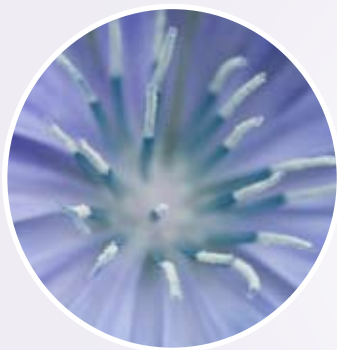




*Crystal Herbs*



# Bach Flower Remedies



**Bach Flower Remedies** are a wonderful resource that can help everyone to achieve greater balance and harmony in their lives in a simple, natural & effective way.

Our Bach Flower Remedies are made by hand with love & care according to the original instructions of Dr Bach and are preserved in organic brandy.



Bach Flower Remedies handmade with love & care to the original instructions of Dr. Edward Bach

# The 38 Bach Flower Remedies

## **AGRIMONY...** *Agrimonia Eupatoria*

**Key Word - Inner Harmony**    **Bach Group - Oversensitivity**

Agrimony restores the ability to express ones true feelings and emotions no matter what these might be. Those in need of Agrimony have much inner anxiety and turmoil that they cover up with a smile and a laugh when in the company of others. They are so successful at this that they appear to be ‘the life & soul of the party’ without a care in the world. Their sensitivity and dislike of discord leads them to try to keep the peace at any cost. However, when the pressure of these bottled up emotions becomes too great they may explode in anger and often use alcohol or drugs as a way of cutting themselves off from their unexpressed inner worries. Other indications for this remedy are restless sleep patterns and a need for constant outer stimulation. Agrimony promotes ease of expression, leading to feelings of real inner harmony and peace.

## **ASPEN ...** *Populus Tremula*

**Key Word - Feeling Safe**    **Bach Group - Fear**

Aspen helps those who experience anxiety for which there appears to be no logical reason. This can take the form of vague but potent apprehension of some unknown future event or an uneasy ‘spooked out’ feeling in the dark or in strange places. The creepy, shivery feeling that is sometimes described as ‘someone just walked over my grave’ expresses the Aspen fear of the spirit / psychic realms very well. Shaking, trembling, or vague fluttering feelings in the tummy together with coldness, paleness & nightmares are all indications of the need for Aspen.

## **BEECH ...** *Fagus Sylvatica*

**Key Word - Tolerance**    **Bach Group - Overcare & Concern**

Beech helps those who need to establish a more loving, lenient and flexible relationship with themselves and with those around them. Criticism, judgement and intolerance are very common personality traits in today’s world where they are often seen as acceptable ways of instilling discipline in children as they grow up. However when these traits are not balanced with enough love the result is an individual who is constantly critical, intolerant and judgemental of themselves and others. Being easily irritated by others habits, having a very fixed outlook on life or so sensitive to criticism from others that it is difficult to benefit from life’s lessons, are all indications of the need for this remedy.

## **CENTAURY ...** *Centaurium Erythraea*

**Key Word - Self Determination**    **Bach Group - Oversensitivity**

Centaurium restores the qualities of inner strength & self-determination. Those in need of Centaurium have a misplaced sense of service and believe that they must put others needs before their own. They appear to lack the will power to say ‘no’ and are easily dominated and open to being taken advantage of by those with stronger personalities. As a consequence they often wear themselves out in service to others and do not develop their own individuality or creativity. Those in the negative Centaurium state are often seen as being ‘a doormat for others’.

### **CERATO ...** *Ceratostigma Willmottiana*

**Keyword - Trust**    **Bach Group - Uncertainty**

Cerato restores the qualities of inner certainty and wisdom. Those in need of Cerato have difficulty trusting in their own intuition or 'inner voice'. They appear to have an air of uncertainty around them and tend to seek the opinions of others when faced with decisions in their lives, rather than trust their own judgement. Even when they have consulted with friends & colleagues they will still have great difficulty making a firm choice of direction causing themselves much confusion. The statement 'I don't know' can often be heard from the lips of those in the negative Cerato state. Cerato helps to create a bridge between the personality and the Soul restoring the ability to know and trust one's own innate inner wisdom.

### **CHERRY PLUM ...** *Prunus Cerasifera*

**Keyword - Rationality & calmness**    **Bach Group - Fear**

Cherry Plum restores the qualities of balance, calmness and positive control of the mind. The negative Cherry Plum state can be a very extreme and uncomfortable one in which the personality experiences powerful and irrational fears. Those in need of this remedy often feel that they are losing control of their mind, going insane, or perhaps having a breakdown. They can be snappy, on edge, want to scream or fear that they could be uncharacteristically violent, either to themselves or others. In a very extreme state they may have wide staring eyes and be unable to stop themselves from saying or doing things that are completely out of their normal character. Many women experience variations of these irrational feelings related to their monthly cycle. In all these situations Cherry Plum brings calmness, rationality and peace.

### **CHESTNUT BUD ...** *Aesculus Hippocastanum*

**Keyword - Learning from experience**    **Bach Group - Lack of Interest**

Chestnut Bud helps those who need to focus more fully on their current life experiences in order to move forward. Those in need of Chestnut Bud appear to repeat the same old life situations over & over again, seemingly unable to assimilate the lesson in the experience that would allow them to move on. An example might be someone who finds themselves in a cycle of destructive relationships but cannot seem to make the inner changes that would allow them to disentangle themselves. Chestnut Bud is a generally helpful remedy for anyone who finds it difficult to take in information in any form.

### **CHICORY ...** *Cichorium Intybus*

**Keyword - Unattached Love**    **Bach Group - Overcare & Concern**

Chicory helps to restore the principles of unattached and selfless love. Those in need of Chicory tend to be possessive of those they care about, wanting to keep them nearby to cling onto and to love. They can appear to be emotionally needy, manipulative, excessively interfering or easily fall into self-pity and resentment if their efforts at 'helping' others are not appreciated. Behind the negative chicory state lays an inner emptiness and feeling of being unwanted or unloved that unconsciously drives the personality to use these rather selfish and manipulative ways to get its needs met. Chicory helps to dissolve these personality traits and to promote the more balanced energy of the 'universal mother' who gives her love unconditionally, knowing that love is everlastingly abundant.

## **CLEMATIS ...** *Clematis Vitalba*

**Keyword - Being in the here & now**    **Bach Group - Lack of Interest**

Clematis helps those who all too easily drift off into daydreams and fantasies about the future feeling that life will be better there, than it currently is. People in need of this remedy seem to be generally inattentive or sleepy and might complain of forgetfulness or a lack of concentration. They often have cold feet and hands, and often need lots of sleep. Their lack of desire to be fully present means that they have their 'head in the clouds' most of the time and are generally ungrounded which makes them prone to appearing clumsy or accident-prone. Psychics and those working a lot in their imagination like artists and writers often need the 'reality check' that this remedy brings.

## **CRAB APPLE ...** *Malus Sylvestris*

**Keyword - Purity**    **Bach Group - Despair & Despondency**

Crab Apple aids purification at all levels. Those in need of Crab Apple have temporarily lost sight of their own innate purity and carry underlying feelings of uncleanness, dirtiness or lack of purity, which in extreme states can manifest as obsessions related to housework or bodily cleanliness. They can be fussy, easily upset and have a tendency to make mountains out of molehills when in the negative state. Other indications for this remedy are skin eruptions or compulsive, obsessional behaviour of any sort. Crab Apple can usefully be applied to the skin as a lotion in a little water or added to a bath (10-12 drops), in addition to being ingested.

## **ELM ...** *Ulmus Campestris*

**Keyword - Balanced Responsibility**    **Bach Group - Despair & Despondency**

Elm helps those normally very capable people, perhaps with responsible jobs, large families or dependants to care for who suddenly find themselves feeling overburdened, overwhelmed and uncharacteristically unable to cope with their responsibilities. "The last straw that broke the camels back" sums up the negative state of this remedy very well. Taken short term Elm will very quickly help to restore the strength of mind and ability to cope. Taken more long term it will help the Elm personality to determine which responsibilities are truly their own and to balance these with the need for personal nurturing.

## **GENTIAN ...** *Gentiana Amarella*

**Keyword - Faith**    **Bach Group - Uncertainty**

Gentian is the remedy for those who need help to restore the soul qualities of trust and faith at a personality level. Those who need this remedy are uncertain about their relationship with their Creator and find it difficult to see themselves as part of a greater whole in which all is ordered according to a higher plan. They are easily discouraged by even small setbacks in life and can appear pessimistic and cynical because they find it very difficult to see a positive resolution to any problem. The phrase 'doubting Thomas' sums up the negative Gentian state very well.

## **GORSE ...** *Ulex Europaeus*

**Keyword - Hope**    **Bach Group - Uncertainty**

Gorse is the remedy for those who suffer great uncertainty in the process of life, causing them to experience feelings of hopelessness and despair. This is a state

sometimes found in those with a long-term illness who have lost all hope of recovery or in those whose experiences have caused them to view life 'as a lost cause'. When this state is very deep rooted a person may have dark rings under the eyes or be prone to sigh a lot. Taken over a period of time Gorse will help to dispel these dark feelings and promote new hope and vision for the future.

**HEATHER** ... *Calluna Vulgaris*

**Keyword - Empathy for others**    **Bach Group - Loneliness**

Heather is the remedy for those whose inner sense of isolation and loneliness manifests as a compulsive need to talk about themselves to anyone and everyone - even a complete stranger. When in an acute state, those in need of this remedy appear to have their thoughts entirely focussed on themselves and can cause unsuspecting listeners to feel as though they are unable to escape by the very force of their conversation. They make very poor listeners and sadly can drive people away by the very strength of their own neediness. Heather will help to relieve this state so that they are more in touch with the need to give as well as receive.

**HOLLY** ... *Ilex Aquifolium*

**Keyword - Unconditional Love**    **Bach Group - Oversensitivity**

Dr Bach says of Holly that it; 'opens the heart and unites us with Divine Love'. Unconditional, Divine Love is the highest form of love and one that is present within the heart of every human being. However when this love is not recognised and nurtured the heart gradually closes down and defence patterns of the personality such as anger, revenge, jealousy & hatred take root. Those in this state can also appear to be suspicious, distrustful or supersensitive to real or imagined slights. The powerful energy of the Holly remedy floods the heart with the vibrations of Divine, unconditional love helping to transmute and transform these negative states.

**HONEYSUCKLE** ... *Lonicera Caprifolium*

**Keyword - Letting Go**    **Bach Group - Lack of Interest**

Honeysuckle helps those who are unable to let go of the past in some way. Those in need of this remedy are often locked into past happier times which they feel can never return, leaving them with feelings of nostalgia, sadness or regret. This is an excellent remedy for anyone experiencing difficulty with homesickness, bereavement, divorce, or unaccepted change of all kinds. Honeysuckle helps to dissolve these difficult feelings bringing greater acceptance of the past and hope for the future. Honeysuckle, Star of Bethlehem and Walnut used in combination are a particularly valuable support for anyone coming to terms with loss of any kind.

**HORNBEAM** ... *Carpinus Betulus*

**Keyword - Mental Vitality**    **Bach Group - Uncertainty**

Hornbeam helps those who feel that they lack the mental strength to carry out the everyday tasks of their lives. Those in need of this remedy often experience a state of procrastination brought on by a kind of mental weariness or staleness. They feel tired even after a good nights sleep and find it very difficult to get going in the morning, maybe needing several cups of coffee in order to be ready to face the day. However once they eventually do get going they usually discover that they are perfectly capable of completing their day's work.

## **IMPATIENS ...** *Impatiens Royalei*

**Keyword - Patience**    **Bach Group - Loneliness**

Impatiens helps those who are driven by an inner sense of urgency, a feeling that they need to get things done 'yesterday'. Those in need of Impatiens can become very impatient and irritable with others who are naturally slower than they are, a state that often creates inner discomfort and tightness. They usually prefer to do things by themselves because it is; 'quicker to do it myself'. The Impatiens personality does not wait for long for anything, even to the point of finishing others sentences and can easily flare up in anger if pushed, although this will normally be quickly over and forgotten. They are very independent minded and can become isolated and unable to connect with others in the extreme state.

## **LARCH ...** *Larix Europea*

**Keyword - Self Confidence**    **Bach Group - Despondency & Despair**

Larch helps to restore confidence in one's own abilities. Those in need of Larch have such an in built unconscious certainty of failure that they never attempt new things in life and so never discover their true potential. They automatically feel inferior to others and will stand back, allowing those that they feel are better able than themselves to take up life's opportunities. Larch helps to remind those with these traits that deep down they do have the ability and restores their confidence to live life to the full.

## **MIMULUS ...** *Mimulus Guttatus*

**Keyword - Courage**    **Bach Group - Fear**

Mimulus helps those who feel they need greater courage to face up to the everyday events of life. Those in need of Mimulus suffer unnecessary fear and worry about everyday situations, such as visiting the dentist, flying, swimming, spiders or perhaps taking their driving test. They can appear nervous, shy or timid and may stammer, stutter or blush easily when in situations where they feel vulnerable. Sensitivity to crowds, loud noises, or bright lights are other examples of states for which Mimulus would be beneficial. As Mimulus dissolves their fears and worries those with this personality trait find themselves able to create a more positive mental approach to life.

## **MUSTARD ...** *Sinapsis Arvensis*

**Keyword - Joy**    **Bach Group - Uncertainty**

Mustard helps those who from time to time experience a black cloud of gloom that comes and goes for no reason that is obvious. Those in this state feel despairing and unable to cover over how they feel. They withdraw into themselves, feeling separate and isolated from the rest of the world. Mustard helps to dispel the blackness, bringing back light and joy.

## **OAK ...** *Quercus Robur*

**Keyword - Strength & endurance**    **Bach Group - Despondency & Despair**

Oak helps those who need help to restore the qualities of strength and endurance. Those in need of Oak tend to struggle on enduring all things long after others would have given up. They possess great strength and courage and like the mighty Oak tree itself often provide shelter and nourishment for others. However this is often done at great cost to themselves and can lead to the despairing feeling of being suddenly and

completely lacking in the strength to carry on. Often their legs ache and a great weariness comes over them. Taken short term Oak will help to restore strength and fortitude so that they can carry on. Taken more long term it will help the Oak personality to find new balance so that they learn to conserve some energy and reserves for themselves.

### **OLIVE ...** *Olea Europaea*

**Keyword - Physical vitality**    **Bach Group - Uncertainty**

Olive helps those who feel that their reserves of energy are completely depleted and that they have nothing left to carry on with. This could be either at any level. In the acute state those in need of Olive often complain of being too tired to do another thing or feeling completely washed out. This is usually the result of situations where a great deal of energy has been used up - over working, a hard spell of digging in the garden or exhaustion related to a long term illness are all situations that can be helped with Olive.

### **PINE ...** *Pinus Sylvestris*

**Keyword - Positive self-value**    **Bach Group - Despair & Despondency**

Pine helps to restore a positive sense of inner self-value or self worth. Those in need of Pine suffer from feelings of guilt, shame, self-blame or self reproach and will often take responsibility for, or even apologize for, something that has nothing to do with them at all. They are never truly satisfied with themselves and tend to feel that others are better than they are. It is difficult for those in this state to find any real sense of achievement or joy in life.

### **RED CHESTNUT ...** *Aesculus Carnea*

**Keyword - Optimism that all is well**    **Bach Group - Fear**

Red Chestnut helps those who are fearful for the safety of others. Those in need of Red Chestnut worry for the safety of others, particularly those close to them. When things do not happen as anticipated they will immediately fear the worst, imagining that some harm has befallen their loved ones; 'they must have had an accident'. A mother who is afraid for her children when they are even a little late home is a good example of this kind of fear, a fear that will immediately vanish when the family members return unharmed. Red Chestnut helps to restore optimism and trust in the Divine Plan bringing the recognition that everyone has their own path and is divinely looked after no matter what happens to them.

### **ROCK ROSE ...** *Helianthemum Nummularium*

**Keyword - Fearlessness**    **Bach Group - Fear**

Rock Rose is helpful in any situation where there is the need to transmute the vibrations of extreme fear, panic or terror. In an acute state those in need of Rock Rose may become rigid, shaking or petrified by acute fear. They can be paralysed by fear or experience the kind of blind panic that creates the urge to run away to anywhere but where they currently are. The tendency to panic in emergencies or to have terrifying nightmares also indicates a need for Rock Rose.

### **ROCKWATER ...** *Aqua Petra*

**Keyword - Freedom & flexibility**    **Bach Group - Overcare & Concern**

Rock Water helps to restore the ability to be open minded and flexible in one's beliefs. Those in need of Rock Water set themselves very high standards and impose very strict disciplines upon themselves in an effort to adhere to their high minded, idealistic

principles. They hope to set an example for others to follow by forcing themselves to be saints or martyrs. As a result they live a very rigid lifestyle, often denying themselves even the smallest luxury. This self-punishing attitude creates deeply suppressed physical & emotional needs. The phrase 'a sack cloth & ashes type' sums up the acute state of this remedy very well. Rock Water helps to dissolve these personality traits bringing the understanding that it is loving acceptance of all aspects of self and freedom from dogma that allows us to make real and lasting inner change.

#### **SCLERANTHUS ...** *Scleranthus Annuus*

**Keyword - Balance & Decisiveness**    **Bach Group - Uncertainty**

Scleranthus helps to restore the qualities of balance and decisiveness in the personality. Those in need of Scleranthus can be gripped by crippling indecision when faced with a choice between two things. In this situation they will usually weigh things up and 'um & ah' for a long time. Emotionally they can swing from one extreme to another very easily and may become quickly tearful. Mentally they can have a tendency to respond to outside stimulus rather like a grasshopper, making it hard for them to concentrate in the negative state. Scleranthus helps to restore one's inner point of balance creating a greater connection with the Soul and one's own inner direction.

#### **STAR OF BETHLEHEM ...** *Ornithogalum Umbellatum*

**Keyword - Transforming Shock**    **Bach Group - Despair and Despondency**

Star of Bethlehem is helpful in any situation where shock or trauma of any kind has been experienced, whether immediate or in the past. If this essence is given immediately in situations of shock and trauma it will help to take away the numbing effect and assist the body to mobilise its self-healing abilities. This should obviously not replace medical assistance, but could enhance it. This remedy can be very beneficial for those who retain shock or trauma at some level from past situations and events. Situations such as bereavement, accident, sudden loss of job, divorce, 'bad' news etc are all situations that might call for the help of Star of Bethlehem.

#### **SWEET CHESTNUT ...** *Castanea Sativa*

**Keyword - The light at the end of the tunnel**    **Bach Group - Despair & Despondency**

Sweet Chestnut's gift is its ability to restore our connection to our Soul's light and love. In the acute state those in need of Sweet Chestnut feel that they have reached the limits of their endurance and are at the end of the road. In this extreme state they feel an absolute and utter despair or hopelessness – a state of desolation in which they feel isolated from the rest of mankind. Often described as 'the dark night of the soul' this state can be experienced when the personality is faced with the challenge of confronting itself. The 'back to the wall' feeling is the result of the personality's resistance to make the inner change necessary to move to the next level of consciousness, so this uncomfortable state can sometimes precede a big movement forward. Sweet Chestnut brings back the light and joy to life, dissolving the darkness.

#### **VERVAIN ...** *Verbena Officinalis*

**Keyword - Realistic responsibility**    **Bach Group - Overcare & Concern**

Vervain helps those who need to restore balance to the unconscious belief that it is their responsibility to take care of everything around them. Those in need of Vervain

have very high principles and ideals that they seek to convert others to, by the sheer force of their will and enthusiasm. They are perfectionists who tend to overwork, driving themselves way past what is reasonable, often becoming wound up & highly strung as a result. In the acute state they can be fanatical, over zealous and incensed by injustice. Vervain restores balance to these states allowing the personality to take a more realistic perspective in its attitude to responsibility and to recognise the need for others to have the freedom to follow their own path in life.

**VINE ...** *Vitis Vinifera*

**Keyword - Positive leadership**    Bach Group - **Overcare & Concern**

Vine helps to restore the principle of balanced leadership through the right use of power and will. Those in need of Vine have a tendency to be over bearing, dominating, certain that they are right and need to take control in every situation. They can find it very hard to hear another's point of view and will intimidate others weaker than themselves, often without realising what they are doing. Extreme examples of this personality type are the ruthless tyrant or bully. Vine helps to open the heart and to remind the personality that positive leadership is the result of a partnership between the heart and the mind.

**WALNUT ...** *Juglans Regia*

**Keyword - Adaptability & Protection**    Bach Group - **Oversensitivity**

Walnut promotes adaptability, flexibility and protection during times of change. We all face the challenge of change many times in our lives and Walnut helps us to be open, flexible and adaptable at such times. This might be the physical changes that occur as we move through the various stages of life, or life style changes such as bereavement, divorce, new house or job. In such situations Walnut acts as a link breaker helping us to release the old and decisively embrace the new. It can also provide a cloak of protection for those over sensitive to their environment or to the influence of others.

**WATER VIOLET ...** *Hottonia Palustris*

**Keyword - Humility**    Bach Group - **Loneliness**

Water Violet helps to restore the soul qualities of humility and wisdom. Those in need of Water Violet often have much valuable wisdom and insight to share but due to their gentle, sensitive natures find it hard to communicate this to others. They have a tendency to withdraw into their own space and can sometimes appear to be aloof and unapproachable or perhaps slightly superior or proud, all aspects of personality that contribute to their sense of isolation from others. Water Violet helps them to remember the oneness of all things and to dissolve the barriers around the heart that this state creates, promoting the ability to socialise easily and to share their integrity, wisdom and knowledge.

**WHITE CHESTNUT ...** *Aesculus Hippocastanum*

**Keyword - Tranquillity of mind**    Bach Group - **Lack of Interest**

White Chestnut brings the gift of a calm, peaceful mind uncluttered by unnecessary thoughts. Those in need of White Chestnut suffer from a constantly busy mind in which there is no reprieve from revolving thoughts that circulate round and round like a hamster on a wheel. They often experience recurring internal mental arguments and conversations, all states that effectively cut them off from the present moment and can

sometimes make it difficult to sleep. White Chestnut brings tranquillity and clarity of thought.

### **WILD OAT ...** *Bromus Asper*

**Keyword - Clarity of Direction**    **Bach Group - Uncertainty**

Wild Oat promotes an inner certainty about the vocational direction of one's life. Those in need of Wild Oat have not yet connected with the inner direction of their Soul that would give them clarity on the direction of their chosen life path. They are often strongly ambitious people with many talents and gifts but as they lack a strong inner sense of how to use them tend to end up flitting from one thing to another. A state of uncertainty that means they are endlessly searching in the outer world for the 'right' direction when the answer is actually within themselves. Wild Oat helps to strengthen their inner connection and promote clarity of direction.

### **WILD ROSE ...** *Rosa Canina*

**Keyword - Enthusiasm**    **Bach Group - Lack of Interest**

Wild Rose helps to restore the qualities of enthusiasm and joy in the process of life. Those in need of Wild Rose experience a state of apathetic resignation, which can bring with it feelings of boredom or tiredness. In an acute state they appear to have given up, completely lacking the motivation and enthusiasm necessary to function normally in life. Some people experience this during a long-term illness, having been told to resign themselves to the fact they may never be fully well again. Wild Rose helps to bring back the enthusiasm to find joy in life whatever the circumstances.

### **WILLOW ...** *Salix Vitellina*

**Keyword - Forgiveness**    **Bach Group - Despondency & Despair**

Willow restores the qualities of self-responsibility and forgiveness. Those in need of Willow have a tendency to feel a victim of circumstance and to blame others for their life situation. They may become easily bitter or resentful, bear grudges or feel that 'life's not fair' when things do not go their way. Willow helps to dissolve these difficult personality traits and to promote the recognition of the need for self-responsibility, forgiveness of self and others and to restore optimism in their ability to create the life they want.

### **REVIVAL REMEDY**

**- For Emergency Situations -**

Revival Remedy is a combination of Cherry Plum, Clematis, Impatiens, Rock Rose and Star of Bethlehem. This combination is an original formulation of Dr Bach's for use in situations requiring 'emergency rescue'. It is a very swift emotional stabiliser in situations of great fear, panic, trauma, or severe stress such as serious accidents or unexpected bereavement. It is also very useful in other situations such as exams, driving tests, visits to the dentist, etc. In emergency situations take 4 drops on the tongue directly from the stock bottle, repeat until stabilised and calm. It can also be applied to pulse points or sipped in a small amount of water. Releasing the effects of shock, fear or trauma, enables the body's self-healing process to take effect quicker. Revival Remedy should not replace medical attention.

### **REVIVAL REMEDY CREAM**

The five remedies used in Dr Bach's original 'emergency rescue' combination; Cherry

Plum, Clematis, Impatiens, Rock Rose and Star of Bethlehem together with Crab Apple & Pine mixed into a natural cream base, make an excellent 'emergency' formula for external application. Beneficial and soothing, it is useful on scars, skin blemishes, pulled muscles etc. Revival Remedy Cream is not tested on animals.

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## Choosing the Correct Bach Flower Remedies

There are 38 Bach Flower Remedies, each helping you to bring balance to a different state of mind and emotion, so when choosing the correct ones for you, the starting place is always with how you think and feel. Take a moment to look at how you react to the events and situations currently in your life. For example, perhaps certain people, situations or events trigger a fearful, angry or guilty reaction. Maybe you experience feelings of hopelessness, doubt or lack of confidence.

Once you have identified the states it is then a simple process to choose the remedies that will promote greater harmony.

## Using the Bach Flower Remedies

- Choose the remedies that will help to bring balance to the issues that you identify.
- You can use a single remedy or up to 8 remedies together as a combination.
- You can dilute the stock level Remedies that you buy to make a combination bottle, or add them directly to your drinks.
- You can also take the stock remedy directly on the tongue if you wish.



### How to Make a Combination

To make a Combination Bottle put 2 drops of each remedy required ( 4 drops of Revival Remedy combination ) into a clean glass dropper bottle containing up to 30ml of spring or spa water. You can add a teaspoon full of brandy or cider vinegar as a preservative if you wish.

To make a Combination in a drink put 4 drops of each remedy required ( 6 drops of Revival Remedy combination ) into a glass or water bottle.



### Dosage Instructions

We recommend a dosage of 8 x a day for chronic states and every 30 - 60 minutes for acute states, reverting to the normal dosage when more balance has returned.

Take your chosen Bach Flower Remedies for two - four weeks before reviewing how you feel. After this time you may find that you need to change some of your original choices or that you need to continue with the same ones for longer. Working in this way over a period of six months or so you will find that there has been a subtle but definite shift in the way you perceive your world.

Bach Flower Remedies can be taken by everyone\* - children, babies' animals and plants included - safely and without fear of side effects, overdosing or addiction. While they are not intended to replace medical treatment where necessary, they can be used in conjunction with, and to compliment, any other form of treatment.

\* Please note that Bach Flower Remedies are preserved in brandy, so please be cautious if you have issues around the use of alcohol.



## How to Order

You can order the Bach Flower Remedies as individual bottles or as complete sets in a choice of wooden or card boxes.

**By Phone:** 01379 642374

**On our Website:** [www.crystalherbs.com](http://www.crystalherbs.com)

**Or you can order by Post:**

Crystal Herbs Ltd - 1d Gilray Road, Diss, Norfolk. IP22 4EU. U.K.

Please include payment with order.

### Prices

For our latest prices, please see our current order form, call us for details or look on our website - [www.crystalherbs.com](http://www.crystalherbs.com)

### Help & Advice

If you need any help or advice with choosing and using these Essences, please do contact us.

### Handmade with Love & Care

From making the Mother Tincture to bottling and labelling the stock bottles that we send you, each remedy is handmade with love & care to the original instructions of Dr. Bach helping to ensure that we provide you with the best possible quality of remedy.

**Storage Advice** - It is best to store vibrational medicine in a cool place away from TV's, microwaves, computers etc.

### Find Out More

You can find out more about our complete range of Bach Flower Remedies and Flower, Gem & Crystal Essences, by visiting our website - [www.crystalherbs.com](http://www.crystalherbs.com) or by requesting a copy of our **free catalogue**.



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