



What are Bach flowers?

Bach flower remedies (aka Bach flower essences), similar to homeopathy, are considered “energetic remedies.” Each of these unique flowers resonates with certain positive emotional states or trends, and by using the appropriate remedy, we can help remove energy blocks preventing us from accessing those inherent positive states which naturally exist within us. We naturally possess the positive potentials of each of these flowers, but traumas, experiences, illnesses, etc. can make these positive states inaccessible. Bach flowers break through these energetic barriers and reconnect us to our true selves. Ultimately, these flowers help allow us to access and align our souls’ highest potentials and most pure states with who we are in our current situations.

How to take Bach flowers?

Combining with other substances: Bach flowers can either be taken as a single flower essence or as a blend of up to seven flower essences. Take your single flower or flower blend on its own: away from food, beverages (water is fine), other medications, and strongly scented or flavored products (like toothpaste or essential oils). Energetic remedies work most effectively when their energies do not have to compete with too many other surrounding/incoming energies.

Dosing: Place 2-4 drops of your single flower or flower blend under your tongue 3x/day, at least 15 minutes before or two hours after eating/drinking/consuming other medications. If you’d like more consistent dosing of your flower(s), place 2-4 drops of your flower remedy into a container of water and sip throughout the day.

Duration of treatment: Usually, especially in chronic cases, Bach flowers are taken for about 4 weeks, and then the situation is reassessed. Sometimes, a different flower blend is then needed; other times, the person may need a different type of intervention, or perhaps no further intervention at all. Bach flowers are considered root cause medicine in that, rather than palliating, they help correct underlying imbalance and remove the source of the dis-harmony/dis-ease.

Effects: Some people are affected immediately by flower remedies; most people begin noticing positive change within 2-3 weeks. Even then, the deep change which flower remedies effect can be so subtle that the first ones to notice the effects will be those around you! No matter whether you notice effects quickly or slowly, know that your process is exactly right for you, and that the flowers are working to your benefit!