

How the Remedies are made

Bach Flower Remedies are naturally made using spring water infused with wild flowers. These are either steeped in the sun or boiled.

The remedies are hand produced exclusively in England and they also contain 27 per cent grape-based brandy as a natural preservative. The alcohol-free versions are preserved in glycerin made from sunflowers.

Mother Tinctures are prepared from plant material, flower heads and natural spring water using either the Sun or Boiling Method as defined by Dr Bach in the 1930s.

The Sun Method



Dr Bach used the Sun Method to make 20 of the essences, most of which are delicate flowers and bloom in the height of summer. Flower heads are floated on water in a glass bowl and left in direct or full sunlight for three hours. Some flowers are only in bloom for a day or so, so timing is critical.

The Boiling Method

Dr Bach used this method to prepare the remaining 18 essences. These essences are mostly from trees, bushes and plants, most of which flower in the early part of the year. These essences are picked, boiled in a saucepan and left in the pan to cool outdoors.

Once the essences cool, the flowers are then removed from the water, which is then filtered and mixed with an equal part of 40 percent proof brandy. This process creates the mother tincture. The brandy is purely a preservative for the essence and is a non-active ingredient. The Mother Tinctures then arrive at the Nelsons bottling plant in Wimbledon, south London. To make the individualised stock bottles, the Mother Tincture is added to 27 percent grape alcohol. The stock bottles are then packed up, sealed for safety and quality and dispatched to stores and countries around the world.

Every single bottle of Bach original flower remedies around the world originates from the UK, so you can be assured that it has been made according to Dr Bach's guidelines. Just look for the Bach Signature.

How the Remedies work

Bach Flower Remedies are a safe and natural method of healing. They work by gently restoring the balance between the mind and the body by casting out negative emotions, such as fear, worry, hatred and indecision, which interfere with the equilibrium of the being as a whole. The Bach Flower Remedies allow peace and happiness to return to the sufferer so that the body is free to heal itself.

Dr Edward Bach was a homeopath who believed the cause of disease was emotional. He believed that there was a conflict between soul and the mind - a conflict that needed spiritual and mental effort to eradicate.

In his book, 'Heal Thyself', he talks of the belief in the existence of the soul, and how the root of disease and unhappiness is often linked with conflict from either the material world or other people, leading one away from the soul's real path.

The second major theme was related to health and the idea of unity and interrelatedness. He outlines some of the human defects he believed to be averse to unity such as pride, cruelty, hate, self-love, ignorance and greed' stating that illness sets in if a person continues in these defects after knowing they are wrong.

Flower essences work because they have a high rate of vibration- this comes from the blossoms from which they are prepared.

Flower essences interact both with our willingness and commitment to change ourselves.

Willingness and commitment are, in essence, the active ingredient that we contribute to flower essence therapy.

The essences activate our life force, which is our true source of healing. They work as catalysts, like priming a pump deep within. They are very subtle in how they do this work, but you will definitely notice changes.

A common response to flower essence therapy is, 'Something's different' - in other words, you just start feeling better.

You will begin to feel like yourself once again. Since happiness is our natural state, our desire to return to it is only natural.

Flower therapy also works because a stronger magnet vibration influences a weaker vibration. Consider this example: since our hands are actual magnets of energy, that energy is transmitted every time we touch someone.

Flower essences work in a similar fashion because the essences act as living vibrations, both possessing and projecting magnetism. This magnetism is stronger and more positive than ours

when we are out of balance. This helps to elevate us to the flower's magnetic force. This is like shaking hands with a flower in terms of absorbing its impact and absorbing its positive energy. In taking flower essence, we place ourselves in their 'presence'.

As we absorb the flowers essence, we are lifted up to their higher rate of vibration. A flower remedy is like a tuning fork. By attuning ourselves to the higher vibration, we become in tune with the song of our unique perfection.

The essences help balance and strengthen our life force. Each individual is different; therefore, there is no standard formula or set order of essences. Each essence programme is as unique as the person following it.

The change initiated by the essences will last if you commit to a regular programme of healing. As a good rule of thumb, we tend to heal in stages, attaining deeper levels of clarity over time rather than categorically clearing lifelong issues instantaneously. This is true of all healing remedies.

The changes will most likely be permanent, assuming that your thoughts and actions continue to support this change.

If for example, you take an essence to gather the strength and willpower to disentangle yourself from a destructive relationship, it will not be in your best interest to return to that unhealthy situation.

All flower essences do the same thing - restore us to a state of balance in which our internal, intelligent life force is activated. The life force is the real healer and the real energy; the energy of the flower essences merely primes the pump per se.

The uplifting qualities embodied in the essences are a reflection of our truest nature, and our task is to access those qualities.

Essences do not affect us biochemically, like traditional allopathic medicine. Sedatives, for example, can knock you out. This is not the case with flower essences; they allow us to change but they do not make us change.

Here's an important point: flower essences will not change us into anything but our true selves.

Thus, we never need to worry about misusing them to manipulate our own or other's behaviour.

It's simply not possible. There's a joke about a man who, upon having his arm set in a cast, asked the doctor if he would be able to play the piano when it healed. 'Of course', replied the doctor. 'Good!' said the man, "I couldn't before'. This is not the case with flower essences.

Without altering our essential nature, they allow us to refine who we already are.

Remedy Preparation and Administration

Treatment bottles are prepared by adding two drops of each remedy to a small mixing bottle filled with spring water. You may use up to seven essences in one treatment bottle. Treatment bottles are usually 30ml or 1 ounce.

As a preservative, which is optional, you can add 1-2 teaspoons of brandy, apple cider vinegar or vegetable glycerine in the treatment bottle. From this mixture, you then take four drops (or two sprays) 4 times a day until you feel better.

Bach Flower Questionnaire

You may want to print this page, and read each of the indications and check each that you think might apply

Agrimony

I hide my feelings behind a facade of cheerfulness
I dislike arguments and often give in to avoid conflict
I turn to food, work, alcohol, drugs, etc. when down.

Aspen

I feel anxious without knowing why
I have a secret fear that something bad will happen
I wake up feeling anxious,

Beech

I get annoyed by the habits of others.
I focus on others' mistakes.
I am critical and intolerant.

Centaury

I often neglect my own need to please
I find it difficult to say 'no'
I tend to be easily influenced.

Cerato

I constantly second-guess myself.
I seek advice, mistrusting my own intuition\I often change my mind out of confusion

Cherry Plum

I'm afraid I might lose control of myself
I have sudden fits of rage
I feel like I'm going crazy

Chestnut Bud

I make the same mistakes over and over
I don't learn from my experience
I keep repeating the same patterns

Chicory

I need to be needed and want my loved ones close.
I feel unloved and unappreciated by my family
I easily feel slighted and hurt

Clematis

I often feel spacey and absent-minded
I find myself unable to concentrate for long
I get drowsy and sleep more than necessary

Crab Apple

I am overly concerned with cleanliness.
I feel unclean or physically unattractive.
I tend to obsess over little things.

Elm

I feel overwhelmed by my responsibilities
I don't cope well under pressure

I have temporarily lost my self-confidence

Gentian

I become discouraged with small setbacks

I am easily disheartened when faced with difficulties

I am often sceptical and pessimistic

Gorse

I feel hopeless and can't see a way out

I lack faith that things could get better in my life.

I feel sullen and depressed.

Heather

I am obsessed with my own troubles

I dislike being alone and I like to talk

I usually bring conversations back to myself

Holly

I am suspicious of others

I feel discontented and unhappy

I am full of jealousy, mistrust, or hate

Honeysuckle

I'm often homesick for the 'way it was'.

I think more about the past than the present

I often think about what might have been.

Hornbeam

I often feel too tired to face the day ahead.

I feel mentally exhausted

I tend to put things off

Impatiens

I find it hard to wait for things

I am impatient and irritable

I prefer to work alone

Larch

I lack self-confidence

I feel inferior and often become discouraged

I never expect anything but failure

Mimulus

I am afraid of things such as spiders, illness, etc

I am shy, overly sensitive, and modest

I get gloomy feelings that come and go.

Oak

I tend to overwork and keep on in spite of exhaustion

I have a strong sense of duty and never give up.

I neglect my own needs in order to complete a task

Olive

I feel completely exhausted, physically and/or mentally

I am totally drained of all energy with no reserves left.

I have just been through a long period of illness or stress
Pine

I feel unworthy and inferior
I often feel guilty
I blame myself for everything that goes wrong

Red Chestnut
I am overly concerned and worried about my loved ones.
I am distressed and disturbed by other people's problems.
I worry that harm may come to those I love

Rock Rose
I sometimes feel terror and panic
I become helpless and frozen when afraid
I suffer from nightmares

Rock Water
I set high standards for myself
I am strict with my health, work and/or spiritual discipline.
I am very self-disciplined, always striving for perfection

Scleranthus
I find it difficult to make decisions
I often change my opinions
I have intense mood swings

Star of Bethlehem
I feel devastated due to a recent shock
I am withdrawn due to traumatic events in my life
I have never recovered from loss or fright

Sweet Chestnut
I feel extreme mental or emotional heartache.
I have reached the limits of my endurance
I am in complete despair, all hope gone.

Vervain
I get high-strung and very intense
I try to convince others of my way of thinking
I am sensitive to injustice, almost fanatical

Vine
I tend to take charge of projects, situations, etc
I consider myself a natural leader
I am string-willed, ambitious and often bossy

Walnut
I am experiencing change in my life-a move, new job, etc
I get drained by people or situations
I want to be free to follow my own ambitions

Water Violet
I give impression that I'm aloof
I prefer to be alone when overwhelmed

I often don't connect with people

White Chestnut

I am constantly thinking unwanted thoughts

I relive unhappy events or arguments over and over again

I am unable to sleep at times because I can't stop thinking

Wild oat

I can't find my path in life

I am drifting in life and lack direction

I am ambitious but don't know what to do.

Wild Rose

I am apathetic and resigned to whatever happens

I have the attitude, 'It doesn't matter anyhow'.

I feel no joy in life

Willow

I feel resentful and bitter

I have difficulty forgiving and forgetting

I think life is unfair and I have a 'poor me attitude'.

Rescue Remedy Ingredients

Imaptiens

This remedy is good for those who act and think quickly and have no patience for what they see as the slowness of others. These individuals often prefer to work alone. This remedy teaches empathy and understanding of and patience with others. It is a fast-acting remedy for alleviating an impatient and lowering stress.\

Star of Bethlehem

This is a wonderful essence for trauma and shock, whether it was experienced recently or in the past. Teaches the ability to recover from traumas and to integrate them into one's present life.

Cherry Plum

Cherry plum is great for those who fear losing control of their thoughts and actions and doing things they know are bad for them or which they consider wrong. This essence helps a person to trust in their own spontaneous wisdom and find the courage to follow their path.

Rose Rose

Rock rose is good for situations that evoke panic or terror

Clematis

This essence is good for those who find their lives unhappy. ?They may find themselves withdrawing into fantasy worlds. They are ungrounded and indifferent to the details of everyday life. Clematis teaches us to establish a bridge between the physical world and the world of ideas; it may foster great creativity. It is also used to bring clarity and alertness to the present moment.

Rescue Remedy is designed to help someone deal with immediate problems. If someone is working through an underlying problem or if they need rescuing every day, a longer-term solution or custom-blended remedy is a better option.

Many people chose to carry Rescue Remedy on their person; that way, they can use it whenever they need it.

Dealing with a Healing Crisis

A healing crisis is basically your body's reaction to the removal of toxic emotions. It is your body's reaction to the removal of toxic emotions. It is your body's reaction to the process of cleansing and removal of waste on the physical, emotional, or mental levels.

As your energy rises to a higher level, the old patterns, habits, feelings and memories act as toxins in your body and the detoxification creates a period of crisis for the body.

What this means is that you feel worse before you feel better, but keep in mind, that's a good thing because it means the remedy is working.

The more serious or deep-rooted the problem is, the more the likely it is that you may experience a healing crisis. But again, this is a good sign and one to be welcomed.

Detoxification is meant to rejuvenate the mind and body and spirit, positively impacting your well-being and clarity.

Sometimes, the initial reaction to a detoxification programme can be unpleasant. The process of healing sometimes includes a healing crisis, a detox reaction or cleansing reaction.

During a healing crisis, you often feel even worse than before you started your detox programme. The good news is that this reaction is likely a sign that you're getting better by way of a deep and thorough cleansing.

Toxins, like environmental toxins, accumulate in the tissue throughout the body, especially in fatty tissue. The human body is full of bacterial colonies. When you cleanse your body, the toxins then dislodge, and the bacteria die off and release endotoxins. When the toxins and waste are dislodged, the body begins to flush them into the bloodstream to be filtered and eliminated. This sudden circulation of toxins can temporarily impact your health and well-being and as a result, you may experience symptoms of illness like sweating, fever, discomfort, etc

What are the Indications of a Healing Crisis?

Symptoms of a healing crisis will vary from one person to another and may include:

Fatigue

Diarrhoea

Aches and soreness

Low-grade fever

Anxiety

Mood swings

Nausea

Skin irritations

Stuffy nose

Congestion

Low blood pressure

A healing crisis generally lasts around three days, depending on the severity of the situation.

The more severe the toxicity, the more intense the healing crisis may be. As you body begins to expel toxins, your energy may decrease and you may initially feel ill. If it happens, take it as a sign that your body is working to flush out toxins and waste.

You may experience a healing crisis from just about anything, including massage or reflexology, saunas, or even hypnosis or meditation.

Handling a healing crisis

For a cleanse-induced healing crisis, it's important that you stay hydrated with purified water to encourage your body to flush and expel the toxins. Depending on the detox programme, you can also try taking lemon juice and herbal teas to help flush out toxins and provide nutrients and antioxidants.

Massage, acupuncture or something like meditation may also be helpful for relieving the indication of a healing crisis, especially anxiety and stress.

While a healing crisis may be difficult to endure, it will pass and you will feel better because of it.

