

## **THE BACH FLOWER ESSENCES**

## **THE AUSTRALIAN BUSH FLOWER ESSENCES**

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*“Dr. Bach taught that the basis of disease was to be found in a disharmony between the spiritual and mental aspects of a human being. This disharmony, to be found wherever conflicting moods produced unhappiness, mental torture, fear, or lassitude and resignation, lowered the body’s vitality and allowed disease to be present. For this reason the remedies he prepared were for the treatment of the mood and temperament of the patient, not for his physical illness; so that each patient becoming more himself could increase his or her own vitality and so draw from an inward strength and an inward peace the means to restore health.”*

**Frances M. Wheeler - The Bach Remedies Repertory**

**Dr Bach stressed that his remedies could be used in conjunction with any other form of treatment, and would not clash or interfere. Equally, they could achieve great results when used alone.**

**In my own personal practice I have had good results using the Bach remedies either on their own, in combination or when they are given at the same time as a homeopathic remedy. I hope that the reader finds this article interesting. Besides useful remedies to consider in the event of an influenza outbreak I have written in depth about Bach Rescue Remedy which I have recommended to countless people and have always received positive feedback. I firmly believe that it should be in every first aid box in the world!**

## **BACH ESSENCES FOR INFLUENZA**

**Afraid due to a known cause such as fearful of catching the flu:**

*MIMULUS*

**Persistent worry over:**

*WHITE CHESTNUT*

**Desperately panic stricken:**

*ROCK ROSE, CHERRY PLUM*

**Fearful of the welfare of others:**

*RED CHESTNUT*

**Fear of contamination:**

*CRAB APPLE*

**Feels that there is a need for protection from:**

*CRAB APPLE, WALNUT*

**Vomit, fear of:**

*MIMULUS, CRAB APPLE*

## **CONVALESCENCE**

**Fatigue during**

*Hornbeam, Olive*

**Undefined depression during**

*Mustard*

**To assist in adjustment**

*Walnut*

## THE STORY OF THE BACH FLOWER ESSENCES

**Dr. Edward Bach, M.B; B.S; M.R.C.S; L.R.C.P; D.P.H; was born in the U.K. in 1886; he died in 1936 at the age of 50. He was a physician, bacteriologist and a homeopath; he was intuitive and deeply spiritual.**

Edward Bach grew up in Birmingham a city in the English Midlands. He was a delicate child. His family was fairly poor and his ancestors originally came from Wales. From an early age he knew that he wanted to heal people. He left school at aged 16 and went to work in his father's brass foundry. Eventually he had enough money saved and went to medical school.

In 1912 he went to work in London as a Casualty Officer. After recovering from a breakdown in his own health he developed his own medical practice in Harley Street. As time went on he became increasingly dissatisfied with the limitations of orthodox medicine and its focus upon curing symptoms. He saw that a physician ought to look at the cause of an illness. At this point Dr. Bach decided to pursue an interest in immunology and in 1915 he became a bacteriologist at University College Hospital and later at the London Homeopathic Hospital.

He became greatly influenced by the father of homeopathy, Samuel Hahnemann and combining the principles of homeopathy and his knowledge of orthodox medicine he developed the seven Bach nosodes, oral vaccines based upon intestinal bacteria, which purified the intestinal tract and had remarkable effect upon patients sick with chronic conditions such as arthritis. They are still used today. However, Dr. Bach disliked

the fact that they were based upon **bacteria** and was anxious to replace them **with gentler methods possibly based upon plants.**

In 1928, at a dinner party, he had a revelation; he looked at his fellow guests and realized that they all fell into seven distinct types of personality. From this he concluded that each type would react to illness in a particular way.

So Edward Bach looked at the people around him and questioned why it was that some remained well and some got sick when exposed to the same viruses and bacteria. He concluded that the natural state of the body was to be well, but if the body's defenses are weakened by an imbalance in their **personality** and **emotions** then diseases could take hold. Therefore, he called these imbalances the true cause of disease and not the outside agents' recognized by orthodox medicine. Even **Louis Pasteur** in the twilight of his life said that the **germ is nothing; the state of the organism is everything.**

Dr. Bach intended the remedies to be **straightforward** and **simple enough** for everyone to understand and to be able to use them. He aimed them at as **wide an audience as possible.** He wanted people to be able to **help themselves.** He saw that conventional medicine was about putting the responsibility of individual care onto someone else's shoulders. A doctor tends to be in a position of power and authority. Edward Bach wanted to move away from this system and put this **power into the hands of the people.**

Eventually in the spring of 1930, aged 43, Dr. Bach gave up his successful London medical practice and went in search of a system of healing that he believed he would find in **nature.**

He understood that our Creator has provided for all of our needs whether it is in the form of food or medicine to heal us. He

knew that there must be simple remedies that **are non-toxic to be found amongst the trees and the plants.**

His medical assistant **Nora Weekes** joined Dr. Bach and together they began to roam the Welsh countryside, the home of his ancestors. Later he found remedies in the **English country fields** and lanes. A Cromer builder called Victor Bullen helped him in his work.

**Dr.Bach became sensitive** both in the mind and the body and he went in search of remedies to cover the whole gambit of human emotions. Before finding a particular flower, he would suffer himself very acutely; the **negative** state of mind for which that flower was needed. This may have been anxiety, fear, concern, aloofness etc: he also suffered a physical complaint. Then he would wander over the fields and the lanes until he found or was led to find the flower, which would immediately help his suffering. In this way he found the **thirty-eight flowers** to cover the thirty-eight **negative states of mind** which mankind can suffer. He concluded that this was a complete system of healing.

The first three flowers that he found in Wales were **Impatiens, Mimulus**, (for known fears such as robbers, spiders, snakes etc :) and **Clematis** (for a state of daydreaming.) He had in fact found these earlier than 1930 when he had his first thoughts about finding a gentler method of healing.

The remedies work on the **energetic level**. If our body does not require a particular remedy it simply won't respond. We should stop taking the remedies when we begin to feel better in ourselves. Passing moods and emotions, which have developed suddenly or recently, tend to take a short time to correct. Problems that are deeply rooted and firmly established take a lot longer.

Edward Bach believed that everyone's life **had a purpose**, although people often get lost on the way. He believed that by helping us **recognize and feel comfortable with our true selves, the remedies could help us to rediscover our true purpose in life**, which in turn brings about a return to health. This is true healing.

He strongly believed that physical ill health was a result of a **disequilibrium within our minds** and that it was therefore of the utmost importance to **treat the mind** in order to bring about healing in a sick body.

Being in balance means being healthy on all levels **physical, mental** and **emotional**. However, life is a continuum, it is everchanging. Being in balance means that our body can deal with the changes that each day brings. We are bound to come across difficult people and situations, problems that need to be solved and decisions to be made. If we are in balance we should have enough energy and clarity to deal with experiences that we are faced with every new day and to feel at the end of the day that we can sleep well having done the best that we can.

Dr. Bach was himself a very sick man. He was denied war service and collapsed at the relatively young age of 31 whilst working as a bacteriologist. Doctors diagnosed him with **cancer** of the spleen and gave him three months to live. In fact he lived for another 19 years. He threw himself into his work, his life's purpose. Firstly, with his work in **bacteriology**, and later with the flower remedies.

The remedies were very good because they enabled a very sick man to continue his mission and to fulfill his destiny.

The last two years of his life were spent in a tiny village called **Brightwell cum Sotwell** just outside Oxford. Nora Weekes



had found a tiny cottage to rent, called **Mount Vernon**. They didn't have much money because Dr. Bach had spent all his savings upon developing the flower remedies. He made most of the simple furniture and cleared the overgrown garden so that remedies could be planted. He had charged no fees to help people so his resources were dwindling.

When his life's work was finished then he could finally rest. He died fairly soon after he considered that his work was complete. Nora and Victor continued his work and ensured that it remained simple and unchanged, accessible to everyone. After Nora's death in 1978 the work passed to **John Ramsell** and trusted partners. The remedies are still made in the same way and from flowers growing in the same locations as Dr. Bach originally found them. Today they are used worldwide and the center has many testimonials telling of their effectiveness.

## **THE BACH METHOD OF PREPARATION**

This is a method, which is unique to Edward Bach. The remedies are still made in the same way today.

Dr. Bach took the flowering heads of the plants that he needed to make the remedies. He placed them on the surface of a **small glass bowl** filled with **spring water**. The bowl was then left out in the **sun** for three hours. During this time the water became impregnated with the healing properties of the plant. The flower heads were then discarded. The water was **preserved in brandy**

and became known as the **mother tincture**. This is called the **sun method**.

When Dr. Bach had a remedy that came from a **tree** he used the **boiling method**. He took short lengths of twigs filled with the flower or the catkins and put these in spring water; he boiled them for **thirty minutes** and then left the concoction to cool. The twigs, leaves and the flowers were discarded but they had transferred their healing powers to the boiled water. **The mother tincture** was mixed with **brandy** to preserve it.

### **The Rescue Remedy, this comprises of five Bach flowers**

Dr. Bach combined **five specific Remedies** from the **38** to formulate an emergency composite that he chose to call “Rescue Remedy.” He saved a **fisherman’s life in 1930** with this preparation. Its purpose is to treat the pre or post emotional effect that a sufferer may experience through **shock, great fear or terror**, panic, severe mental stress and tension, a feeling of desperation or a numbed bemused state of mind. Shock, terror and panic can manifest in minor traumas as well as in the more serious states of emergency. The remedy is also ideal for **emotional upsets, stage fright, visiting the dentist even severe bites and stings**, which create the effects of shock and panic.

**In an acute situation Rescue Remedy can be repeated every 10 or 30 minutes. (Four drops from the stock bottle.)**

## **THE FIVE FLOWERS OF RESCUE REMEDY**

### **CHERRY PLUM.**

This remedy is when we have a **fear of losing control** and doing harm to our self or to others. People in a cherry plum state may talk of suicide or appear hysterical and violent.

### **STAR OF BETHLEHEM**

This remedy is for **shock**. When someone we love dies, it is especially suited to those who try to cry but the tears don't come. The remedy helps to unblock this passage and relieves the mind of sadness. This remedy will help the bereaved to cope with their grief and ease the pain and the sorrow. It would have been most appropriate **following the events of September 11<sup>th</sup>**.

## **ROCK ROSE**

This is the remedy for sheer **terror and fright**, it can be used in cases of accidents or sudden illness and in cases where there seems to be no hope. If the patient is unconscious the lips can be moistened with the remedy or it can be applied to the pulse points.

## **IMPATIENS**

These people are always in a **hurry**, they have no patience for others who are slower. They do not like to wait and this makes them angry. Imagine an *Impatiens* case waiting in a queue at the bank because the cashier is new and doesn't know the ropes yet. **Irritable and impatient** are the key words to define this remedy.

## CLEMATIS

This is the remedy for someone who daydreams; they are somewhere else, perhaps dreaming of an idealized future. In trauma cases where the victim appears to be in a deep, sleepy state or **unconscious** this would be an appropriate remedy.

**Rescue Remedy Cream** is a non-lanolin based cream, which is homeopathically prepared. It is used for ulcers, lacerations, burns, scalds, sprains and massage. Besides the **five remedies** that are found in Rescue Remedy, the cream also contains crab Apple.

## CRAB APPLE

This is **the cleansing remedy**. It is used when there is a feeling of **contamination**, this can occur when we are ill. When someone says that, **“I hate the way I look “ or “I feel dirty.”**

It can also be used to cleanse a sick room or to clean crystals.

Someone in this state may say, **“I can’t look in the mirror, what’s the point of dressing up, I feel ugly.”**

## OTHER USEFUL BACH REMEDIES

Honeysuckle is for people who tend to live in the past and reminisce all the time.

*“Life was better when we lived in Wisconsin. I do wish I was back in my old job, things were better then.”*

Olive is for people who are **totally exhausted**. Many Bach therapists swear by baths containing certain flower remedies. Olive and hornbeam for exhaustion. About **five drops** from the stock bottle are added to a **full bath**.

Walnut is the remedy, which offers protection and helps us to adapt to change.

*Perhaps a change in job, or in school. Starting a new chapter in our life without a loved one who has passed on.*

## BACH REMEDIES FOR PLANTS

For some time, and certainly since Tompkins wrote his book, *The Secret life of Plants*, it has been known that plants, too, may suffer from shock, fear, despondency, indecision etc.

Plants sometimes benefit from [walnut](#) especially after they have been moved around or repotted. You can also give them [Rescue Remedy](#) and [Rescue Cream](#) can be used on the damaged bark of a sapling. Plants infested by insects will recover from [Crab Apple and Agrimony](#). Agrimony is for the discomfort that they are unable to express. [Hornbeam](#) gives new life to tired, sick or dropping plants. [Wild Rose](#) is a good remedy to use for cut flowers whose heads hangs down apathetically, especially in the winter.

## BACH REMEDIES FOR ANIMALS

Animals also benefit from the remedies especially [Walnut](#) and the [Rescue Remedy](#). It can be squirted in their mouth or put into their drinking water or food. They tend to react to the remedies even quicker than humans. The diagnosis is made in then same ways for humans. A dog may be a [Heather type](#), for instance he likes to hold the stage and is always barking.

Heather is the remedy for those who don't like to be excessively talkative.

There are Chicory dogs that constantly stick to their owner's heels, demanding attention.

Mimulus will help nervous cats and dogs.

Rescue Remedy has saved the lives of many animals in acute conditions such as accidents, bites, fractures, bloat and persistent vomiting. If necessary drops may be applied directly from the bottle to injured parts. To make a compress to apply to external lesions add **6 drops** from the stock bottle to **one pint of water**.



## **MAKING UP A TREATMENT BOTTLE**

Put **two drops** of the selected remedies into a treatment bottle.

If you are using **Rescue Remedy** too then you need **four drops**.

Top up the bottle with **still mineral water** and keep it in the **fridge**. It will last **two or three weeks** in this way.

If you cannot refrigerate your bottle then you should add either **one-teaspoon of brandy, cider vinegar or glycerin to help to preserve the water.**

You can add **six or seven remedies** to a treatment bottle if you believe that they are all needed. **Take four drops four times a day** from your treatment bottle. The drops can also be put on the pulse points and on the lips if it is not possible to take the drops internally.

Remember that the remedies should not take the place of conventional medical care for humans or animals but can be used effectively with any medication that your physician or veterinarian prescribes.

**You are advised to consult with your physician if you have a medical problem.**

## **PURCHASING BACH REMEDIES**

**Bach Flower Remedies can be purchased from most Twin City Co – op stores, Present Moment Books and Herbs, Minneapolis, Health Foods on France and Mastel's in St Paul.**

**Health Foods on France: 952 – 920 2165**  
**[www.healthfoodsonfrance.com](http://www.healthfoodsonfrance.com)**

**Individual Bach Remedies cost \$9.95 \***  
**10ml Rescue Remedy costs \$10.49 \***  
**20ml Rescue Remedy costs \$15.95 \***

**Mastels: 651 – 690 - 1692**  
**[www.mastelshealthfoods.com](http://www.mastelshealthfoods.com)**

**20 ml individual Bach Remedies cost \$14.45 \***

**Present Moment: 612 – 824 – 3157**  
**[www.PresentMoment.com](http://www.PresentMoment.com)**

**\* Prices as of December 2005**

**The reader may also like to refer to call or refer to the Nelson Bach USA web site for further information:**

**Tel: 1 -800 – 319 – 9151**  
**Fax: 1 – 866 – 340 - 6974**  
**[www.nelsonbach.com](http://www.nelsonbach.com)**

## **BACH FLOWER ESSENCE CONSULTATIONS**

**Sally Tamplin is a professional homeopath and has worked with the Bach Flower Essences for several years, she has undertaken training courses in the UK specifically for the Bach Essences. Sally offers one hour consultations. A treatment bottle costs an additional \$5.00.**

**\$75.00**

**Please contact:**

**THE HOMEOPATHIC MEDICAL CLINIC in Richfield, MN if you would like to set up an appointment.**

**Tel: 612 – 836 – 1424**

## THE AUSTRALIAN BUSH FLOWER ESSENCES

*“Australian plants have a real beauty and strength, There is something quite remarkable about them. Apart from the fact that Australia has the highest number of flowering plants, they are the oldest in the world. Metaphysically, Australia has always had a very wise, old energy and at the moment there is tremendous vitality in this country and New Zealand. This same energy was evident in Greece 2,500 years ago when Hippocrates, Plato and Pythagoras were alive. This energy constantly shifts from country to country, being present in only one country at any particular point in time. It is now here in Australasia.this, combined with the inherent power of the land, manifests in the Australian Bush flower Essences. They can also be used just as effectively in other countries without losing any of their power.”*

**Ian White, “Australian Bush Flower Remedies”**

**I have been using the Australian Flower Essences in my healing practice and have found them to be extremely powerful healers. They can be used separately or used in conjunction with a homeopathic remedy. They work best when given either individually or in a combination addressing the same theme or issue. The majority of the essences should be used for two weeks at a time. Seven drops should be taken under the tongue, morning and night, on rising and retiring.**

**AUSTRALIAN BUSH ESSENCES FOR  
INFLUENZA**

**BLACK – EYED SUSAN**

**This flower is for people who are impatient and always on the go. These people are continually rushing around and their lives are always overflowing with commitments.**

**This essence enables people to slow down and rest. During the 1918 influenza pandemic homeopaths noted that those people who went home, went to bed and rested had a better chance of survival.**

**BUSH IRIS**

**This essence has an affinity with the pineal gland and those people who have a deep seated fear of death.**

**This flower also has a powerful action on the lymphatic system. The lymphatic system serves to digest fats, boost and support the immune system and it helps to cleanse and detoxify the body.**

## **FLANNEL FLOWER**

**This flower is very good at helping a person to establish healthy boundaries with others, whether that be of a physical or an emotional nature.**

## **ILLAWARRA FLAME TREE**

**For those people who feel apprehensive about a new experience and fearful of responsibility. The essence promotes confidence, commitment and self approval.**

**This essence has an affinity to the THYMUS GLAND and the immune system.**

## **JACARANDA**

**This flower helps people who are rather scattered and always changing their mind. They continually ask the opinion of others, and they tend to shy away from making their own decisions, they are fearful of making mistakes. This flower essence helps them to become decisive, centered and able to think quickly.**

## **MULLA MULLA FEVER**

**This is a main remedy for fever and inflammatory conditions. Mulla Mulla not only lowers fever but it also eases fear around fever. The fear robs the body of oxygen and makes it harder to control the fever.**

**Mulla Mulla has been used effectively to treat third degree burns.**

## **PAW PAW**

**This essence is for the assimilation and integration of new ideas and information especially when there is a tendency to feel overwhelmed by the quality and quantity of information that they are receiving. It helps to promote calmness and clarity and the ability to make decisions.**

**Applying this essence topically on the lung acupuncture points has proved to heal, or at the very least, reduce the symptoms of malaria. This technique was developed by Mary Jane Russell, a kinesiologist, in the Solomon Islands, where this disease was rife.**

**Australian Bush Essences can be purchased from:**

**The homeopathic Medical Clinic, Richfield  
Tel: 612 – 836 – 1424**

**Sally Tamplin will dispense the remedies upon request at a cost of \$5.00 per treatment bottle.**

**Present Moment, Books and Herbs in Minneapolis**

**Tel: 612 – 824 - 3157**

**[www.presentmoment.com](http://www.presentmoment.com)**

**Martin will dispense the remedies upon request.**

**Southern Herbs, Madison**

**Tel:**

**Stock bottles of the essences may be purchased.**

**[www.ausflowers.com.au](http://www.ausflowers.com.au)**