

Bach Flower Remedies

About Bach Flower Remedies

Bach Flower Remedies are a complete healing system that harnesses the power of plants to restore emotional balance. There are 38 remedies in the range each of which deal with a specific emotional and mental state. They were developed in the 1930's by Dr Edward Bach, who believed as many doctors do today, that attitude of mind plays a vital role in maintaining health and recovering from illness. The main principle of Bach Flowers is to treat the person not the disease i.e. treat the cause and not the symptoms.

What Is Involved?

Whilst Bach flowers are primarily designed as a self help system, choosing the appropriate remedy is key, which is why having a consultation can be helpful. During a consultation the client will describe the issues that they're currently experiencing and how they're feeling. The practitioner will suggest the most relevant remedies for each underlying cause(s) of problem(s). Together the client and practitioner will discuss and choose the remedies before the practitioner prepares the mixing bottle. The remedies can either be taken separately or as a combination of up to seven.

Benefits

- The remedies can be invaluable during times of difficulty and fatigue when negativity can creep in; restoring emotional balance before physical symptoms appear.
- Improvement in mental attitude and outlook, including increased confidence, clarity of thought, peace of mind, energy, inner balance, motivation and zest for life.
- Completely safe, natural and non addictive.

Suitability

- Can be taken alongside medication and other treatments.
- Suitable for babies, children, animals & plants.

Advice

- A treatment bottle usually lasts about three weeks at which point it is useful to reconsider the choice of remedies to see whether the same ones still apply.

Aftercare Advice

- The remedies are taken a minimum of four times a day; two drops if taken separately or four drops if taken from a treatment bottle. The drops can either be taken directly on the tongue or added to a hot or cold drink.
- A follow up consultation may be beneficial.