Abstract

Certain flower essences are thought to have an antidoting effect on the impact of high levels of environmental stimulation. Using a randomized double blind experimental design, this study explored the effects of two flower essence formulas (Yarrow Special Formula and Five Flower Formula) on the intense environmental stimulation of fluorescent lights and its concomitant electromagnetic fields (EMF). Twenty four subjects (N = 8 per cell) were monitored using a 19 channel quantitative electroencephalograph (qEEG) system, along with the activity of six surface electromyograph (SEMG) sites (Frontal, C2 (mastoid ro mastoid), Cervical (C4 paraspinals), Thoracic (T6 paraspinals), Lumbar (T12 paraspinals) and Sacral (L1 paraspinals)). A 12 minute study was conducted which assessed baseline activity; reaction to the flower essence or placebo; reaction to the high intensity light stimulation; and concluded with a recovery period. The artifacted qEEG and SEMG data were submitted to standard statistical analysis (ANOVA). The results of the study show EEG activation of the frontal lobes area to the photic stimulation, but only for those individuals who received the Placebo preparation. Concurrent activation of the T6 paraspinals was also noted for only the Placebo control group as well. This demonstrates that the stress response was seen only in the Placebo group. Here the executive and premotor functions of the frontal lobes activate to determine the course of action to the perceived threat, while the subjects concurrently extended their chest in preparation for fight or flight. The two flower essence groups did not show a similar stress response. Thus flower essences are demonstrated to antidote environmental stressors.

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Refbacks

- There are currently no refbacks.