

How Can Bach Flower Remedies Help You?

Origin:

- In 1928, Dr. Edward Bach discovered that the vibrational frequencies of various flowers mimicked the vibrational frequencies found in individuals experiencing fear, terror, worry, indecision, uncertainty, indifference, apathy, doubt, discouragement, over enthusiasm, pride or aloofness. He placed the flower petals into spring water, allowing the energy of the sun to transfer the reverse polarity of the vibrations into the water. By ingesting the water the flowers had been soaked in, the clients experienced a change in perception of the situations that they used to negatively react to. This change in perception resulted in positive emotional responses to situations which resulted in positive physical healing.

Route of administration:

- Bach Flower water can be put directly into the mouth, under the tongue, for one minute before swallowing.
- Bach Flower water can be placed directly onto the skin for absorption (wrists, armpits, or site of stress-sciatic nerve).
- Bach Flower water can be added to lotions or creams and then applied to the skin externally.

Expiration:

- Bach Flower water has no expiration. However, since most preparations do not contain preservatives, it is suggested that they are stored in a cool, dry, place away from microwaves and cell phones (any appliances). Bach flower water may be stored in the refrigerator to insure freshness.

Disclaimer:

- The information provided here is for educational purposes only, and is not intended as diagnosis, treatment or prescription for any disease. The decision to use, or not to use, any of this information is the sole responsibility of the reader.

***Choose 6 flowers per bottle. Each client may take up to two bottles per day (one AM and one PM bottle).**

Bach Flower Name/Remedy	Category it focuses on	For someone who is experiencing...
Agrimony	OVERSENSITIVE	Masking buried emotions, restlessness, allows you to let emotions go so healing can occur, seeks to disguise sensitive emotions by appearing cheerful and uncomplaining, helps fix a discrepancy between what people think inside compared to what they think others see
Aspen	FEAR	Fearful of the unknown – good for pregnancy when someone is experiencing anxiety – good for a newborn baby if the baby startles when they wake up
Beech	OVER-CARING	Judgmental, critical, intolerant, irritable - good for anger between siblings
Centauray	OVERSENSITIVE	Over-anxious to serve or to please, they are looking for and need approval, easily dominated, seeks to strengthen personality against others
Cerato	UNCERTAINTY	Always seeking advice-uncertain about one's ability
Cherry Plum	FEAR	Struggling for control, need schedules, possible nervous breakdown, suicidal, fear of losing your mind – good for pregnancy for those that over plan the pregnancy–good for youth that feel like they need to micromanage–excellent for youth that are experiencing bed wetting, helps them gain control
Chestnut Bud	DISINTERESTED	Challenged by learning, helps you look beneath the surface for active learning, preoccupied with the future, fail to learn from experiences, careless
Chicory	OVER-CARING	Needy or over-nurturing, clingy personality, critical, for the bargaining child, for the mothering type that becomes possessive - excellent for pregnancy
Clematis	DISINTERESTED	Unfocused or a daydreamer, helps with abuse victims that are withdrawn so they may cope and heal – good for pregnancy for the daydreaming mom
Crab Apple	DESPONDENT	A perfectionist or feels flawed, good for cleansing – good for pregnancy so the body can let go of toxins – excellent for those having experienced sexual abuse or feel unclean, for those experiencing self-disgust
Elm	DESPONDENT	Temporarily overwhelmed or defeated – good for pregnancy
Gentian	UNCERTAINTY	Pessimistic and discouraged, they feel like something is going to interfere with their success, helps with depression, eases thoughts of doubt

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Gorse	UNCERTAINTY	Hopeless and helpless, feels like it is the end of the world, may be emotionally bed ridden
Heather	LONELINESS	Talkative about personal issues
Holly	OVERSENSITIVE	Angry, protective, and jealous – for those that protect with anger - good for pregnancy for those who tend to take their frustrations out on others
Honeysuckle	DISINTERESTED	Stuck in the past, helps to get a more realistic view of the past
Hornbeam	UNCERTAINTY	Procrastinating, lacks strength, hopeless, uncertain about the ability to cope
Impatiens	LONELINESS	Impatient and hurried, allows you to slow down and be patient – good for babies who do not want to miss anything so it is hard for them to fall asleep – good for learning difficulties when someone needs to quiet the mind to focus
Larch	UNCERTAINTY	Feeling incapable, great for those that need to boost their self esteem
Mimulus	FEAR	Fearful of known things, oversensitive to crowds, sounds or stimulus – clears accident emotions - good for pregnancy where there is a specific known fear
Mustard	DISINTERESTED	Depressed without cause – good for teenagers experiencing depression
Oak	DISINTERESTED	Dutiful and determined beyond physical limits, can get discouraged by load
Olive	DISINTERESTED	Exhausted and overworked, life is too hard and without pleasure, possible nervous breakdown – good for pregnancy to help you rest better
Pine	DESPONDENT	Guilty and regretful, helps release guilt due to abuse situations
Red Chestnut	FEAR	Anxious about others' well-being, for those that anticipate trouble – good for new parents that are overly concerned about the well-being of the child
Rock Rose	FEAR	Paralyzed with fear or in shock, terror, panic, hysteria, good for nightmares
Rock Water	OVER-CARING	A rigid, self-disciplined example to others, strict and deny themselves
Scleranthus	UNCERTAINTY	Torn between extremes or choices, having trouble making decisions – also good for morning sickness and pregnancy – good for teenagers experiencing mood swings
Star of Bethlehem	DESPONDENT	Grieving or suffering loss, helps to heal emotional wounds no matter how old the wound – good for the entire family after a traumatic birth/death
Sweet Chestnut	DESPONDENT	Lacking faith or has hit rock bottom, those in ultimate despair, feel terrible anguish and are self-destructive – topical application relieves sciatic nerve pain – for newborns, baby who is learning to sleep alone or being left alone and panics
Vervain	OVER-CARING	Outspoken with strong views, too enthusiastic, trying too hard and need to settle down, have a strong will and becomes overbearing – excellent for teens who have something to say but feel like they are not being heard saying “It is just not fair!” or “Nobody understands!” - helps with those getting headaches
Vine	OVER-CARING	Bossy, controlling, lacks sympathy, they think their way is the only way
Walnut	OVERSENSITIVE	Adjusting to change, overly impressionable, allows you to let go of old ways of doing things and embrace change – excellent for pregnancy – excellent for youth trying to get through peer pressure situations
Water Violet	LONELINESS	Aloof and self-sufficient, helps to open up the personality for interaction
White Chestnut	DISINTERESTED	Busy headed or worried too much, feeling like your never getting anywhere, also great for bedtime to quiet the brain
Wild Oat	UNCERTAINTY	Torn between many options or spread too thin, a great path finder
Wild Rose	DISINTERESTED	Disinterested and resigned and can sit on the side lines and watch life go by – good for teenagers that seem indifferent when making choices
Willow	DESPONDENT	Victimized and blaming, used for anyone that has had their choice taken away, helps victims feel in control again – helps youth in making wise choices

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