

Each of the 38 remedies discovered by Dr Bach is directed at a particular characteristic or emotional state. To select the remedies you need you only need to think about the sort of person you are and the way you are feeling.

Then you take the remedies you need.

The remedies are not medication. They don't cure, they help our bodies to give us back positive energy and that way the help us to heal ourselves.

Here are the 38 corresponding Flower remedies according to Dr. Bach

For Anxiety

Aspen The Psychic Flower

⇒ Fear of unknown things

From dark premonitions to conscious sensitivity

Cherry Plum The Openness Flower

⇒ Fear of the mind giving way

from overload to relaxation

Mimulus The Bravery Flower

⇒ Fear of known things

from fear of the world to trust in the world

Red Chestnut The Cutting-Free Flower

⇒ over-concern for the welfare of loved ones

from symbiosis to autonomy

Rock Rose The Liberation Flower

⇒ Terror and fright

from panic to heroic courage

For Uncertainty

Cerato The Intuition Flower

⇒ Lack of trust in one's own decisions

from indecisiveness to inner certainty

Gentian The Belief Flower

⇒ Discouragement after a setback

from doubt to trust

Gorse The Hope Flower

⇒ Hopelessness and despair

from giving up to going forth

Hornbeam The Vitality Flower

⇒ Procrastination, tiredness at the thought of doing something

from listlessness to mental freshness

Scleranthus The Balance Flower

⇒ Inability to choose between alternatives

from inner conflict to inner equilibrium

Wild Oat The Vocational Calling Flower

⇒ Uncertainty over one's direction in life

from seeking to finding

Apathy

(Not enough interest in the present)

Chestnut Bud The Learning Flower

⇒ failure to learn from mistakes

from superficiality to experience

Clematis The Reality Flower

⇒ Dreaming of the future without working in the present

from escaping reality to living in reality

Honeysuckle The Past Flower

⇒ Living in the past

from then to now

Mustard The Light Flower

⇒ Deep gloom for no reason

from soul pain to soul grandeur

Olive The Regeneration Flower

⇒ Exhaustion following mental or physical effort

from exhaustion to inner renewal

White Chestnut The Thought Flower

⇒ Unwanted thoughts and mental arguments

from mental merry-go-round to mental quiet

Wild Rose The Zest for Life Flower

⇒ Drifting, resignation, apathy

from resignation to devotion

For Loneliness

Heather The Identity Flower

⇒ Self-centredness and self-concern

from needy child to understanding adult

Impatiens The Time Flower

⇒ Impatience

from impatience to patience

Water Violet The Communication Flower

⇒ pride and aloofness

from isolation to togetherness

Over sensitivity for ideas and influences

Agrimony The Honesty Flower

⇒ Mental torture behind a cheerful face

From pretended harmony to inner peace

Centauray The Service Flower

⇒ The inability to say 'no'

from passive service to active service

Holly The Heart-Opening Flower

⇒ Hatred, envy and jealousy

from hard-heartedness to generosity

Walnut The Midwife Flower

⇒ protection from change and unwanted influences

from vacillation to inner steadfastness

For being discouraged and in despair

Crab Apple The Cleansing Flower

⇒ The cleansing remedy, also for self-hatred

from compulsive order to inner order

Elm The Responsibility Flower

⇒ Overwhelmed by responsibility

from self-worth crisis to inner confidence

Larch The Self-Confidence Flower

⇒ Lack of confidence

from self-restriction to self-unfolding

Oak The Endurance Flower

⇒ the plodder who keeps going past the point of exhaustion

from unflagging duty to inner commitment

Pine The Self-Acceptance Flower

⇒ guilt

from self-negation to self-respect

Star of Bethlehem The Comfort Flower

⇒ shock

from shock to reorientation

Sweet Chestnut The Deliverance Flower

⇒ Extreme mental anguish, when everything has been tried and there is no light left

through darkness to light

Willow The Destiny Flower

⇒ self-pity and resentment

from resenting fate to taking personal responsibility

too much worry about others

Beech The Tolerance Flower

⇒ Intolerance

from know-it-all to better understanding

Chicory The Motherliness Flower

⇒ Selfish, possessive love

from demanding love to giving love freely

Rock Water The Flexibility Flower

⇒ self-denial, rigidity and self-repression

From dogmatic discipline to attentiveness

Vervain The Enthusiasm Flower

⇒ Over-enthusiasm

from world saviour to light bearer

Vine The Authority Flower

⇒ Dominance and inflexibility

from leading to being led

The Rescue Remedy

contains Cherry Plum, Clematis, Impatiens, Rock Rose, & Scleranthus

Those remedies together help deal with any emergency or stressful event. Taking a driving test, exam nerves, speaking in public, after an accident or an argument - there are countless uses for Rescue Remedy. In an emergency Rescue Remedy can be taken directly from the bottle, four drops at a time, and as frequently as required. Otherwise put four drops in a glass of water and take frequent sips until the emotions have calmed.

Rescue Cream

contains the same five remedies as the liquid Rescue Remedy, with the addition of Crab Apple, added for its cleansing qualities. It provides a convenient way of applying Rescue Remedy externally, and can be applied to bumps and bruises of all kinds.

How to choose Flower remedies

You can select up to six or seven different remedies. Don't worry too much if you make a wrong selection, because if a remedy is not needed it will not do anything. Experience has shown, however, that too many remedies taken at one time are not as effective as a few well-chosen ones. This means that there is no point mixing all 38 together to treat everything at once!

How to take Flower remedies

The usual dose is to take 4 drops 4 times daily. You can put them directly on your tongue or put them into your water/tea/coffee and then sip them throughout the day.

In an emergency they can be taken as often as needed.

Disease is...the result of conflict between Soul and Mind, and will never be eradicated except by spiritual and mental effort.'

■ Dr. Edward Bach, Heal Thyself

The Flower Remedies According to Dr. Edward Bach

Short information from
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Dr Edward Bach studied medicine at the University-College Hospital, London, and was a House Surgeon there. He worked in general practice as a bacteriologist and later as a pathologist. He worked on vaccines and a set of homoeopathic nosodes (homeopathic remedies) known as the seven Bach nosodes.

Despite the success of his work with orthodox medicine he felt dissatisfied with the way doctors were expected to concentrate on diseases and ignore the people who were suffering them. He was inspired by his work with homoeopathy but wanted to find remedies that would be purer and less reliant on the products of disease.

He chose to rely on his natural gifts as a healer, and use his intuition to guide him. One by one he found the remedies he wanted, each aimed at a particular mental state or emotion.

He found that when he treated the personalities and feelings of his patients their unhappiness and physical distress would be alleviated as the natural healing potential in their bodies was unblocked and allowed to work once more.

Dr Bach passed away peacefully on the evening of November 27th, 1936. He was only 50 years old, but he had left behind several lifetime's experience and effort, and a system of medicine that is now used all over the world.

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