

# REIKI & HERBS

AS COMPLIMENTARY MEDICINE

BROUGHT TO YOU BY

*Aura and Flora*





# ABOUT ME

I was born and raised in Kentucky but got here as fast as I could! I am the founder of Aura and Flora Holistic Healing. I live in Knoxville with my husband, Rod, our two cats, and 6 chickens! I also have two adult sons who live close by.

I am a certified Usui Holy Fire Reiki Master and a trained clinical herbalist. I focus on holistic healing by working with Reiki energy and herbal remedies. My herbal training is concentrated on native herbs readily found in the southeastern United States.

# IMPORTANT NOTICE



Attendees fully understand that Rebecca Ledbetter of Aura and Flora Holistic Healing is not a licensed medical doctor, does not diagnose or treat disease, and is not here for medical, diagnostic treatments or procedures. Information provided herein is for educational purposes in the historic and traditional uses of herbs and energy healing. The statements made during this presentation have not been evaluated by the FDA. The products discussed in this presentation are not intended to diagnose, treat, cure, or prevent any disease.

## NOTE

Attendees agree that all nutritional supplements, herbs, extracts, remedies, etc. are taken at their own risk.

# WHAT IS REIKI?

Reiki is a gentle Japanese healing technique that channels universal energy ('rei') and life force energy ('ki') to promote deep relaxation and natural self-healing. By restoring energetic flow through light touch or distance work, it brings a profound sense of calm to your entire being.



## HOW IT CAN HELP

- Promotes relaxation and reduces anxiety.
- Nurtures inner harmony and cognitive focus
- Enhances the body's ability to heal naturally.

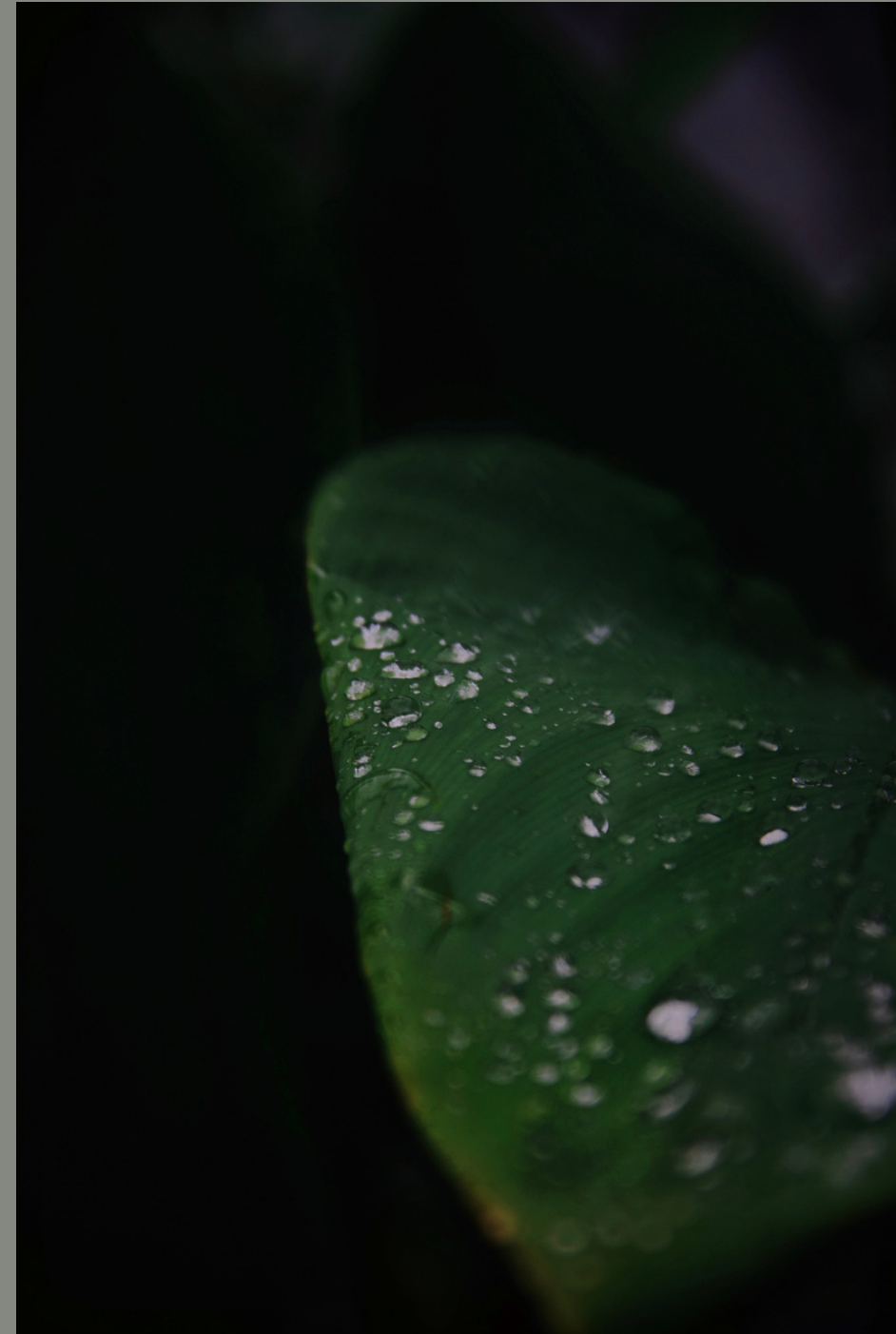
## HERBS FOR IMMUNE SUPPORT

- **Allheal** - *Prunella vulgaris*
- **Cleavers** - *Galium aparine*
- **St. Johnswort** - *Hypericum perforatum*
- **Echinacea** - *Echinacea Purpurea*.
  - Note: Echinacea should only be taken for 2 weeks at a time. Also, *Purpurea* is preferred as *Tennesseensis* is over-farmed.



## HERBS FOR SLEEP AND RELAXATION

- **Hops** – *Humulus lupulus*
- **Skullcap** – *Scutellaria alternafolia*
- **Passionflower** – *Passiflora incarnata*
- **Valerian Root** – *Valeriana officinalis*
- **Lemon Balm** – *Mellisa officinalis*



## ANTI-VIRAL HERBS

- **Allheal** - *Prunella vulgaris*
- **Elderberry** - *Sambucus canadensis*
- **Garlic** - *Allium sativum* (large dose)
- **Ground Ivy** - *Glechoma hederacea*
- **Honeysuckle** - *Lonicera japonica*
- **Stinging Nettle** - *Urtica dioica*
- **Greek Oregano** - *Oreganum vulgare*
- **Yellow root** - *Xanthorhiza simplicissima*



## ANTI-BACTERIAL HERBS

- **Allheal** - *Prunella vulgaris*
- **Butterfly weed root** - *Asclepias tuberosa*
- **Garlic** - *Allium sativum* (large dose)
- **Stinging Nettles** - *Urtica dioica*
- **Greek Oregano** - *Oreganum vulgare*
- **Plantain** - *Plantago* species
- **Rosemary** - *Rosmarinus officinalis*
- **Sage** - *Salvia* species
- **Thyme** - *Thymus* species
- **Yarrow** - *Achillea millefolium*
- **Yellow root** - *Xanthorrhiza simplicissima*

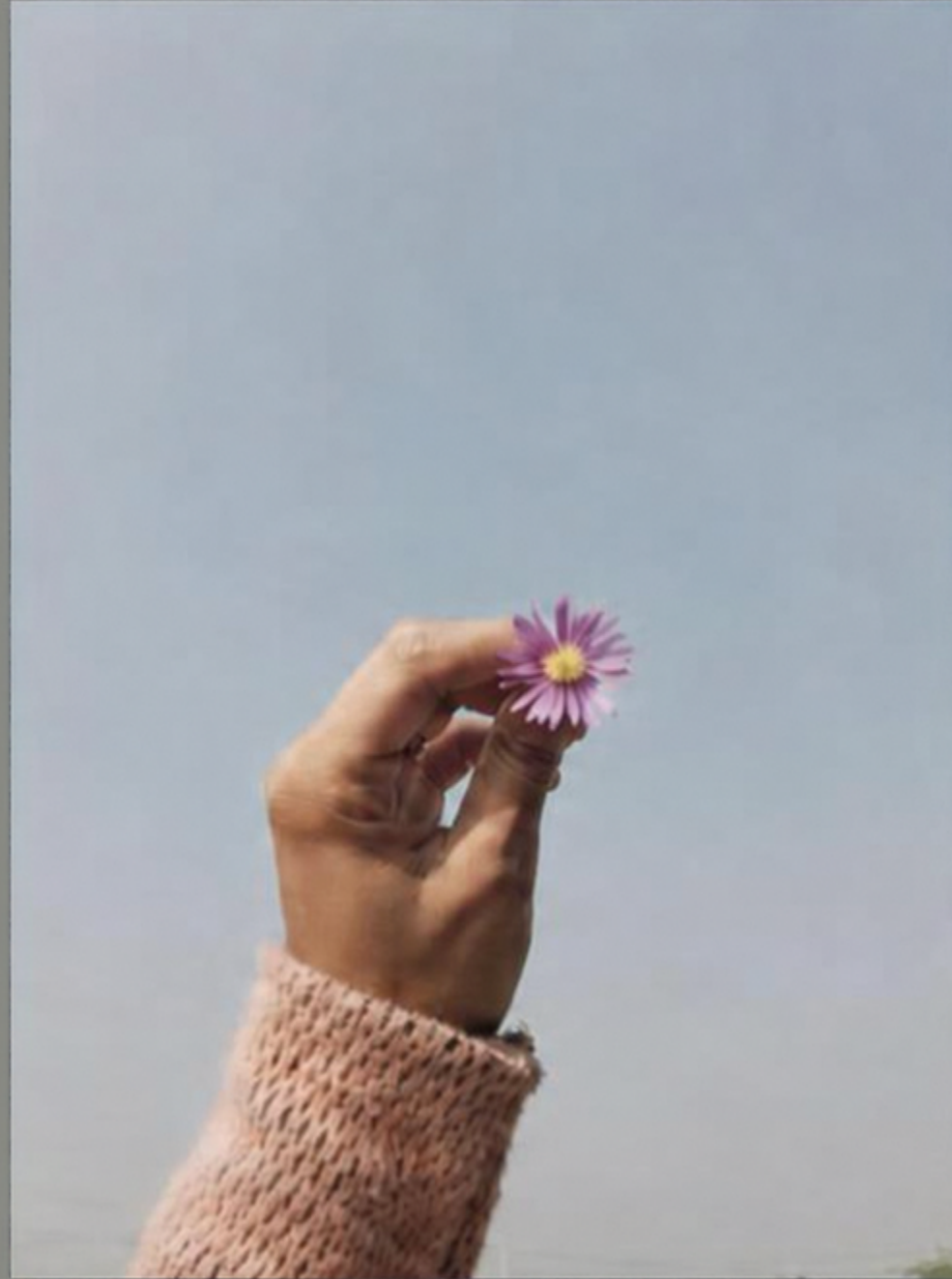


## HERBS FOR HORMONAL BALANCE WITH AGE

- **Lyre Leaf Sage** – *Salvia Lyrata*
- **Wingstem** – *Verbesina alternafolia*
- **Angelica** – *Angelica archangelica*
- **Chaste Tree Berries** – *Vitex agnus castus*
- **Evening primrose seeds** – *Oenothera biennis*

**Note that Black Cohosh is not listed because it is not sustainable.**





# THANK YOU!

Please leave your contact information  
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*[www.Aura-and-Flora.com](http://www.Aura-and-Flora.com)*

Are you interested in learning more?  
I offer personalized Reiki Sessions and  
herbal consultations in your home or mine!

CONTACT  
ME



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