

Bach Flower Essences

Frequently Asked Questions

What are Bach Flower Essences?

In the 1930s, Dr. Edward Bach developed the 38 Bach Flower essences as a method to resolve imbalance between spiritual and emotional states. Dr Bach believed the imbalance led to physical and emotional illness. He felt that if emotions could be controlled, the body's natural defense system could prevent disease. Although there are subtle differences between the 38 essences, they are grouped into seven categories of emotions; fear, uncertainty, insufficient interest in present circumstances, loneliness, over-sensitivity, despondency, and over-care for the welfare of others.

The essences are not herbal forms of the plants chosen. Instead through an energy transfer process, the essence of the plant or material is transferred to spring water and the spring water is what you consumes in a small diluted dose.

Bach remedies work at an energetic level helping change vibrations from negative to positive, restoring inner balance and a sense of peace. Rather than directly address physical problems a person or animal may have, the essences are chosen based on emotional reactions.

How are the essences prepared?

Most of the Bach Flower essences are prepared by the sunlight method. Flowers are picked from the same sources Dr. Bach used, at particular times of the season and day, placed in glass bowls of spring water, and left to absorb the sunlight. Once the absorption process is complete the flower particles are removed and the remaining water is diluted and preserved in grape alcohol as a stock bottle or mother tincture of the essence. Some of the essences like Cherry Plum and Elm are prepared by the boiling method. Carefully chosen pieces of the plant are placed in spring water and boiled to release the essences. The particles are removed and the water is diluted and prepared in the grape alcohol preservative. Rock Water is prepared by collecting water from a particular healing spring in the English countryside before it is diluted and prepared in preservative. Dr Bach recommended using two drops of each of the mother tinctures chosen when preparing a remedy bottle.

What types of conditions do Bach Flower Remedies work for?

Bach Flower remedies work on an emotional level. They can be effective for sudden emotional states or outbursts, passing emotional moods, deep-seated emotions, personality traits and self-development difficulties.

Bach Flower's are effective for animals displaying evidence of anger, irritability, and panic, difficulty adjusting to new environments, and to help ease the transition from life to death.

Bach Flower's do not work on specific physical conditions. Instead they help to restore emotional balance so the body's own natural defense mechanisms can restore physical health.

What type of results can I expect while taking Bach Flower Remedies?

Bach remedies usually work at a very subtle level and many people may not feel big differences while taking them. Others around you may notice you react more positively and calmly to events or situations. In rare cases you may feel more emotional in the first few days of taking a remedy as you begin to internally sort things out.

It is common to see slight changes over a period of time when giving Bach to animals. Depending on age, type of behaviour, and the life they have led, there may be layers of emotions that need to be worked on over time. Subtle adjustments to the remedies work through the layers. For some animals you may see dramatic improvement with the first few days of taking the remedy.

Can I combine Bach with other treatments and medications?

Yes. There are no contraindications for the use of Bach remedies and they can be used in combination with any other therapy and medication. They will not negatively interfere with other treatments and may enhance combination healing efforts.

Are there side effects from taking Bach Flower Remedies?

No. Bach Flower Remedies do not produce side effects and do not react with other substances. Some people report feeling an increase in emotions described as a flood of emotions or emotional release when taking the remedies but instances of this are rare and decreasing the dose will settle this out.

Can I take Bach Flower essences if I am allergic to flowers, have chemical sensitivities or am a recovering alcoholic?

Yes. The remedies contain the essence of the plant only, not any physical plant particles so they are safe for persons with allergies. They do not contain any chemicals. The remedies are preserved in small amounts of alcohol. If you wish to avoid the alcohol preservative, you can order Bach remedies preserved in Vinegar rather than grape alcohol.

Can Bach remedies be taken by children and pregnant or breastfeeding women?

Yes. Bach remedies do not contain drugs and are safe for children, and breastfeeding women.

What is the difference between an essence and a remedy?

Dr. Bach used 38 different materials to create the Bach Flower remedy series. Each of these individual materials constitutes an “essence”. The prepared essences are preserved in grape alcohol or vinegar and are sometimes referred to as a “mother tincture” or “stock bottle”. Practitioners typically take 2 or more drops from a number of different essence stock bottles and combine them to create a personalized “remedy” or combination bottle for individual use. For individual use, the essence drops are combined with pure spring water. At Pixie Dust Healing we prepare our remedy bottles in 30ml of spring water.

What is Rescue™ Remedy?

As well as developing the 38 individual essences, Dr. Bach also created one combination remedy as an emergency or crisis combination. He realized that during sudden stressful situations it might be difficult to select the most appropriate essences so the combination essence is designed to help you face the situation in a better frame of mind and gather your thoughts until you can select a more personalized combination. The emergency combination includes 5 flower essences; Impatiens, Star of Bethlehem; Cherry Plum, Rock Rose and Clematis.

Nelsons Homeopathic Pharmacy, the official distributor of the Bach Flower essences for the Bach Centre, holds the trademark name of “Rescue” for this combination. Other suppliers may provide the same combination remedy under different names.

The emergency combination is readily available in health food stores and some food and drug stores. The remedy is available in spray, liquid and cream/ointment versions.

Many people are first introduced to Bach Flowers through the use of the emergency combination. It can be taken before or after a stressful event. It can help reduce fear and nervousness and is an excellent remedy if you fell uptight or stressed. If you find yourself taking it on a regular basis, you might find it useful to look at the individual essences to determine if there is something that might suit your needs better.

How do I take the Bach remedy?

A remedy bottle is prepared by combining drops of each essence selected in a 30ml bottle of spring water. The bottle contains a dropper. You take 4 drops of the combination 4 times per day. You can take the remedy directly or you can dilute the remedy in a glass of water, tea, or liquid of your choice. For animals you can place the drops on a treat, in their food or water.

The recommended dose is 4 drops, 4 times per day. At Pixie Dust Healing we recognize this may not fit well with your lifestyle – particularly when administering to animals. You can combine the drops to use them as 8 drops, twice a day or a once a day dose of 16 drops.

You can be flexible in your approach! If you forget a dose, you can double up the next time, if you feel a particular need to take it- do it! You can't "overdose" on your remedy- you will just run out of it sooner. Trust your intuition when using the remedy.

How long will I need to take Bach?

A 30ml remedy bottle typically lasts for one month. You may find that is all you need to get you through your emotional imbalance. Some people find that after a month they have shed an "outer layer" of emotions and are ready to address a different set of emotions with a different combination.

At Pixie Dust Healing we find clients typically go through a few months of combination adjustments and then feel they don't need the essences again until some new external event or personal crisis occurs.

How do I give the Bach Flowers to animals?

The remedy drops can be given in your animal's water, food, or put on a treat. They can also be squirted directly into the mouth if this is a safe procedure. Be cautious as the dropper is glass and could break if the animal bites down on it!

What is involved in a Bach Consultation?

Consultations can be arranged by phone or email. We will ask you some basic questions including what emotions or behaviours you are concerned about. You will

email or send a picture of yourself or the animal you wish to help. At Pixie Dust Healing we then select the essences most suited based on our knowledge of the essences and your concerns. You will then be provided through email, a written explanation of the essences chosen and why they are recommended for you. If the assessment feels right for you the remedy will be prepared and shipped to you.

Can I use Bach Flowers on my own?

Absolutely! Dr Bach intended the remedies to be a self- help method of healing. By matching your emotions to the intentions of each essence you can discover for yourself what essences would be of most benefit to you, your family or your animals. People often “graduate” from consultations where the practitioner matches the essences to understanding when they need particular essences. At Pixie Dust Healing we encourage and support that growth.

What if I know what Bach Flowers I want combined in a remedy?

In Canada it is still not that easy for Bach Flower remedies to be a self help method. In other parts of the world if you know what essences you want you can walk into a pharmacy and have them make up a remedy of the essences you choose. Although the essences are readily available in Canada in most health food stores, you would have to buy an entire bottle (mother tincture) of each essence you wanted to use and mix them on your own. Stores don't stock the mother tinctures and dispense them. This can get pretty costly if you end up buying all 38 essences to have them on hand and only use 2 drops at a time- maybe never needing some of them. (I know because that's how I started out!). So.. if you want to be a Bach Flower Practitioner this is a great way to start. If you just want a remedy we'll make up your combination (4-6 essences, 2 drops each) and ship it to you.

What happens if I take the wrong essences?

Nothing... literally. You won't address the emotions that you are looking to change but you won't cause any harm either. They essences just won't have any effect.

Where can I get more information?

The Bach Centre in England is the ultimate source of information on Bach Flower remedies. <http://www.bachcentre.com> On the site you can find descriptions of each of the essences, educational programs, books and DVD's designed to help guide you through the Bach Flower journey.