

Flower Essence & Meridian Balancing

By Arden Wong

Practitioner of Natural Medicine (Homeopathy & Flower Essences)

Director, Arden Wong Natural Medicine Centre

Certificate of Traditional Chinese Medicine (HKU-SPACE)

Diploma of Classical Homeopathy (Nature Care College, Sydney)

Bachelor of Business of Administration (Honours) (CUHK)

Arden Wong is a practitioner of natural medicine specializing in homeopathy and flower essences based in Hong Kong SAR, China. His interest in natural medicines sprouted from his endeavour to heal himself from the life-long atopic conditions of severe eczema, asthma and allergic rhinitis. Since early 1990s, he had taught himself diversely, learning from many healers and practitioners and served in various naturopathic centres and health food shops. After deeper soul searching in the tropical rainforest of Sabah, he went to study classical homeopathy at Nature Care College, Sydney, where he graduated with "Excellence for Homeopathy Award/Warren Brauer Memorial Prize for Excellence in Naturopathy".

Since 1994, Arden has been a health columnist in various local papers and magazines, including the weekly 'Nature's Doctor' column for Hong Kong Economic Times for over seven years. He is the author of two Chinese books titled '*Eat Well Eat Natural Wholefood*' 《吃的自然的吃》 and '*Flower Essences: Healers for the Soul*' 《因為花藥，我學會了愛》. He is frequently interviewed by the press on a variety of natural health issues and regularly conducts Flower essence workshops and homeopathy lectures in both Hong Kong and Taiwan.

Arden is a life-time student of healing arts of the Orient and the West, always passionately helping people reduce their sufferings and live their full potential. You may contact him at arden@gentlemedicine.info.

PRESENTATION OUTLINE

1. What is Bach Flower Therapy? An illustrative case.
2. History, philosophy and the practice of Bach flower therapy
3. The preparation and administration of Bach flower essences
4. Prescribing the remedies
 - a. the traditional approach
 - b. intuitive approach
 - c. modern approaches – EAV / EDI
4. the role of kinesiology in diagnostics, selection and confirmation
5. Relating the Bach remedies, emotions and the meridians
- 6 Illustrative Cases
7. Recent development to essence therapy and future directions