

CHRISTCHURCH FLOWER ESSENCES

DOSE RECORD SHEET

Name of the person the remedy is for: \_\_\_\_\_

Name of Prescriber: \_\_\_\_\_

Signature \_\_\_\_\_

*Please date and initial each recommendation in the boxes below*

| Spring Flowers         | Date Initial |  |  |  |  |  |  | Summer Flowers          | Date Initial |  |  |  |  |  |  |  |  |
|------------------------|--------------|--|--|--|--|--|--|-------------------------|--------------|--|--|--|--|--|--|--|--|
| Anemone                | SP1          |  |  |  |  |  |  | Arum Lily               | SU1          |  |  |  |  |  |  |  |  |
| Azalea                 | SP2          |  |  |  |  |  |  | Bleeding Heart          | SU2          |  |  |  |  |  |  |  |  |
| Bluebell               | SP3          |  |  |  |  |  |  | Busy Lizzie             | SU3          |  |  |  |  |  |  |  |  |
| Camellia - Double      | SP4          |  |  |  |  |  |  | Buttercup               | SU4          |  |  |  |  |  |  |  |  |
| Camellia - Pink        | SP5          |  |  |  |  |  |  | Canterbury Bells        | SU5          |  |  |  |  |  |  |  |  |
| Camellia - Red         | SP6          |  |  |  |  |  |  | Christmas Lily          | SU6          |  |  |  |  |  |  |  |  |
| Camellia - White       | SP7          |  |  |  |  |  |  | Chrysanthemum           | SU7          |  |  |  |  |  |  |  |  |
| Cherry Blossom         | SP8          |  |  |  |  |  |  | Columbine               | SU8          |  |  |  |  |  |  |  |  |
| Clematis               | SP9          |  |  |  |  |  |  | Dogwood                 | SU9          |  |  |  |  |  |  |  |  |
| Crab Apple             | SP10         |  |  |  |  |  |  | Evening Primrose        | SU10         |  |  |  |  |  |  |  |  |
| Daffodil - Actaea      | SP11         |  |  |  |  |  |  | Forget-Me-Not           | SU11         |  |  |  |  |  |  |  |  |
| Daffodil - King Alfred | SP12         |  |  |  |  |  |  | Fuchsia                 | SU12         |  |  |  |  |  |  |  |  |
| Daffodil - White       | SP13         |  |  |  |  |  |  | Hollyhock               | SU13         |  |  |  |  |  |  |  |  |
| Daphne                 | SP14         |  |  |  |  |  |  | Honesty                 | SU15         |  |  |  |  |  |  |  |  |
| Erlicheer              | SP15         |  |  |  |  |  |  | Iris                    | SU15         |  |  |  |  |  |  |  |  |
| Freesia                | SP16         |  |  |  |  |  |  | Jasmine                 | SU16         |  |  |  |  |  |  |  |  |
| Gentian                | SP17         |  |  |  |  |  |  | Larkspur                | SU17         |  |  |  |  |  |  |  |  |
| Grape Hyacinth         | SP18         |  |  |  |  |  |  | Lavender                | SU18         |  |  |  |  |  |  |  |  |
| Hyacinth               | SP19         |  |  |  |  |  |  | Lilac                   | SU19         |  |  |  |  |  |  |  |  |
| Japonica               | SP20         |  |  |  |  |  |  | Lily of the Valley Bush | SU20         |  |  |  |  |  |  |  |  |
| Magnolia               | SP21         |  |  |  |  |  |  | Lobelia                 | SU21         |  |  |  |  |  |  |  |  |
| Magnolia - Star        | SP22         |  |  |  |  |  |  | Lungwort                | SU22         |  |  |  |  |  |  |  |  |
| Magnolia - White       | SP23         |  |  |  |  |  |  | Marigold                | SU23         |  |  |  |  |  |  |  |  |
| Maple                  | SP24         |  |  |  |  |  |  | Paeony Rose             | SU24         |  |  |  |  |  |  |  |  |
| Pansy                  | SP25         |  |  |  |  |  |  | Periwinkle              | SU25         |  |  |  |  |  |  |  |  |
| Pansy - Joker          | SP26         |  |  |  |  |  |  | Poppy                   | SU26         |  |  |  |  |  |  |  |  |
| Plum                   | SP27         |  |  |  |  |  |  | Ranunculus              | SU27         |  |  |  |  |  |  |  |  |
| Polyanthus             | SP28         |  |  |  |  |  |  | Rock Rose               | SU28         |  |  |  |  |  |  |  |  |
| Primrose               | SP29         |  |  |  |  |  |  | Rose - Blue Moon        | SU29         |  |  |  |  |  |  |  |  |
| Rhododendron - Pink    | SP30         |  |  |  |  |  |  | Rose - Peace            | SU30         |  |  |  |  |  |  |  |  |
| Rhododendron - Red     | SP31         |  |  |  |  |  |  | Rose - Pristine         | SU31         |  |  |  |  |  |  |  |  |
| Rhododendron - Wine    | SP32         |  |  |  |  |  |  | Rose - Superstar        | SU32         |  |  |  |  |  |  |  |  |
| Snowflake              | SP33         |  |  |  |  |  |  | Rose - The World        | SU33         |  |  |  |  |  |  |  |  |
| Soleil d'Or            | SP34         |  |  |  |  |  |  | Shasta Daisy            | SU34         |  |  |  |  |  |  |  |  |
| Star of Bethlehem      | SP35         |  |  |  |  |  |  | Spiraea                 | SU35         |  |  |  |  |  |  |  |  |
| Tulip                  | SP36         |  |  |  |  |  |  | St John's Wort          | SU36         |  |  |  |  |  |  |  |  |
| Viburnum               | SP37         |  |  |  |  |  |  | Sunflower               | SU37         |  |  |  |  |  |  |  |  |
| Violet                 | SP38         |  |  |  |  |  |  | Trillium                | SU38         |  |  |  |  |  |  |  |  |
| Weeping Prunus         | SP39         |  |  |  |  |  |  | Wallflower              | SU39         |  |  |  |  |  |  |  |  |
| Winter Rose            | SP40         |  |  |  |  |  |  | Windflower              | SU40         |  |  |  |  |  |  |  |  |
| Yellow Hoop Petticoat  | SP41         |  |  |  |  |  |  | Wisteria                | SU41         |  |  |  |  |  |  |  |  |
| Relief Essence         | RE           |  |  |  |  |  |  | Relief Essence          | RE           |  |  |  |  |  |  |  |  |