



*Bach*<sup>®</sup>  
ORIGINAL  
FLOWER REMEDIES

**Manage your emotions  
fulfil your potential**

how to use

Bach Original Flower Remedies



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## Did you know?

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Bach™ Original Flower Remedies are:-

- Made in the UK
- The only original remedies made at the home of Dr Bach
- The system that gives us

**RESCUE**<sup>®</sup>  
**REMEDY**

## Choosing your remedies

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Most people find it reasonably easy to select their own remedies. All you need to do is find the remedy or remedies that seem to reflect your situation, mood or personality the best. You can mix up to seven together at a time. All of the states described are everyday human emotions that we all feel from time to time. Even the most negative state has a corresponding positive quality that shows us what we can be when we are fully ourselves.

Dr Bach chose seven different groups under which he categorised the 38 Bach Flower Remedies. Use the groups on the table over leaf as a starting point to help you make your remedy selection.



Recognising exactly how you feel is the key to choosing the right remedy or selection of remedies for you. If you have selected more than seven remedies, cut down your choice by concentrating on how you feel now. Then match the exact mood you're in with the appropriate remedy. If a feeling isn't affecting you today you don't need a remedy for it.

For example, if moving house is making you feel frustrated and impatient, try **Impatiens**. And if you are finding it hard to adapt to your new neighbourhood, try **Walnut**.

Sometimes we find it difficult to be honest with ourselves. Few of us want to be seen as jealous or intolerant, but once we have admitted how we feel, we are halfway towards balancing that emotion. So, if you have trouble working out your feelings, why not ask someone who knows you to help?

Group	Symptom	Remedy
FACE YOUR FEARS	You are shy or you feel anxious about something specific	Mimulus
	You are anxious but can't say why	Aspen
	You feel an extreme terror about something	Rock Rose
	You fear you might lose control	Cherry Plum
	You feel anxious about somebody else's safety	Red Chestnut
LIVE THE DAY	Your mind is on the past instead of the present	Honeysuckle
	You are in a dream	Clematis
	You find yourself making the same mistakes	Chestnut Bud
	Your mind is running over the same thing	White Chestnut
	You can't really be bothered	Wild Rose
	You feel down in the dumps and don't know why	Mustard
	You feel tired after making an effort	Olive
REACH OUT TO OTHERS	Your talkativeness leads to loneliness	Heather
	You feel impatient with the slow pace of people or things	Impatiens
	You like your own company but sometimes feel lonely	Water Violet
KNOW YOUR OWN MIND	You put things off, feeling tired at the thought of starting work	Hornbeam
	You feel a bit let down after a setback	Gentian
	You give up when things go wrong	Gorse
	You can't make your mind up	Scleranthus
	You want to do something worthwhile but can't find your vocation	Wild Oat
	You know what you want to do but doubt your judgement	Cerato
FIND JOY AND HOPE	You are suffering from the effects of a shock, or from grief	Star of Bethlehem
	You feel resentful and sorry for yourself	Willow
	You feel overwhelmed by your many responsibilities	Elm
	You feel guilty or blame yourself	Pine
	You feel despair when there is no hope left	Sweet Chestnut
	You expect to fail and lack confidence in your skills	Larch
	You are a strong person who struggles on past the limits of strength	Oak
	You feel unclean or dislike something about yourself	Crab Apple
LIVE AND LET LIVE	Sometimes you are a tyrant when you want to lead	Vine
	Your enthusiasm leads you to burn yourself out	Vervain
	You feel critical of or intolerant towards others	Beech
	Your love for your family makes it hard to let them go	Chicory
	You drive yourself hard trying to set an example	Rock Water
STAND YOUR GROUND	You can't easily say 'no' to other people	Centaurly
	Other people's ideas knock you off course; you are unsettled at times of change	Walnut
	You feel wounded, jealous, spiteful, or want revenge	Holly
	You hide your troubles behind a smile	Agrimony



## Taking your remedies

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The remedies are easy to take. Here are some ideas.

- Add two drops of each chosen remedy to a glass of water. Sip from it as often as you want, but at least four times a day for longer-term issues.
- For convenience when taking several remedies at once, add two drops of each chosen remedy to an empty 30ml dropper bottle. Top up with mineral water, adding a teaspoonful of brandy or cider vinegar as a preservative if you wish. From this bottle take four drops at least four times a day. 30ml dropper bottles can be bought ready-to-use from your *Bach Original Flower Remedies* stockist.
- For immediate use you can take the remedies undiluted direct from the stock bottle. Just drip two drops on your tongue, and repeat as necessary.
- You can use the remedies externally. Just a few drops on the lips, temples or pulse points is effective and allows for first-aid use.
- When using Rescue Remedy® use double the amount you'd use for the single remedies. Put four drops of *Rescue Remedy* on your tongue or into your glass of water or treatment bottle, rather than two.

Take your *Bach Original Flower Remedies* as often as you need to. They are also safe for young children. If you are pregnant please consult your doctor or midwife.

Remember that the stock remedies are preserved in alcohol. Dilute the remedies or use them externally if this is an issue.

## Find out more

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If you have a question about *Bach Original Flower Remedies* call the Nelsons helpline on 0800 289515 or visit [www.bachremedies.co.uk](http://www.bachremedies.co.uk)

Other leaflets are available on particular aspects of remedy use. Download them from [www.bachremedies.co.uk](http://www.bachremedies.co.uk)

Think about seeing a qualified Bach Foundation Registered Practitioner, who can help teach you the remedies you need – you can find a list online at [www.bachcentre.com](http://www.bachcentre.com) or phone one of the helplines.

The Bach Centre is available for general information and advice on the work of Dr. Bach and the Bach system on 01491 834678, and for help in selecting remedies call the Bach Centre's dedicated consultation line 01491 832877.

## Learn More

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*Why not attend a course on the Bach Original Flower Remedies?* A training programme called the Bach International Education Programme has been approved by the Dr Bach Foundation. Approved courses run all over the country throughout the year. To find out more, visit [www.bachremedies.co.uk/training](http://www.bachremedies.co.uk/training) or ring 020 8780 4200 and ask for the education coordinator.



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Bach Original Flower Remedies help us to manage the ups  
and downs of everyday life. For clinical emotional problems  
you should always seek professional advice.

Always read the label.

Always look for the Dr Bach logo

Ask for advice instore

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