

Tiredness and Fatigue



Dry Grass

Relief from tiredness and fatigue

The flower essence for feeling fatigued, tired and burnt out from overwork.

For help on all levels for all forms of tiredness and fatigue, especially when a major cause of the fatigue is overwork, leading to burnout.

This essence helps the body with the symptoms of tiredness and fatigue, including when a person has to keep on going, despite the fatigue. It also helps with the underlying emotional and mental causes that are causing the person to be caught in the “overwork and high-stress trap”.

Affirmation: “I now am ready to resolve my issues with tiredness and to rejuvenate my body, mind and spirit.”

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