



The Bach Flower Essences®

are 38 homeopathically prepared plant and flower based essences, each one specially devised to treat a different emotion. Helping you to manage the emotional demands of everyday life. Each one of the 38 Bach Flower Essences® treats a specific emotion, helping to restore balance and overcome negative feelings which, if allowed to continue, can lead to physical illness. Dr. Edward Bach, who originally created the Bach Essences® believed 'a healthy mind ensures a healthy body'.

Dr. Bach also created an emergency combination which he called Rescue Remedy®. It contains five Bach Essences®: Impatiens, Star of Bethlehem, Cherry Plum, Rock Rose and Clematis. When faced with a sudden bad news, a family upset, the aftermath of an accident or a stressful event - such as taking an exam, visiting the dentist or giving a presentation - Rescue Remedy will help you face the situation in a better frame of mind and reduce your fear or nervousness. It is an excellent remedy whenever you feel uptight or duly bothered, and can usually restore balance.

History

Dr. Edward Bach, along with Hippocrates, Hahnemann, Pasteur and Lister, is one of a handful of figures in the history of medicine who have revolutionized the way we look at health. He was a remarkable physician who was respected around the world for the great contribution he made to both orthodox and homeopathic medicine. Training & Early Research Dr. Bach studied medicine at Birmingham University and completed his training at University College Hospital in London where he qualified as a physician in 1912. During 1913, Dr. Bach held medical and surgical positions at various London hospitals. He became interested in immunology and worked as Assistant Bacteriologist at London's University College Hospital, where he discovered that certain intestinal bacteria were closely connected with chronic disease and its cure. He developed a group of seven vaccines from these bacteria with which he achieved outstanding results. His methods were published in medical journals, recorded by the Royal Society of Medicine and adopted generally by the medical profession. Dr. Bach had always been interested in the needs of his patients as individual people and believed that there must be a safer and more natural way of treating the cause of disease. He continued his research at laboratories on Harley Street until 1919, when he took the post of pathologist and bacteriologist at the London Homeopathic Hospital. Here he came across the Organon, the book written by Samuel Hahnemann. Using the theory 'treat the patient, not the disease', and began to prepare his vaccines homeopathically. The result was the group of seven oral vaccines or nosodes, which became known as the Seven Bach Nosodes. His observations of patients led Dr. Bach to the conclusion that certain types of people reacted in the same way to different illnesses and treatments. He developed this insight into a theory of types, dividing people into seven groups, each corresponding to one of the seven nosodes. From then on he sought to prescribe according to his patients' reactions to their illnesses themselves. He found that these diagnoses were more effective than those based on clinical examination. Although the treatment itself was still for the physical com-



plaint, he knew that this work would not be complete until he found a treatment for those negative moods and emotions that were responsible for the breakdown in health in the first place.

Dr. Bach based his work on a profound philosophy in which life is seen as a learning process and ill health - whether mental or physical - is intended to help us understand more about ourselves and the purpose of our lives. Health comes when we regain harmony between our physical and spiritual selves, leaving the body free to begin its own natural healing process. If emotional equilibrium can be maintained the mind and body will remain in a state of health.

It is the total and absolute focus on the mental state of the sufferer alone, which makes Dr. Bach's approach to health so exceptional. It was the search for these new, simpler and more natural medicines that took Dr. Bach out into the countryside of England and Wales. In Wales he found Impatiens and Mimulus growing wild in the countryside. He returned to London, prepared the Essences® and prescribed them according to the personality of his patients, with immediate and remarkable results. Each of the 38 Essences® cover a different state of mind or personality type. In 1935, Dr. Bach announced his work was complete and turned his attention to spreading the news of his discoveries to as many people as possible.

How the Essences are Made

There are two methods of preparing the Mother Tinctures for the Bach Flower Essences®.

The Sun Method: Dr. Bach used this method to make 20 of the Essences®, most of which are delicate blooms in the height of summer.

The Boiling Method: Dr. Bach used this method to prepare the remaining 18 Essences®, from trees and bushes and plants, most of which flower in the early part of the year.

A three step process - preparing the Bach Flower Essences®

Step One - Mother tinctures are prepared from plant material and natural spring water using either the sun or boiling method as defined by Dr. Bach's instructions.

Step Two - The mother tincture is made up of the energized spring water (Step one) mixed with an equal quantity of 40% brandy. The brandy acts purely as a preservative for the water.

Step Three - To make the stock bottle, two drops of mother tincture are added to 30ml of 27% brandy, which is also known as 'grape alcohol'. Bach Flower Essences® are produced exactly according to the methods set out by Dr. Edward Bach. The Essences® are energized by the sun or boiling method. No further potentization is carried out.

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Indication	Try Bach Flower Essence	Outcome
<p>Vague or unaccountable fears. Appearing agitated for no apparent reason – horses that startle. The animal becomes anxious and you can see no cause.</p>	<p>Aspen</p>	<p>Provides the animal with a sense of security and fearlessness so they may disregard difficulties and dangers.</p>
<p>Intolerance toward other animals, people, events and situations; they may dislike people or animals.</p>	<p>Beech</p>	<p>More tolerant and a sense of compassion for and unity with other animals and people.</p>
<p>A loss of self-control, which may manifest in a variety of behaviors. An animal suffering with an irritating condition or infection may lose self-control, violently scratching itself in a desperate attempt to find relief.</p>	<p>Cherry Plum</p>	<p>A self-controlled animal who will have the ability to act rationally.</p>
<p>Repeated unsuccessful behavior patterns, doesn't learn from past mistakes: dogs that chew on cushions no matter how many times they're told not to; a horse knocks down the same fence in the arena, which is well within its capabilities.</p>	<p>Chestnut Bud</p>	<p>Allows the animal to learn from experience so it can move on in life and not repeat the same mistakes.</p>



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<p>Possessive in nature, very territorial. Highly protective of family and home: a cat who rubs against your legs constantly, a dog that demands to be petted, especially if anyone else enters the room. Manipulatively loving to keep control.</p>	<p>Chicory</p>	<p>An unselfish, self-assured, loving animal.</p>
<p>No apparent interest in the world around them: animals who sleep all the time, have trouble paying attention, or seem to live more in a dream than in the present.</p>	<p>Clematis</p>	<p>Enables the animal to have a lively interest in the world around them and enjoyment in life.</p>
<p>Obsessive cleanliness, fastidiousness. Constant licking or nibbling on themselves, may have a distaste for eating, mating or defecating.</p>	<p>Crab Apple</p>	<p>An animal that is relaxed and more accepting of itself and its imperfections.</p>
<p>Overwhelmed by a sense of responsibility from a temporary circumstance: dogs or cats who abandon their litter because it is too much to handle.</p>	<p>Elm</p>	<p>Restores confidence, positive outlook and coping capabilities in the animal.</p>
<p>Despondency due to a setback such as not going for a walk as usual or temporary separation from owner or companion.</p>	<p>Gentian</p>	<p>Restores optimism thus preventing a sense of hopelessness from developing. (May also need Honeysuckle)</p>
<p>Overly concerned with companionship because they are lonely. Constant barking or whimpering to get attention; hovering for attention, whining while you are away.</p>	<p>Heather</p>	<p>A pet that trusts it will receive love and does not need to constantly be the center of attention..</p>



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<p>Jealousy of other animals or a new baby in the home. Angry growling, hissing, barking, snapping or unprovoked attacks.</p>	<p>Holly</p>	<p>An animal that is more compassionate and willing to share with other animals.</p>
<p>Homesickness or over-attachment to the past, demonstrated through signs of distress: loss of appetite, becoming introverted. Especially useful when owner has died, or for extended periods at the kennel or left home alone.</p>	<p>Honeysuckle</p>	<p>Assists the animal to become self-assured, to be able to adjust to its new home or environment. (May also need Walnut)</p>
<p>Lethargy or lack of enthusiasm to go anywhere, shying away from anything which is demanding or requires activity or effort: a dog lacking enthusiasm to go for a walk.</p>	<p>Hornbeam</p>	<p>An animal who feels they have the strength to participate fully. Restores vitality, enthusiasm, and spontaneity. (May also need Wild Rose)</p>
<p>Impatient and seeming to have boundless energy: cats that rush about the house, dogs that can't wait to be taken for a walk and always run ahead, horses that are difficult to control before a race.</p>	<p>Impatiens</p>	<p>Animals become more patient, waiting is not a major dilemma.</p>



<p>Lack of self-confidence or avoiding situations where they have to perform: a horse who walks into the arena head down and tail between the legs refusing to do any jumps, a new cat that has to integrate into an existing feline social structure.</p>	<p>Larch</p>	<p>Boosts self-esteem, confidence and determination</p>
<p>For fears , afraid of lightning, visits to the vet. May shake or shiver when confronted with the thing that frightens them. Shy and timid animals.</p>	<p>Mimulus</p>	<p>Animals become more confident and courageous, can enjoy life without fear.</p>
<p>Exhaustion, fatigue due to over work: for working animals, such as sheep dogs and farm horses, or for those who are involved in racing, competitive events or shows.</p>	<p>Olive</p>	<p>A restoration of strength and vitality.</p>
<p>Terror, panic-stricken as shown by physical signs: fur bristles on the back, the stance is one of defense, body trembling.</p>	<p>Rock Rose</p>	<p>Restores courage and calmness.</p>



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<p>Animals who can't make up their mind: cats who spend an unnecessarily long time going from one cushion to another before finally falling asleep, or dogs that ask to go for a walk then change their minds as soon as you go outside.</p>	<p>Scleranthus</p>	<p>Results in a decisive and balanced animal.</p>
<p>Abused or mistreated in the past. Any past or present trauma or shock; for loss of owner, surgery, used by animal shelters and rescue homes</p>	<p>Star of Bethlehem</p>	<p>Neutralizes the effects of shock or trauma.</p>
<p>Enthusiastic, excitable, high strung, full of nervous energy: dogs who jump up on visitors or race around the park to join in ball games.</p>	<p>Vervain</p>	<p>Assists in slowing down the animals to be more calm and able to relax.</p>
<p>Authoritative, domineering: for the dog that is overly aggressive or the bossy cat in a feline social structure.</p>	<p>Vine</p>	<p>Allows the animal to be determined without domination, they can guide without controlling other animals.</p>
<p>For any period of change: birthing, being relocated during a family move, a new baby in the home, left in the kennel.</p>	<p>Walnut</p>	<p>Helps the animal ease into its new surroundings or situation.</p>



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Unfriendly, stand-offish: do not invite or welcome cuddles, petting or obvious affection.	Water Violet	Produces a companionable and sociable animal.
At a crossroads in life, loss of sense of direction or purpose; especially good for working or show animals who are being retired.	Wild Oat	Restores ambition and sense of purpose for the animal. (May also need Walnut)
Lack of energy and enthusiasm: tend to be submissive, allowing you to do anything to them or with them without caring much either way.	Wild Rose	Creates a lively interest in life.

The Bach Flower Essences will not change the inherent temperament of a particular breed or animal, but will help bring them into balance.

An excellent book about horses and Bach Flower Remedies:

Emotional Healing for Horses and Ponies

by Stefan Ball

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