

Understanding Bach Flower Remedies

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Holistic therapies are excellent to support the body's own healing mechanisms & help create the right conditions for oneself. This time I would like to share with you something about a therapy which is very special to me. It is Bach Flower Remedies.

The remedies were discovered by Dr. Edward Bach. He



dedicated his life to a search for a system of healing that would be safe, free from side effects and simple to use. He discovered 38 remedies prepared from different plants except one which is prepared from the water of a natural healing spring.

Each remedy is for a different emotion, mood or personality such as impatience, fear and guilt to name a few that re-establishes the inner equilibrium.

Life is a series of changes and new challenges, and the childhood and adolescent years are packed to the brim with change after change. The remedies are especially important for the teenagers who are traveling through the most potentially exciting years of his or her life.

There are some remedies that are most supportive during the adolescence.

Not only are physical changes taking place, but also psychological development and growing awareness.

Remedies can help to balance the state of mind under different emotional conditions, such as:

- WALNUT is for adjustment to the changes taking place.
- MIMULUS will help those who are fearful, to have more courage to face others.
- LARCH is for those who lack confidence.
- CENTUARY is taken if one is easily dominated, pushed around or having trouble standing up for one self.

- CRABAPPLE is for the self dislike. It helps one to know, respect and accept oneself.
- GORSE is for loss of hope or a pessimist outlook or for those who have given up on life altogether.
- GENTIAN is for disappointment, discouragement and depression due to set back. It will give encouragement needed to bounce back and try again.
- PINE helps to ease guilt complex.
- SCLERANTHUS helps those in a confused state to be more decisive and convinced of what they really want to do and then have the forthrightness to go ahead and do it.
- WILLOW will help to overcome feelings of resentment or bitterness HOLLY is for temper/ anger.
- IMPATIENS is for those who quickly loose their patience and thus have a short temper.
- MUSTARD is for depression.
- WILD OAT gives a direction so that the ambitions can be fulfilled.
- STAR OF BETHELEM is primarily for shock and will therefore ease the sudden blow news of the end of a relationship.
- RESCUE REMEDY is most appropriate remedy and extremely helpful when the exams are close and can be extremely comforting and beneficial on stressful occasions.

There are numerous reasons why any individual might feel this way, specially teenagers- results not as expected, peer pressure, broken relationships, lack of friends, feeling of failure and many more.

Ups and downs are important learning experiences, vital for the emotional development, but some times awkward and difficult periods, experiences and situations may, instead of aiding emotional development, hinder its progress.

The remedies help reach that delicate balance for themselves.

