

Category 1 - Bach Flower Remedies (Grief and Shock)

General information about Bach Flower Remedies:

- Work much faster than remedies.
- If you don't see a change quickly, assume it is the wrong flower remedy.
- No side effects
- Do not aggravate.
- Don't interfere with meds or homeopathy remedies.
- Base is brandy.
- Dosing per bottle: four drops on your tongue four times a day. (Use this for crisis)
- Alternative Dosing: Take two drops out of your stock bottle into your water and drink it all day. Two drops directly on your tongue if you feel like you need a bit more.
- Graphing: Two drops from stock into another bottle (except rescue remedy need to use 4 drops) and fill that either with water (limited shelf life, 3 weeks) or *brandy* (indefinitely). For those sensitive, glycerin or apple cider vinegar can be used in place of alcohol.
- Make a version for pets with glycerin instead of brandy.
- Can take up to 7 at a time. Rescue remedy counts as 1 of the 7. Sometimes this doesn't work as well because the one you need the most doesn't rise to the top. May end up being better to just take the one flower remedy you need most.
- Chronic – plan to take for 3 weeks, but may no longer have a need after 3 hours.

Rescue Remedy – from minor stress relief to unconscious; covers everything

- Premier Bach flower remedy for shock and grief.
- Contains 5 flower remedies:
 - Star of Bethlehem – grief and shock (Softens impact of shock)
 - Rock Rose – terror (Courage and presence of mind)
 - Clematis - feeling dazed and not feeling themselves (focus when ungrounded)
 - Cherry Plums – going to lose control (balanced mind when losing control)
 - Impatiens – impatient with people and think they're stupid (Patience with problems and people)
- Can put this on skin (drop on wrist)
- Can put in water and rub on bruise
- For rescue remedy, the situation is typically intense, but brief

Aspen - Sudden fear, no reason or don't know why. Panic attacks. Bad dreams, but they don't remember what the dream is. Super anxious because. Uneasy feeling something's wrong.

Cherry Plum - Fear of their mind giving way or losing sanity. Feel like God has forsaken them. Feel like they're going to be violent. Feel they could feel like they're on the verge of a nervous breakdown. They might not know why.

Mimulus - is fear of something that can be named, can be spiders, planes, murderers, small spaces. Sometimes children who need it could be shy and timid. You know, what it is. Ex: the nightmare when they can tell you what was in the nightmare.

Red Chestnut - is anxiety for your loved ones. You just can't let go. It can be an exaggerated fear. Helps to relax your mind and focus.

Rock Rose - is terror. Absolute terror, horrific nightmare. Seeing or being in a natural disaster or accident. They might feel frozen and helpless. It's usually sudden. If they would be in this state long term, it would be to exhaustion.

Star of Bethlehem - is shock, grief and fright. Aftereffects of shock, mental or physical, because of accidents. Bad news. Bereavement, sudden disappointments, or frights. And it can be taken immediately after the event or years later. It is useful for mother and child after birth. The comforter and soother of pains and sorrows.

From Q&A:

Additional Bach Flower Remedies:

Elm – Overwhelmed by responsibility or duties.

Hornbeam – Procrastinating, can't face the day's work. Monday morning feeling.

Cerato – uncertain of decision and decision making

White Chestnut - when you think you just can't stop thinking; good before bed

Olive - Exhaustion