



Bach Original Flower Remedies
Manage your emotions, fulfil your potential

You and BACH ORIGINAL FLOWER REMEDIES

If you are feeling worried, preoccupied, stressed, out of balance, tired, anxious and just not yourself, find out more about the range of *Bach Original Flower Remedies* designed to restore your balance and equilibrium in life.

The *Bach Original Flower Remedies* were created in the 1930s by Dr Edward Bach (1886 – 1936), a Harley Street doctor, homeopath, bacteriologist and immunologist who felt that emotions impact our health. His quest to find a natural way to restore inner harmony and wellness led him to discover the 38 *Bach Original Flower Remedies*.

Dr Bach
DR EDWARD BACH MB, MRCS, LRCP, DPH (1886 - 1936)
 MB, Bachelor of Medicine, BS, Bachelor of Surgery, MRCS,
 Member of the Royal College of Surgeons, LRCP, Licentiate of
 the Royal College of Physicians, DPH, Diploma of Public Health.

Take a moment for you

The best way to learn about the remedies is to think about how you feel and then to try a remedy or remedies for a couple of weeks and notice what happens. It may seem strange at first asking yourself how you are feeling, so talk to your body, how does it feel?

- *What words could you use to describe how you are feeling?*
- *Is there anything worrying you?*
- *Are you under stress and if so what is the cause?*
- *Do you feel in control or are things running away from you?*
- *Do you feel anxious?*
- *Are your shoulders stiff?*
- *Are you lacking energy?*
- *Are you exhausted or apathetic?*
- *What feelings go with what your body is telling you?*

Read the description of the remedies in the table and select the remedy / remedies that best describes your personal feelings.

If you feel that all the remedies apply to you, concentrate on how you are feeling at this moment and narrow your selection down to the most prominent feelings you are experiencing. Then look through the descriptions and identify the most appropriate *Bach Original Flower Remedy*.



THE 38 BACH ORIGINAL FLOWER REMEDIES

Select the most appropriate remedy/ remedies for your feelings from the table below. Always read the instructions and warnings on the label first.

How do you take them?

To take one single remedy: When using a single remedy, add two drops to a glass of water and sip at intervals, or put the two drops directly on your tongue. Continue until you start to feel like yourself again.

To take multiple remedies: If more than one remedy is needed to balance a number of emotions you can mix a personal formula tailored exactly to the way you are feeling. Simply add two drops of each remedy selected (but no more than 7 remedies) into a 30ml mixing bottle filled with spring water. Then place four drops from the mixing bottle in a glass of water or put the four drops directly on your tongue. Take at least four times a day until you start feeling better.

How long do you take them for?

That depends on you. If your mood is fleeting or you're in a bit of a crisis you might only need one dose, but if you have been feeling the same for some time, you would take two drops four times a day or prepare a mixing bottle. There is no set limit as to how long you can take your chosen remedy or remedies.

RESCUE™ REMEDY

Rescue Remedy is the only combination remedy available from *Bach Original Flower Remedies*. *Rescue Remedy* was formulated when Dr Bach recognised the need for an 'on the spot' remedy to manage stress in both everyday and unexpected situations.

Use it when things are getting on top of you, when you feel under pressure, when you feel you are losing control..... traffic jams, air travel, sudden bad news, arguments, deadlines, family pressures.

Group	Symptom	Remedy	Positive Effect
FIND JOY AND HOPE	You are suffering from the effects of setback, or from grief	Star of Bethlehem	COMFORT
	You feel overwhelmed and sorry for yourself	Willow	POSITIVITY
	You feel overwhelmed by your many responsibilities	Elm	SUPPORT
	You feel guilty or blame yourself	Flax	ABSOLUTION
	You feel despair when there is no hope left	Sweet Chestnut	SOLACE
	You expect to fail and lack confidence in your skills	Larch	CONFIDENCE
	You are a strong person who struggles on just the limits of strength	Oak	STRENGTH
LIVE AND LET LIVE	You feel anxious or dislike something about yourself	Crab Apple	PURIFY
	Sometimes you are a tyrant when you want to lead	Vine	INSPIRE
	Your enthusiasm leads you to burn yourself out	Wormwood	UNWIND
	You feel critical of or intolerant towards others	Beech	TOLERANCE
	Your love for your family makes it hard to let them go	Cherry Plum	RELEASE
STAND YOUR GROUND	You drive yourself hard trying to set an example	Rack Walnut	FLOW
	You can't easily say 'no' to other people	Centauray	ASSERTIVENESS
	Other people like to back you off, cause you an awkward time of change	Walnut	CONSTANT
	You feel wounded, jealous, spiteful, or want revenge	Holly	GOODWILL
FACE YOUR FEARS	You hide your mistakes behind a smile	Agrimony	OPENNESS
	You are shy or you feel anxious about something specific	Mimulus	COURAGE
	You are anxious but can't say why	Aspen	REASSURANCE
LIVE THE DAY	You feel an extreme terror about something	Rock Rose	FEARLESSNESS
	You lose your night low control	Cherry Plum	COMPOUSE
	You feel anxious about somebody else's safety	Red Chestnut	PEACE OF MIND
	Your mind is on the past instead of the present	Hemlock	PRESENCE
	You are in a daze	Clematis	FOCUS
REACH OUT TO OTHERS	You find yourself making the same mistakes	Chestnut Bud	INSIGHT
	Your mind is wandering over the same thing	White Chestnut	TRANQUILITY
	You can't really be bothered	Wild Rose	ENTHUSIASM
	You feel down in the dumps and don't know why	Morning Glory	BRIGHTNESS
	You feel tired after making an effort	Olive	RESTORATION
KNOW YOUR OWN MIND	Your talkativeness leads to loneliness	Heather	BE HEARD
	You feel impatient with the slow pace of people or things	Impatiens	PATIENCE
	You like your own company but sometimes feel lonely	White Violet	CONNECT
	You put things off, feeling tired at the thought of starting work	Horsetail	RESOLVE
KNOW YOUR OWN MIND	You feel a bit let down after a setback	Gentian	ENCOURAGEMENT
	You give up when things get going	Geopel	HOPE
	You can't make your mind up	Servant's Hand	DECISIVENESS
	You want to do something wonderful but can't find your way	Willow	DIRECTION
	You know what you want to do but doubt your judgement	Geopel	GUIDANCE

For more information on where to purchase the remedies in Malaysia and for information on dedicated Bach Flower Remedies educational courses, please see contact details below:

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