

THE ORIGINAL BACH FLOWER ESSENCES™

Bach Flower Essences™. The simple and natural method of establishing complete equilibrium and harmony through the personality by means of wild flowers discovered by Edward Bach, M.B., B.S., M.R.C.S., L.R.C.P., D.P.H.

Dr. Edward Bach was a medical doctor and bacteriologist who gave up his lucrative practice to study the causes of ill health. He believed that if a patient's emotional balance were corrected, the body's natural ability to throw off illness would be strengthened. In the 1930s, Dr. Bach discovered the Bach Flower Essences™ in and around the pastoral cottage he maintained in Oxfordshire, England. His findings are very much in tune with the philosophy of natural health today.

Today, these safe and gentle essences are used all over the world by individuals, medical and other health practitioners, homeopaths, massage therapists, chiropractors, psychotherapists and counselors, dentists, veterinarians and healers. The Bach Centre, based in the Oxfordshire cottage where Dr. Bach spent his last years, has received thousands of testimonials from patients and practitioners, all vouching for the effectiveness of the original Bach Flower Essences™.

What are the Bach Flower Essences? The Bach Flower Essences are 38 essences (plus the one composite essence, Rescue Remedy®) homeopathically prepared from the flowers of non-poisonous plants, bushes and trees. Each is for a specific mental and emotional state.

How do they work? They work on the emotional state of the person concerned. The Bach Flower Essences aim to transform the negative attitudes associated with the disease into positive ones. This, in turn, allows the body's own physical system to fight disease and associated stress.

Can I take the Bach Flower Essences with any other medication? The Bach Flower Essences are safe, natural, have no side effects and will not interfere with any other form of treatment, including nutritional, homeopathic, herbal and prescription medication.

What if I take the wrong Bach Flower Essence or too much of the correct one? If the Bach Flower Essence you take is not really the one you need, there will be no harm caused whatsoever. You simply will not notice any effect. You could swallow a whole bottle of any of the Bach Flower Essences and no harmful effects would ensue.

Are the Bach Flower Essences only for sick people? People do not have to be physically ill to benefit from the Bach Flower Essences. In times of difficulty and fatigue when negative feelings creep in, the essences can restore balance before any physical symptoms appear.

The list below is a useful summary of the Bach Flower Essences. If you wish to obtain a deeper understanding of Dr. Bach's insights, several books are available especially 'Bach Flower Essences for the Family' a wonderful guide for the whole family including adults, children, animals and plants; 'Bach Flower Remedies for Women' and 'Growing Up With the Bach Flower Remedies'. Other informative books that are a great help in understanding and using the

Bach Flower Essences are the 'Twelve Healers' which offers Dr. Bach's original descriptions and also 'Bach Flower Remedies Step by Step' – a practical all-around guide.

1. **Agrimony.**
Those who hide behind a brave face. Distressed by arguments, quarrels and confrontation. Often turn to alcohol, drugs or comfort eating to help cope.
2. **Aspen.**
Apprehension for no known reason. These people are seized by sudden fears and anxieties. Feelings of unexplained anxious anticipation, foreboding, dread.
3. **Beech.**
Critical and intolerant of others, unable and unwilling to make allowances. These people are convinced that they are right and everyone else is wrong. Perfectionists to the extreme.
4. **Centaury.**
Weak willed; exploited or imposed upon. Usually timid, quiet and passive, these people act out of subservience rather than a spirit of willing cooperation.
5. **Cerato.**
Those who doubt their own judgment, seek confirmation of others. These people may be wise, educated and intuitive yet they constantly seek and follow the advice of others rather than trust themselves.
6. **Cherry Plum.**
Uncontrolled, irrational thoughts. These people feel they may explode and give way to violent impulses and fits of rage. NOTE: If symptoms are severe, help from a good therapist is recommended.
7. **Chestnut Bud.**
Refuses to learn by experience- continually repeats same mistakes. These people do their best to forget past difficulties and thus have no solid basis on which to base future decisions.
8. **Chickory.**
Over possessive – (self centered) – clinging and over-protective especially of loved ones. They expect others to conform to their values and are critical and argumentative when they do not. Interfering, talkative, self-pitying, easily offended.
9. **Clematis.**
Inattentive, dreamy, absent-minded, mental escapism. They like to be alone and avoid confrontation by withdrawing. Lack of interest.
10. **Crab Apple.**
The "Cleanser" – self disgust/detestation. Ashamed of ailments. Symptoms may include obsessive house cleaning, frequent hand washing or obsession with trivialities.
11. **Elm.**
Overwhelmed by responsibility. When people, even those with above average ability, take on too much work while neglecting themselves the results are often temporary depression, exhaustion and loss of self-esteem.
12. **Gentian.**
Despondency. These people become easily depressed and discouraged when things go wrong or difficulties arise. Easily disheartened by small setbacks.

13. **Gorse.**
Pessimism. Defeatism, "oh what's the use!" Very often these are people suffering from a chronic illness and have been told (or have come to believe) that nothing can be done for them. They have no faith the treatments they are undergoing will work.
14. **Heather.**
Talkative, (obsessed with own troubles and experiences). They need an audience and dislike being alone but fail to recognize they are often avoided because they sap other people's vitality.
15. **Holly.**
Hatred, envy, jealousy, suspicion. Unconsciously, these people suffer from insecurity yet project aggression to the world at large. They lack the ability to love.
16. **Honeysuckle.**
Living in the past – nostalgic. Homesickness. They lack the ability to change the present because they are constantly looking at the past, usually out of a sense of fear.
17. **Hornbeam.**
'Monday morning' feeling – procrastination. People who find it difficult to face everyday problems and responsibilities in spite of the fact that they do manage to get things done.
18. **Impatiens.**
Impatience, irritability. Capable and efficient, these people act, think and speak quickly but are frustrated by slow co-workers and so often wind up working alone.
19. **Larch.**
Lack of self-confidence, feels inferior. Fears failure. They may be secretly aware that they really do have the ability they admire (without envy) in others, yet these people simply won't try for fear of failing.
20. **Mimulus.**
Fear of unknown things. Shyness, timidity. For people who fear accidents, pain, poverty, public speaking, unemployment, etc. Often artistic and talented, these people can be tongue-tied and unable to speak about their fears.
21. **Mustard.**
'Dark cloud' that descends, making one saddened and low for no known reason. Although this depression can often lift just as suddenly as it descends, people who suffer from it are truly exposed to the deepest gloom.
22. **Oak.**
Normally strong/-courageous, but no longer able to struggle bravely against illness and/or adversity. These people are over-achievers with a strong sense of duty. They hide their tiredness because they are afraid to appear weak in front of others.
23. **Olive.**
Fatigued – drained of energy. The type of exhaustion that sets in after a prolonged period of strain. Everything becomes a monumental effort. Life lacks zest.
24. **Pine.**
Guilt complex – blames self even for mistakes of others. Always apologizing. These people feel undeserving and unworthy which in turn destroys the joy of living.

25. **Red Chestnut.**
Obsessed by care and concern for others. These people constantly fear the worst, living in dreaded anticipation of some nonspecific but definitely unfortunate thing happening to their loved ones.
26. **Rock Rose.**
Suddenly alarmed, scared, panicky. Often occurs after being in an accident, or narrowly avoiding or witnessing an accident. An acute threat – sickness, natural disaster, etc. – can create these people to feel frozen and helpless with fear.
27. **Rock Water.**
Rigid minded, self denying. These people are self-dominating to the point of self-martyrdom. Opinionated and dogmatic, they are much too self-concerned to interfere in or connect with- other people's lives.
28. **Scleranthus.**
Uncertainty/indecision/vacillation. Fluctuating moods. These people often waste time and miss opportunities because their up and down mood swings make them unreliable.
29. **Star of Bethlehem.**
For all the effects of serious news, or fright following and accident, etc. These are those who suffer serious distress and unhappiness under adverse conditions.
30. **Sweet Chestnut.**
Utter dejection, bleak outlook. For when anguish is so great it seems unbearable and all endurance is gone.
31. **Vervain.**
Over-enthusiasm – fanatical beliefs. These are strong-willed people with strong views, especially about what they consider to be injustice. They are often so enthusiastic that they alienate potential allies.
32. **Vine.**
Dominating/inflexible/tyrannical/autocratic/arrogant. Capable, gifted ambitious people who use their abilities to bully others. Proud and usually ruthlessly greedy for power.
33. **Walnut.**
Assists in adjustment to transition or change, e.g. puberty, menopause, divorce, new surroundings. Also, for those with definite ideas but who are occasionally diverted by the strong opinion of others.
34. **Water Violet.**
Proud, reserved, enjoys being alone. Often gentle and self-reliant, these people nevertheless can exude a sense of superiority that makes them appear aloof and condescending.
35. **White Chestnut.**
Persistent unwanted thoughts. Pre-occupation with some worry or episode. Mental arguments that go around and around and lead to a troubled, depressed mind.
36. **Wild Oat.**
Helps determine one's intended path in life. There are people who have ambition and talents but waste those gifts through a lack of direction. They are frustrated because they are aware that life is passing them by.

37. **Wild Rose.**

Resignation, apathy. Whether it's illness, a monotonous life or poor working conditions, these people do not complain but simply plod unhappily on. Their apathetic behavior assures that their condition will not change and they will miss even the simplest of life's pleasures.

38. **Willow.**

Resentment, embitterment, 'poor old me!' These people can start to begrudge other people's good fortune. Grumbling and irritable, they enjoy spreading gloom.

39. **RESCUE REMEDY.**

For people who find themselves in emergency stress situations. It is the only combination of essences (Cherry Plum, Clematis, Impatiens, Rock Rose, Star of Bethlehem) formulated and recognized by Dr. Bach himself. Rescue Remedy will comfort/reassure and calm those who have received serious news, severe upset, startling experiences consequently falling into a numbed, bemused state of mind. Rescue Remedy can also be used just before bed to calm a troubled mind or before any stressful situation such as exams, doctor or dentist appointments and public speaking. Rescue Remedy also comes in cream form that can be used topically on burns, stings, sprains or even as a massage cream.