

Bach Flower Remedies

Since the beginning of time, in all parts of the world, flowering trees, shrubs, and herbs have been used for healing purposes. Edward Bach a British physician developed the first modern therapeutic system based on flower essences in the early 1930's. Bach believed the "real" cause of disease was a distortion of the wavelength in the energy field of the body, which slows down, creating negative states of mind such as worry, anxiety, and impatience, causing a depletion of the individual's vitality and the body losing its natural resistance and becoming vulnerable to infection and illness. He believed the patient should be treated not the disease, and the cause rather than its effects. He concluded that positive, healthy states of mind could be restored by the energies found in flowering plants, trees, bushes, and special waters.

Bach's Flower Remedies are a gentle and subtle means of restoring peace of mind and thus allowing the body the ability to fight disease and stress and regain strength through its own healing process. There are 38 Bach Flower Essences (plus one composite essence Rescue Remedy) homeopathically prepared from the flowers of non-poisonous plants, bushes, and trees, each one being used for a specific mental and emotional state. There are no side effects and will not interfere with any other treatments, including pharmaceutical drugs, nutritional supplements, herbal or homeopathic remedies.

Examples:

Aspen: for fear of the unknown, or is suspicious of their surroundings of circumstances.

Clematis: for absentmindedness, and lack of interest, of present circumstances. Restores focus and alertness.

Mimulus: for timid animals afraid of known things, such as thunder, water, and riding in cars.

Impatiens: for irritability, impatience, and uptightness.

Vine: for bullying dominance and territorial problems.

Star of Bethlehem: for trauma, or grief, injuries and abuse.

Chestnut Bud: for correcting bad habits and negative repetitive behavior, or trouble with training.

Cherry Plum: for uncontrollable behavior, craziness, and compulsiveness.

Rock Rose: for terror, panic, and great fear.

Walnut: for confusion, distress, and difficulties in adapting to new circumstances.

Heather: for noisy attention seeking and loneliness.

Elm: for inadequacy and being overwhelmed, and difficulty adjusting.

Rescue Remedy: This is a combination of Impatiens, Clematis, Rock Rose, Cherry Plum, and Star of Bethlehem. This remedy is used for stress, shock, distress, tension, restores reassurance, and relaxation.

Disclaimer: these practices don't take the place of veterinary care.