

April 29, 2007

To Whom It May Concern:

It is with great pleasure that I write this letter of recommendation for Jane Ellen, a Flower Essence consultant who has become a close personal friend since I met her over a year ago. I first contacted Jane for a Flower Essence consultation for myself as I was leaving my Internal Medicine practice to become the Medical Director of our local hospice. After several weeks of receiving the Flower Essences I realized that the surprisingly easy transition that I experienced in my job change, was in a large part, due to the Essences. I also recognized that my patients, who themselves were facing a much more difficult transition than me, would benefit substantially from the beautiful support of the Flower Essences. When I asked Jane about this, she immediately embraced the idea and made herself available to me twenty-four hours a day as a consultant.

In May 2006, Jane came to Windber Hospice and did a presentation on Flower Essences for the hospice staff and for over fifty hospice volunteers. She explained that the Essences could be used not only for our patients, but also for the families and the nurses who give so much of themselves every day while caring for their loved ones and patients. Jane introduced us to Flower Essences that assist the soul in transition and aid in the ability to shift one's focus from the physical realm to the spiritual as well as feeling the support of the angelic realm. This is exceedingly important in hospice work. I find that patients who have severe pain refractory to high doses of narcotics are often dealing with underlying emotional and/or spiritual issues that are manifesting as intense physical pain. Receiving the Essences seems to bring those issues to the surface so that they can be dealt with more effectively and completely. This allows me, as a physician, to get to the *source* of the discomfort, rather than simply over-medicate my patients in a futile attempt to make their pain go away. The Flower Essences gently and powerfully assist in addressing the spiritual, emotional, and psychological needs of patients.

The Flower Essences have become my personal allies in hospice, and I am continually amazed at their subtle yet profound influence on my patients and their families. I have numerous examples of patients and families whose minds were somehow put "at ease" once they began receiving the Essences. I became a believer, as I mentioned above, with my own personal experience with the Essences; but my patients continually reaffirm the need to receive them in the transition from life to death. Occasionally, patients who have been nonverbal will reach out a hand and ask specifically for the Flower Essences. It has been my policy when patients are admitted into the hospice unit to write an order for these specific Essences to be placed on my patients' wrists and gently rubbed in every 6 hours. They appreciate the gentle touch that is involved, and family members often offer to administer them. Sometimes I will place the drops over my patient's heart, always explaining what they are for.

Jane has been exceptional in her support of offering the Flower Essences in hospice. I can honestly say that I don't think I could have pursued it to the extent that I have without her undeniable enthusiasm and persistence. Jane has had to endure many roadblocks in dealing with my hectic schedule and unfamiliar hospital

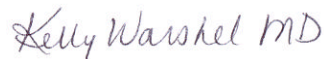
policies; but she has tirelessly persevered, simply for the love of the Essences and the firm knowing of how much they would benefit the dying. I am forever indebted to Jane for introducing me to the Flower Essences at such a critical time in my life. She has unknowingly been the catalyst for something that has touched the lives of hundreds of people who experienced either their own death, or the loss of a loved one.

I should mention that the nurses and hospice staff have become more and more accepting of this nontraditional therapy for our patients. They are seeing for themselves how the patients somehow change once they begin receiving the Flower Essences. They are often sleeping better, taking less of their anti-anxiety or pain medications, and family members are requesting the Flower Essences. The nurses themselves frequently tell me that they "need" more of the anti-stress formula, which I leave at the nurses' station for anyone who feels the need to receive it.

Last month, Jane took it upon herself to create beautiful handouts with pictures and affirmations of each of the Flower Essences we are currently using. She made laminated copies bound by a ring for each of our hospice rooms and one for the nurses' station. This is just one of many examples of what an invaluable resource Jane has been for me. Now, the family members can read the affirmations, and patients who are not under my care can be exposed to the Flower Essences. She has also recently introduced me to additional Essences, which I plan on offering to patients and their families.

Please do not hesitate to contact me at Windber Hospice, 814-467-3434, if you have any questions whatsoever regarding Jane and/or the use of Flower Essences in palliative care. Jane would be a priceless resource for any hospice/palliative care unit who was fortunate enough to utilize her as a consultant for Flower Essence Therapy.

Sincerely Yours,

A handwritten signature in cursive script that reads "Kelly Warshel MD".

Kelly Warshel, M.D.  
Medical Director, Windber Hospice  
and Palliative Care Unit