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Bach Centre online forums upgraded

In August 2009 the Bach Centre online forums underwent a complete upgrade and overhaul, and new attractive software makes them even easier to use.

Based on the industry standard phpbb3 open source package, there are Bach Centre forums in most major languages, including French, German, Italian and Portuguese, with full language support to follow.

The forums were first introduced in 2007, and built on the success of the main Bach Centre web site www.bachcentre.com.

The main forum for English speakers is called Talkbach. Users can get to it via the 'Forum' link at www.bachcentre.com. Creating an account is free and only takes a couple of minutes.

Most often users are looking for advice on using the remedies - questions like, how many drops to take? or, which remedies are best for anxiety or lack of confidence? For any question on the Bach system, however, the forums are the best place to get immediate answers.

NOTES:

1. The Bach Centre web site www.bachcentre.com contains background information on Dr Bach and the Bach Centre's work
2. As well as using the link on www.bachcentre.com users can go to the forums direct by pointing browsers to bachcentre.phpbb24.com
3. Bach flower remedies were discovered in the 1920s and 1930s by Dr Edward Bach, a Harley Street consultant and bacteriologist
4. The Bach Centre was Dr Bach's home and workplace from 1934 to his death in 1936
5. Bach flower remedies are a complementary medicine that helps resolve imbalanced emotional states, which can in turn lead to improvements in general health