

# **BACH FLOWER REMEDIES**

The basis of this increasingly popular complementary therapy is the therapeutic effect flowers can have on our emotions – particularly when trying to cope with life's ups and downs.

*Please scroll down to find the information that you require on:*

- **HOW THE REMEDIES WORK**
- **HOW TO TAKE YOUR REMEDY**
- **HOW TO CHOOSE THE RIGHT REMEDY FOR YOUR EMOTIONS**

## **HOW THE REMEDIES WORK**

Harley Street physician Dr. Edward Bach created these homeopathic remedies from plant and flower extracts in the 1930s, working on the principle that "a healthy mind leads to a healthy body." He believed that long term upset or unbalanced emotions may be manifested in physical symptoms or contribute to illness. To help avoid this, Bach used extracts to help overcome negative feelings and rebalance the emotions. There are 12 Flower Remedies for individual personality types and 26 for specific emotional states. Whether you're feeling guilty about juggling domestic responsibilities with a career or unable to stop thinking about a broken relationship, one or a combination of Bach Flower Remedies may help rebalance your emotions.

## **HOW TO TAKE YOUR REMEDY**

Take two drops diluted in water and sip at intervals or dropped directly on the tongue.

You may want to combine several Bach Flower Remedies to get you back on track. Add two drops of each remedy (no more than seven remedies) to water.

This all-natural therapy is suitable for all the family, can be used alongside orthodox medicine and has no contra-indications.

Keep all medicines out of the reach of children.

## HOW TO CHOOSE THE RIGHT RESCUE REMEDY FOR YOUR EMOTIONS

To decide on the right remedy for you, choose from seven categories of negative emotions listed below, and then select the remedy that most closely matches your state of mind. You may not recognise all the feelings described, but one or more of them may feel uncomfortably familiar. If so, the Flower Remedy recommended to help balance those emotions is the remedy for you.

- **Despondency or despair**
- **Fear**
- **Lack of interest in present circumstances**
- **Loneliness**
- **Over-concern for others**
- **Over-sensitivity to influences and ideas**
- **Uncertainty**

*Blends are also available. Please scroll down to the end of the seven categories of emotions to find out more about these.*

### **Despondency or despair:**

CRAB APPLE - Poor self-image, feeling of shame, sense of uncleanliness.

ELM - Overwhelmed or burdened by responsibility.

LARCH - Lack of self-confidence and a feeling of inferiority, without envy.

OAK - Normally brave but losing inner strength, allowing fatigue to take over.

PI NE - Self-reproach or guilt.

STAR OF BETHLEHEM - After-effects of shock or grief.

SWEET CHESTNUT - At the limits of endurance, deep despair, bleak outlook.

WILLOW - Resentment, feeling sorry for yourself.

### **Fear:**

ASPEN - Fears and worries of unknown origin, nervous and anxious.

CHERRY PLUM - Fear of losing control, of irrational thoughts or impulses.

MI MULUS - Fear of known things, shyness.

RED CHESTNUT - Over anxious or over-concerned for others.

ROCK ROSE - Terror, sudden alarm or nightmares.

**Lack of interest in present circumstances:**

CHESTNUT BUD - Failure to learn from experience, repeating the same mistakes.

CLEMATIS - Day dreaming, lack of interest in the present.

HONEYSUCKLE - Living in the past, feeling homesick.

MUSTARD - Deep gloom for no apparent reason

OLIVE - Emotional burnout, sapped vitality, especially after illness or after a hard day.

WHITE CHESTNUT - Unwanted thoughts, preoccupation and worry.

WILD ROSE - Resigned, apathetic, making little effort to improve situations.

**Loneliness:**

HEATHER - Self-absorbed, difficulty in being alone, excessively talkative.

IMPATIENS - Impatient, irritable.

WATER VIOLET - Prefer to be alone, proud or aloof.

**Over-concern for others:**

BEECH - Critical, intolerant of others.

CHICORY - Over-protective, possessive, selfish, full of self-pity.

ROCK WATER - For those who are overly strict with themselves, for rigid mindedness.

VERVAIN - Over enthusiastic and argumentative, with fixed principles and ideas.

VINE - Strong willed, with a tendency to be ruthless, domineering or inflexible.

**Over-sensitivity to influences and ideas:**

AGRI MONY - Putting on a cheerful face to hide problems, not wishing to burden others.

CENTAURY - Difficulty in saying no, anxious to please, easily exploited.

HOLLY - Feelings of hatred, envy, suspicion or revenge.

WALNUT - Facing major life changes, needing protection from the influence of others.

**Uncertainty:**

CERATO - Doubtful of own ability to judge situations or make decisions.

GENTI AN - Easily discouraged, hesitant, despondent.

GORSE - Hopelessness, despair, pessimism.

HORNBEAM - That 'Monday morning' feeling, emotional exhaustion.

SCLERANTHUS - Indecisive or unable to decide between two options.

WILD OAT - Dissatisfied with current lifestyle, can't decide which path to follow.

**Bach Rescue™ Remedy**

Bach Rescue™ Remedy, a blend of five Flower Remedies, may calm you down when you're facing a one off difficult situation like an interview or a dentist's appointment. It can also help in times of crisis or trauma, such as bereavement, a relationship break-up or redundancy.

**Bach Rescue™ Cream**

Bach Rescue™ Cream contains a blend of six of the Flower Remedies. A general skin salve that moisturises rough, dry skin to restore it to good condition on the hands, face or body. It can help treat a variety of skin conditions including rough patches, flaking and chapping.

## **Bach Flower Remedy Set**

A complete set of the 38 homoeopathically prepared plant and flower based remedies plus two Rescue™ Remedies.