



# Pocket Guide

## Bach® Original Flower Remedies\*

A Natural Way to Restore Inner Harmony and Wellness

When you are feeling stressed, worried, preoccupied, anxious, tired or just not 100% yourself, Bach Original Flower Remedies will help you get back on track. Bach Original Flower Remedies were created in the 1930s by Dr. Edward Bach and today are used in 66 countries worldwide. For over 70 years, Bach Original Flower Remedies have helped millions of people live emotionally balanced and healthy lives.

## Choosing and Using Your Remedies

Refer to the list within to identify the emotional symptoms you are experiencing. All the states described are everyday human emotions that we all experience at one time or another. Each has a corresponding positive potential that shows what we can be when we are feeling ourselves.

You may select up to seven remedies at one time - simply choose the remedies that reflect how you are feeling (note: you cannot select a remedy by the positive potential - it is chosen by the negative indication). If you select more than seven, try to narrow it down to your key concerns right now.

- Always use two drops at a time of a single remedy or 4 drops (or 2 sprays) at a time for Rescue Remedy and Rescue Sleep
- For immediate use, just put 2 drops of *each remedy* directly on your tongue, add to your water bottle or beverage of choice (repeat at least 4 times per day)
- Take your Bach Original Flower Remedies as often as you need to
- Safe for young children, pregnant moms to be, your plants and pets!
- May be taken safely in conjunction with conventional medicines. The remedies are not addictive and may be taken as long or as often as needed to maintain healthy emotional balance
- Bach Original Flower Remedies are preserved in alcohol. If alcohol sensitive dilute or apply topically

## Rescue Remedy®\*

Dr Bach created a special combination formula to help at times of crisis and emergency. *Rescue Remedy* contains five *Bach Original Flower Remedies* that restore a sense of calm, focus and control, often with immediate results.

*Rescue Remedy* is effective in any situation that causes stress or anxiety. It will help when there is no time to select single remedies. Use it to calm difficult everyday situations such as driving in traffic or stress in the workplace.

*Rescue Remedy* is available in dropper, spray and cream form. *Rescue Remedy Spray* is a convenient way to take *Rescue Remedy*. *Rescue Cream* has a cleansing remedy added, Crab Apple, and is a fantastic way to rescue yourself from the outside in. *Rescue Sleep* adds the remedy for a restless mind, White Chestnut, to help you sleep when you are under stress and your mind is racing.

## Choosing your remedies

Group	Symptom	Remedy	Positive Effect
FACE YOUR FEARS	You are shy or you feel fearful or anxious about something specific	MIMULUS	COURAGE
	You are anxious but don't know why	ASPEN	REASSURANCE
	You feel an extreme terror about something	ROCK ROSE	FEARLESSNESS
	You are afraid you might lose control	CHERRY PLUM	COMPOSURE
	You fear the worst for loved ones	RED CHESTNUT	PEACE OF MIND
LIVE THE DAY	Your mind is on the past instead of the present	HONEYSUCKLE	PRESENCE
	You are dreamy and unfocused	CLEMATIS	FOCUS
	You find yourself making the same mistakes	CHESTNUT BUD	INSIGHT
	Your mind won't switch off, thoughts repeat	WHITE CHESTNUT	TRANQUILITY
	You feel apathetic and disinterested	WILD ROSE	ENTHUSIASM
	You feel suddenly down in the dumps and don't know why	MUSTARD	BRIGHTNESS
REACH OUT TO OTHERS	You are exhausted from life's difficulties	OLIVE	REJUVENATION
	You are talkativeness leads to loneliness	HEATHER	BE HEARD
	You feel frustrated with the slow pace of people or things	IMPATIENS	PATIENCE
KNOW YOUR MIND	You like your own company but sometimes feel lonely	WATER VIOLET	CONNECT
	You procrastinate, feeling tired at the thought of starting work	HORNBEAM	RESOLVE
	You feel discouraged after a setback	GENTIAN	ENCOURAGEMENT
	You have given up and feel hopeless	CORSE	HOPE
	You are indecisive and vacillating	SCLERANTHUS	DECISIVENESS
FIND JOY AND HOPE	You want to do something worthwhile but can't find your vocation	WILD OAT	DIRECTION
	You doubt your judgment and ask others for advice	CERATO	GUIDANCE
	You are suffering from the effects of trauma or grief	STAR OF BETHLEHEM	COMFORT
	You feel resentful and sorry for yourself	WILLOW	POSITIVITY
LIVE AND LET LIVE	You feel overwhelmed by your many responsibilities	ELM	SUPPORT
	You feel guilty or blame yourself	PINE	FORGIVENESS
	You are in despair, with no hope left	SWEET CHESTNUT	CONSOLATION
	You expect to fail and lack confidence in your abilities	LARCH	CONFIDENCE
	You are a strong dutiful person and keep going when you need rest	OAK	STRENGTH
	You feel unclean, ashamed or embarrassed about yourself or your appearance	CRAB APPLE	SELF-ACCEPTANCE
	You tend to become bossy and domineering when you are in charge	VINE	INSPIRE
STAND YOUR GROUND	Your over enthusiasm leads you to burn yourself out	VERVAIN	UNWIND
	You feel critical or intolerant towards others	BEECH	TOLERANCE
	Your love for your family makes it hard to let them go	CHICORY	RELEASE
	You drive yourself hard trying to set an example for others	ROCK WATER	FLOW
STAND YOUR GROUND	You can't easily say 'no' to other people	CENTAURY	ASSERTIVENESS
	Other people's ideas knock you off course; you are coping with a time of change	WALNUT	PROTECTION
	You feel angry, jealous or want revenge	HOLLY	GOODWILL
	You dislike quarrels, hiding your troubles behind a smile	ACRIMONY	OPENNESS