

From: Stefan Ball, The Bach Centre, stefan@bachcentre.com, 01491 833712

Bach resolutions

Traditionally the turn of a new year is a time when people look to make changes in their lives. One of the first changes people consider is giving up alcohol.

According to a recent report from the alcohol awareness charity Drinkaware, seven million adults in the UK plan to drink less this year – and four million plan to give up completely.

However, only 11% were confident they would succeed, with 19% sure they would fail within a week. This is where the Bach remedies can be helpful.

'We get lots of calls this time of year from people wanting help with breaking bad habits,' says Kathy Nicholson, a consultant at the Bach Centre. 'There's no one remedy to do this, of course – but once we know a bit about the person and the way he or she feels about the problem we can usually suggest something to help.'

Dr Bach's system comprises 38 remedies, each aimed at a particular negative emotion or personality trait. Remedies are combined into a personal mix that matches the profile of the person who needs help.

'Somebody who is easily led might need Centaury to help him say no and mean no,' says Mrs Nicholson. 'Or it might be that partying is a way of covering up worries, in which case we might suggest Agrimony.'

One remedy often used is Walnut, which is a remedy associated with change. 'Walnut is known as the link breaker,' explains Kathy, 'so it can be a real help for somebody who is really trying to change but finds the process more difficult than he hoped.'

People with a serious alcohol problem might need to take care when using Bach remedies, though, as Kathy explains.

'Most remedies you buy in the shops are preserved in brandy. When the drops are diluted the amount of alcohol left is tiny – but the smell lingers and can be a problem for some people. The Bach Centre has a small stock of alcohol-free remedies, which can help, and we can suggest ways to minimise the alcohol by boiling it off or applying remedies externally.'

NOTES:

1. The Bach remedy system was discovered in the 1920s and 1930s by Dr Edward Bach, a Harley Street consultant and bacteriologist.
2. Bach flower remedies are a complementary medicine that helps resolve imbalanced emotional states, which can in turn lead to improvements in general health.
3. The Bach Centre web site www.bachcentre.com contains background information on Dr Bach and the Bach Centre's work, and – via the training pages - information on courses.