

Bach Flower: Remedies for Emotional and Physical Pain

I continue to try to provide you with the most effective and safe strategies to achieve your health and recovery goals. One of the safest substances on the planet to treat physical and emotional conditions is the 70-year-old Bach (pronounced Batch) Flower Remedies.

These are essences of 38 flowers discovered to help the body gently resolve emotional imbalances. In fact, the safety record is so outstanding, these flower remedies are often given to pregnant women and infants under proper supervision. Indeed, when my children were only weeks old, my wife and I administered these remedies to help with colic, teething pain, and other such issues. These flower essences are regularly prescribed by veterinarians for all kinds of pets. Acupuncturists, psychologists, psychiatrists, and massage therapists have learned new ways to apply these essences during their treatments. Effects are subtle. You may not realize a difference in the way you feel until someone else points it out to you. Perhaps, you will notice it yourself several weeks after beginning your own personal mixture of various essences.

So, perhaps you might ask: If I have worked with these essences for so long, why have I not spoken about them with some of you before. Frankly, over the years I have developed some of the same tendencies apparent in the medical world around me. I have looked for the "latest and the greatest." My efforts are to help each and everyone who comes to see me to the best of my ability. Thus, the explanation for all the years of graduate training. It is relatively easy to forget ways by which I helped my patients in the earlier days. Over the course of this last year, I have begun to work with the remedies again. They are just as effective now as they were then. Now, however, I am using them more and more in my practice in an evolving number of ways. I promise never to stop striving to discover the most effective means by which to help you. That does not mean, I have learned, that what I learned years ago is not as helpful as that which I learned yesterday.

So, now, permit me to tell you a bit about Dr Edward Bach. Dr. Bach studied medicine at the University College Hospital, London, and was a House Surgeon there. He worked in general practice, having a set of consulting rooms in Harley Street, and as a bacteriologist and later a pathologist he worked on vaccines and a set of homoeopathic nosodes still known as the seven Bach nosodes.

Despite the success of his work with orthodox medicine he felt dissatisfied with the way doctors were expected to concentrate on diseases and ignore the people who were suffering them. He was inspired by his work with homoeopathy but wanted to find remedies that would be purer and less reliant on the products of disease. So in 1930 he gave up his lucrative Harley Street practice and left London, determined to devote the rest of his life to the new system of medicine that he was sure could be found in nature.

Dr. Bach ultimately discovered that the flower remedies don't treat physical complaints directly. They help by treating the negative emotional states that provoke or worsen the problem in the first place. Therefore, they do treat both physical and emotional maladies. So, three people presenting with duodenal ulcers, for instance, might require different essences and find improvement in their conditions. Three different essences rather than the

same essence for each may be recommended because the underlying emotional states may be very different for each person - - despite the fact that the physical complaint is the same. Sports injuries and other muscular and skeletal injuries improve when the proper combination of essences are applied topically. Learning and cognitive challenges, pain of all types, GI complaints, anxiety, insomnia, depression, obsessive-compulsive disorders, functional disorders, fatigue, and more can be helped via use of the proper preparation of these remedies.

Today, around the world, new forms of applications have been discovered by medical doctors, naturopaths, acupuncturists, psychologists, psychiatrists, and other allied clinicians. It is easy for you to read more about the Bach Remedies simply by searching the key words Bach Flower Remedies on the Internet.

After two decades of using these essences, I have discovered that personal preparations are best assessed after a lengthy interview and health history. Often, the preparation is taken for 3-4 weeks or until a change is noticed. Then, other preparations might be recommended based upon what you have noticed about your health and emotions. Some practitioners liken it to peeling the layers of an onion. Balance and health are restored one layer at a time.

I do use the Bach Remedies as part of acupuncture treatments, many forms of physical and emotional complaints, hypnotherapy, and Energy Psychology.

Please read about these remedies on the Internet (I usually do not recommend browsing the net for health matters due to some questionable and even harmful recommendations that are often "clothed" as genuine, appropriate clinical information). If you would like to schedule an appointment to obtain a personal preparation or to explore the use of these essences as part of other treatment, give me a call.