

Bach Flower Remedies for children

Diana Koornstra



with a foreword by Judy Ramsell Howard of the Bach Centre Mount Vernon, England

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Foreword by Judy Ramsell Howard Bach Centre Mount Vernon, England

Bach Flower Remedies represent a system of emotional self-help that is underpinned by Dr. Bach's philosophy of simplicity; a refreshing counter-balance to the pressures and complexities of life in today's society. I recently attended a short course on parenting and was asked "Can children take Bach Flower Remedies?" and "Which ones are most suitable?". I replied "Yes, children can benefit from all the remedies", and was tempted to add 'of course' but it struck me that most of the literature is written with adult feelings in mind, and that remedy descriptions are usually placed within an adult framework. Choosing remedies for children, then, may require a degree of lateral thinking so that adult contexts can be applied to childhood feelings.

Children, for the most part, possess a tremendous ability to cope with dis-ease – both physical and emotional – and 'bounce back' quickly. Yet children can also keep a lot of what they feel hidden away, maybe because they cannot articulate their feelings, or perhaps because they have learned that it avoids a lot of fuss if they say nothing. Either way, their need for the remedies is just as valid as that of adults. Arguably, their needs may be greater, and the remedies more effective, by virtue of the fact that they are young and still developing their technique for coping and managing the negative, and the positive, experiences in life.

Most parents recognise the needs of their children, and those who have encountered Bach Flower Remedies, will be aware of the potential that the remedies offer in addressing the emotional aspects of the challenges that life presents to our children. It was with this in mind that I wrote my book *Growing Up with Bach Flower Remedies*. However, anyone wishing to use the remedies to help their children will also benefit from a more concise guide, and Diana Koornstra's book *Bach Flower Remedies for Children* does just that. It is a straightforward introduction to the needs of children and how the remedies can help them resolve their emotional ups and downs as they make their way through life so that the free spirit that resides within them all may continue to laugh and sing and play - and be their best friend - always.

Introduction

This booklet, based on Dr. Edward Bach's philosophy, will help parents to select Bach Flower Remedies for and with their children. Dr. Bach was of the opinion that the remedies can be selected and used by anyone. This booklet enables parents or anyone involved in child development to teach their child to deal with his feelings in a more positive way.

More and more parents are using this natural method to help their children. Parents usually know when their child is out of sorts or not quite himself. This can manifest itself in, for example, over-activity, disturbed sleeping patterns, crying or fighting. This often makes it difficult to understand that, behind this behaviour lies a very sensitive child. Even those closest to us are not always aware of this. I hope that we'll learn to recognize those deeper feelings both in our children and ourselves. The Bach Flower Remedies can assist in attaining an emotional equilibrium.

The Bach Flower Remedies are set out in alphabetical order. I have kept the descriptions intentionally concise since this booklet merely serves as an introduction to Bach Flower Remedies. In this revised edition I have endeavoured to clearly describe the core properties of each Bach Flower Remedy.

At the back of this booklet you will find a list of further Bach reading including 'Growing Up with Bach Flower Remedies' by Judy Ramsell Howard. This book is recommended should you require more comprehensive information on the application of Bach Flower Remedies for children.

Although your child is referred to as 'him' throughout this booklet, the information applies to boys and girls equally.

A natural form of treatment

Dr. Edward Bach discovered 38 different Flower Remedies and created the Rescue Remedy. They constitute a natural form of treatment and are easy to use and apply. They are made from plants, shrubs and trees (all but one: Rock Water). There are no side effects from the remedies. If they are applied in the correct manner, they can always be used, even with other medication. They are suitable for babies, children and adults.

Dr. Edward Bach

Dr. Edward Bach (1886-1936) worked in London for more than twenty years as a medical physician, bacteriologist and homeopath. In 1930 he ceased practice in order to dedicate the last six years of his life to researching and creating the flower remedies. He conducted his research in an intuitive fashion.

For each negative mood or state of mind, Dr. Bach found an appropriate plant or tree, from which he himself could feel and experience the healing effect. He created 38 remedies and the Rescue Remedy from these flowers and plants.

Dr Bach spent the last years of his life in a small Oxfordshire cottage called Mount Vernon. Today Mount Vernon is better known as the Bach Centre.

Why use Bach Flower Remedies?

Dr. Bach's basis of philosophy is that our state of mind plays an important role in the cause and cure of ailments. Many of us feel fear, anger, insecurity, loneliness etc. Each symptom, be it physical or emotional, tells us something specific. The essence, according to Dr. Bach, is to recognize, accept and incorporate this message into our daily lives. By using Bach Flower Remedies, we do not treat a specific ailment but the whole person.

The Bach Flower Remedies help us to accept and work with those traits and emotions that cause us problems. Instead of denying these emotions we should work with the positive side of them. For example if we are afraid, we should focus on becoming more courageous; if we are stressed, we should improve our ability to relax. By restoring the harmony in our inner selves, harmony will return to our bodies. This way, body and mind will be more in tune with one another.

From the moment they enter the world, babies are individuals with their own personalities and traits. Over the years each child further develops his own personality and each new phase brings its own experiences. The Bach Flower Remedies can help a child to deal with all the feelings that arise in the course of his development.

Bach Flower Remedies for children

The Bach Flower Remedies help to bring out the child's positive feelings and help him to live and deal with unpleasant emotions. In doing so the child gains a greater awareness of his thoughts and feelings.

The Bach Flower Remedies don't prevent the child from learning to deal with new experiences but can quite often shorten the period in which the child is, for example, too afraid, too unhappy or too introverted. The child gains a deeper understanding of his emotional self and doesn't dwell so long on his problems.

The Bach Flower Remedies encourage inner change. The feelings and the attitude of a child can be influenced in a positive manner. These feelings and reactions towards an earlier event, e.g. a birth trauma, hospitalization, divorce or death of a close relative, friend or pet can change with the help of Bach Flower Remedies.

The Bach Flower Remedies affect the child in a holistic way, not by targeting the physical symptoms as in conventional medicine. They help the child to feel better emotionally. This in turn can influence physical symptoms, e.g. breaking a fever.

When remedies are applied either to heal or prevent a particular ailment, the effects can be unpredictable. Sometimes there is an immediate response, e.g. a feeling of calm or sudden insight or change. At other times we may notice a response within weeks. This depends on the phase of development the child is in and how long a certain condition or emotion has been present. When the emotional and physical symptoms start to disappear or change you will know that the Bach Flower Remedies have helped the child.

With the use of Bach Flower Remedies it is possible that other problems will surface. Sometimes a period of marked improvement can be followed by a stagnant one, or even by a temporary setback. The Bach Flower Remedies work their way through each emotional layer, suppressing nothing. This will take place in a manner and at a time that suits the individual child.

How to choose the right Bach Flower Remedy

Dr. Edward Bach categorised the remedies into seven groups: fear, insecurity, lack of interest in the here and now, loneliness, over-sensitivity to outside influences, hopelessness and despair and over concern for the well-being of others.

Choosing the right remedy is based on the child's mood and feelings. They can reveal themselves in the child's behaviour, physical symptoms etc. You should take note of these signs and try to find out how the child really feels.

You can make an informed choice by reading through the descriptions of all the 38 Bach Flower Remedies. You will usually find a few remedies that fit the child's state at that particular moment in time. Sometimes your child will only partially fit the description or he might show the symptoms to a lesser extent.

You could also start by looking up the mood of the child in one of the seven main groups and then reading the accompanying descriptions of the individual remedies. For instance, if your child is afraid, you can try and see how it manifests itself and what type of fear it is. If your child has a tendency to panic, then Rock Rose would be a good choice. If your child is unable to tell you what it is afraid of, e.g. in bed at night, then Aspen would help. If your child is afraid of dogs, then Mimulus could help and so on.

Choose a few remedies from the 38 different Bach Flower Remedies, but preferably no more than six or seven simultaneously. Four would be a good quantity to start with. Choosing too many different remedies makes it difficult to pinpoint which feeling or mood is troubling your child.

If you want to base your choice on a description of Type and Mood remedies, I would recommend reading 'Growing up with Bach Flower Remedies' by Judy Ramsell Howard.

Choosing the right Bach Flower Remedies for children is a different process to choosing them for adults. Since the young child is unable to verbalize his emotions, the parents have to choose the remedies for or with the child. It is thus important to closely observe the child and to really listen to him. Try to put yourself in your child's place and try to feel what he is feeling. You will often recognize those feelings from your own childhood. Try to talk to your child about how he feels and what he experiences. By talking about your own feelings you will teach your child to recognize and label his feelings. Use Bach Flower Remedies when the child himself is troubled, not because you find him troublesome. The idea is to stimulate the child's development and to use the Bach Flower Remedies when necessary.

The descriptions of the Bach Flower Remedies in this booklet will help you make an informed choice. Always try to keep in mind the whole child and the overall intention of the remedy you choose. Each remedy has a positive quality which can surface in the child once the inner tension has abated.

How to use the remedies

You can choose and mix the remedies yourself in a suitable bottle or you can order them from somebody who carries the whole range of Bach Flower Remedies. You can prepare a treatment bottle by using a clean 30 ml dropper bottle. Fill this with still mineral water (or cooled, boiled water for babies) to which you add two drops of the chosen remedies or four drops of the Rescue remedy. Administer four drops four times a day from this bottle or use it more frequently if that works better or the child asks for it. You can put the drops directly into the child's mouth or add them to a glass of water, fruit juice or to a baby bottle. It is easy to take and it is almost tasteless. Do not bring the dropper into contact with any source of contamination such as the mouth. To lengthen its shelf life add some alcohol. Normally the diluted remedy has to be used within three weeks. The Bach Flower Remedies can also be used undiluted, but because they are preserved in alcohol they will taste quite strong.

A breastfeeding mother can take the baby's remedies, or she can rub the drops on the wrists, temple, fontanelle or soles or directly into the mouth of the baby (as long as no extra alcohol was added). The remedy also works when applied externally. For a baby sterilise the treatment bottle and use cooled, boiled water, just as you would do for the baby bottle.

Your child can use the Bach Flower Remedies for extended periods of time, but if you see no results within a few weeks, you should consider revising your choice of remedy. Sometimes the child will indicate that he doesn't need the Bach Flower Remedies anymore. If you start forgetting to administer them after they have been used regularly, this can also be a sign that they are no longer necessary. Just check if there are any other remedies that could be useful or discontinue using them for a while. If any new problems arise you could start using them again.

Complementing conventional therapy

While Bach Flower Remedies cannot replace conventional medication, they can be a useful addition to treatment by e.g. a G.P. or a consultant. When in doubt, consult your G.P. or your therapist.

The need for additional treatment

When the Bach Flower Remedies are not effective enough, it's advisable to use other methods to investigate the problem in order to find a solution. Try and find an appropriate form of therapy for your child or ask your G.P. for advice. Just be aware that Bach Flower Remedies are there for support, not as a 'cure-all'. They can help the child to deal with his emotions.

It is good to express your emotions, and there are many ways of learning to deal with them. Some children need to scream and kick, others to cry and hit. You can help your child by setting boundaries, for example by teaching him not to hurt himself or others and not to damage toys or furniture. I think a child often needs to express his emotions physically to clear his mind and release tension. Let him cry it out or punch the couch or his bed. While he is crying you can cuddle your child if he lets you. It does him the world of good when he feels understood and accepted while he is expressing his frustration, even if you find his behaviour unreasonable. You can also take the same Bach Flower Remedies as your child, especially if you recognize his emotions in yourself. This can help you to better understand your child.

If you have difficulty accepting your child's behaviour or it rouses painful feelings in yourself, you could try other remedies as well. Whatever the reason, Bach Flower Remedies can help both parent and child to better understand and accept themselves as they are. To select remedies for yourself please refer to "The 38 Bach Flower Remedies", see Appendix.

The seven groups

Dr. Edward Bach categorised the remedies into seven groups:

1. Fear: Rock Aspen, Cherry Plum, Mimulus, Red Chestnut, Rock Rose.
2. Uncertainty: Cerato, Gentian, Gorse, Hornbeam, Scleranthus, Wild Oat.
3. Insufficient interest in present circumstances: Chestnut Bud, Clematis, Honeysuckle, Mustard, Olive, Wild Rose, White Chestnut.
4. Loneliness: Heather, Impatiens, Water Violet.
5. Over-sensitive to influences and ideas: Agrimony, Centaury, Holly, Walnut.
6. Despondency or despair: Crab Apple, Elm, Larch, Oak, Pine, Star of Bethlehem, Sweet Chestnut, Willow.
7. Over-care for welfare of others: Beech, Chicory, Rock Water, Vervain, Vine.

A description of the remedies

Agrimony



Agrimony is for the child who seems happy but isn't. He hides his sadness, fear and unpleasant feelings behind a smile. He holds tears back, avoids quarrels and deal with his feelings by suppressing or displacing them, e.g. by comfort-eating. Agrimony can help the child to accept and vent his feelings.

Aspen



Aspen is for the child with recurring fears. He is not quite sure what he is afraid of and prefers not to talk about it. A fear of the dark keeps him awake and he wants the light left on. If your child is having scary dreams or nightmares you can give him Aspen before bedtime. It will also help him if he tends to be apprehensive.

Beech



Beech is for the child who is easily annoyed by others. He is intolerant and critical. He is irritable and is quick to judge others. Beech will help the child who looks down on those he considers stupid or strange. It helps him to develop a greater understanding and tolerance of others.

Centauray



Centauray is for the overly obedient child. He finds it hard to say no and is accommodating and complaisant. His friends may use him or talk him into things and he might be the class victim. The child feels bad about this, but avoids confrontation. Centauray can help the child to stand up for himself and be more assertive.

Cerato



Cerato is for the child who doubts himself and needs constant reassurance. He doesn't trust his own judgement and needs to hear that he is doing 'everything right'. He tends to imitate the behaviour of others. He wants to be correct and is easily swayed by other people's opinions, thus losing sight of his own feelings and intuition. Cerato can help the child to become more self-assured.

Cherry Plum



Cherry Plum is for the child who loses his temper suddenly or suffers from uncontrollable tantrums. He is afraid of losing control, and yet might do something completely out of character. This remedy can also be used for children who throw themselves on to the floor or bang their head against a wall. They try to be in control, but often don't succeed. Cherry Plum can help the child develop more self-control and rid himself of his compulsion. It forms part of the Rescue Remedy and the Rescue Cream.

Chestnut Bud



Chestnut Bud is for the child who doesn't learn from his mistakes. He keeps on making the same mistakes and forgetting the same things. The child may fall behind at school due to a short attention span. Chestnut Bud can help him to learn from his experience and thus modify a recurring behavioural pattern.

Chicory



Chicory is for the child who constantly seeks attention. He demands undivided attention and doesn't like being alone. He will manipulate others, e.g. by using strategies such as bursting into tears. He is possessive and demanding and doesn't like sharing. Chicory can help the child to feel better about himself.

Clematis



Clematis is for the child who daydreams. He is inattentive, absent-minded and has a tendency to walk into things. He withdraws from reality and becomes totally absorbed in his own fantasies and games. The child lives in a world of his own and has little interest in his surroundings. He doesn't seem really content. Clematis can help the child to live more 'in the moment'. Clematis forms part of the Rescue Remedy and the Rescue Cream.

Crab Apple



Crab Apple helps the child who is so particular and fastidious that he can become obsessive. He is very finicky about dirt and his own body. This cleansing remedy helps skin rashes, acne, sweaty feet, etc. Crab Apple also helps the adolescent who is uncomfortable with his changing body and can help him to accept himself the way he is. Crab Apple is one of the ingredients of the Rescue Cream, which can be applied externally for these problems.

Elm



Elm is for the child who just feels overwhelmed. Perhaps he bit off more than he could chew or is burdened with too much work, e.g. around exam time. This remedy is for the child who feels that he can't cope with his responsibilities at a particular time. Elm can help the child to gain strength and confidence to tackle whatever lies ahead.

Gentian



Gentian is for the child who is easily discouraged and e.g. does not want to go to school anymore because of disappointing exam results. The child embarks upon something with enthusiasm, but gives up easily if he doesn't succeed. This remedy is also for the depressed child, once you know why he is depressed. Gentian can help the child to regain his courage to deal with setbacks or difficulties.

Gorse



Gorse is for the child who is in total despair, e.g. if he has suffered a long illness or failed an exam. He can't 'see the light at the end of the tunnel' and has given up. Gorse can help him to be more optimistic.

Heather



Heather is for the child who talks about himself too much and always seeks attention. He is preoccupied with himself and shows no interest in others. He shows off and makes up stories. Other children ignore him and this makes him feel lonely. Heather can help restore a feeling of happiness and increase awareness and understanding of others.

Holly



Holly is for the moody, jealous, dissatisfied or distrustful child. He may vent his feelings by teasing or being aggressive towards other children. This remedy also helps the child who is jealous of the new baby. Holly can help the child to feel happier about himself and friendlier towards other children.

Honeysuckle



Honeysuckle is for the child who gets homesick when he is away from home for a while. When, e.g. he is camping, sleeping over or on a school trip he misses his parents and his own familiar surroundings. He may pine for past times or his old house, neighbourhood or school. He grieves for what was and is no more. Honeysuckle can help the child to let go of his past and live happily in the present.

Hornbeam



Hornbeam is for the child who feels exhausted at the mere thought of doing something, e.g. having to return to school after the holidays. He may have that 'Monday morning feeling' and dread daily routine. Through lack of motivation he procrastinates and can't work up much enthusiasm for anything. He can't knuckle down to his homework. Hornbeam will encourage the child to put his heart into things.

Impatiens



Impatiens is for the impatient and irritable child. He gets bored easily and things just happen too slowly for him. If he can do his own thing he won't try to manipulate others. His restlessness and haste can result in a certain nervousness. Impatiens can help reduce the child's stress levels and make him more patient and understanding of other people's ways. Impatiens forms part of the Rescue Remedy and the Rescue Cream.

Larch



Larch is for the child who doesn't feel he can undertake anything on his own. He lacks the self-esteem to embark upon anything and needs a gentle push from his parents or teacher. This remedy helps the child who lacks self-confidence, has an inferiority complex, fears failure, or is afraid of making a fool of himself. Larch helps the child to develop self-confidence and take that step forward.

Mimulus



Mimulus is for the child whose fears you are well aware of. He may be afraid of animals, 'creepy crawlies', water, for someone in particular, or an audience. He may also be afraid of going to the zoo or speaking up in class. The child feels ill at ease and is nervous. This remedy will also help the shy child who blushes or stammers. Mimulus can help the child to overcome his shyness.

Mustard



Mustard is for the child who suffers from a terrible melancholy. He seems unable to be happy, as if there is something hanging over him. While there might appear to be no explanation for this, a subconscious irritation about a situation or a person could be the cause. Sometimes this feeling can disappear as quickly as it arose, but often it returns regularly. Mustard can help the child to be more joyful and balanced.

Oak



Oak is for the child who always perseveres and has a great sense of duty. He works very hard and thinks e.g. that he has to finish his homework no matter what. He forces himself to endure hardship to the limit, even when it doesn't make sense anymore. He thinks that he alone can solve his problems. Oak can help the child to find the strength to continue, without losing sight of his own needs.

Olive

Olive is for the child who is tired or exhausted, e.g. after an illness. He is lethargic and lacks energy. He needs a lot of sleep, because he is over-tired. This remedy also helps when a child is worn out from school or too much studying. The child is devoid of energy and feels unable to cope. Olive can help the child to regain his vitality.

Pine

Pine is for the child who tends to feel guilty or is quick to assume blame for something he didn't do. The child always thinks he is at fault when something goes wrong and feels he should have 'done it differently or better'. Sometimes the child is ashamed of something from the past and is not able to let go of it. He has an over-active conscience or keeps on blaming himself. Pine can help the child to accept himself when things go wrong and stop holding himself responsible.

Red Chestnut

Red Chestnut is for the child who is overly concerned with other people's welfare. He is afraid of what might happen to his parents when they are away. He can be overly protective towards his younger siblings. Sometimes he has learned this behaviour from an over-anxious parent. This child can become very unhappy when he always fears the worst for his nearest and dearest. Red Chestnut can help lessen the child's concern and fear for others.

Rock Rose

Rock Rose is for the child who has suffered a terrible fright, has panicked or is frozen with fear. This remedy also helps the child who wakes up screaming from a nightmare, suffers from an acute illness or has had an accident. Rock Rose can help the child to calm down. It forms part of the Rescue Remedy and the Rescue Cream.

Rock Water

Rock Water is for the child who is not happy with himself or expects too much from himself. He is a perfectionist and is never content with his achievements. He sets himself high standards and is not very flexible. The child has rigid views both of himself and others. He likes being the role model. Rock Water can help the child to be easier on himself.

Scleranthus

Scleranthus is for the child who finds it hard to make choices. He wavers between all options. He is unstable, not grounded in his emotions, is capable of erratic behaviour and can suffer from mood swings. This remedy can also be effective for air, car or sea sickness. Scleranthus can help the child to be more balanced and more able to make choices.

Star of Bethlehem

Star of Bethlehem is for the sad and inconsolable child. This remedy can be used when the child is in shock, but also for dealing with past issues, such as birth trauma. It can be used on newborn babies (e.g. by adding it to the bath water) to reduce the impact of birth. Star of Bethlehem can help the child to cope with traumas and lessen sadness. It forms part of the Rescue Remedy and the Rescue Cream.

Sweet Chestnut

Sweet Chestnut is for the child who feels totally lost and alone, e.g. when he is going through a difficult patch and can't see a way out anymore. His life seems unbearable. Use this remedy when the child feels utterly forlorn. Sweet Chestnut can help the child calm down and regain his faith in life.

Vervain

Vervain is for the child who is very principled. He has a great sense of justice, which can make him too eager, tense and frustrated. Sometimes the child is unable to stop himself, fights sleep or is over-active. He has so much energy that he simply can't slow down. Vervain can help the child to become more relaxed.

Vine

Vine is for the child who tends to dominate others, which may lead to aggressive behaviour. This remedy is useful when the child always wants to be the leader and always decides which game should be played. He wants to be in control all the time. Vine can help the child to respect other people's feelings, so he can enjoy shared activities.

Walnut

Walnut is for the child who finds it hard to face change, e.g. starting school, moving house or entering puberty. While he usually knows what he wants, he can be easily influenced by other people's ideas and moods. Walnut can help the child to be more steadfast and better able to cope with change.

Water Violet

Water Violet is for the child who is withdrawn, remote and has poor communication skills, thus making him feel lonely and isolated. He is not that approachable and is not inclined to share his feelings. This remedy can be used for a child who plays on his own for hours on end without interacting with others. Water Violet can help the child to be more open and approachable.

White Chestnut

White Chestnut is for the child who is unable to prevent recurring and unwelcome thoughts. This remedy can be used when these thoughts interfere with concentration or awareness, e.g. the child doesn't notice when someone is addressing him or when they prevent sleep. White Chestnut can help the child to clear his mind again.

Wild Oat

Wild Oat is for the child who doesn't know what he wants. He can be indecisive and volatile. He is not quite sure which path to follow in life. This can result in discontentment and frustration. Sometimes he tries out various things, but tires of them easily. Wild Oat can help the child to determine what he really wants.

Wild Rose

Wild Rose is for the child who does not enjoy life. He lacks motivation and has no enthusiasm for life, which can lead to negative behaviour. The child usually surrenders to his fate. He is apathetic and unassertive towards other children. Wild Rose can help the child regain his zest for life.

Willow



Willow is for the discontented child. He appears bitter, angry and whinges and grumbles. It is not always clear why he behaves like this. He easily assumes the role of victim and can wallow in self-pity. This child finds it difficult to forgive and forget. Willow can help the child to be more positive.

Bach Rescue Remedy and Rescue Cream

Dr. Bach developed Rescue Remedy as a special emergency combination.

It comprises the following flower remedies:

Rock Rose: for panic

Impatiens: for impatience and irritability

Clematis: for clarity of mind

Star of Bethlehem: for shock or fright

Cherry Plum: for a sense of calm in times of deep despair.

For stressful situations

Rescue Remedy is a 'first aid' remedy to use in times of quarrelling, sadness, hearing bad news, following an injury, shock, accident, fever, serious illness, wasp sting or even after watching a violent film on T.V. Rescue Remedy can help to mellow these emotions and alleviate tension.

Rescue Remedy can also be used preventatively, e.g. if one is dreading a medical or dental appointment, an operation or an exam. It can help in a multitude of situations.

As with the other Bach Flower Remedies, Rescue Remedy should not be a substitute for medical treatment, but it can help e.g. in an emergency, while waiting for medical help. It is a natural, safe and non-addictive remedy and does not interfere with medical treatment.

Dosage

Take four drops from the treatment bottle and dilute in water or juice and your child can enjoy it as a drink. In emergencies, e.g. if the child is unconscious, Rescue Remedy can be rubbed on the lips, wrist, temple, fontanelle or on the soles of a baby or child. Rescue Remedy can be used externally for poultices, swathes and compresses. It can also be added to the bath water, the dosage being 6 drops per half litre of water. Rescue Remedy is available in both a 10ml and 20ml dropper bottle and in a convenient 20ml spray.

External applications

Rescue Cream is for external use. It consists of the same ingredients as Rescue Remedy with the addition of Crab Apple for its cleansing effect. It can be used for skin problems, sunburn, minor first degree burns on the inflamed area (but first cool the skin with tepid water), insect bites and itch.

Rescue Cream can be rubbed on a skin rash a few times per day, but apply it more frequently on minor burns or insect bites. Rescue Remedy and Rescue Cream are indispensable remedies to have in the medicine cabinet or whilst travelling.

Questionnaire

The following questions will make it easier for you to choose the Bach Flower Remedies best suited to your needs, but please consult relevant books for a more comprehensive description.

1. Do you hide your sadness and worries behind a smile or a mask of cheerfulness?

Agrimony can give you courage to confront and express your feelings.

2. Are you afraid, and you don't know why, e.g. do you have a sense of foreboding?

Aspen can help you rid yourself of these anxious feelings, increasing your inner confidence.

3. Are you rather critical and intolerant of others?

Beech can help you to understand others better and be more tolerant.

4. Do you find it difficult to say 'no' and are you easily influenced and used by others?

Centaury can help you to stand up for yourself and learn to say 'no'.

5. Do you lack self-confidence and rely on the opinion of others?

Cerato can help you to become more self-assured and trust your intuition.

6. Do you lose your temper easily and fear losing control?

Cherry Plum can help you to find peace and calm.

7. Do you never learn from your mistakes and do you prefer to embark on something new?

Chestnut Bud can help you to learn from your experiences.

8. Are you always taking care of others and correcting them?

Chicory can help you to care for and love others without expecting anything in return.

9. Are you a dreamer or are you often scattered or absent minded?

Clematis can help you gain more inspiration from everyday life.

10. Do negative thoughts or e.g. skin problems make you feel unhappy about yourself?

Crab Apple can help you accept yourself.

11. Have you taken on too much and do you feel unable to cope?

Elm can help you gain strength and confidence to tackle whatever lies ahead.

12. Are you easily discouraged or depressed?

Gentian can help you deal with setbacks and overcome obstacles.

13. Have you lost your nerve and given up?

Gorse can help you find the courage to persevere.

14. Do you enjoy talking about yourself and your problems?

Heather can help you to cope without the support of others.

15. Are you easily hurt or jealous and suspicious?
Holly can help rid you of these feelings and help you to feel good about yourself again.
16. Are you homesick or do you pine for 'the good old days'?
Honeysuckle can help you to live more 'in the moment'.
17. Are you tired of the daily grind and do you tend to procrastinate?
Hornbeam can give you courage to undertake things.
18. Are you impatient, irritable or easily annoyed?
Impatiens can help you be more patient.
19. Do you suffer from fear of failure or feelings of inadequacy?
Larch can help you develop more self-confidence.
20. Are you afraid of something in particular or are you quite shy?
Mimulus can help you conquer your fears or your shyness.
21. Are you sad or depressed and you don't know why?
Mustard can help you regain your inner joy.
22. Do you persist despite being at the end of your tether?
Oak can help you find new strength by taking time out when needed.
23. Are you exhausted and run down?
Olive can help you regain your vitality.
24. Do you blame yourself easily or do you suffer from guilt feelings?
Pine can help you accept yourself and not blame yourself when things go wrong.
25. Are you over concerned for others or are you afraid that something will happen to them?
Red Chestnut can help reduce your concerns.
26. Did you get a terrible shock or did you panic?
Rock Rose can help you calm down and cope with the shock.
27. Are you too hard on yourself or do you live a life of self-denial?
Rock Water can help you to be easier on yourself.
28. Do you find it difficult to make decisions and do you keep wavering?
Scleranthus can help you become more decisive.
29. Did something terrible or traumatic take place e.g. an accident or bereavement?
Star of Bethlehem can help you cope with your grief.
30. Do you feel totally lost or trapped?
Sweet Chestnut can help you find yourself and become more at ease.

31. Are you stressed or frustrated because of your ideas and principles?

Vervain can help you live a little easier.

32. Do you come across as a bossy, domineering type?

Vine can help you to become a more understanding 'leader'.

33. Is there significant change in your life or does your life not flow?

Walnut can help you deal with change and stay true to yourself.

34. Are you distant and do you always solve your own problems?

Water Violet can help you be more accessible.

35. Do you suffer from obsessive thinking?

White Chestnut can help you clear your mind.

36. Are you searching for the right path, do you have no goal in life and does this lead to discontentment and frustration?

Wild Oat can help you find out what you really want.

37. Have you surrendered to your lot in life and have you given up?

Wild Rose can help you become enthusiastic again.

38. Are you bitter and angry at life?

Willow can help you become positive again.

