to it yet, as well as those who are trying to defend themselves from outside influences, people who want to turn off temptation as it prevents them from concentrating on what they are doing the present.	
34	<b>Water Violet</b>	Hottonia Palustris	For people who find it difficult to make contact, who keep all the problems inside, who like to be left alone, but one fine day they begin to feel a gap between themselves and the rest of society, and then they feel lonely, sad, and uncomfortable.	
35	<b>White Chestnut</b>	Aesculus Hippocastanum	Suitable for those who are bothered with unwanted thoughts and restless states which prevent them from doing their job, to relax and be happy in their day to day lives.	

36	<b>Wild Oat</b>	Bromus Ramosus	For people who are not sure of the correctness of the chosen path, for those who are not satisfied with what they have, and for those who do not know how to change the current situation for better. People who are at a crossroads and cannot choose the right direction. For people who are dissatisfied with their life and work.	
37	<b>Wild Rose</b>	Rosa Canina	For people who live in humility and apathy, for those who have no interest in life, and who live day after day without any joy. Whatever happens in their life is taken as a destiny and they have no desire to change anything about it.	
38	<b>Willow</b>	Salix Vitellina	For those who live in a sense of resentment, they feel that they did not deserve this attitude directed at them, they feel that they do not have the strength to change anything in their life and be happier.	