

others by the sheer force of their will and enthusiasm. Overly responsibly perfectionists who tend to overwork, they drive themselves unreasonably often becoming wound up & highly strung as a result. In the acute state they can be fanatical, over zealous and incensed by injustice.

VINE ... *Vitis vinifera*

Restores the principle of balanced leadership and the right use of power and will. For those who tend towards being over bearing, dominating, certain that they are right and with a need to take control in every situation. Finding it hard to hear another's point of view, they can intimidate others weaker than themselves, often without realising it.

WALNUT ... *Juglans regia*

Promotes adaptability, emotional flexibility and protection during times of change. Examples might be changes related to movement from one stage of life to another or those related to bereavement, divorce, new house or job etc. Also good for those over sensitive to their environment or to the influence of others.

WATER VIOLET ... *Hottonia palustris*

Restores the qualities of humility oneness and wisdom. For those who have much valuable wisdom and insight to share but feel isolated from others and unable to share easily. They have a tendency to withdraw and can appear aloof and unapproachable or perhaps slightly superior or proud.

WHITE CHESTNUT ... *Aesculus hippocastanum*

Restores tranquillity and clarity of thought. For those who suffer from a constantly busy mind in which there is no reprieve from revolving thoughts, internal mental arguments and conversations circulating round and round, often making sleep difficult.

WILD OAT ... *Bromus ramosus*

For those seeking clarity, inner certainty and direction about the vocational direction of their life. They are often strongly ambitious people with many talents but lacking a strong inner sense of how to use them, they tend to flit from one thing to another, endlessly searching in the outer world for the 'right' direction when the answer is actually within.

WILD ROSE ... *Rosa canina*

Restores enthusiasm and joy in the process of life. For those who lack the motivation and enthusiasm to function normally in life, often experiencing a state of apathetic resignation, or feelings of boredom or tiredness.

WILLOW ... *Salix vitellina*

Promotes self-responsibility and forgiveness. For those who have a tendency to feel a victim of circumstance or 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.

REVIVAL REMEDY

A combination of Cherry Plum, Clematis, Impatiens, Rock Rose and Star of Bethlehem, originally formulated by Dr Bach for situations requiring 'emergency rescue'. It acts as a very swift emotional stabiliser in situations such as accidents, unexpected bereavement, exams, driving tests, visits to the dentist, etc. In emergencies take 4 drops on the tongue directly from the stock bottle, repeat until stabilised and calm or use externally on pulse points. Revival Remedy is not a substitute for medical attention.

REVIVAL REMEDY CREAM

The five remedies used in Revival Remedy together with Crab Apple & Pine mixed into a natural cream base, make an excellent formula for external application. Beneficial on scars, skin blemishes, pulled muscles etc. Not tested on animals.



BACH FLOWER REMEDY SETS

Our Bach Flower Remedy sets contain all 38 Bach Flower Remedies - from Agrimony to Willow - plus two bottles of Revival Remedy combination. You can choose from a beautiful wooden box or an attractive card presentation box for your set.

How to Order from Crystal Herbs

By phone: 01379 608059

Online: www.crystalherbs.com

For all pricing, please see our current order form or visit our website.

Crystal Herbs - 16 Hall Farm, Station Road, Pulham Market. IP21 4XF

Bach Flower Remedies

Our Bach Flower Remedies are at Stock Level and are available as individual remedies or as complete sets.



How to Make a Combination

To make a combination bottle put 2 drops of each stock level Bach Remedy required (4 drops of Revival Remedy) into a clean glass dropper bottle containing up to 30ml of spring 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 (8 drops of Revival Remedy) into a glass of water.

Dosage Instructions

We recommend a dosage of 4 drops on the tongue 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.

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 and care helping to ensure that we provide you with the best possible quality of remedy.

Handmade to the original instructions of Dr Edward Bach

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

Crystal Herbs is a member of the
British Association of Flower Essence Producers



A Quick Guide to the 38

Bach Flower Remedies

AGRIMONY ... *Agrimonia eupatoria*

For those with much inner anxiety and turmoil that they cover up with a smile and a laugh when in company. Sensitive and disliking discord, they try to keep the peace at great cost to themselves. The pressure of bottled up emotions often leads to explosions of anger and they may use alcohol or drugs as a way of cutting off from their unexpressed inner worries.

ASPEN ... *Populus tremula*

For those who experience illogical fears, potent apprehension about unknown future events or uneasy 'spooked out' feelings in the dark or in strange places. Shivery, creepy feelings together with shaking, trembling, coldness, paleness & nightmares are all indications for this remedy.

BEECH ... *Fagus sylvatica*

Helpful for those who need to establish a more loving, lenient and flexible relationship with 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*

Restores the qualities of inner strength & self-determination. For those who appear to lack the will power to say 'no', are easily dominated by stronger personalities and believe that they must put others needs before their own. Often seen as being 'a doormat for others'.

Handmade to Dr Bach's original instructions

CERATO ... *Ceratostigma willmottianum*

Restores the qualities of inner certainty and wisdom. For those who have difficulty trusting their own intuition or 'inner voice'. Uncertainty, confusion, and the tendency to seek the opinions of others to make decisions rather than use one's own judgement are all indications for Cerato.

CHERRY PLUM ... *Prunus cerasifera*

Restores balance, calmness and rationality. For those who experience powerfully irrational states, perhaps fearing losing control of their mind, going insane or having a nervous breakdown. Feeling snappy, on edge, wanting to scream or be uncharacteristically violent are other indications for this remedy.

CHESTNUT BUD ... *Aesculus hippocastanum*

For those who appear to repeat the same old mistakes or life situations over & over again, seemingly unable to assimilate the lesson that would allow them to move on. Generally helpful for 'slow learners' in many situations.

CHICORY ... *Cichorium intybus*

Restores the principles of the unattached, selfless love of the 'universal mother'. For those who tend to be overly possessive and clingy of those they love, perhaps appearing emotionally needy, manipulative, or interfering. Can easily fall into self-pity and resentment when efforts at 'helping' others are not appreciated.

CLEMATIS ... *Clematis vitalba*

For those who easily drift off into daydreams/fantasies about the future feeling that life will be better there. A tendency to be generally inattentive, sleepy, forgetful, lacking in concentration, clumsy or ungrounded are all indicators for this remedy.

CRAB APPLE ... *Malus sylvestris*

For those who carry underlying feelings of uncleanness, dirtiness or lack of purity. In extreme states this can manifest as obsessions related to things like housework or bodily cleanliness, & more generally as a tendency to be fussy and easily upset over small things. Other indications are skin eruptions or compulsive behaviour patterns of any sort.

ELM ... *Ulmus procera*

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.

GENTIAN ... *Gentiana amarella*

Restores the soul qualities of trust and faith. For those who are easily discouraged by small setbacks, often appearing pessimistic and cynical due to their inability see a positive resolution to any problem.

GORSE ... *Ulex europaeus*

Restores new hope and vision for the future. For those who suffer great uncertainty in the process of life, causing them to experience feelings of hopelessness and despair. This could be the result of a long-term illness where there seems little hope of recovery, or a more unconscious state in which life is viewed 'as a lost cause'. Often indicated by dark rings under the eyes.

HEATHER ... *Calluna vulgaris*

For those whose inner sense of isolation and loneliness manifests as a compulsive need to talk about themselves to anyone and everyone. In an acute state they appear to have their thoughts entirely focussed on themselves and their own needs and problems. Heather promotes recognition of the need to give as well as receive.

HOLLY ... *Ilex aquifolium*

Opens the heart and restores unconditional love, releasing feelings of anger, revenge, jealousy or hatred. Other indicators are tendencies to be suspicious, distrustful and super-sensitive to real or imagined slights.

HONEYSUCKLE ... *Lonicera caprifolium*

Promotes the ability to let go of the past bringing hope for the future. For those locked into past happier times which they feel can never return, causing feelings of nostalgia, sadness or regret. Good for homesickness, bereavement, divorce, or other unaccepted change. Use in combination with Star of Bethlehem and Walnut for extra support.

HORNBEAM ... *Carpinus betulus*

For those who feel that they lack strength, either mentally or physically, to complete everyday tasks, a state of procrastination, mental weariness or staleness in which one feels tired even after a good nights sleep, often finding it very difficult to get going in the morning.

IMPATIENS ... *Impatiens glandulifera*

For those who are driven by an inner sense of urgency, a need to get things done 'yesterday'. Easily impatient and irritable with others, especially those slower than themselves, they are easily wound up and very independent minded, often preferring to work alone. Will not wait long for anything, and can easily flare up in anger if pushed.

LARCH ... *Larix decidua*

Restores confidence in one's own abilities. For those with an in built unconscious certainty of failure that prevents them from attempting new things in life or reaching their full potential. Usually feel inferior to others and will stand back, allowing others to take up life's opportunities.

MIMULUS ... *Mimulus guttatus*

Restores the courage to face up to the everyday events of life. For those who suffer unnecessary fear and worry about everyday situations, such as visiting the dentist, flying, swimming, spiders or events such as a driving test. They can appear nervous, shy, timid or over-sensitive and may hesitate or blush easily in situations where they feel vulnerable.

MUSTARD ... *Sinapsis arvensis*

For those who from time to time experience a black cloud of gloom that comes and goes for no obvious reason. When in this state there is a tendency to feel separate, isolated, despairing and unable to cover up how they feel.

OAK ... *Quercus robur*

Restores the qualities of strength and endurance. For those who tend to struggle on enduring all things long after others would have given up. Naturally possessing great strength and courage they are a source of support to others, often at great cost to themselves, leading to the

despairing feeling of being suddenly and completely lacking in the strength to carry on.

OLIVE ... *Olea europaea*

For those whose reserves of energy are depleted leaving them with nothing left to carry on with, either mentally or physically. This feeling of being completely washed out is usually the result of an over expenditure of energy such as in over working, digging the garden or exhaustion related to long-term illness.

PINE ... *Pinus sylvestris*

Restores a sense of positive self-value. For those who suffer from feelings of guilt, shame, self-blame or self-reproach. Never truly satisfied with themselves, they feel others are better than they are, often taking responsibility or apologizing for something that is not their fault.

RED CHESTNUT ... *Aesculus carnea*

Restores optimism and trust that all is well. For those who worry for the safety of others, particularly those close to them. When things do not go to plan they immediately fear the worst, imagining that some harm has befallen their loved ones; 'they must have had an accident'.

ROCK ROSE ... *Helianthemum nummularium*

For those who experience extreme states of fear or terror. In an acute state they may become rigid, shaking or paralysed by fear or experience the urge to run away to anywhere but where they currently are. The tendency to panic in emergencies or to have terrifying nightmares are also indicators.

ROCK WATER ... *Aqua petra*

Restores the ability to be open minded and flexible in one's beliefs. For those who impose very high standards and strict disciplines upon themselves in an effort to adhere to idealistic principles. Hoping to set an example, they often live a very rigid, self-punishing lifestyle resulting in deeply suppressed physical & emotional needs.

SCLERANTHUS ... *Scleranthus annuus*

Restores the qualities of inner balance and decisiveness. For those who are gripped by crippling indecision when faced with a choice to make between two things. In this situation they will 'um & ah' for a long time, and tend to swing from one extreme to another mentally and emotionally.

STAR OF BETHLEHEM ... *Ornithogalum umbellatum*

Helpful in any situation where shock or trauma has been experienced whether current or past. Given immediately in situations of shock and trauma it can help to take away the numbing effect and assist recovery, alongside other medial assistance. Past situations such as bereavement, accident, sudden loss of job, divorce, 'bad' news etc are other indicators.

SWEET CHESTNUT ... *Castanea sativa*

Restores light and joy to life, dissolving darkness. For those who feel that they have reached the limits of their endurance and are at the end of the road. Often experienced as an extreme state of absolute and utter despair, hopelessness and isolating desolation sometimes described as 'the dark night of the soul'.

VERVAIN ... *Verbena officinalis*

For those whose high principles and ideals drive them to try to convert