

HOW TO USE BACH FLOWER REMEDIES

An Emotional Support System

In our fast-paced world, stress and stress-related problems are a growing concern for many of us. However, stress in and of itself, is not the real problem. The real problem is in how we handle stress.

Today there is a safe, gentle, and effective way to obtain relief from stress through Bach Flower remedies.

Originally discovered in the early 1900s by Dr. Edward Bach, a British physician, these 38 wildflower remedies have been used worldwide for nearly 100 years with great success in relieving stress related emotional difficulties.

USES

Flower essence remedies can be used to deal with a wide range of personal difficulties that include but are not limited to: fear and anxiety, uncertainty and indecisiveness, envy and jealousy, and impatience and irritability.

The remedies can also be used to address the stress associated with everyday problems: financial difficulties, relationship problems, day to day worries, periods of transition, and job related tensions.

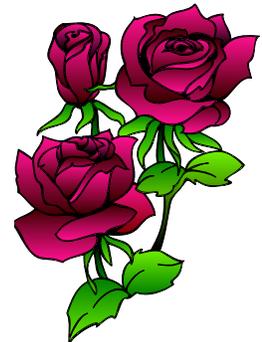
Additionally, they've proven to be a "helping hand" in dealing with stress related problems like: hyperactivity in children, dieting and eating problems, learning difficulties, sleeping problems, and the trauma of divorce and separation.

USING THE REMEDIES

From 4 to 6 drops are taken under the tongue four times a day, on rising, between meals during the day, and before bedtime. It is safe, however, to use every 10 to 15 minutes when and as needed.

Your personal formula is taken until

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difficulties are resolved, or there is a lifting of the negative emotional state, or a stabilizing of overactive personality traits occurs.

Once resolved, the remedies may be discontinued. New formulas can be made when, and as needed.

WHAT TO LOOK FOR

The remedies are known to have a unique and personal effect on each person taking them. Therefore, it cannot be anticipated how a particular remedy will make us feel or how long it will need to be taken.

In general, most people can resolve difficulties within 1 to 12 weeks, some can take longer. Change, however, could be noticed within one to three weeks. Once difficulties have been resolved, the use of the remedy or remedies can be discontinued.

Retrospective Effect:

Unlike many chemical drugs, the remedies have a subtle effect, gently resolving underlying emotional stress by assisting in triggering the body's internal healing processes.

As resolution of these difficulties takes place below your conscious awareness, you may not always be in touch with it when positive change takes place.

But in examining prior difficulties in retrospect, you are able to determine where attitudes have changed or

resolved themselves.

Non-Habit Forming:

Flower essence remedies can be said to have a self-diminishing effect. They function to restore balance to the system and act to catalyze internal healing processes.

As the system moves closer to restoring emotional stability, you will need to take less of the remedy until balance is achieved, at which point the remedy is no longer needed nor effective.

Peeling Effect:

One of the most common experiences with the remedies is called the peeling effect. As emotional difficulties are resolved, other underlying emotions may surface, indicating a need for additional remedies to be taken.

Though difficult for some, this phenomenon is integral to the process of emotional growth.

No Response and Response/Reactions:

On occasion, you may perceive no response while taking the remedies. If this occurs, carefully reassess the indication describing the remedy in use.

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If the remedy that you take is found to be the correct choice, then it may be that more time is required for changes to take place.

Or change may have occurred but it was not attributed to the remedy. In this event, see the explanation elsewhere in this pamphlet on the "Retrospective Effect."

Though rare, some may experience a minor reaction such as a rash, mild diarrhea, or an accentuation of the emotion for which they are taking the remedy.

Since the remedies are non-toxic, these reactions can be part of the system's process of confronting feelings, or a result of the natural process of detoxification.

In other instances, this may be brought on by a person's unconscious resistance to change. Either way the associated remedy may be discontinued, and a physician or counselor knowledgeable in this area contacted.

WHO CAN BENEFIT?

Flower essence remedies can be used with children, teens, adults, and seniors alike.

Parents report that the remedies are highly effective when used for temper tantrums, fussiness, sibling rivalries, and shyness in children.

Many parents also rely on the

remedies to get both parent and teen through the difficult teenage years.

Teens respond well to the remedies which can be used to assist in developing coping mechanisms during personal crises.



ANIMALS BENEFIT FROM FLOWER ESSENCE REMEDIES TOO!

Animals demonstrate the manifestations of personality and experience emotions just as we do. There can be fear, as well as possessive and jealous behavior.

Your animal can lack self-confidence or even display resentment when left alone for too long.

To fully determine your animal's needs, consult the "Indications For Use" in this guide.

Dogs, cats and other small animals, horses, wild animals, birds, and even fish can be helped with the use of the remedies. (See "Preparing Flower Essence Remedies" on page 4.)

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DON'T FORGET YOUR PLANTS!

Many report, by adding 10 to 15 drops to a small watering can or plant mister, these remedies can also be used to revitalize and upkeep house, garden, nursery and wild plants.

Many drooping or stunted plants, and plants in shock caused by transplanting and other trauma, are reported to respond when given the right remedies.

PREPARING FLOWER ESSENCE REMEDIES

Once chosen, the remedies may be prepared in the following manner.

Immediate Stress:

For passing negative moods, emotional difficulties, or immediate stressful situations, 4 to 6 drops may be taken directly from the bottle and placed under your tongue, or in a quarter glass of water or juice. Sip at intervals until improvement is shown.

Animals:

Preparing and administering the remedies for smaller animals is as easy as mixing 6 drops in a teaspoon of water, or adding 6 to 8 drops to their drinking water. Or a similar amount can be added and mixed into the food.

For larger animals, 10 to 15 drops can be put into a quarter to a half gallon container or smaller amounts can be mixed into the food. As the remedies

only affect those displaying indications for their use, there is no need to worry if other animals drink from the same water or eat the same food.

IMPORTANT NOTICE

To maximize shelf life, keep all remedies tightly sealed, out of direct sunlight, away from heat and out of airport x-ray machines.

Keep the dropper tip from touching your mouth or other surfaces. Some manufacturers of flower essence remedies add an extremely minuscule amount of alcohol to the product. If alcohol sensitive, you may wish to dilute the remedy before taking it.

Adding this to hot water will dissipate the alcohol without reducing effectiveness.

Or, the remedy can be applied directly to your temples, wrists, behind your ears, or under your arms. This can also be an effective way of administering to children.



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INDICATIONS FOR USE

AGRIMONY: Mental anguish behind a “brave face.”

ASPEN: Vague unknown fears. Anxiety and apprehension.

BEECH: Critical, intolerant of others.

CENTAURY: Unable to say “no.” Easily imposed on.

CERATO: Unable to make decisions without advice from others.

CHERRY PLUM: Fear losing control of thoughts and actions.

CHESTNUT BUD: Needs to learn by experience; repeats same mistakes over and over.

CHICORY: Always knows just what’s “right” for others. Possessive.

CLEMATIS: Dreamy, absentminded, lack of attention and concentration.

CRAB APPLE: Poor physical self-image. Feelings of shame and uncleanliness.

ELM: Temporary feelings of inadequacy, overwhelmed by responsibilities.

GENTIAN: Easily discouraged, often with self-doubt. Pessimistic.

GORSE: Hopelessness and despair.

HEATHER: Obsessed with own troubles; over talkative, unhappy when alone.

HOLLY: Suspicious, envious, vengeful; those who hate.

HONEYSUCKLE: Dwells in the past—of what was—and could have been.

HORNBEAM: Tiredness and fatigue; gets things done, but feels need to be strengthened.

IMPATIENS: Impatient, fast-paced, irritable.

LARCH: Lack of self-confidence, anticipates failure.

MIMULUS: Fear of known things—heights, the dark, being alone, etc.

MUSTARD: Deep gloom, which comes and goes. Melancholia.

OAK: Workaholic. Nose to grindstone syndrome, can neglect own, and needs of those close.

OLIVE: Complete exhaustion; weariness.

PINE: Dissatisfied with own accomplishments; feelings of guilt. Perfectionist.

RED CHESTNUT: Over-concern and worry for others, fearing the worst may happen.

ROCK ROSE: Terror, extreme fright and panic. Nightmares.

NAME: _____

Remedy/Date/Results _____

