



# *Bach Flower Remedies*

*“Health depends on being in harmony with our souls.” Dr. Bach*

When we feel happy, positive and fulfilled, we enjoy better health and get more out of life. Emotional and physical health are linked; a harmonious attitude of mind plays a vital role in supporting the immune system to maintain health and recover from illness. Emotional states such as anxiety, depression and fear can impede physical healing.

Sometimes we need a little help to manage the emotional demands of everyday life and stay in balance. That's when Bach Flower Remedies can help. They help you to take control of the way you feel by flooding your being with the positive qualities of the flowers.

## **The History Of Bach Flower Remedies**

Bach Flower Remedies were created in the 1930's by a well known British physician, Dr. Edward Bach, also a homeopath and bacteriologist. Dr. Bach spent his life searching for the purest methods of healing. Dr. Bach identified 38 basic negative states of mind and created a remedy for each one using wild flowers, plants and trees. Dr. Bach's home at Mount Vernon is now known as The Bach Centre, and the present custodians continue to prepare the mother tinctures according to the original methods passed on by Dr. Bach.

## **Choosing the Correct Remedy for You**

Recognizing exactly how you feel is the key to choosing the most appropriate Bach Flower Remedy. Try to pinpoint how you are feeling at the moment; look for the root cause, the type of person you are. Then match the mood you're in with the appropriate remedies. Choose up to five essences to create your personalized Bach remedy. Too many essences at one time might scatter the effects of its healing properties.

Sometimes we find it difficult to be honest with ourselves. Keep in mind that the descriptions are extreme states. Once we have admitted how we feel, we are halfway towards balancing that emotion. So, if you have trouble working out your feelings, why not ask your partner or a close friend to help?

The essences are completely safe and have no unwanted side effects. They are gentle enough for use on babies and pets. They work gently at a natural pace to which people can easily adjust. If there is no improvement within two weeks, reconsider your choice of essences; there may be an aspect you missed.

## **Directions for Use**

Take four drops at least four times per day, especially first thing in the morning and before going to bed, until relief is obtained or the bottle is finished. Place the drops directly in your mouth or in a glass of water. Hold the dose in your mouth for a few moments before swallowing. You can also put in a bottle of water and sip throughout the day.

# *List of Remedies*

**Agrimony:** Mental torture and hiding problems behind a cheerful face. They may suppress their discomfort with the aid of drinking, drugs or comfort eating.

**Aspen:** Fear and worries of an unknown origin. Useful for children with nightmares.

**Beech:** Intolerance and constantly criticizing. Easily irritated by other's mannerisms or habits. Tends to be a perfectionist and keeps to themselves.

**Centaury:** The inability to say no. Weak-willed and anxious to please, little strength of will. Tend to be timid and deny their own needs to please others.

**Cerato:** Lack of trust in their own decisions. Lack of confidence, need to seek advice and confirmation from others.

**Cherry Plum:** Fear of losing control of their behavior. May be in despair or on verge of breakdown. May be abusive or hysterical towards family, with sudden outbursts. Tendency to act irrationally.

**Chestnut Bud:** Failure to learn from past mistakes. Repeating the same mistakes, such as repeatedly falling for the wrong partner or continuing to work in an unsuitable job. May suffer recurrent ailments.

**Chicory:** Selfish, possessive and over-protective. Often very talkative, opinionated and argumentative. Strong willed people, expect others to conform to their values. May be critical, interfering or nagging. Dislike being alone and constant unreasonable demands for attention. Feels unloved and unappreciated by loved ones.

**Clematis:** Absent minded with lack of interest in the present, "spacey" feeling. Fantasies of the future, but not sufficiently anchored in present reality to make them happen. Like to be alone, poor memory and concentration, short attention span. Tend to be accident prone.

**Crab Apple:** Poor self image, sense of uncleanness and self-hatred. May have a mental obsession with cleanliness and trivialities. Inability to tolerate disorder or untidiness. Indicated for people who are embarrassed by a physical symptom such as skin problems.

**Elm:** Overwhelmed by responsibility and workload. Taking on too much work without taking care of themselves. As a result, may feel depressed or exhausted with a temporary loss of self-esteem.

**Gentian:** Easily discouraged or depressed after a setback or when faced with difficulties. The depression is from an identifiable cause, often pessimistic. Useful for those who feel downcast with a long-term illness or children discouraged with an activity or schoolwork.

**Gorse:** Extreme hopelessness and despair, often after a trauma. Those who have lost all hope and believe their situation will not get better or their illness is incurable. They feel condemned to suffering and do not try to get better or have no faith in the treatments.

**Heather:** Self-centeredness and self-concern. Preoccupied with their own situation or ailments and unable to enter into genuine two-way communication with others. Extreme neediness and exaggeration. Compulsive talkers showing no interest in other people's problems.

**Holly:** Hatred, envy and jealousy. May be bad-tempered, cruel, suspicious or aggressive. Suffering inside, difficult to open their hearts to love. Good for children jealous of siblings.

**Honeysuckle:** Dwelling on the past. State of homesickness or nostalgia. Unable to get over unhappy past experiences, bereavement or unemployment.

**Hornbeam:** Mental weariness, waking up doubting ability to face the day's work even though they usually get everything done. "Monday morning feeling." Sleep is not refreshing. May be due to staleness or lack of variety in life. Good for students studying hard for exams (combine with Olive). Lack of enthusiasm and therefore tend to procrastinate.

**Impatiens:** Impatience and easily irritated. Want everything done instantly and prefer to work alone. Think, act and speak quickly; sense of urgency in activities. Independent, hate wasting time and fidgety. May have short lived temper flare-ups.

**Larch:** Lack of confidence. They don't even try for fear they'll fail. Feelings of inferiority. Useful for anyone who lacks confidence before exams or interviews.

**Mimulus:** Fear from known causes such as illness, death, accidents, pain, dark, poverty, spiders, public speaking and heights. May be talented, but timid and tongue-tied in company.

**Mustard:** Deep gloom for no reason, sudden depression and unable to shake it off.

**Oak:** Strong and reliable but keeps going to the point of exhaustion. They do not allow themselves to relax when there is work to be done, even when overtired. Loss of innate strength may lead to stress, frustration or depression. Sense of failure when ill.

**Olive:** Exhaustion following mental or physical effort. May be after a long period of personal difficulties, study, work, illness or nursing a loved one. Everything is an effort, life lacks zest, no longer enjoy former pleasurable activities.

**Pine:** Guilt, feelings of undeserving and unworthiness. Appear humble and apologetic.

**Red Chestnut:** Fear or over-concern for the welfare of loved ones.

**Rock Rose:** Terror, fright and panic such as after a particular accident or crisis. When under acute threat, sense of frozen fear and helplessness. Often suffers from nightmares.

**Rock Water:** Inflexibility, self-denial, rigidity and self-repression. Very high standards with rigid ideas in subjects such as diets, religion, morality and politics. Feel disappointed if they do not meet their own high ideals.

**Scleranthus:** Uncertainty and indecision especially when faced with a choice of two possibilities. Lack balance and moody. Moods change from extremes: joy to sadness, laughing to crying.

**Star of Bethlehem:** For the after effects of shock. Especially from trauma, accidents, bad news, or bereavement. Numbness or withdrawal with a sense of loss of grief. Useful for mother and child immediately after birth.

**Sweet Chestnut:** Extreme mental anguish, hopeless despair when everything has been tried and there is no light left. May present as intense sorrow, dejection, loneliness and feelings that the future holds nothing. Might follow bereavement or years of difficulty.

**Vervain:** Over-enthusiasm, putting unnecessary effort into everything and pushing themselves beyond their limit. Fixed principles and ideas which they are confident are right. Hold strong views, dedicated to causes and often fanatical. Strives so hard that they feel tense and high strung. May be annoyed over matters of principle.

**Vine:** Dominance, inflexibility and assertive. Often highly gifted but use those gifts to dominate and put other people down. Override other's wishes and opinions and expect absolute obedience. Feels the need to always be right. Aggressive, proud and greedy for power.

**Walnut:** Difficult to adapt to change and unwanted influences. Oversensitive to certain ideas or atmospheres. Indicated for major life changes like teething, puberty, pregnancy, divorce, menopause, moving or giving up addictions. Have ideals and ambitions but may be sidetracked or held back by another person or their problems. Useful for therapists and counselors.

**Water Violet:** Appear to others as overly proud and aloof. Private, sedate and gentle people whom are often asked for advice. May appear aloof, proud or condescending. When they are tired or there are too many external distractions, they have a tendency to withdraw appearing anti-social. Keep problems to themselves and may appear emotional cold.

**White Chestnut:** Unwanted obsessive or worrying thoughts, mental arguments. Mentally relive unhappy events or arguments, makes it difficult to sleep and concentrate.

**Wild Oat:** Uncertainty over their direction in life when reaching a cross-road. May have ambition and talents but waste gifts through a lack of clear direction. May try several different careers but become easily bored. Feel frustrated and dissatisfied. Helpful in choosing a career.

**Wild Rose:** Resignation to an unpleasant situation such as illness, a monotonous life or work. Do not complain and too apathetic to get better, change jobs or enjoy simple pleasures. Unsatisfactory situations, although not unhappy. Unable to fulfill potential, lack ambition and motivation.

**Willow:** Self-pity, resentment and bitterness. Difficulty in forgiving and forgetting. Essence helps to neutralize resentment and regain a sense of humor and proportion. Feelings of being short-changed in life. Begrudges other's good luck, health, happiness or success. May be sulky, grumbling or irritable. Never pleased or satisfied, prefer to see themselves as victims.



Call or email with your selection or let us know during your next appointment.

Each 30 mL personalized bottle is \$20 • Choose up to 5 flower essences.

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