

Bach Flower Remedies

Gentle help for emotional problems - naturally
Made using the traditional and trusted methods of Dr Edward Bach



Agrimony *Agrimonia eupatoria* ●●
 INNER TURMOIL / 'PUTTING ON A BRAVE FACE'
 INNER PEACE / ABILITY TO EXPRESS FEELINGS

Aspen *Populus tremula* ●
 UNFOUNDED FEARS / HAUNTED / APPREHENSIVE / PANIC
 TRUSTING THE UNKNOWN / CALM

Beech *Fagus sylvatica* ●
 INTOLERANCE / PERFECTIONISM / ARROGANCE / JUDGMENTAL
 TOLERANCE / LENIENCY / UNDERSTANDING

Centauray *Centaurium erythraea* ●●
 SERVILE / DOMINATED / SUBSERVIENT / COMPLIANT / BULLIED
 ASSERTIVE / STRENGTH

Cerato *Ceratostigma willmottianum* ●
 UNCERTAINTY / SEEKS ADVICE / EXPLOITED / WEAK IDENTITY
 INTUITION / SELF BELIEF

Cherry Plum *Prunus cerasifera* ●●
 FEAR OF LOSING CONTROL / IRRATIONAL / EXPLOSIVE
 COMPOSURE / SECURITY / SELF-CONTROL

Chestnut Bud *Aesculus hippocastanum* ●
 UNOBSERVANT / FAILURE TO LEARN FROM EXPERIENCE
 PERCEPTIVE / REFLECTIVE / OBSERVANT

Chicory *Cichorium intybus* ●●●
 SMOTHERING / POSSESSIVE / SELFISH / CLINGY (Craves love)
 SECURE / SELFLESS / UNCONDITIONAL LOVE

Clematis *Clematis vitalba* ●●
 INATTENTIVE / 'DAY DREAMING' / ABSENTMINDED / CLUMSY
 FOCUSED / INTERESTED / CREATIVE

Crab Apple *Malus sylvestris* ●●●
 SELF-HATING / OBSSIVE / COMPULSIVE / 'CONTAMINATED'
 SELF-LOVE / CLEANSED / PURITY

Elm *Ulmus procera* ●●●
 OVERWHELMED BY RESPONSIBILITIES / DESPONDENT
 CAPABLE / INNER RELIABILITY / RESTORED DEPENDABILITY

Gentian *Gentiana amarella* ●●●
 PESSIMISTIC / SCEPTICAL / NEGATIVE ATTITUDE
 OPTIMISTIC / ENTHUSIASTIC / POSITIVE ATTITUDE

Gorse *Ulex europaeus* ●●
 DISHEARTENED / 'GIVEN UP HOPE OR PURSUIT OF CHANGE'
 RENEWED HOPE / FAITH

Heather *Calluna vulgaris* ●●●
 SELF-ABSORBED / LONELY / NEEDY (Obsessed with own problems)
 GOOD LISTENER / COMFORTED / ALTRUISTIC

Holly *Ilex aquifolium* ●●
 ANGER / JEALOUSY / REVENGE / HOSTILITY
 ACCEPTANCE / LOVE / FORGIVENESS

Honeysuckle *Lonicera caerulea* ●●●
 WISTFUL / LONGING / NOSTALGIC / 'STUCK IN PAST' / BEREAVED
 CONTENTED / INTEREST IN THE PRESENT

Hornbeam *Carpinus betulus* ●
 MENTAL FATIGUE / APATHY / OVER BURDENED
 CLARITY / LUCIDITY / REVITALIZED

Impatiens *Impatiens glandulifera* ●
 IMPATIENCE / IRRITABILITY / FRUSTRATION (Pain)
 PATIENCE / TOLERANCE (Ease)

Larch *Larix decidua* ●●●
 LACKING CONFIDENCE / INADEQUACY / EXPECT FAILURE
 CONFIDENCE / SELF-ASSURED / SELF-ESTEEM

Mimulus *Mimulus guttatus* ●
 TIMID / SHY / KNOWN ANXITIES (eg fear of dark, illness etc)
 COURAGE / SAFETY / SECURITY

Mustard *Sinapis arvensis* ●●
 PERIODICAL GLOOM / ('Like a dark cloud descending')
 JOY / LIGHTNESS

Oak *Quercus robur* ●●
 TIRED / SERIOUS / 'BRAVE STRUGGLE' / 'WORKAHOLIC'
 STRENGTH / RECHARGED / ENDURANCE (Lighthearted)

Olive *Olea europaea* ●●
 EXTREME EXHAUSTION (eg following illness, trauma etc)
 VITALITY / ZEST

Pine *Pinus sylvestris* ●●●
 GUILT / OVER-CONSCIENTIOUS / SELF-BLAME / UNWORTHY
 SELF-FORGIVENESS / SELF-WORTH (Objectivity)

Red Chestnut *Aesculus carnea* ●●●
 EXTREME WORRY FOR OTHERS / ANXIOUS PREDICTIONS
 TRUST / POSITIVITY / LETTING GO

Rock Rose *Helianthemum nummularium* ●●
 TERROR / ALARM (during sudden accident, illness, panic etc)
 BRAVERY / SECURITY

Rock Water ●●●
 RIGIDITY / MARTYRDOM / SELF-DENIAL (eg of pleasure)
 FLEXIBLE / FUN / GENTLE / 'EASY GOING'

Scleranthus *Scleranthus annuus* ●●
 INDECISIVE / PICKLE / UNBALANCED / 'DIZZY'
 DECISIVE / STABLE / BALANCED (Authoritative)

Star of Bethlehem *Ornithogalum umbellatum* ●●●
 DEEP EMOTIONAL TRAUMA (Past or Present) / DISTRESS
 BALANCE / COMFORT / SOLACE

Sweet Chestnut *Castanea sativa* ●●
 DESPAIR / DESOLATION / DEEP ANGUISH OF THE HEART
 COMFORT / LIGHT / SUPPORT / HOPE

Vervain *Verbena officinalis* ●●●
 STRESSED / FANATICAL / INTENSE / HIGHLY-STRUNG
 RELAXED / MELLOW / TRANQUIL (Objective)

Vine *Vitis vinifera* ●●
 TYRANNICAL / WILFUL / RUTHLESS / HARD HEARTED
 COMPASSION / RESPECT (Positive leadership)

Walnut *Juglans regia* ●●●
 UPHEAVAL / VULNERABLE / (Difficulty with transitions)
 ADAPTABLE / PROTECTED

Water Violet *Hottonia palustris* ●●
 ISOLATED / DETACHED / GRIEF / ALLOOF / INDEPENDENT
 CONNECTED / WARMTH / COMMUNICATIVE

White Chestnut *Aesculus hippocastanum* ●●●
 INCESSANT, INTRUSIVE AND TROUBLING THOUGHTS
 CLEAR / QUIET / STILL / PEACE OF MIND

Wild Oat *Avena sativa* ●●
 DIRECTIONLESS / DISSATISFIED / UNCERTAIN / AIMLESS
 PURPOSEFUL / FOCUSED / SATISFIED / CONVICTION

Wild Rose *Rosa canina* ●●●
 RESIGNED / APATHETIC / BORED (yet stoic & uncomplaining)
 ENTHUSIASM / INTEREST / AMBITION / VITALITY

Willow *Salix vitellina* ●●●
 RESENTMENT / BITTERNESS / BLAME / SELF-PITY / HURT
 RESPONSIBILITY / HUMOUR / FORGIVENESS

Comforter Essence ●●●
 STRESS / CRISIS / TRAUMAS / EMERGENCIES
 CALM / STABILITY / BALANCE / SERENITY / SOLACE

How to make a dosage bottle, guidelines

Fill a 30ml or 50ml dropper bottle with spring water and add a teaspoon of preservative e.g. brandy or apple cider vinegar. Add 2 drops of each of your chosen Stock Remedies. Take 4-6 drops, 3 times daily and finish the whole bottle. Store in a cool, dry place. Alternatively, prepare and use as advised by your practitioner.



KEY

- = Negative emotional state causing unhappiness
- = Positive outcome encouraged by the Remedy

Remedy for FEAR, STRESS or WORRY

Remedy for ANGER, CONTROL or NEGATIVITY

Remedy for SORROW, ANGUISH or MELANCHOLY

Remedy for CHANGES, LEARNING or FOCUS

Remedy for FATIGUE, WEAKNESS or RECOVERY

