

# BACH FLOWER REMEDIES & MIXES

## **Agrimony**

"The jovial, cheerful, humorous people who love peace and are distressed by argument or quarrel, to avoid which they will agree to give up much. Though generally they have troubles and are tormented and restless and worried in mind or in body, they hide their cares behind their humor and jesting and are considered very good friends to know. They often take alcohol or drugs in excess, to stimulate them and help themselves bear their trials with cheerfulness." - **Dr. Edward Bach**

## **Aspen**

"Vague unknown fears, for which there can be given no explanation, no reason. It is a terror that something awful is going to happen even though it is unclear what exactly. These vague inexplicable fears may haunt by night or day. Sufferers may often be afraid to tell their trouble to others." - **Dr. Edward Bach**

## **Beech**

"For those who feel the need to see more good and beauty in all that surrounds them. And, although much appears to be wrong, to have the ability to see the good growing within. So as to be able to be more tolerant, lenient and understanding of the different way each individual and all things are working to their own perfection." - **Dr. Edward Bach**

## **Centaury**

"Kind, quiet, gentle people who are over-anxious to serve others. They overtax their strength in their endeavors. Their wish so grows upon them that they become more servants than willing helpers. Their good nature leads them to do more than their own share of work, and in so doing they may neglect their own particular mission in life" - **Dr. Edward Bach**

## **Cerato**

"Those who have not sufficient confidence in themselves to make their own decisions. They constantly seek advice from others, and are often misguided" - **Dr. Edward Bach**

## **Cherry Plum**

"Fear of mind being over-strained, of reason giving away, of doing fearful and dreaded things, not wished and known wrong, yet there comes the thought and impulse to do them." - **Dr. Edward Bach**

## **Chestnut Bud**

"For those who do not take full advantage of observation and experience, and who take a longer time than others to learn the lessons of daily life. Whereas one experience would be enough for some, such people find it necessary to have more, sometimes several, before the lesson is learnt. Therefore, to their regret, they find themselves having to make the same error on different occasions when once would have been enough, or observation of others could have spared them even that one fault." - **Dr. Edward Bach**

## **Chicory**

"Those who are very mindful of the needs of others they tend to be over-full of care for children, relatives, friends, always finding something that should be put right. They are continually correcting what they consider wrong, and enjoy doing so. They desire that those for whom they care should be near them" - **Dr. Edward Bach**

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## **Clematis**

"Those who are dreamy, drowsy, not fully awake, no great interest in life. Quiet people, not really happy in their present circumstances, living more in the future than in the present; living in hopes of happier times when their ideals may come true. In illness some make little or no effort to get well, and in certain cases may even look forward to death, in the hope of better times; or maybe, meeting again some beloved one whom they have lost." -

**Dr. Edward Bach**

## **Crab Apple**

"This is the remedy of cleansing. For those who feel as if they have something not quite clean about themselves. Often it is something of apparently little importance: in others there may be more serious disease which is almost disregarded compared to the one thing on which they concentrate. In both types they are anxious to be free from the one particular thing which is greatest in their minds and which seems so essential to them that it should be cured. They become despondent if treatment fails. Being a cleanser, this remedy purifies wounds if the patient has reason to believe that some poison has entered which must be drawn out." - **Dr. Edward Bach**

## **Elm**

"Those who are doing good work, are following the calling of their life and who hope to do something of importance, and this often for the benefit of humanity. At times there may be periods of depression when they feel that the task they have undertaken is too difficult, and not within the power of a human being." - **Dr. Edward Bach**

**Bach**

## **Gentian**

"Those who are easily discouraged. They may be progressing well in illness or in the affairs of their daily life, but any small delay or hindrance to progress causes doubt and soon disheartens them." - **Dr. Edward Bach**

## **Gorse**

"Very great hopelessness, they have given up belief that more can be done for them. Under persuasion or to please others they may try different treatments, at the same time assuring those around that there is so little hope of relief." - **Dr. Edward Bach**

## **Heather**

"Those who are always seeking the companionship of anyone who may be available, as they find it necessary to discuss their own affairs with others, no matter who it may be. They are very unhappy if they have to be alone for any length of time." - **Dr. Edward Bach**

## **Holly**

"For those who are sometimes attacked by thoughts of such kind as jealousy, envy, revenge, suspicion. For the different forms of vexation. Within themselves they may suffer much, often when there is no real cause for their unhappiness." - **Dr. Edward Bach**

## **Honeysuckle**

"Those who live much in the past, perhaps a time of great happiness, or memories of a lost friend, or ambitions which have not come true. They do not expect further happiness such as they have had." - **Dr. Edward Bach**

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## Hornbeam

"For those who feel that they have not sufficient strength, mentally or physically, to carry the burden of life placed upon them; the affairs of every day seem too much for them to accomplish, though they generally succeed in fulfilling their task. For those who believe that some part, of mind or body, needs to be strengthened before they can easily fulfill their work." - **Dr. Edward Bach**

## Impatiens

"Those who are quick in thought and action and who wish all things to be done without hesitation or delay. When ill they are anxious for a hasty recovery. They find it very difficult to be patient with people who are slow as they consider it wrong and a waste of time, and they will Endeavour to make such people quicker in all ways. They often prefer to work and think alone, so that they can do everything at their own speed." - **Dr. Edward Bach**

## Mimulus

"Fear of worldly things, illness, pain, accidents, poverty, of dark, of being alone, of misfortune. The fears of everyday life. These people quietly and secretly bear their dread; they do not freely speak of it to others." - **Dr. Edward Bach** This Essence helps you when you have fear of known things, such as, fear of spiders, fear of not being good enough, fear of being old, fear of not succeeding, fear of heights, fear of public speaking etc. You might also be shy, tongue-tied in company, you might even be blushing and stuttering. Mimulus helps you regain courage to face difficulties with humor and confidence. You will be able to stand up for yourself, and with the emotions under control can enjoy life without fear.

## Mustard

"Those who are liable to times of gloom or even despair, as though a cold dark cloud overshadowed them and hid the light and the joy of life. It may not be possible to give any reason or explanation for such attacks. Under these conditions it is almost impossible to appear happy or cheerful." - **Dr. Edward Bach**

## Oak

"For those who are struggling and fighting strongly to get well, or in connection with the affairs of their daily life. They will go on trying one thing after another, though their case may seem hopeless. They will fight on. They are discontented with themselves if illness interferes with their duties or helping others. They are brave people, fighting against great difficulties, without loss of hope or effort." - **Dr. Edward Bach**

## Olive

"Those who have suffered much mentally or physically and are so exhausted and weary that they feel they have no more strength to make any effort. Daily life is hard work for them, without pleasure." - **Dr. Edward Bach**

## Pine

"For those who blame themselves. Even when successful they think they could have done better, and are never satisfied with the decisions they make. Would this remedy help me to stop blaming myself for everything?" - **Dr. Edward Bach**

## Red Chestnut

"For those who find it difficult not to be anxious for other people. Often they have ceased to worry about themselves, but for those of." - **Dr. Edward Bach**

# BACH FLOWER REMEDIES & MIXES

## Rock Rose

"The remedy of emergency for cases where there even appears no hope. In accident serious or sudden illness, or when the patient is very frightened or terrified, or if the conditions is serious enough to cause great fear to those around. If the patient is not conscious the lips may be moistened with the remedy." - **Dr. Edward Bach**

## Rock Water

"Those who are very strict in their way of living; they deny themselves many of the joys and pleasures of life because they consider it might interfere with their work. They are hard masters to themselves. They wish to be well and strong and active, and will do anything which they believe will keep them so. They hope to be examples which will appeal to others who may then follow their ideas and be better as a result." - **Dr. Edward Bach**

## Scleranthus

"Those who suffer much from being unable to decide between two things, first one seeming right then the other. They are usually quiet people, and bear their difficulty alone, as they are not inclined to discuss it with others." - **Dr. Edward Bach**

## Star of Bethlehem

"For those in great distress under conditions which for a time produce great unhappiness. The shock of serious news, the loss of someone dear, the fright following an accident, and such like. For those who for a time refuse to be consoled, this remedy brings comfort." - **Dr. Edward Bach**

## Sweet Chestnut

"For those moments which happen to some people when the anguish is so great as to seem to be unbearable. When the mind or body feels as if it had borne to the uttermost limit of its endurance, and that now it must give way. When it seems there is nothing but destruction and annihilation left to face." - **Dr. Edward Bach**

## Vervain

"Those with fixed principles and ideas, which they are confident are right, and which they very rarely change. They have a great wish to convert all around them to their own views of life. They are strong of will and have much courage when they are convinced of those things that they wish to teach. In illness they struggle on long after many would have given up their duties." - **Dr. Edward Bach**

## Vine

"Very Capable people, certain of their own ability, confident of success. Being so assured, they think that it would be for the benefit of others if they could be persuaded to do things as they themselves do, or as they are certain is right. Even in illness they will direct their attendants. They may be of great value in emergency." - **Dr. Edward Bach**

## Walnut

"For those who have definite ideals and ambitions in life and are fulfilling them, but on rare occasions are tempted to be led away from their own ideas, aims and work by the enthusiasm convictions or strong opinions of others. The remedy gives constancy and protection from outside influences." - **Dr. Edward Bach**

## Water Violet

"For those who in health or illness like to be alone. Very quiet people, who move about without noise, they are aloof, leave people alone and go their own way. Often clever and talented. Their peace and calmness is a blessing to those around them." - **Dr. Edward Bach**

## BACH FLOWER REMEDIES & MIXES

### **White Chestnut**

"For those who cannot prevent thoughts, ideas, arguments which they do not desire from entering their minds. Usually at such times when the interest of the moment is not strong enough to keep the mind full. Thoughts which worry and still remain, or if for a time thrown out, will return. They seem to circle round and round and cause mental torture. The presence of such unpleasant thoughts drives out peace and interferes with being able to think only of the work or pleasure of the day." - **Dr. Edward Bach**

### **Wild Oat**

"Those who have ambitions to do something of prominence in life, who wish to have much experience, and to enjoy all that which is possible for them, to take life to the full. Their difficulty is to determine what occupation to follow; as although their ambitions are strong, they have no calling which appeals to them above all others. This may cause delay and dissatisfaction." - **Dr. Edward Bach**

### **Wild Rose**

"Those who without apparently sufficient reason become resigned to all that happens, and just glide through life, take its as it is, without any effort to improve things and find some joy. They have surrendered to the struggle of life without complaint." - **Dr. Edward Bach**

### **Willow**

"For those who have suffered adversity or misfortune and find these difficult to accept, without complaint or resentment, as they judge life much by the success which it brings. They feel that they have not deserved so great a trial that it was unjust, and they become embittered. They often take less interest and are less active in those things of life which they had previously enjoyed." - **Dr. Edward Bach**

# BACH FLOWER REMEDIES & MIXES

## Flower Mixes

Below are the Flower Mixes and what is included in each Mix

### **Bach Rescue® Remedy**

This combination of Bach Flower Remedies is especially beneficial when you find yourself in traumatic situations, such as, stress, emergencies, after getting bad news, before an exam or job interview and all other kind of situations where we suddenly lose balance mentally. The Remedies quickly get us back in our normal balance so that we calmly can deal with any situation. Includes:

**Impatiens:** For those who act and think quickly, and have no patience for what they see as the slowness of others. They often prefer to work alone. Teaches empathy and understanding of and patience with others. We've found it very fast-acting in alleviating an impatient attitude and lowering stress.

**Star of Bethlehem:** For trauma and shock, whether experienced recently or in the past. Teaches the ability to recover from traumas and to integrate them into the present life.

**Cherry Plum:** 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. Teaches trust in one's spontaneous wisdom and the courage to follow one's path.

**Rock Rose:** For situations in which one experiences panic or terror.

**Clematis:** For those who find their lives unhappy and withdraw into fantasy worlds. They are ungrounded and indifferent to the details of everyday life. Teaches one to establish a bridge between the physical world and the world of ideas; may foster great creativity. Is also used to bring clarity and alertness to the present moment.

# BACH FLOWER REMEDIES & MIXES

## Bach Panic

**Rescue Remedy®:** Helps at any stressful situation where you need to be able to collect yourself and be in charge of your emotions.

**Rock Rose:** When you feel that the fear is so great that you are unable to move or react, a frozen fear.

**Mimulus:** Helps you when you feel fear, the type of fear that you can put a name on such as, fear of spiders, being alone, losing a job, not being able to do car payments, illness etc. Also fear of speaking freely of it to others and shyness.

**Cherry Plum:** Helps you when you feel that your mind is being over-strained, you feel like you are going to explode or do irrational things.

## Bach Anxiety

There are many different Bach Flower essences that treat different “flavours” of anxiety.

For example, Red Chestnut is helpful for those who worry excessively about the wellbeing of their children or other close family members.

**Mimulus** is for those who have specific fears about things, people or events. This includes anticipatory anxiety such as fear of failing an exam or fear of how things will turn out, or fear of poverty as well as phobias such as fear of public speaking, fear of dogs, fear of robbers and so on. Aspen treats vague anxieties such as feelings of dread, troubled sleep, fear of the unknown and other fears that have no concrete source.

**Rock Rose** treats panic conditions.

**Crab Apple** treats anxiety relating to appearance – feeling ugly or having a defect. It also treats fear of contamination, dirt or germs.

**Cherry Plum** is used where there is fear of losing one's mind, or of losing control.

**Larch** is used for feelings of intimidation resulting from a sense of inadequacy or low self-esteem.

**Centaury** is used for fear of standing up for oneself.

**Cerato** is helpful for fear of being judged or ridiculed as well as for fear of making the wrong decisions. Star of Bethlehem is used for anxiety brought on by a trauma or shock.

# BACH FLOWER REMEDIES & MIXES

## Bach Fear

**Rock Rose:** Helps you when you experience terror or fright and you feel frozen and unable to move or think clear.

**Mimulus:** Helps you when you feel fear, the type of fear that you can put a name on such as, fear of spiders, being alone, losing a job, not being able to do car payments, illness etc. Also fear of speaking freely of it to others and shyness.

**Cherry Plum:** Helps you when you fear that your mind is being over-strained, you feel like you are going to explode or do irrational things. You are afraid of losing control.

**Aspen:** Helps you when you feel fearful without knowing why. You feel that something bad is going to happen, but nothing happens and you cannot tell what you are afraid about.

**Red Chestnut:** Helps you when you find it difficult not to be anxious for other people, you are afraid that some unfortunate things may happen to your loved ones.

**White Chestnut:** When your mind is too cluttered with thoughts and worries that you are unable to fall asleep.

## Bach Depression

**Mustard:** Helps you when you feel suddenly depressed without reason. It feels like a cold dark cloud has destroyed all happiness and cheerfulness. The depression can lift just as sudden for no reason.

**Elm:** You feel overwhelmed by your work load and matters of life and you feel depressed and exhausted.

**Sweet Chestnut:** For those moments which happen to some people when the anguish is so great as to seem to be unbearable. When the mind or body feels as if it had borne to the uttermost limit of its endurance, and that now it must give way. When it seems there is nothing but destruction and annihilation left to face.

**Willow:** Helps you when you have suffered adversity or misfortune and find it difficult to accept. You feel sorry for yourself and are grumble and sulky.

**Gorse:** When you feel a great hopelessness, you have given up belief that more can be done for you. Under persuasion or to please others you may try different treatments, at the same time assuring those around that there is so little hope of relief.

**Gentian:** When you are easily discouraged. You may be progressing well in illness or in the affairs of their daily life, but any small delay or hindrance to progress causes doubt and soon disheartens you.

# BACH FLOWER REMEDIES & MIXES

## Bach Stress

**Rescue Remedy®:** Help any stressful situation where you need to be able to collect yourself and be in charge of your emotions.

**Oak:** Helps you when your inner strength wanes. Usually because you are an over-achiever and will overwork and ignore your tiredness.

**Elm:** You feel overwhelmed by your work load and matters of life and you feel depressed and exhausted.

**Sweet Chestnut:** For those moments which happen to some people when the anguish is so great as to seem to be unbearable. When the mind or body feels as if it had borne to the uttermost limit of its endurance, and that now it must give way. When it seems there is nothing but destruction and annihilation left to face.

**Cherry Plum:** When you feel like exploding and fear that you may lose control of your emotions and actions.

**White Chestnut:** Helps you when your mind is cluttered with thoughts, usually arguments, ideas, thoughts which you do not wish to keep repeating in your mind. These thoughts might prevent you from sleeping.

**Impatiens:** Those who are quick in thought and action and who wish all things to be done without hesitation or delay. When ill they are anxious for a hasty recovery. They find it very difficult to be patient with people who are slow as they consider it wrong and a waste of time, and they will Endeavour to make such people quicker in all ways. They often prefer to work and think alone, so that they can do everything at their own speed

# BACH FLOWER REMEDIES & MIXES

## Bach Jet Lag

This combination helps you adjust to the time change and with the physical tiredness and impatience that comes from sitting in a plane for hours. Start taking this combination a couple of days before the flight and continue while flying and afterward until all symptoms are gone.

**Olive:** Helps you over the physical exhaustion of traveling and being on the road for several hours.

**Walnut:** Helps you adjust to a new time zone and place.

**Impatiens:** Helps you from getting impatient while sitting in a plane for several hours without much to do.

**Rescue® Sleep** calms your restless mind providing natural relief of occasional sleeplessness caused by stress and repetitive thoughts. Contains:

*White Chestnut: To help ease restless mind.*

*Star of Bethlehem: For trauma and shock.*

*Clematis: For the tendency to "pass out", and unconsciousness, being 'far away' and not present mentally.*

*Cherry Plum: Fear of mind giving way, verge of breakdown, anger.*

*Impatiens: For irritability, tension and fidgety.*

*Rock Rose: For frozen terror and panic.*

## Bach Separation Anxiety

**Mimulus:** This Essence helps when a child suffer from separations anxiety. Separation anxiety is fear, fear of being left alone, fear of Mommy not coming back, fear of all scary things a child may think about.

**Walnut:** Helps the child or adult adjust to a new schedule or situation.

## Bach Sleep

**Rescue Sleep:** Calms our mind and body to allow us to fall asleep.

**White Chestnut:** When your mind it too cluttered with thoughts that you are unable to fall asleep.

**Impatient:** When you get irritated and impatient with yourself, you start counting hours until the alarm clock will wake you up.

**Vervain:** When your mind is too wind up with plans.

# BACH FLOWER REMEDIES & MIXES

## Bach Emotional Eating

**Crab Apple:** Helps you when you feel that there is something not quite clean about yourself. You may need to wash hands often, find things dirty without any reason; you may find yourself ugly although others find you very attractive.

**Chestnut Bud:** "For those who do not take full advantage of observation and experience, and who take a longer time than others to learn the lessons of daily life"

**Cherry Plum:** is used where there is fear of losing one's mind, or of losing control

## Bach Anger - Hate, Resentment. (Sibling rivalry, Children of divorced parents, unhappy children)

**Cherry Plum:** Helps you when you feel that your mind is being over-strained, you feel like you are going to explode or do irrational things.

**Holly:** "For those who are sometimes attacked by thoughts of such kind as jealousy, envy, revenge, suspicion. For the different forms of vexation. Within themselves they may suffer much, often when there is no real cause for their unhappiness."

**Willow:** Helps you when you have suffered adversity or misfortune and find it difficult to accept. You feel sorry for yourself and are grumble and sulky.

**Heather:** Helps you when you get unhappy being alone for any length of time, you are always seeking the companionship and find it necessary to discuss your affairs with others, no matter whom it may be.

**Beech:** "For those who feel the need to see more good and beauty in all that surrounds them. And, although much appears to be wrong, to have the ability to see the good growing within. So as to be able to be more tolerant, lenient and understanding of the different way each individual and all things are working to their own perfection."