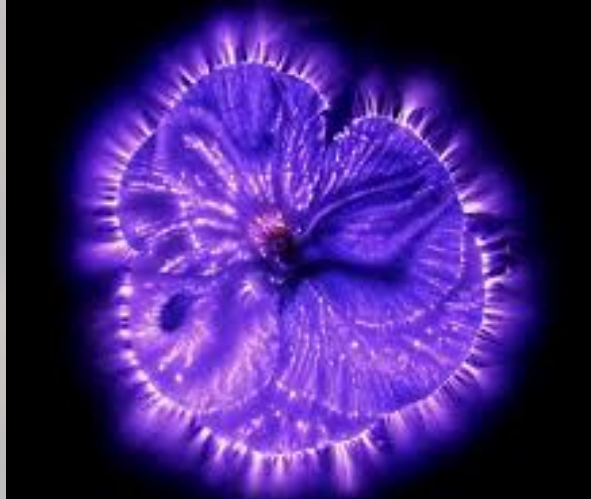


# Emotional Relief with Flower Essences

## Bach Flower Remedies



Kirlian Photography of a Violet



Bee Balm Energy captured on Kirlian Photography



I am currently a Level 2 Bach Flower Essence practitioner. I am presently undergoing the process to become a Level 3 Teacher Practitioner, studying under Dr. Lauren Nappen of Mechanicsville, PA.

Indigenous people have intuited the benefits of flower and plant essences for 1000s of years. Plant essences and Bach Flower Remedies are a **safe** and natural method of treating disharmonies in the

body. Discovered by Dr. Edward Bach from 1920 – 1930's in England, a set of 38 essences taken individually or as a mix gently restore balance between mind and body by casting out negative emotions which interfere with the equilibrium of the being as a whole. Negative or blocked emotions can potentially manifest into dis-ease of the body in numerous ailments. The Bach Flower Remedies allow peace and happiness to return to the sufferer so that the body is free to heal itself. The Bach Flower Remedies are made from wild flowers and are safe for the whole family including pets.

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Bach flower essences are made out of **energy** extracts from flowers of wild plants. The essences are tinctures created from vibrations of the specific plant that **do not** interfere with other medications.

The idea behind Bach flower remedies is similar to homeopathy. But they use fewer materials and don't work directly on physical symptoms, but instead on the **emotions**.

Bach believed that healing negative emotions helps the body heal itself. His system contains 38 remedies that each address a specific negative emotion. The emotions are grouped into seven broad psychological causes of illness:

- Fear
- Uncertainty
- Lack of interest in present circumstances
- Loneliness
- Oversensitivity to influences and ideas
- Sadness or despair
- Cares for others at the expense of self



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## How to take the remedies

You can take the remedies in several ways. Taking larger doses at one time doesn't have a stronger effect; but if you are going through a crisis you can take more frequent doses to get you through it.

### The 'glass of water' 4 x 4 method

Place 4 drops from the prescribed bottle in a glass or bottle of water. Do this 4 times per day.

Personal mixes will last two or three weeks if you keep them cool - in the fridge, for example. If that isn't possible - add a teaspoon of brandy or apple cider vinegar to the bottle.

### Directly on the tongue

You can also take remedies 'neat', without diluting them. To make it easy to remember, you take the same number of drops when taking a neat stock remedy as you do when you are adding remedies to a personal mix or a glass of water: two drops, direct on the tongue.

In either case, repeat as necessary - at least four times a day for long-term use.

If you run out of your personal mix before you feel you are fully recovered emotionally, use a temporary Rescue Remedy mix that can be purchased from many health food stores.

Call Tammy 586-322-2897 for questions, a refill or adjustment on your personal formula.

