

## BACH FLOWER REMEDIES

**Bach Flower Essence Therapy** (also called simply FET) was created by Dr. Edward Bach to transfer the essential energy of the plant to other living organisms. This transfer causes a beneficial shift in the living energy system (chi, prana, etc.) of the person, animal or plant, empowering it to heal. It's claimed that these essences (or remedies as they're called in England) can adjust the circuitry of the human nervous system altering emotional responses, replacing negative emotions with positive. It's also claimed that spiritually they open the pathway for the soul so we can fulfill our destiny. This therapy does not treat physical disease or illness directly but instead treats the emotional and mental conditions which are the source of the health problem.

This system of 38 flower essences is divided into 7 groups: Fear; Uncertainty; Insufficient Interest; Loneliness; Oversensitivity; Despondency/Despair and Over-care for Other's Welfare. Bach Flower Essences range from Agrimony to Willow and are created by infusing natural spring water with wild flowers either by the sun-steep process or simply by boiling. Each essence contains 27% grape brandy as a preservative.

Treatment can range from taking four drops four times each day, usually mixed with mineral water, to taking two drops in a glass of water which is sipped at regular intervals throughout the day. The frequency of dosage is more important than the quantity consumed and in severe or chronic conditions the dosage may be taken hourly. It's possible to put the drops into a hot drink which offers the additional benefit of evaporating the alcohol. They can even be put into carbonated beverages and other drinks.

It's possible and often necessary to mix essences together to meet the unique mix of emotions causing problems so it's not uncommon to take up to seven essences together at the same time. However fewer elements are always considered better. It was suggested to Dr. Bach that he simply mix all of his remedies together but when he tried it, the mixture didn't work at all. Each combination can be taken for at least a month and normal treatment periods last from three to six months. Treatments should not be taken for more than a year. The only pre-mixed formula is sold under the name Rescue Remedy and it's designed specifically to treat an emergency situation or crisis.

Dr. Edward Bach was a British physician, bacteriologist and later pathologist who worked on vaccines and a set of homeopathic nosodes which are still called the seven Bach Nosodes. He died in 1936 at the age of 50 but he had been diagnosed with cancer in 1917 and given only three months to live. He treated himself successfully for 19 years with these natural potions. During his career he saw disease as the physical result of unhappiness, fear and worry so in 1930 he left his London practice and moved to the country to create a new system of medicine based on nature.

It is possible to self-diagnose and select essences simply by reading one of the many books on the subject. There are also trained practitioners available for consultation. All Bach Flower Essences have a "use-by" date of five years from creation due to the shelf life of the brandy in the rubber-topped bottle although their energy properties last indefinitely. They are available in retail stores and on the Internet. This therapy has also been used to calm hyperactive dogs, fearful cats and other problem pet emotions.



The 50th podcast program was on Bach Flower Therapy and I spoke with Stefan Ball at the Bach Flower Centre in Mt. Vernon, England. Stefan is a consultant at the Centre and co-author of *Bach Flower Remedies for Animals*. You'll enjoy our conversation about Dr. Edward Bach and his unique therapy.

**USER COMMENTS:** *(by permission from website)*

◆ On a recent air trip... a baby in the seat behind me was screaming non-stop, stretching the patience of the already overworked stewardess in my section, and I'm sure irritating the nerves of most of us sitting nearby... I briefly told her about (Rescue Remedy) and asked her to see if the mother of the baby would agree to put some on the pulse points of the baby's wrists...There was a little hesitancy, but the screams of the baby quickly made her change her mind, and she too agreed it was worth a try. I then put a few drops of Rescue Remedy on to the fingers of the baby's mother, and she gently rubbed it on to the baby's little wrists. Within a few minutes the baby stopped crying and soon was fast asleep. I looked back and we exchanged smiles of relief.

◆ Wendy had undergone a masectomy. For the first two weeks her recovery went well, but then all of a sudden she seemed to lose her appetite and her resistance to pain. She also felt lethargic and weak - she couldn't even keep her eyes open to read a book. When Wendy next visited her doctor the nurse who was changing the bandages noticed her blacking out. She told Wendy not to give in and said that there were some drops that could help her. She recommended Rescue Remedy. Soon after taking them Wendy felt a little better. She continued to take Rescue Remedy on and off for the next 48 hours, whenever things seemed to be getting worse, and every time only a few sips were needed to calm her and help her come back to herself.