



New Perspectives
Counselling

Bach Flower Remedies - Client Information Sheet

Dosage - Four drops at least four times a day, preferably spaced out evenly throughout the day, two of the doses ideally being first thing in the morning and before going to bed. Administer the remedies from the treatment bottle by the method that suits you best:

- Directly into the mouth, waiting 5-10 seconds before swallowing.
- Added to the beverage of your choice (they are not affected by smells, flavours or heat).
- Ten to twelve drops can be added to your bath water.
- Four drops can also be added to a water mister and sprayed on your skin.

Taken regularly, the remedies in the treatment bottle should last for up to approximately three weeks (either keep in a fridge or add a teaspoon of brandy for preservative). You can stop taking the remedies when you no longer feel the need for them, in fact many people simply forget to take them. Acute symptoms can resolve themselves within hours or days, while more chronic, long lasting emotions and their related symptoms can take days or weeks before you notice an improvement.

If you buy stock bottles from a store, you can make your own treatment bottle by adding spring water and 2 drops of each remedy needed in a mixing bottle (available from most health food stores along side the Bach Remedies). This makes the stock bottle last longer. Putting drops from the stock bottle straight into your mouth is not so pleasant because of the high alcohol content.

General Information about the Bach Flower Remedies

- The remedies are energetic, and work on an energetic/emotional rather than physical level.
- The remedies are generally used to treat the individual rather than any symptoms, and may be taken on their own or in conjunction with other treatments.
- They are completely safe, have no unwanted side effects, are non-addictive, and do not interfere with other treatments (if in doubt always check with your medical advisor).
- Even if an inappropriate remedy is taken, it will simply have no effect and in no way be harmful.
- They take action gently and can be used by people of all ages, as well as animals.
- The remedies are not used to suppress negative attitudes, but to transform them into positive ones, stimulating self-healing.
- There are no adverse reactions from using the remedies. However, they may allow suppressed symptoms to surface, which is an important part of the healing process, and are only temporary.

Please note that the remedies are not used as a substitute for medical treatment. Always consult your medical practitioner if symptoms persist. The remedies in the stock bottles are preserved in brandy, so there will be a trace amount of alcohol in the personalized treatment bottles.

Bach Flower Remedy - Positive Indication Chart

Agrimony - self-acceptance		Mimulus - bravery & courage	
Aspen - security/fearlessness		Mustard - return of joy/inner stability	
Beech - tolerance/compassion with people and other animals		Oak - admit limitations	
Centaury - more assertive		Olive - restoration of strength and vitality	
Cerato - self-assurance		Pine - relief from guilty feelings	
Cherry Plum - mental calm/self control/composure		Red Chestnut - restores a sense of proportion when concerned for others	
Chestnut Bud - ability to learn from mistakes		Rock Rose - courage/calm state of mind	
Chicory - unselfish love		Rock Water - flexibility	
Clematis - lively interest in the world		Scleranthus - balance	
Crab Apple - more accepting of self and environment		Star of Bethlehem - comfort and consolation	
Elm - sense of self-assurance		Sweet Chestnut - encouragement	
Gentian - optimism		Vervain - calm and relaxed	
Gorse - lifts the spirits		Vine - cooperative not domineering	
Heather - no longer needs to be the centre of attention		Walnut - ease into new situation	
Holly - compassion and willingness to share		Water Violet - restores social contact	
Honeysuckle - adjustment to present circumstances		White Chestnut - peace of mind	
Hornbeam - restores vitality and enthusiasm		Wild Oat - purposefulness and decisiveness	
Impatiens - patience		Wild Rose - lively interest in life	
Larch - confidence		Willow - forgive & move on	
		Rescue Remedy - relief in stressful situations	