

The 38 remedies

Agrimony - mental torture behind a cheerful face
Aspen - fear of unknown things
Beech - intolerance
Centaury - the inability to say 'no'
Cerato - lack of trust in one's own decisions
Cherry Plum - fear of the mind giving way
Chestnut Bud - failure to learn from mistakes
Chicory - selfish, possessive love
Clematis - dreaming of the future, without working in the present
Crab Apple - the cleansing remedy, also for self-hatred
Elm - overwhelmed by responsibility
Gentian - discouragement after a setback
Gorse - hopelessness and despair
Heather - self-centredness and self-concern
Holly - hatred, envy and jealousy
Honeysuckle - living in the past
Hornbeam - tiredness at the thought of doing something
Impatiens - impatience
Larch - lack of confidence
Mimulus - fear of known things
Mustard - deep gloom for no reason
Oak - the plodder who keeps going past the point of exhaustion
Olive - exhaustion following mental or physical effort
Pine - guilt
Red Chestnut - over-concern for the welfare of loved ones
Rock Rose - terror and fright
Rock Water - self-denial, rigidity and self-repression
Scleranthus - inability to choose between alternatives
Star of Bethlehem - after-effects of shock, trauma
Sweet Chestnut - Extreme mental anguish, when everything has been tried and there is no light left
Vervain - over-enthusiasm
Vine - dominance and inflexibility
Walnut - protection from change and unwanted influences
Water Violet - pride and aloofness
White Chestnut - unwanted thoughts and mental arguments
Wild Oat - uncertainty over one's direction in life
Wild Rose - drifting, resignation, apathy
Willow- - self-pity and resentment

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The Bach system

“This system of healing ...shows that it is our fears, our cares, our anxieties and such like that open the path to the invasion of illness. Thus by treating our fears, our cares, our worries and so on, we not only free ourselves from our illness, but the Herbs given unto us by the Grace of the Creator of all, in addition take away our fears and worries, and leave us better in ourselves”.

Dr Edward Bach, The Twelve Healers



Why see a BFRP?

BFRPs are people from all walks of life who share a dedication to Dr Bach's ideals of simplicity and self-help.

Dr Bach believed in treating people as individuals. The most effective mix is always one chosen for you personally. Your practitioner will help you decide on the best mix for how you feel right now.

BFRPs aim to teach you the remedies as you go, so that you will be able to help yourself and your family in future – but always be able to call on your practitioner for help and assistance when you need it.

Contact your local BFRP



Bach Foundation
REGISTERED PRACTITIONER

Seeing a Bach Practitioner

Dr Edward Bach (1886-1936)

Edward Bach studied medicine at Birmingham University and University College Hospital, London. He qualified in 1912 and worked as house surgeon, pathologist and bacteriologist. He also carried out original research into immunology and vaccine therapy.



In 1919 Bach took up a post at the Royal London Homeopathic Hospital. Inspired by his experiences there, he began research into the use of healing plants to address the emotional causes of disease. The preparations made from these plants became known as Bach flower remedies.

The Bach Centre

The Bach Centre was Dr Bach's house for the last two years of his life, and was the base from which he found the final 19 remedies in his system.

On his death, Dr Bach left his work in the hands of his assistants Nora Weeks and Victor Bullen. They made and supplied remedies, wrote, taught, and did all they could to spread the word.

Today the Bach Centre continues to carry out Dr Bach's own wishes for his work. The Centre runs and approves courses world-wide, and validates the work of dedicated practitioners in more than sixty different countries through the *Bach Foundation International Register of Practitioners*



BFRPs

Practitioners on the Bach Centre's *Bach Foundation International Register of Practitioners* have followed an approved program of education and assessment to ensure they are competent to use the remedies in professional practice.

BFRPs work under the *Bach Foundation Code of Practice*, which sets out the standards expected of professional practitioners and provides a safe framework for practitioners and clients.

Practitioners on the *Bach Foundation International Register* are entitled to use the *Bach Foundation* logo and to use the letters BFRP (*Bach Foundation Registered Practitioner*) after their names.

To find a local BFRP in North America go to www.bachcentre.com and click *Help*, or visit www.bachflowereducation.com/BFRPNA_list.html

BFRAPs

Bach Foundation Registered Animal Practitioners are practitioners with specialist training in working with animals.

BFRAPs seek to work under vet referral to ensure that any illness or condition that falls under the heading of veterinary surgery is properly treated.

I remember people coming to the Bach Centre from all over the world looking for help. We set up the Register so that, wherever in the world help was wanted, there would be somebody there to give it.

Judy Ramsell Howard
Director
The Bach Centre



What clients think

"I am convinced that your recommendations for flower essence therapy prevented me from going into a deep depression."

"Your therapy gave me a new lease on life and I am so very grateful."

"I now have time to do the things that are really important - my family and me."

"I am on the second day of taking them. It really has made a huge difference.... I am feeling much, much better."

"It's a wonderful experience to have someone guide you, especially in those moments of change, when none of us is excellent at seeing the whole picture."

BFRPs speak

"We serve our clients by teaching them how to use the essences. We provide perspectives based on our education, experience, training and intuitive interpretation. We offer visions and training that cannot be gleaned from a book."



"[People come to see us when] they're so immersed in the situation that they can't get enough emotional distance from what they're doing... It's much easier to see what's going on when you're neutral, not emotionally involved."

"A BFRP is committed to the work and vision of Dr Bach, to holding 'faith and courage in the Divinity within' for the client."

"When we are immersed in our own problems, we sometimes can't see the wood for the trees."

"The commitment begins when we recognize the value of the flowers in our personal situation."