

HEAL FROM A BROKEN HEART
Antoinette Yarrow - Clinical Herbalist & Empowerment Guide

5 STEPS TO HEAL FROM A BROKEN HEART

1. **Rest.** Slowing down helps us heal and feel our feelings.
 2. **Avoid substances or checking out.** Avoiding is temporary and a short escape.
 3. **Herbs & flower essences to help you grieve**
 - Rose - cooling - for self love, boundaries, nervine, heart medicine
 - Hawthorn - cooling - for forgiveness, self love and boundaries.
 - Skullcap - cooling - for stress to help you calm down. Nervine qualities and helps with anger.
 - Lemon Balm - cooling - to uplift you. Carminative to help you release stress out of the belly.
 - Mullein - cooling - for grief - demulcent, expectorant, helps you expel grief out of your lungs.
 - **How to use.** Spirit doses. Take 5 drops. That's all you need. If your body does need it on a physical level, then a use little more.
 - Check with a Clinical Herbalist or your doctor to see if there is contraindications on your exact prescription of medications you are on.
- You can also use flower essences to help you. It's taking energetic components of the flower and helps you on an emotional level. I personally like using spirit doses. I like a little physical support such as the nervine qualities of rose or the demulcent qualities of mullein.
4. **Self love** - after you rest to slow down, take your herbs or flower essences, you need to love yourself. Self love builds confidence.

5. **Get clear on what you want** - after you are able to feel your feelings, grieve and love yourself you no longer are bound by the past. You can get clear on what you want.

“I have a lot of very happy clients. Antoinette is the most talented and intuitive herbalist I have ever worked with. She truly listens to what you have to say and her suggestions and remedies are holistic, always spot-on, and draw upon her multi-dimensional talents as a healer. I feel very supported during my healing process and am truly thankful to have Antoinette as my guide, and to have the beautiful and potent handcrafted herbal remedies she provides. They have been life-changing for my body, mind, and essence. I highly recommend her services!”
Kirsten S

How do 1-1 Sessions work?

- Heal from heartbreak and find self love
- Increase self love and amplify your own relationship
- Feel confidence and meet your soulmate
- Calm down your anxiety and find peace

Heal a Broken Heart Package

Session includes a full diagnostics questionnaire. This will fully prepare me for your first visit.

- Intention is set during all sessions.
- Questions are asked about lifestyle, diet, sleep, love life, emotional state and trauma and more.
- Each session may include different techniques to help you move forward and break past blocks.
- At the end of a session, a customized herbal formula, a tea or a single herb may be suggested.
- Plus, homework in between sessions is given so you can keep accountable and stay in the progress you want

Heal a Broken Heart Package

\$333 for 3 sessions. Normally \$450. Cost of herbs is more. Great way to set yourself up for the New Year and clear out the blocks to find love.

Email antoinetteyarrow@gmail.com to book your discounted session by Nov 30, 2020!

Disclaimer: The information about the herbs are for educational purposes only. I do not treat or diagnose. I treat the whole person - body, mind and spirit - and facilitate balance in a person.