



I want to tell people about this wonderfully natural form of healing called Bach Flower remedies, it is one of the greatest and possibly simplest form of remedies available to increase the quality of our lives. It is completely safe and can be used harmoniously along side any form of medical or preferably natural form of treatment without any negative side effects. It is also so very cost effective that everybody should use (or at least try) them.

What is it?

Bach Flower Remedies are a well-known type of flower essence therapy. The Bach Flowers are a set of 38 healing remedies. They come in liquid form and are taken orally a few drops at a time. They are completely naturally derived and are made directly from specially selected flowers, picked at a time to give them the greatest healing power.

It's Evolution

In the early 1930's Dr. Edward Bach, a successful and prominent U.K physician became aware that in his patients, mental and emotional factors predisposed them to physical ailments. In his desire to truly heal his patients in a more profound & efficacious way than that what conventional medicine could do at the time, he developed his world-renowned thirty-eight Bach Flower remedies that work to positively influence people on the subtle levels at which illnesses arise.

“Disease is solely and purely corrective; it is neither vindictive or cruel, but it is the means adopted by our own souls to point us to our faults, to prevent our making greater errors, to hinder us from doing more harm, and to bring us back to the path of Truth and Light, from which we should never have strayed.” (Dr. Edward Bach)

How do they work?

Bach Flowers helps us to become more mentally and emotionally well balanced. If we are in a more negative emotional state, for example, fear or anxiety, it helps transform us into a more positive one such as courage or strength. It simply balances our emotions transforming us from more negative states to more positive ones. If the Bach Flower remedy is not for us it will not work, there are no negative effects.

Bach Flowers can help in areas of uncertainty, loneliness, oversensitivity to outside influences and despondency. They can help develop positive self-esteem, assertiveness, confidence, self-reliance and self-discipline, inner happiness, fulfillment and above all, spontaneity and warmth in relationships.

Bach flower essences effectively help to treat people with physical disorders by addressing the mental/emotional links to the dis-ease. By treating this aspect as well as the physical we find that recovery becomes in some instances, possible, and in others, quicker and more complete. By using Bach remedies, we are in fact using a more 'holistic' approach to healing.

Bach Flower remedies are extremely beneficial when used alongside psychotherapy. It helps to open up the person to growth and learning in a positive and empowered way. It is a good substitute, in many instances, for prescriptive medicines used to treat anxiety, depression, insomnia and other related illnesses. It is not recommended that people come off these medicines without first consulting with a qualified Bach Flower therapist, or their doctor.

Also great for children, animals and plant

Bach Flowers also work wonderfully on children for any type of problem, be it self-esteem issues, concentration problems (lack of attention, ADD, ADHD), fear, anxiety, emotional problems, divorce transition, teething and so on.

It also works excellently on plants and animals, to calm, relax and balance energies when they may have been thrown out of whack.

Want to try?

I would recommend you first consult with a trained Bach Flower therapist. The effectiveness of the Bach Flowers depends essentially on the therapist's ability to accurately match the specific problem to the best Bach Flower remedy or remedies. If the remedy is not accurate then the Bach Flower will simply not have any effect, therefore, greater results will be achieved when consulting with a trained Bach Flower therapist, as they will be better able to gather the necessary information and suggest remedies based on their knowledge vital for successful treatment.

"There is no true Healing unless there is a change in outlook, peace of mind, and inner happiness." (Dr. Edward Bach).

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