



FOR A
POSITIVE
OUTLOOK

*Help
Yourself
with*

*Bach*TM

*Original
Flower
Remedies*

*Bach*TM
ORIGINAL
FLOWER REMEDIES





WHAT ARE THE *Bach* ORIGINAL FLOWER REMEDIES?

When we feel fulfilled, happy and positive, we tend to enjoy better health. We get more out of life and we can give more to our friends and family.

But things happen. Sometimes we need a little help to stay in balance and move forward. That's when *Bach Original Flower Remedies* can help.

Created by a Harley Street doctor (medical physician) in the 1930s, the *Bach Original Flower Remedies* are 38 plant and flower based remedies that can help you manage the emotional demands of everyday life. Each remedy aids a specific emotion. You can take them individually or mix them together to match the way you feel.

Recent research into the links between emotions and the immune system supports the view that emotional and physical health are linked.

More and more medical experts now agree that a healthy mind really does ensure a healthy body. *Bach Original Flower Remedies* can help you take control of the way you feel and get more out of life.





Chicory

“Personally I am quite easily disillusioned and pessimistic in nature, but I have found that when I take Gorse, my mood improves and I become much more positive.”

Teresa Munro

“I find that Vervain is useful to calm my son, who can be over enthusiastic and Larch helps to improve my daughter’s confidence. I think Rescue Remedy is an essential for all parents, I have even used it on the rabbit!”

Diane Dashfield

“I have gone through quite a few periods of change in my life, such as surgery, moving home and separation from my family. During times like these I have used Walnut for difficulty adjusting to change, Mimulus for known fear and Star of Bethlehem for shock and sorrow.”

Barbara Tremain



CHOOSING THE RIGHT *Bach* ORIGINAL FLOWER REMEDIES FOR YOU

Recognising exactly how you feel is the key to choosing the most appropriate *Bach Original Flower Remedy*. Try to pinpoint how you are feeling at the moment. Then match the exact mood you're in with the appropriate remedy.

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 over-protective, 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 well to help?



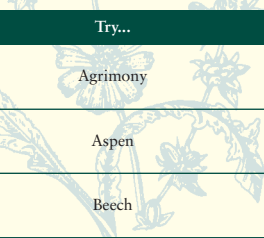


Cherry Plum

Dr Bach devised seven general emotional groups under which he categorised 38 individual flower remedies, each of which relates to a specific emotional state. Further information about the individual remedies can be found in the ‘Agrimony to Willow’ section of this leaflet.

EMOTIONAL GROUP If you are feeling...	FLOWER REMEDIES Start by referring to...
Fearful	Rock Rose, Mimulus, Cherry Plum, Aspen, Red Chestnut
Uncertainty	Cerato, Scleranthus, Gentian, Gorse, Hornbeam, Wild Oat
A lack of interest in the world around you	Clematis, Honeysuckle, Wild Rose, Olive, White Chestnut, Mustard, Chestnut Bud
Lonely	Water Violet, Impatiens, Heather
Over-sensitive to others	Agrimony, Centaury, Walnut, Holly
Generally despondent or in despair	Larch, Pine, Elm, Sweet Chestnut, Star of Bethlehem, Willow, Oak, Crab Apple
Over-concern for others	Chicory, Vervain, Vine, Beech, Rock Water

FROM AGRIMONY TO WILLOW



If you...	Try...
Put on a cheerful face to hide problems	Agrimony
Have unexplained fears and worries, are nervous and anxious	Aspen
Are critical and intolerant of others	Beech
Have difficulty in saying no and are anxious to please	Centaury
Doubt your own ability to judge situations	Cerato
Fear losing control of your behaviour	Cherry Plum
Fail to learn from experience, repeating the same mistakes	Chestnut Bud
Are overly possessive and expect others to conform to your values	Chicory
Day-dream and generally have a lack of interest in the present	Clematis
Have a poor self-image and are ashamed or embarrassed by unpleasant physical symptoms, characteristics or features	Crab Apple
Are overwhelmed or burdened by responsibility	Elm
Are easily discouraged, hesitant and despondent	Gentian
Feel hopelessness and despair and are pessimistic	Gorse
Feel self-absorbed, dislike being alone, and are excessively talkative	Heather
Have feelings of extreme jealousy, are envious and suspicious	Holly
Live in the past, feel homesick or nostalgic	Honeysuckle
Get the 'Monday morning' feeling, doubting your ability to face the day's work	Hornbeam
Are impatient and easily irritated	Impatiens

If you...	Try...
Lack self-confidence and feel inferior	Larch
Have a fear rooted in known causes e.g. spiders, flying, death etc.	Mimulus
Experience unexplained deep gloom which comes and goes for no apparent reason	Mustard
Are driven by a strong sense of duty, and struggle on although exhausted	Oak
Feel exhausted in body and mind	Olive
Feel full of guilt and blame yourself for other people's mistakes	Pine
Are over-anxious or over-concerned for others	Red Chestnut
Are in a demanding or stressful situation	<i>Rescue Remedy</i>
Have experienced terror, have been frozen in fear and feel helpless	Rock Rose
Are inflexible, setting yourself very high standards	Rock Water
Suffer from indecision	Scleranthus
Have experienced shock, grief or a fright	Star of Bethlehem
Are at the limits of endurance and in deep despair	Sweet Chestnut
Are over-enthusiastic, argumentative with fixed principles and ideas	Vervain
Are strong-willed with a tendency to be domineering or inflexible	Vine
Face major life changes and are in need of protection from the influences of others	Walnut
Prefer to be alone or are proud and aloof	Water Violet
Have unwanted thoughts, preoccupations and worries	White Chestnut
Are uncertain as to the correct path in life, dissatisfied with your current lifestyle, and can't decide which path to follow	Wild Oat
Make little effort to improve situations, are apathetic	Wild Rose
Are resentful and have feelings of self-pity, 'poor me'	Willow

RESCUE™ REMEDY

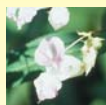


From the 38 single remedies, Dr Bach formulated a special combination remedy – Rescue™ Remedy to help you cope with life’s ups and downs. *Rescue Remedy* contains five of the *Bach Original Flower Remedies*: Impatiens, Star of Bethlehem, Cherry Plum, Rock Rose and Clematis. Its gentle action works with your body to help restore a positive mood and can be used during times of shock or emotional pressure - whether it be going to the dentist, taking an exam, facing an interview or making a complaint. It can even help with particularly traumatic circumstances such as bereavement or a relationship breakdown. *Bach Rescue Remedy* traditionally comes in a dropper bottle but is now also available in a handy spray. The spray is easy to use and discreet so you can use it anywhere, anytime you feel emotionally challenged – on the train, in the street, on a plane.... wherever. Bach Rescue™ Remedy Spray is easy to use, just two sprays directly onto your tongue or on the pulse points. From the *Rescue Remedy* dropper bottle add 4 drops to a glass of water and sip at intervals.

RESCUE™ CREAM



Rescue™ Cream is a general skin salve to soothe and restore. Containing a blend of six flower remedies, it lets you apply cream externally and moisturises rough, dry skin to restore it to its natural good condition.



Impatiens



Star of Bethlehem



Clematis



Rock Rose



Cherry Plum

WHERE DO THE *Bach* ORIGINAL FLOWER REMEDIES COME FROM?



Edward Bach was a Harley Street doctor (medical physician) and a well-known bacteriologist and researcher. He identified 38 basic negative states of mind and created a plant or flower based remedy for each one.

He spent the last years of his life in a small Oxfordshire cottage called Mount Vernon and it was here that he completed his research. Nowadays, Mount Vernon is better known as *The Bach Centre*, and the present custodians continue to prepare the mother tinctures (first process in making the remedies), often using the same locations that Dr Bach identified in the 1930s.

Only the Bach™ Signature guarantees that you receive the original Bach™ Flower Remedies, prepared as they have been since Dr. Bach's time with tinctures made exclusively by The Bach Centre at Mount Vernon.

Mount Vernon



WHO TAKES THE *Bach* ORIGINAL FLOWER REMEDIES

Bach Original Flower Remedies are completely safe and natural and can be used by all the family. They can even be used to help plants and animals because they act in such a gentle way.

HOW TO TAKE THE *Bach* ORIGINAL FLOWER REMEDIES

- Dilute two drops of your chosen remedy in a glass of water or any other drink and sip at intervals. Replenish as necessary.
- You can make your own personal combination by mixing up to 7 of the single remedies. Add two drops of each chosen remedy to a 30ml mixing bottle, top up with spring water and take four drops at least four times a day.

If necessary, the *Bach Original Flower Remedies* can be dropped neat onto the tongue, or rubbed onto the lips, behind the ears, or on the temples and wrists.

You can take *Bach Original Flower Remedies* as often as you want. If you are in a mood or a bit of a crisis, you only may need one dose, but if you've been feeling the same way for some time you can take them as long as you need to or seek advice from a Bach Foundation Registered Practitioner.



Mimulus

WANT TO KNOW MORE?



You can buy books about the remedies or learn from videos, tapes and seminars. You'll find a selection of materials in all major pharmacies and health food stores, or you can order from *The Bach Centre* (address overleaf).

Examples of Literature available:*

1. *The 38 Flower Remedies – An introduction and guide to flower remedies*
Wigmore Publications Ltd
2. *The Twelve Healers and Other Remedies*
Edward Bach, C.W. Daniel Co Ltd
3. *The Bach Flower Remedies Step by Step*
Judy Howard, C.W. Daniel Co Ltd
4. *Bach Flower Remedies for Women*
Judy Howard, C.W. Daniel Co Ltd
5. *Growing up with Bach Flower Remedies*
Judy Howard, C.W. Daniel Co Ltd
6. *Bach Flower Remedies for Men*
Stefan Ball, C.W. Daniel Co Ltd
7. *The Bach Remedies Workbook*
Stefan Ball, C.W. Daniel Co Ltd
8. *Bach Flower Remedies for Animals*
Stefan Ball & Judy Howard, C.W. Daniel Co Ltd
9. *Bach Flower Remedies Questions & Answers*
John Ramsell, C.W. Daniel Co Ltd
10. *Heal Thyself*
Edward Bach, C.W. Daniel Co Ltd

Video

11. *The Light That Never Goes Out*
12. *Medicine of the Future*

Audio Cassette

13. *Getting to know the Bach Flower Remedies*

* For a full list of recommended books contact the Bach Centre.

Bach Original Flower Remedies Training Courses:

Learn more about Bach Original Flower Remedies at a series of seminars and workshops organised in different venues around the country. Led by qualified trainers, these seminars will help you learn how to use Bach Original Flower Remedies in your daily life.

For a seminar programme, please contact the seminar organisers:

UK Seminar Programme,
Nelsonbach,
Broadheath House, 83 Parkside,
Wimbledon, London,
SW19 5LP
Tel: 020 8780 4200
www.bachflowertraining.com
ukseminars@nelsonbach.com

Bach, The Bach Signature, Bach Flower Remedies, Rescue, Rescue Remedy, The Cream/Green Livery and The Yellow Livery are trademarks or registered trademarks of Bach Flower Remedies Ltd, England

For further information, please complete both sides of this form, detach and return it to:

NELSONBACH
Broadheath House
83 Parkside
Wimbledon
London SW19 5LP

How were you first introduced to *Bach Original Flower Remedies*?

- By friends / family
- By a Complementary Health Professional,
please specify:

-
- Through a local event on the *Bach Original Flower Remedies*,
please specify:

-
- By a talk about the *Bach Original Flower Remedies*
 - Read about it in a magazine / saw an advertisement
 - Website, please specify:
 - Others, please specify:

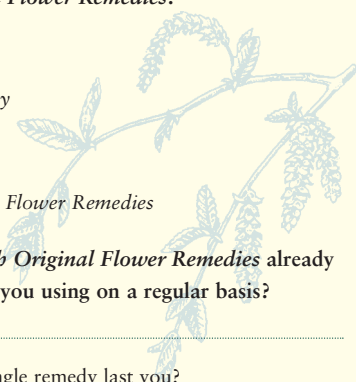
Which were the first remedies you used, *Rescue Remedy* or the single *Bach Original Flower Remedies*?

- Rescue Remedy*
- Rescue Remedy Spray*
- Rescue Cream*
- Single *Bach Original Flower Remedies*

If you are using the *Bach Original Flower Remedies* already how many remedies are you using on a regular basis?

.....

How long does a 20ml single remedy last you?



Where did you pick up this leaflet?

- At my local Chemist, please specify:
- From a friend
- From a practitioner, please specify:
- At an exhibition / seminar / talk:
- Internet website, please specify:
- Magazine / publication, listing or advertisement,
please name the publication:
- Other, please specify:

Please tick which information you would like to receive?

- More information on *Rescue Remedy / Rescue Remedy Spray* or the *Bach Original Flower Remedies* in general?
- More information about *Bach Original Flower Remedies* and animals
- More information about *Bach Original Flower Remedies* in pregnancy & childbirth
- More information about *Bach Original Flower Remedies* when getting married
- Training on the *Bach Original Flower Remedies*
- More information about upcoming events and talks on *Bach Original Flower Remedies* in your area
- I do **not** want to receive any information from Nelsonbach

Your address details:

Name:

Address:

Post code:

Email:

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Bach
ORIGINAL
FLOWER REMEDIES

**For a full list of recommended books,
to find a Bach Foundation Registered
practitioner in your area and general
enquiries on using the remedies, contact:*

*The Dr Edward Bach Centre,
Mount Vernon, Sotwell, Wallingford,
Oxon, OX10 0PZ*

*Tel: 01491 834678
email: mail@bachcentre.com
www.bachcentre.com*

*Nelsons Homeopathic Pharmacy &
The Nelson Clinic
73 Duke Street
London W1K 5BY
Tel: 020 7629 3118 (Pharmacy)
Tel: 020 7079 1282 (Clinic)
www.pharmacy@nelsonbach.com*

*For any further information, including
Bach Flower Remedy stockists, write to:*

*Bach Flower Remedies
Customer Enquiries
Broadheath House,
83 Parkside, London, SW19 5LP
www.bachremedies.com*

*For information on training:
Website: www.bachflowertraining.com
e-mail: ukseminars@nelsonbach.com*

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