



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. While we naturally possess the positive potentials of each of these flowers, 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!

A special note on Rescue Remedy

Rescue Remedy is a specific blend of five flowers ~ cherry plum, clematis, impatiens, rock rose, and star of Bethlehem ~ which is especially useful in cases of shock or trauma. It can also be taken before, during, or after experiencing high stress environments. The flowers included in this blend can help mitigate both physical and/or mental/emotional stresses and traumas. While Rescue Remedy is most often given acutely, its use can also help reverse the energetic imprints of traumas which occurred in the distant past.

Rescue Remedy can be dosed in the same way as any other blend (see above) and/or on an acute, as needed basis. For regular dosing, take 2-4 drops under the tongue or in water 3x/day away from other food/medicine/strong energies. For acute dosing, take 2-4 drops under the tongue surrounding stressful situations or traumatic events as needed. (In acute situations, it can be dosed every few minutes.) Rescue Remedy can also be taken in both ways ~ regular AND acute dosing ~ simultaneously.

Taken before a stressful event, Rescue Remedy can help invoke calm. Taken during, it can help cope. Taken after, it can help integrate and heal. This versatile, gently powerful blend is one of the most popular flower essences used.