



Bach Flower Therapy

The original Bach Flower Therapy was developed over sixty years ago by the English Physician Edward Bach to serve as a simple form of preventative health care. Today it enjoys a worldwide reputation.

Bach Flower Therapy helps us to deal more constructively with the negative behaviour patterns of human nature such as jealousy, impatience, inability to say 'no', timidity, and inappropriate guilt. These feelings are seen by Dr Bach, as well as many others, to be a deeper cause of physical illness.

By better understanding and correcting the 'mental errors' underlying our negative behaviour patterns, we can reconnect with our own true nature. With the help of Bach Flowers we regain access to our natural healing forces, which strengthen our immune system and support our overall health.

Researchers in immunology have shown that negative feelings and stress weaken our immune response. The number of killer cells in the blood that destroy viruses and bacteria, for example, is significantly reduced in people who are depressed or resigned. It is more difficult for these people to cope with disease causing agents. If the negative feelings are harmonised by taking appropriate Bach Flowers, the immune system will be strengthened and can deal more effectively with incoming pathogens.

From this point of view, Bach Flower Therapy can be seen as a new and effective form of psychological preventative care.

Dr Bach believed that harmful emotions were the main cause of disease and he classified the various emotions into seven categories. These seven categories were then divided further into 38 negative feelings. Each negative emotion is associated with a particular

plant. He also developed a compound of five flowers called rescue remedy to be used in emergency situations or trauma.

How can I try these remedies for myself?

The Bach flower remedies are readily available from all major pharmacies and Health Food shops. There are several good books which are recommended to read beforehand to enable you to select the flower essence most suited to your needs (The Bach Flower Remedies step by step by Judy Ramsell Howard, Bach Flower Therapy by Mechthild Scheffer) These books will guide you to the remedies most suited to you and advise how to take them. Don't worry about taking the wrong remedy, if you do it will not harm you it simply won't work. Bach flowers are suitable for all ages, babies right through to the elderly and are safe to take during pregnancy, and with any prescribed medication from your doctor.

Do I need to see a Bach Flower Therapist?

If you are suffering an in-depth problem such as deep-seated stress, the menopause, depression, or even relationship dilemmas, you do need to see a qualified Therapist who can listen to your situation and prescribe a suitable mix of usually 6 or 7 flowers. A follow up consultation will be able to monitor progress and make any changes needed for your prescription.

Today, it is much more widely accepted that it is the individual and not the illness that must be the centre of attention in medical treatment. Bach Flower Therapy continues to contribute strongly to this development because it's so readily available and easily understood, and allows each person to have his or her own personal positive experience.

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Using the Energy Psychology of:
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A different approach to Bach Flower Remedies using astrology and chakra energy

Feelings that have been persistently repressed can emerge as negative emotions and if not addressed quickly can form a physical illness. Dr Bach's 38 flower remedies are a natural way to work on this disharmony.

Determining the best combination of essences for your individual needs, can be done by reading your astro- natal chart for personality traits, divining the energy levels of your charkas, and together with the positive character points of the Bach flower essences, this will be a very personalized effective therapy, that can gently re-balance your mind, body and emotional spirit, paving a way to recovery.

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