


Bach

# FLOWER ESSENCES


In the 1920s and 1930s, Dr. Edward Bach, a widely known doctor in England, researched and developed the Bach Flowers system after observing the emotional states of his patients. Consisting of thirty-eight remedies in the form of tinctures, Bach Flowers provide a simple yet impactful way of addressing the emotions, which influence all aspects of health.

When taken daily in three-week intervals, a personalized blend of the remedies gently balances the emotional hurdles that prevent physical healing and clarity of mind, much like how taking a walk through nature or listening to beautiful music revitalizes us and imparts a new perspective. A trained practitioner can easily identify which remedies a person needs during a consultation, formulating these individualized blends. The results are transformational. Moreover, the remedies have no side effects or contraindications and are safe for children, adults, the elderly, animals, and even plants.





Each remedy coincides with a basic human emotion. Thus, the remedies can address a myriad of imbalances when chosen properly, including anger, guilt, insecurity, hopelessness, and fear. After the emotions are balanced, the effect trickles down to the physical body. The testimonies of those who have consistently used the remedies have also reported improvements in sleep, habits, physical pains, and more.



Anyone who has emotions can benefit from Bach Flowers. Moreover, the remedies have no side effects or contraindications and are safe for children, adults, the elderly, animals, and even plants.

Remarkably, Bach Flowers effortlessly give each person an opportunity to experience a life free from the emotions that had been hindering them.

“Healing with the clean, pure, beautiful agents of Nature is surely the one method of all which appeals to most of us, and deep down in our inner self, surely there is something about it that rings true indeed: something which tells us this is Nature’s way and is right” -Dr. Edward Bach



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