



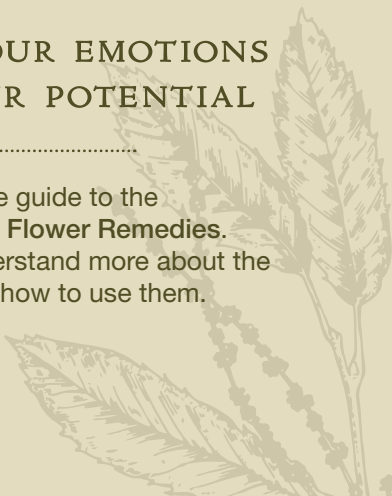
Bach®

ORIGINAL
FLOWER REMEDIES

BALANCE YOUR EMOTIONS
FULFIL YOUR POTENTIAL

.....

A definitive guide to the
Bach™ Original Flower Remedies.
Helping you to understand more about the
essences and how to use them.





Bach™ Original Flower Remedies New Design - a modern take on the original.

Have you seen our new-look bottles? We've used Dr Bach's original groupings to introduce colour to the range, to make it easier to select the right essence for you and bring more people to Dr Bach's system. Inspired by nature, the sketches on the bottles reflect the flowers and plants used to make the essence.

NEW DESIGN CHOSEN
BY OUR CUSTOMERS!



CHOOSING YOUR ESSENCES

Most people find it reasonably easy to select their own essences. All you need to do is find the essences that seem to reflect your situation, mood or personality the best.

You can mix up to seven together at a time. All of the states described are everyday emotions that we all feel from time to time. Even the most negative state has a corresponding positive quality that shows us what we can be when we are fully ourselves.

Use the table and grouping overleaf as a starting point to help you make your essence selection.

Recognising exactly how you feel is the key to choosing your essences. If you have selected more than seven essences, cut down your choice by concentrating on how you feel now. Then match the exact mood you're in with the appropriate essences.

For example, if moving house is making you feel frustrated and impatient, try Impatiens. And if you are finding it hard to adapt to your new neighbourhood, try Walnut.

Sometimes we find it difficult to be honest with ourselves. Few of us want to be seen as jealous or intolerant, but once we have admitted how we feel, we are halfway towards balancing that emotion. So if you have trouble working out your feelings, why not ask someone who knows you to help?

DID YOU KNOW?

- Bach™ Original Flower Remedies are still prepared just as Dr Bach outlined.
- The RESCUE® formula combines 5 of the flower essences discovered by Dr Bach in the 1930's.
- They have been used by generations for more than 80 years.
- Many of the essences are made using flowers and plants that grow in locations identified by Dr Bach, including some from his Oxfordshire garden at what is now the Bach Centre.
- All of our handmade concentrated essences are diluted into Bach™ Original Flower Remedies at Nelsons' production facilities in Wimbledon, London and shipped across the world.

GROUP	ESSENCE	FEELING	POSITIVE POTENTIAL
Know your own mind	CERATO	You feel unsure and doubt your own judgement	Guidance
	GENTIAN	You feel discouraged when something goes wrong	Encouragement
	GORSE	You feel downhearted and lack optimism	Hope
	HORNBEAM	You lack motivation at the thought of starting something	Resolve
	SCLERANTHUS	You struggle to make decisions when faced with different options	Decisiveness
	WILD OAT	You are trying to find your path in life	Direction
Find joy and hope	CRAB APPLE	You are preoccupied with perceived imperfections/also used for cleansing	Acceptance
	ELM	You are overwhelmed by many responsibilities	Support
	LARCH	You lack confidence in your abilities	Confidence
	OAK	You never give up and don't realise when you need a break	Strength
	PINE	You feel guilty or blame yourself	Absolution
	STAR OF BETHLEHEM	You have had some unexpected bad news/unwelcome event or a bereavement	Comfort
	SWEET CHESTNUT	You feel anguish	Solace
Face your fears	WILLOW	You feel resentful and sorry for yourself	Positivity
	ASPEN	You feel on edge but can't say why	Reassurance
	CHERRY PLUM	You are concerned you might lose control	Composure
	MIMULUS	You are shy/timid or you feel fearful about something specific	Courage
	RED CHESTNUT	You feel overly concerned for someone else/others	Peace of mind
	ROCK ROSE	You are overwhelmed by fear or terror	Fearlessness
Live the day	CHESTNUT BUD	You find yourself repeating the same mistakes	Insight
	CLEMATIS	You are a day dreamer, often out of touch with reality	Focus
	HONEYSUCKLE	Your mind is stuck in the past	Presence
	MUSTARD	You feel unhappy/glum and don't know why	Brightness
	OLIVE	You feel tired after making an effort	Restoration
	WHITE CHESTNUT	You struggle to switch off and have repetitive thoughts	Tranquillity
Reach out to others	WILD ROSE	You lack interest and enthusiasm	Enthusiasm
	HEATHER	You talk about yourself a lot, overshare and find it hard to be alone	Be heard
	IMPATIENS	You feel impatient with the slow pace of people or things	Patience
Stand your ground	WATER VIOLET	You like to be alone, can appear aloof or unapproachable	Connect
	AGRIMONY	You hide your troubles behind a smile	Openness
	CENTAURY	You find it hard to say 'no' to others	Assertiveness
	HOLLY	You feel the need for revenge or are jealous/suspicious of others	Goodwill
Live and let live	WALNUT	You find it hard to adapt to change	Constancy
	BEECH	You feel hypercritical and intolerant and often struggle to see the good in things	Tolerance
	CHICORY	You are overprotective of family and friends	Release
	ROCK WATER	You set yourself strict goals and deny yourself enjoyment	Flexibility
	VERVAIN	Your enthusiasm for a cause consumes you	Unwind
	VINE	You like to be in charge and can appear overbearing and bossy	Inspire

HOW TO USE BACH™ ORIGINAL FLOWER REMEDIES

The essences are easy to take.

Here are some ideas:

- Add two drops of each chosen essence into a drink of your choice. For combination use, add 2 drops of each essence (maximum 7 essences) into a mixing bottle with some water, and take 4 drops, 4 times a day.
- For immediate use you can take the essences undiluted direct from the stock bottle. Just drip two drops on your tongue, and repeat as necessary.
- When using RESCUE Remedy® products, use double the amount you'd use for the single essences. Put four drops of RESCUE Remedy® on your tongue or into your glass of water or mixing bottle, rather than two.

Take your **Bach™ Original Flower Remedies** as often as you need to. Suitable for all the family.



FIND OUT MORE

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Always look for the Bach Signature

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