

What are Bach remedies?

There are 38 remedies in the Bach remedy system. All of them were discovered in the 1920s and 1930s by Dr Edward Bach, a well-known bacteriologist, physician and pathologist.

Each remedy is associated with a basic human emotion. Mimulus, for example, is the remedy for when we are anxious or afraid about something specific. Taking the remedy helps us overcome our fear and face it with courage.

Dr Bach designed his system to be simple. It may seem daunting at first, but anybody can learn how to use it. Most remedies are sold in liquid form, and the idea is that you will mix together the remedies you need so that the mix of remedies matches your current emotional situation. Healing on an emotional level has knock-on effects on other levels: a healthy emotional life and a balanced personality will allow your body to find its own natural state of health.

Guide to the remedies

Each of the 38 remedies discovered by Dr Bach is directed at a particular characteristic or emotional state. To select the remedies you need, think about the sort of person you are and the way you are feeling.

For more information on each remedy in this list hover your mouse over the remedy and then Ctrl + Click to be taken directly to further information about the remedy on the www.bachcentre.com website.

[Agrimony](#) - mental torture behind a cheerful face

[Aspen](#) - fear of unknown things

[Beech](#) - intolerance

[Centaurly](#) - the inability to say 'no'

[Cerato](#) - lack of trust in one's own decisions

[Cherry Plum](#) - fear of the mind giving way

[Chestnut Bud](#) - failure to learn from mistakes

[Chicory](#) - selfish, possessive love

[Clematis](#) - dreaming of the future without working in the present

[Crab Apple](#) - the cleansing remedy, also for self-hatred

[Elm](#) - overwhelmed by responsibility

[Gentian](#) - discouragement after a setback

[Gorse](#) - hopelessness and despair

[Heather](#) - self-centredness and self-concern

[Holly](#) - hatred, envy and jealousy

[Honeysuckle](#) - living in the past

[Hornbeam](#) - tiredness at the thought of doing something

[Impatiens](#) - impatience

[Larch](#) - lack of confidence

[Mimulus](#) - fear of known things

[Mustard](#) - deep gloom for no reason

[Oak](#) - the plodder who keeps going past the point of exhaustion

[Olive](#) - exhaustion following mental or physical effort

[Pine](#) - guilt

[Red Chestnut](#) - over-concern for the welfare of loved ones

[Rock Rose](#) - terror and fright

[Rock Water](#) - self-denial, rigidity and self-repression

[Scleranthus](#) - inability to choose between alternatives

[Star of Bethlehem](#) - shock

[Sweet Chestnut](#) - Extreme mental anguish, when everything has been tried and there is no light left

Vervain - over-enthusiasm

Vine - dominance and inflexibility

Walnut - protection from change and unwanted influences

Water Violet - quiet self-reliance leading to isolation

White Chestnut - unwanted thoughts and mental arguments

Wild Oat - uncertainty over one's direction in life

Wild Rose - drifting, resignation, apathy

Willow - self-pity and resentment

The original system also includes an emergency combination remedy known as Rescue Remedy. Other pre-mixed combinations are offered by many remedy producers, but they tend to be ineffective because they are not chosen individually.

"...the thirty-eight herbs heal gently and surely, and as there are no poisonous plants amongst them there is no fear of ill effects from overdoses or incorrect prescriptions."

- Nora Weeks, *The Medical Discoveries of Edward Bach, Physician*

Bach remedies and animals

Bach remedies can help your animals in exactly the same way they help you and the rest of your family. The key is to try to see the situation from your pet's point of view. How would your pet live if it had the choice? Has anything changed in the home that might have scared or unsettled it? For most simple situations you can select remedies yourself, safe in the knowledge that this is a gentle system and at worst you will do no harm.

Dosage is the same as for people. It's safest to dilute the remedies to minimise the alcohol content, especially when giving to birds and other small animals. If you dilute them the amount of alcohol is reduced to trace levels, and should not cause a problem. For this reason we recommend making up a mixing bottle and giving the diluted drops on a treat.

Some remedy makers produce alcohol-free remedies, which might be marketed as being 'for children' or 'for animals' or just as 'alcohol free'. If you can get these where you live they can be a good option for animals (and anyone who wants to avoid alcohol).

Reading one of the recommended books can help you choose remedies for an everyday problem:

Bach Flower Remedies for Animals by Stefan Ball and Judy Ramsell Howard

Emotional Healing for Cats by Stefan Ball and Judy Ramsell Howard

Emotional Healing for Horses and Ponies by Stefan Ball, Heather Simpson and Judy Ramsell Howard

These books draw on insights from animal behaviourists and include real-life case studies showing the remedies in use. They are detailed and authoritative, and will be required reading for everyone who cares for animals.

Bach remedies should always and only be selected for emotional states. Veterinary care may be necessary where there are medical conditions or injuries that need diagnosis and treatment. Be cautious about books that wrongly associate flower remedies with specific physical disorders. They may lead you to give inappropriate help and delay necessary veterinary intervention.

Working with a Bach Practitioner - What is a BFRP and BFRAP?

Dr Edward Bach founded the Bach Centre to continue his philosophy of simplicity and self-help. He wanted to give the power of healing to everyone, which is why he made his system as easy to use as possible.

Bach Foundation Registered Practitioners (BFRPs) are professionally-trained people who share the belief in simplicity and self-help. BFRPs are part of the Bach Centre team, and have made the same personal commitment to Dr Bach's vision as the team based at Mount Vernon.

Bach Foundation Registered Animal Practitioners (BFRAPs) are practitioners who have specialist training in animal behaviour. BFRAPs will want to ensure an animal client has been checked for any undiagnosed veterinary condition before attempting to select remedies for its emotions. This may include contacting your vet. BFRAPs (Bach Foundation Registered Animal Practitioners) have to complete the full three levels of "human-facing" training and apply to become a BFRP first. Once on the Register, BFRAP status will be granted at the Bach Centre's discretion to practitioners who can provide proof that they have additional high-level qualifications in animal medicine and/or behaviour. Candidates are also required to confirm that they don't advocate or use any negative conditioning or punishment methods in their work with animals. This is in line with Dr Bach's belief that cruelty should have no place in true healing.

"It was Dr Bach's dearest wish that his work remain unaltered in its basic simple form."

- John Ramsell, *Questions & Answers*