

Edward Bach
FLOWER REMEDY
RECOMMENDATIONS

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IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.

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INTRODUCTION

Edward Bach (1886-1936) said:

'As the Herbs heal our fears, our anxieties, our worries, our faults and our failings, it is these we must seek, and then the disease, no matter what it is, will leave us.'
(*The 12 Healers and Other Remedies*, Edward Bach)

The Bach Flower Remedies are 38 plant and flower based remedies pioneered by Dr Edward Bach in the 1930s. The remedies are completely safe and natural, and can be used by persons of all ages.

Veterinarians have also reported that the remedies are effective on animals.

The 38 flower essences were divided, by Bach, into 3 categories which were linked to their application:

- 1) **The '12 Healers'** - which 'reflect and transform our essential nature' (they represent the twelve archetypal personality types), and include:

AGRIMONY, CENTAURY, CERATO, CHICORY, CLEMATIS, GENTIAN, IMPATIENS, MIMULUS, ROCK ROSE, SCLERANTHUS, VERVAIN, and WATER VIOLET

- 2) **The '7 Helpers'** - which 'assist with chronic conditions', and include:

GORSE, HEATHER, OAK, OLIVE, ROCK WATER, VINE, and WILD OAT

- 3) **The 'Second 19'** - which 'relate to more immediate traumas or difficulties', and include:

ASPEN, BEECH, CHERRY PLUM, CHESTNUT BUD, CRAB APPLE, ELM, HOLLY, HONEYSUCKLE, HORNBEAM, LARCH, MUSTARD, PINE, RED CHESTNUT, STAR OF BETHLEHEM, SWEET CHESTNUT, WALNUT, WHITE CHESTNUT, WILD ROSE, and WILLOW

More Information

For more information regarding Edward Bach and his Flower Remedies, the following works are highly recommended:

The Twelve Healers and Other Remedies, by Edward Bach

Heal Thyself: Explanation of the Real Cause and Cure of Disease, by Edward Bach (MB BS DPH)

The Bach Flower Remedies, by Edward Bach; E.J. Wheeler

The Original Writings, by Edward Bach

The Bach Remedies Repertory: Supplementary Guide to the Use of Herbal Remedies Discovered by Doctor Edward Bach, F.J. Wheeler, Judy Howard, and Frances M. Wheeler

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TAKING THE REMEDIES

For single use, two drops of the appropriate Bach Flower Remedy (four drops if Rescue Remedy) can be placed directly on the tongue, and then swallowed; or the drops can be added to a little spring water or fruit juice, and then slowly sipped.

Never put the drops in tap water - the chemicals in tap water may be harmful to your health.

For a course of treatment, add two drops of the appropriate remedy to 30 ml of spring water, and then take four drops (on the tongue) at least four times daily. Continue for as long as needed.

For combined use, add two drops of each remedy to 30 ml of spring water, and take four drops (on the tongue) at least four times a day. No more than seven remedies should be used in combination. Rescue Remedy should not be used in combination.

Bach Flower Remedies can be used as often as needed. In a crisis, the remedy can be taken every 5-10 minutes until the immediate crisis passes. Thereafter the remedy can be taken every hour, and then four times daily until resolution.

Some practitioners suggest that the Bach Flower Remedies can be dropped neat onto the tongue, or rubbed onto the lips, or behind the ears, or on the temples and wrists. However, placing the drops in a diluted form, on the tongue, is the preferred method of administration.

Storing the Remedies

The remedies should be kept out of direct sunlight, stored in temperatures below 25 degrees Celsius, kept away from magnetic fields and electrical equipment, and kept free from dust, water, and other contaminants.

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REMEDY REPERTOIRE

- 01 - AGRIMONY - Hiding worry behind a brave face, alcohol, drugs, food. Avoids confrontation
- 02 - ASPEN - Unknown, inexplicable fears or apprehensions. Secret fear of some impending evil
- 03 - BEECH - Critical attitude. Intolerant of others. Arrogance
- 04 - CENTAURY - Weak willed. Easily exploited or imposed upon. Can't say no to others
- 05 - CERATO - Lacks confidence in own self/decisions. Doubts own judgement. Seeks confirmation of others
- 06 * CHERRY PLUM - Uncontrolled, irrational, suicidal thoughts. Uncontrolled temper. Fear of loss of control. Fear of losing one's mind
- 07 - CHESTNUT BUD - Repeats same mistakes, faults, arguments, accidents. Unable to learn from experience
- 08 - CHICORY - Over possessive. Self-centred and demanding. Clinging, and over protective. Self-pity if unable to have own way. Manipulative of others, and uses emotional blackmail
- 09 * CLEMATIS - Daydreamer, lacks concentration, inattentive, absent minded. Mental escapism
- 10 - CRAB APPLE - Feels unclean, infected, self-disgust. Ashamed of ailments. Fear of infection
- 11 - ELM - Feelings of inadequacy. Overwhelmed by responsibility. Psychosis, and neurosis
- 12 - GENTIAN - Depressed for known reasons. Pessimistic, doubting, despondent, sceptical, easily discouraged
- 13 - GORSE - Despair, hopelessness, defeatist. 'Oh, what's the use!'
- 14 - HEATHER - Self-centred, obsessed with own troubles and affairs. Talkative, and needs an audience
- 15 - HOLLY - Hatred, envy, jealousy, suspicion. Projecting or receiving
- 16 - HONEYSUCKLE - Longing for the past. Home-sickness. Not living in the present. Nostalgia
- 17 - HORNBEAM - Weariness, mental exhaustion. Procrastination. 'Monday Morning' feeling

- 18 * IMPATIENS - Impatient, irritable, excessive reactions (especially with others)
- 19 - LARCH - Lack of self-confidence. Inferiority complex. Expects to fail. Impotency
- 20 - MIMULUS - Known fears or apprehensions (security, loss, illness, cancer, timidity, poverty, etc)
- 21 - MUSTARD - Depressed for unknown reasons. Depression, 'Dark cloud' descending. Saddened for no reason
- 22 - OAK - Normally strong, but unable to struggle against adversity or illness
- 23 - OLIVE - Completely exhausted. Extreme physical and mental fatigue
- 24 - PINE - Guilt complex, self-reproach. Blames self, even for mistakes of others. Always apologising
- 25 - RED CHESTNUT - Excessive concern and worry over others
- 26 * ROCK ROSE - Acute state of fear, panic, alarm, terror. Nightmares, night-terrors
- 27 - ROCK WATER - Self-denying, strict, hard on self. Rigid minded and views. Suppressed inner needs
- 28 - SCLERANTHUS - Uncertainty, indecision. Vacillation, fluctuating moods and opinions. Lacks inner balance
- 29 * STAR OF BETHLEHEM - After effects of physical, mental, or psychic frightening experiences. Fright following an accident or serious news. Comforter and soother of pain and sorrow
- 30 - SWEET CHESTNUT - Feelings of utter dejection. Bleak outlook. Reached the limit of endurance
- 31 - VERVAIN - Over enthusiastic. Fanatical beliefs. Missionary-complex. Highly strung. Poor sleep
- 32 - VINE - Dominating, inflexible, tyrannical, autocratic, arrogant. Striving for power
- 33 - WALNUT - Adjustment to transition or change (Illness, teething, puberty, menopause, divorce, new surroundings, new job, retirement, new relationship, leaving home). Protection (emotional, psychic, and spiritual/religious)
- 34 - WATER VIOLET - Inner reserve. Proud withdrawal, feeling of superiority in isolation. Little emotional involvement. Enjoys being alone
- 35 - WHITE CHESTNUT - Persistent unwanted thoughts. Pre-occupation with worry or episode. Mental arguments
- 36 - WILD OAT - Helps determine life's path. Indefinite as to ambitions. Opens 'Spiritual' sight.
- 37 - WILD ROSE - Apathy. Resignation to fate. Lack of interest and ambition. Karma/Karmic debt. Fatalistic
- 38 - WILLOW - Resentment. Embitterment. 'Poor old me!'. Victim of fate attitude
- 39 * RESCUE REMEDY - All purpose emergency composite. Comforting, calming and reassuring to those distressed by startling experiences, mental stress, tension, desperation, terror, panic, exams, dentist, shock, etc. CHERRY PLUM, CLEMATIS, IMPATIENS, ROCK ROSE, and STAR OF BETHLEHEM

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absent-minded - CLEMATIS

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absorbed, by memories - HONEYSUCKLE

absorbed, by some detail or 'buzzing', causing anxiety - CRAB APPLE

absorbed, by thoughts - CLEMATIS

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cloud, descends, depression for no known reason - MUSTARD

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depression, for no known reason - MUSTARD

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effort, lack of, because of dreaminess - CLEMATIS

effort, lack of, because of exhaustion - OLIVE

effort, lack of, because of resignation - WILD ROSE

effort, over - IMPATIENS, VERVAIN

embittered, because of despondency, or injustice - WILLOW

embittered, feelings of - WILLOW, HOLLY

emergency, all purpose emergency composite - RESCUE REMEDY

emergency, for, ROCK ROSE

emulation, trying to be some 'example' - ROCK WATER

endurance, body feels that it's at limit of endurance - SWEET CHESTNUT

energy, drained of - OLIVE

enthusiastic - ROCK WATER, VERVAIN

enthusiastic, overly, regarding beliefs, ideals, and religion - VERVAIN

enthusiastic, regarding self-denial - ROCK WATER

envy - HOLLY

envy, feelings of extreme - HOLLY

envy, thoughts of - HOLLY

envy, under attack of - HOLLY

escapism, seeks for mental escapism - CLEMATIS

escapism, via drugs, alcohol, food, etc - AGRIMONY

esoteric ability - CENTAURY, CLEMATIS

esoteric ability - CENTAURY, CLEMATIS

esoteric attack, from group or meditation activity ('too open') - ASPEN
esoteric attack, protection from - WALNUT, HOLLY
evil, attack, from group or meditation activity ('too open') - ASPEN
evil, attack, protection from - WALNUT
evil, secret fear of impending - ASPEN
evil, under attack of - HOLLY, RESCUE REMEDY
examinations, effects of - RESCUE REMEDY
example, would like to be - ROCK WATER
excitement, anxious for - HEATHER
excitement, needs something excite self - AGRIMONY
exhaustion, because of apathy - WILD ROSE
exhaustion, because of beliefs - VERVAIN
exhaustion, because of lack of vitality - CLEMATIS
exhaustion, cannot carry life's burden any further - HORNBEAM
exhaustion, constantly having that 'Monday Morning' feeling - HORNBEAM
exhaustion, from mental or physical suffering - OLIVE
exhaustion, mental, physical - HORNBEAM, OLIVE
exhaustion, that there is no more strength to make any further effort - OLIVE
exhaustion, through strain and effort - VERVAIN
exhaustion, through weak-will - CENTAURY
exhaustion, total - OLIVE
experience, fails, or refuses to learn by - CHESTNUT BUD
exploited, by others - CENTAURY

F

failure, because of personal inadequacy - ELM
failure, fear of, anticipates - LARCH
failure, feelings that one will never be a success - LARCH
fainting, faintness - CLEMATIS
faith, lost, because of despondency and doubt - GENTIAN
faith, lost, because of hopelessness - GORSE

fanatical, beliefs - VERVAIN

fanatical, cult beliefs - VERVAIN

fanatical, regarding beliefs - VERVAIN

fatalistic, 'What will be, will be.' 'It's God's will.' - WILD ROSE

fatigue, because of apathy - WILD ROSE

fatigue, because of beliefs - VERVAIN

fatigue, because of lack of vitality - CLEMATIS

fatigue, cannot carry life's burden any further - HORNBEAM

fatigue, constantly having 'Monday Morning' feeling - HORNBEAM

fatigue, from mental or physical suffering - OLIVE

fatigue, mental, physical - HORNBEAM, OLIVE

fatigue, no energy - OLIVE

fatigue, that there is no more strength to make any further effort - OLIVE

fatigue, through strain and effort - VERVAIN

fatigue, through weak-will - CENTAURY

fault-finding, with others - BEECH, CHICORY, HOLLY, IMPATIENS, WILLOW

fault-finding, with self - PINE, ROCK WATER

fear - ROCK ROSE

fear of life changes - WALNUT

fear, bottling up - MIMULUS

fear, dominated by - MIMULUS

fear, extreme - ROCK ROSE

fear, fear, of - ASPEN

fear, feelings of, extreme - ROCK ROSE

fear, following a recent accident, or shock - STAR OF BETHLEHEM

fear, for no known reason - ASPEN

fear, frozen in - ROCK ROSE

fear, groundless, vague, unreasoning - ASPEN

fear, mental - ASPEN

fear, of being alone - MIMULUS

fear, of cancer - CLEMATIS, MIMULUS

fear, of cold, damp, of - MIMULUS

fear, of death, of dying - MIMULUS

fear, of doing dreadful things - CHERRY PLUM

fear, of failing and failure - LARCH

fear, of insanity - CHERRY PLUM

fear, of known origin or known cause - MIMULUS

fear, of losing control - CHERRY PLUM

fear, of losing control of one's behaviour - CHERRY PLUM

fear, of loss, friends or loved ones - CHICORY, HEATHER, MIMULUS, OLIVE

fear, of loss, of mental control - CHERRY PLUM

fear, of loss, relationship, partner, friend, loved one - MIMULUS

fear, of mind giving way - CHERRY PLUM

fear, of physical things such as misfortune, poverty, destitution - MIMULUS

fear, of physical, people, phobias, dark, loneliness - MIMULUS

fear, of physical, poor health, illness, pain, accidents - HEATHER, MIMULUS

fear, of the future - AGRIMONY, MIMULUS

fear, of the judgements of God or religious groups - ASPEN

fear, of unknown origin, or of unknown cause - ASPEN

fear, regarding concern for others - RED CHESTNUT

fear, secret - ASPEN, MIMULUS

fear, secretly bearing - MIMULUS

fear, that some unfortunate thing will happen to others - RED CHESTNUT

fear, to tell troubles to another - ASPEN

fear, vague - ASPEN

fear, when ill - HEATHER, MIMULUS

fearful - ASPEN, CHERRY PLUM, MIMULUS, RED CHESTNUT, ROCK ROSE

feelings that others do not understand you - WATER VIOLET

fervency - VERVAIN

fixed, ideas and opinions - BEECH, ROCK WATER, VERVAIN, VINE

fluctuation, in moods - SCLERANTHUS

food, hiding behind - AGRIMONY
food, takes to bear trials, escape, or hide - AGRIMONY
foolish, feelings about self - CERATO
foreboding, feelings of, of death or disaster - ROCK ROSE
forgetful - CLEMATIS
forgive, unable to - WILLOW
fretful - CHICORY
fright, following an accident - STAR OF BETHLEHEM
frustrated, by people - IMPATIENS
frustrated, generally - IMPATIENS
fussy - CHICORY, CERATO, CRAB APPLE
fussy, regarding others - CHICORY
future, fear of - AGRIMONY

G

giving up, feelings of extreme - GORSE
gloom, deep - MUSTARD
gloom, depression - MUSTARD
gloom, for no known reason - MUSTARD
gloom, utter sadness - MUSTARD, WILD ROSE
God, fear of judgements of - ASPEN
good, need to see more in all that is around - BEECH
greed, for information - CERATO
greed, for others' possessions - CHICORY
greed, for sympathy - CHICORY, HEATHER
greed, perfection - ROCK WATER, VERVAIN
greed, power - CHICORY, VERVAIN, VINE
grief, suffering, state of - RESCUE REMEDY, STAR OF BETHLEHEM
guidance, by others - CERATO
guidance, of inner voice - CERATO
guilt, creating over-conscientious - PINE
guilt, even when successful, feels could have done better - PINE

guilt, feelings of - PINE

guilt, has guilt complex - PINE

gullible, is simple, even stupid - CERATO

H

habit, ashamed of - CRAB APPLE

hard masters, re others - BEECH, CHICORY, IMPATIENS, VERVAIN, VINE

hard masters, re self - ROCK WATER

harmfulness, thoughts of - HOLLY

harmfulness, under attack of - HOLLY

hate - HOLLY

hate, thoughts of - HOLLY

hate, through jealousy - HOLLY

hate, through resentment - WILLOW

hate, under attack of - HOLLY

health, fear of poor - MIMULUS

hesitant - GENTIAN

hesitant, suffers from - SCLERANTHUS

hesitation, none, being self-assured - IMPATIENS, VINE, WATER VIOLET

hesitation, through fear - MIMULUS

hesitation, through lack of confidence - LARCH

hesitation, through uncertainty - SCLERANTHUS

hesitation, when facing decisions - SCLERANTHUS

hiding, avoids confrontation - AGRIMONY

hiding, behind a brave face, alcohol, drugs - AGRIMONY

higher-self, refusing to perceive and acknowledge role - CERATO

home, leaving - WALNUT

home-sickness - HONEYSUCKLE, CLEMATIS

hopelessness, feeling of great - GORSE

hopelessness, feelings of - SWEET CHESTNUT, ROCK ROSE

hungry, for information - CERATO

hungry, for others' possessions - CHICORY
hungry, for power - CHICORY, VERVAIN, VINE
hungry, for sympathy - CHICORY, HEATHER
hungry, perfection - ROCK WATER, VERVAIN

I

idealistic, for self - ROCK WATER
idealistic, high ideals - BEECH, IMPATIENS, ROCK WATER, VERVAIN
idealistic, impractical - CLEMATIS
idealistic, over-enthusiastic - VERVAIN
ideals, difficulty in realising - WILD OAT
identity, feeling of is weak - CERATO
identity, preserving one's own - CENTAURY
illness, ashamed of - CRAB APPLE
illness, because of low self-confidence - LARCH
illness, fear of - MIMULUS
illness, grown weak after a long - CENTAURY
illness, impatient, demands instant recovery - IMPATIENS
illness, long, serious, recent, convalescing from - OLIVE
illness, makes no effort to recover - CLEMATIS
illness, psychosomatic: 'Poor old me, I'm always sick!' - WILLOW
illness, recent - ROCK ROSE
illness, simulated - CHICORY, HEATHER, WILLOW
illness, to escape from fear - MIMULUS
illness, to escape from life and experiences - CLEMATIS
illness, to maintain power over others - CHICORY
illness, to obtain sympathy - CHICORY, HEATHER
illness, unable to struggle against - OAK
imaginative - CLEMATIS
imbalance, feelings of - SCLERANTHUS
impatient - IMPATIENS, CHESTNUT BUD
impatient, leaps before looking - IMPATIENS

impatient, wants everything done yesterday - IMPATIENS

impatient, with people - IMPATIENS

impending evil, secret fear of - ASPEN

imposed upon, by others - CENTAURY

impotent - LARCH

impulses, violent - CHERRY PLUM

impulsiveness - IMPATIENS

impulsiveness, over-enthusiastic - VERVAIN

impulsiveness, uncontrolled, fear of - CHERRY PLUM

inability to relax - VERVAIN

inadequacy, despondent or discouraged because of - ELM

inadequacy, feelings of - ELM

inadequacy, overwhelmed by personal - ELM

inadequacy, temporary feelings of - ELM

inattentive - CLEMATIS

inattentive - CLEMATIS

incensed, with/by injustice - VERVAIN

incompetence, feels that is surrounded by - IMPATIENS

indecision - SCLERANTHUS

indecision, suffers from - SCLERANTHUS

indecision, when facing problems or decisions - SCLERANTHUS

independent - WATER VIOLET

indifferent, regarding life - CLEMATIS

inferiority, feelings of - LARCH

inferiority, feelings of - LARCH

inflexible - VINE

inflexible and domineering - VINE

inflexible, in way of living - ROCK WATER

inflexible, regarding beliefs - VERVAIN

inflexible, with others - BEECH

influenced, by decisions of others - CERATO, GORSE

influenced, by hindrance and delay - GENTIAN

influenced, easily by others - CENTAURY

influenced, easily, by established conventions - CENTAURY

influenced, easily, by peer, society, or authority figures - CENTAURY

influenced, rarely - WALNUT

influenced, through hatred, envy, jealousy, suspicion, etc - HOLLY

insane, fear of becoming - CHERRY PLUM

insanity - CHERRY PLUM, CLEMATIS

insanity, fear of - CHERRY PLUM

insomnia - RESCUE REMEDY

instability - SCLERANTHUS

interest, lack of, CHESTNUT BUD, CLEMATIS, HONEYSUCKLE, OLIVE, WHITE CHESTNUT, WILD ROSE

interference, by criticising, and fussing - CHICORY

interference, by domination - VINE

interference, by over-persuasion - VERVAIN, VINE

interference, by trying to move others along - IMPATIENS

interference, from thoughts - WHITE CHESTNUT

interference, in others' lives - CHICORY

interference, through hatred, envy, jealousy, suspicion, etc - HOLLY

interviews - RESCUE REMEDY

intolerant - BEECH, IMPATIENS, VERVAIN, WATER VIOLET

intolerant, of others - BEECH

intolerant, of restraint - IMPATIENS, ROCK WATER

intolerant, overbearing - VERVAIN, VINE

intuition, developing - CERATO, WILD OAT

intuition, stimulating the gift of - CERATO, WILD OAT

intuition, trusting in - CERATO

irrational tendencies - RED CHESTNUT

irrational thoughts - CHERRY PLUM

irritable - BEECH, CHICORY, HOLLY, IMPATIENS, WILLOW

irritated, by people - IMPATIENS

J

jealousy, feelings of extreme - HOLLY

jealousy, regarding others - CHICORY

jealousy, thoughts of - HOLLY

jealousy, transmitting or receiving - HOLLY

jealousy, under attack of - HOLLY

job, change, or new - WALNUT

judgement, changeable in - CERATO

judgement, doubts own - CERATO

judgement, fear of God or religion - ASPEN

judgemental attitude - BEECH

judgemental, upon others - BEECH

K

karma, debt, belief in - WILD ROSE

karma, debt, believes has unresolved - WILD ROSE

L

lack of faith - GENTIAN

lacks confidence, in self and own decisions - CERATO

lacy of interest in the present - CLEMATIS

leadership, desire to develop potential - VINE

leadership, usually good leaders - VINE

learned helpless - WILD ROSE

lessons, fails to learn the lessons of daily life - CHESTNUT BUD

lessons, fails to learn what is observed - CHESTNUT BUD

lessons, of daily life, takes longer than others to learn - CHESTNUT BUD

letting go, difficulty in letting go of others, (loved ones, etc) - CHICORY

letting go, of persistent or unwanted thoughts - WHITE CHESTNUT

life, a drudge and a drag - CENTAURY

life, daily life a grind, and hard work - OLIVE

life, despaired of, ROCK ROSE, RESCUE REMEDY

life, lack of interest in - CLEMATIS

life, living through others - CHICORY

life, no interest in, no pleasure from, tired of - OLIVE

life-path, anger with - WILD OAT

life-path, difficulty in determining or finding - WILD OAT

life-path, helps determine one's intended - WILD OAT

life-path, resentment or dissatisfaction with - WILD OAT

lifestyle, dissatisfied with current - WILD OAT

light-headedness - CLEMATIS

limited by illness - OAK

loneliness - HEATHER, IMPATIENS, WATER VIOLET

loneliness, as an escape from life, worries, and responsibilities - AGRIMONY

loneliness, dislikes - AGRIMONY, CHICORY, HEATHER, MIMULUS

loneliness, enjoys - WATER VIOLET

loneliness, fear of - MIMULUS

loneliness, works alone - IMPATIENS

loss, fear of friend - MIMULUS

loss, fear of loved one - MIMULUS

loss, fear of partner - MIMULUS

loss, fear of relationship - MIMULUS

loved ones, children etc, overly clinging to - CHICORY

loved ones, fear of loss - MIMULUS

loved ones, living through, possessive of - CHICORY

M

makes little effort to improve situation - WILD ROSE

maltreated - RESCUE REMEDY

maltreated, children who are - ASPEN

manipulation, by others because of low self-confidence - CERATO

martyr, feelings of - ROCK WATER

martyrdom, enjoys, or engages in self - ROCK WATER
martyrdom, to a cause - VERVAIN
martyrdom, to ill-health - HEATHER
martyrdom, to own beliefs or ideals - ROCK WATER
martyrdom, to resentment: 'It's not fair!' - WILLOW
martyrdom, to self-pity: 'Poor old me!' - CHICORY
mediumistic - CENTAURY, CLEMATIS
megalomaniac - VINE
melancholic - GENTIAN, GORSE
melancholic, for no know reason - MUSTARD
melancholy, deep - MUSTARD
memories of the past, locked in - HONEY SUCKLE
memories, dwells upon those who are gone - HONEYSUCKLE
menopause - WALNUT
mental anguish, having reached the limits of endurance - SWEET CHESTNUT
mental arguments - WHITE CHESTNUT
mental tension, extreme - IMPATIENS
mental-anguish, feelings of - SWEET CHESTNUT
mental-escapism - CLEMATIS
mental-stress, suffering - RESCUE REMEDY
mental-torture, plagued with - AGRIMONY
mental-worry - AGRIMONY
mind, fear of giving way - CHERRY PLUM
misfortune, dwelling on one's unjust misfortunes: 'Poor old me!' - WILLOW
misfortune, fear of - MIMULUS
misguided, by self, by systems, by others - CENTAURY, CERATO
misguided, protection from - WALNUT
mistakes, continually repeats, or makes the same - CHESTNUT BUD
mistakes, refuses to learn by experience - CHESTNUT BUD
modesty, a false sense of - LARCH

monday-morning feeling - HORNBEAM

Monday-morning, constant feeling of - HORNBEAM

mood, alternating when facing decisions - SCLERANTHUS

mood, fluctuations when facing decisions - SCLERANTHUS

moral strength, lack of - CENTAURY

mystic ability - CENTAURY, CLEMATIS

N

need to break with past links - WALNUT

nervous-breakdown, CHERRY PLUM, OAK, SCLERANTHUS, VERVAIN, RESCUE REMEDY

nerve - AGRIMONY, CHICORY, IMPATIENS, MIMULUS, OAK, VERVAIN

neurosis - ELM

neurotic - ELM

news, effects of serious or bad - STAR OF BETHLEHEM

nightmares - ROCK ROSE

night-terrors - ASPEN, ROCK ROSE

nit-picking, with others - BEECH

no, can't say 'no' - CENTAURY

nostalgia - HONEYSUCKLE

nostalgic, overly - HONEYSUCKLE

numbness - CLEMATIS, STAR OF BETHLEHEM

O

obsessed, with care and concern for others - RED CHESTNUT

obsessed, with details - CRAB APPLE

obsessed, with fear - CHERRY PLUM

obsessed, with own troubles and experiences - HEATHER

obsessed, with recurring thoughts - WHITE CHESTNUT

obsessed, with religion - CLEMATIS, VERVAIN

obsessed, with self, own troubles, and own experiences - HEATHER

obsessed, with self-martyrdom - ROCK WATER

old ties, need to break - WALNUT

opinions, free of another's (peers, society, etc) - WATER VIOLET

opinions, uncertain, changeable, vacillating - CERATO
others, difficulty in letting go of - CHICORY
others, living life through - CHICORY
others, overly clinging to - CHICORY
others, overly protective of - CHICORY
others, protection from negative energy of - WALNUT
others, seeks advice from - CERATO
others, seeks confirmation of - CERATO
outlook, bleak about self, and about life - SWEET CHESTNUT
outlook, generally bleak - SWEET CHESTNUT
out-of-the-body feelings - CLEMATIS
over-anxious, because of beliefs - VERVAIN
overbearing, trying to direct the affairs of others - CHICORY
over-enthusiasm - VERVAIN
overwhelmed by responsibilities and feelings of inadequacy - ELM
overwhelmed, about a task of importance for the benefit of others - ELM
overwhelmed, by personal inadequacy and responsibility of chosen task - ELM

P

pain, fear of - MIMULUS
panic - RESCUE REMEDY
panic, feelings of - ROCK ROSE
panic, suffering from - RESCUE REMEDY
panicky, feelings - ROCK ROSE
parent, controlled by, under thumb of - CENTAURY
partner, controlled by, under thumb of - CENTAURY
past experiences, failure to learn from - CHESTNUT BUD
past, living in, and regrets from - HONEYSUCKLE
past, living in, hopes for better times in future - CLEMATIS
path, career, difficulty in determining or finding - WILD OAT
path, life, career, soul, difficulty in determining or finding - WILD OAT

peer, pressure to change one against own will - WALNUT

people, aversion to - MIMULUS, WATER VIOLET

people, fear of - MIMULUS

perfectionist - ROCK WATER

persuasion, against own feelings - GORSE

persuasion, protection against - WALNUT

persuasion, through hatred, envy, jealousy, suspicion, etc - HOLLY

persuasion, through kindness - AGRIMONY

persuasion, through self-distrust - CERATO

persuasion, through self-weakness - CENTAURY

persuasion, to please others - CENTAURY, GORSE

pessimism, pessimistic - GORSE

phobias - MIMULUS

pity, self, feeling sorry for self, 'Poor old me!' - WILLOW

poise, lack of - SCLERANTHUS

poise, possesses - WATER VIOLET

poison, needs to be drawn out (emotional) - CRAB APPLE

poison, needs to be drawn out (infection, illness, wound) - CRAB APPLE

poor me - WILLOW

Poor old me! - WILLOW

poor sleep - VERVAIN

possessions, hungry for, especially others' - CHICORY

possessive, overly of others (especially of loved ones) - CHICORY

possessive, regarding others, etc - CHICORY, HEATHER

poverty, fear of - MIMULUS

power, desires, over others because of strong or fanatical beliefs - VERVAIN

power, hungry for - VINE, CHICORY

present, lives in, hopes for better times in future - CLEMATIS

pressure, peer or society to change one against own will - WALNUT

pride - WATER VIOLET

pride, a proud person - WATER VIOLET

procrastination - HORNBEAM, LARCH, MIMULUS, SCLERANTHUS
protection from the influences of others - WALNUT
protection, from emotional, psychic, and religious influences - WALNUT
protection, from outside influences - WALNUT
protective, overly of others (especially of loved ones) - CHICORY
proud - WATER VIOLET
proud and aloof - WATER VIOLET
psychic ability - CENTAURY, CLEMATIS
psychic attack, from group or meditation activity (too open) - ASPEN
psychic attack, protection from - WALNUT, HOLLY
psychosis - ELM
psychosomatic illness, 'Poor old me, I'm always sick!' - WILLOW
psychosomatic illness, prone to - HEATHER
puberty, going through - WALNUT
purpose, soul, difficulty in understanding or expressing - WILD OAT

Q

quarrel, distressed by - AGRIMONY
quiet - ASPEN, CENTAURY, SCLERANTHUS
quiet, dreamy - CLEMATIS
quiet, person moves about without noise - WATER VIOLET
quiet, shyness - MIMULUS

R

rape - RESCUE REMEDY
rape, victim of - ASPEN
reassuring, need of, because of distress by a startling experience - RESCUE REMEDY
redundancy - RESCUE REMEDY
regrets, from the past - HONEYSUCKLE
relationship breakdown - RESCUE REMEDY
relax, inability to - VERVAIN
religion, fear of the judgements of - ASPEN

religion, missionary complex - VERVAIN
religion, obsessed by - CLEMATIS, VERVAIN
religion, swayed easily by another's arguments - CENTAURY
religion, under attack of - VERVAIN, WALNUT
repeats, the same mistakes continually - CHESTNUT BUD
repression, by others - WILLOW
reproach and self-doubt - PINE
resentful and bitter - WILLOW
resentment and blaming others for own mistakes - WILLOW
resentment, feelings of - WILLOW
resentment, with current career or life path - WILD OAT
reserved, feelings, person - WATER VIOLET
resignation - GORSE, WILD ROSE
resignation, at times, without reason - WILD ROSE
resignation, to all that happens, no matter what - WILD ROSE
resigned to whatever happens - WILD ROSE
responsibility, burdened with - ELM
responsibility, overwhelmed by - ELM
restlessness, through impatience - IMPATIENS
restlessness, through indecision - SCLERANTHUS
restlessness, through over-enthusiasm - VERVAIN
restraint, self-inflicted - ROCK WATER
retirement, adjustment to change of - WALNUT
revenge, attacked by - HOLLY
revenge, feelings of - HOLLY
revenge, feelings of extreme - HOLLY
rigid, loosens inner rigidity - BEECH
rigid, minded - BEECH, ROCK WATER, VERVAIN, VINE
ruthless, over - VINE

S

sadness - PINE, STAR OF BETHLEHEM, WILD ROSE

scared, see also 'fear' - ROCK ROSE

security, fear of losing - MIMULUS

seeks, confirmation of others - CERATO

self, ceased to worry about - RED CHESTNUT

self, discontented with, dissatisfied with - PINE

self, obsessed with - HEATHER

Self, talking incessantly about - HEATHER

Self-absorbed - HEATHER

self-assuredness - VINE, WATER VIOLET

self-blame - PINE

self-centred - WILLOW

self-centred, because of own troubles - HEATHER

self-centred, overly of others (especially of loved ones) - CHICORY

self-centred, regarding others - CHICORY

self-concern, high degree of - HEATHER

self-condemnation - CRAB APPLE

self-condemning - PINE

self-confidence, lack of - LARCH

self-confidence, lack of, because of fear - MIMULUS

self-confidence, lack of, low, unable to make own decisions - CERATO

self-criticising - ROCK WATER, PINE

self-denying - CENTAURY, ROCK WATER

self-destruction, suicidal - AGRIMONY, ASPEN, CHERRY PLUM

self-destruction, suicidal - CLEMATIS, MIMULUS, ROCK ROSE

self-destruction, thoughts of - CHERRY PLUM

self-detestation, feelings of - CRAB APPLE

self-disgust, feelings of - CRAB APPLE

self-distrust - CERATO

self-doubt - CERATO

self-doubt and reproach - PINE

self-fulfilling prophecy of failure - LARCH

self-idealistic - ROCK WATER

self-important - CHICORY, HEATHER, VINE

self-love, regarding others - CHICORY

self-martyrdom - CENTAURY, ROCK WATER

self-pity, 'Poor old me!' - WILLOW, HEATHER

self-pity, regarding others - CHICORY

self-reliance - IMPATIENS, VINE, WATER VIOLET

self-repressing - ROCK WATER

self-reproach - PINE

self-sacrifice, neglecting own mission in life - CENTAURY

sensitive, over-sensitive to others - AGRIMONY, CENTAURY, HOLLY, WALNUT

sensitivity to outside influences - WALNUT

sensitivity, hides it - AGRIMONY

sensitivity, to external influences, WALNUT

sensitivity, to hatred, envy, jealousy, suspicion, etc - HOLLY

servile, a servant more than a willing helper - CENTAURY

servile, a 'willing server' - CENTAURY

set-backs, discouraged by - GENTIAN

set-backs, frightened by - MIMULUS

set-backs, gives in to, defeated by - GORSE

set-backs, perseveres through - OAK

shock - RESCUE REMEDY

shock, a state of mental or physical - STAR OF BETHLEHEM

shock, all forms of - STAR OF BETHLEHEM

shock, because of despair or despondency - STAR OF BETHLEHEM

shock, for all the effects of serious news - STAR OF BETHLEHEM

shock, individual in a state of - RESCUE REMEDY

shock, recent, individual in a state of - ROCK ROSE

shock, suffering of - RESCUE REMEDY

shy and timid - MIMULUS

shyness, feelings of - MIMULUS

sleepy, not fully awake - CLEMATIS

slow, because of a lack on interest - CLEMATIS

slow, in decision making - SCLERANTHUS

slow, in learning, repeats mistakes - CHESTNUT BUD

society, pressure to change one against own will - WALNUT

soul-purpose, difficulty in understanding or expressing - WILD OAT

stage-fright - MIMULUS

static, in the mind, difficulty in thinking clearly - WHITE CHESTNUT

stiffness, physical, stiff individual - WATER VIOLET

strain - IMPATIENS, ROCK WATER, VERVAIN

strain, because of beliefs - VERVAIN

strength, to focus upon and achieve definite ambitions - WALNUT

strengthening, needs, medication, vitamins, regression, clearing - HORNBEAM

stress, because of beliefs - VERVAIN

stress, feels that one can no longer cope - OAK

stress, mental - RESCUE REMEDY

stress, under unremitting - OLIVE

strict, with others - BEECH, CHICORY, VERVAIN, VINE

strict, with self, in way of living - ROCK WATER

struggle, against great or overwhelming mental and physical odds - OAK

struggle, fighting to succeed, overcome, or get well - OAK

struggle, no longer able to struggle against adversity, or illness - OAK

success, feelings that one never will be - LARCH

sudden, alarm, illness, shock, accident - RESCUE REMEDY, ROCK ROSE

sudden, shock, RESCUE REMEDY

suffering, for others (especially loved ones) - RED CHESTNUT

suffering, mentally or physically that results in exhaustion - OLIVE

suicidal - AGRIMONY, ASPEN, CHERRY PLUM, CLEMATIS, MIMULUS, ROCK ROSE, RESCUE REMEDY

suicidal and desperate - CHERRY PLUM

suicide, thoughts of - CHERRY PLUM

sulky - WILLOW

surrendered, ambitions, apathetically or without resistance - WILD ROSE

surrendered, the struggle of life without complaint or effort - WILD ROSE

surroundings, new - WALNUT

suspicion - HOLLY

suspicion, feelings of extreme - HOLLY

suspicion, thoughts of - HOLLY

suspicion, under attack of - HOLLY

swayed easily by another's arguments - CENTAURY

sympathy, 'hungry' for, wish for - CHICORY, HEATHER

sympathy, lack of - BEECH, VINE

T

talkative - CERATO, CHICORY, HEATHER, HONEYSUCKLE, VERVAIN

talkative, need to talk to people, no matter who - HEATHER

talkative, overly, or incessant - HEATHER

tearful - CHICORY, SCLERANTHUS

teething - WALNUT

temper, uncontrolled - CHERRY PLUM

temptation, to move away from own path, and work, by others - WALNUT

tension - BEECH, IMPATIENS, ROCK WATER, STAR OF BETHLEHEM

tension - VERVAIN, VINE, RESCUE REMEDY

tension, a physically tense person - WATER VIOLET

tension, because of fear - MIMULUS, ASPEN, ROCK ROSE

tension, because of fear - RED CHESTNUT, CHERRY PLUM

tension, because of fear - RESCUE REMEDY

tension, suffering of - RESCUE REMEDY

terror - ROCK ROSE, RESCUE REMEDY

terror, frozen in - ROCK ROSE

terror, sheer - ROCK ROSE

terror, suffering of - RESCUE REMEDY

thoughts, (of concern) negative, about others - RED CHESTNUT

thoughts, cycling, and causing mental torture - WHITE CHESTNUT

thoughts, delusional - CHERRY PLUM

thoughts, difficulty in thinking clearly because of 'static' - WHITE CHESTNUT

thoughts, irrational - CHERRY PLUM

thoughts, judgemental - BEECH

thoughts, of future - CLEMATIS

thoughts, of past - HONEYSUCKLE

thoughts, of revenge against self - HOLLY

thoughts, of revenge by self - HOLLY

thoughts, persistent unwanted - WHITE CHESTNUT

thoughts, plagued by unwanted - WHITE CHESTNUT

thoughts, pre-occupied with a worry or episode - WHITE CHESTNUT

thoughts, self-destructive, dread of - CHERRY PLUM

thoughts, suicidal - CHERRY PLUM

thoughts, uncontrolled - CHERRY PLUM

timid and shy - MIMULUS

timidity, feelings of - MIMULUS

tiredness - CENTAURY, HORNBEAM, OLIVE, WILD ROSE

tiredness, because of apathy - WILD ROSE

tiredness, because of beliefs - VERVAIN

tiredness, because of lack of vitality - CLEMATIS

tiredness, cannot carry life's burden any further - HORNBEAM

tiredness, constantly having that 'Monday Morning' feeling - HORNBEAM

tiredness, from mental or physical suffering - OLIVE

tiredness, mental, physical - HORNBEAM, OLIVE

tiredness, that there is no more strength to make any further effort - OLIVE

tiredness, through strain and effort - VERVAIN

tiredness, through weak-will - CENTAURY

tongue-tied - MIMULUS

trait, ashamed of - CRAB APPLE

transition, new relationship, marriage, divorce - WALNUT

transition, new surroundings, new country, new job, leaving home - WALNUT

transition, teething, puberty, menopause - WALNUT

trauma - RESCUE REMEDY

treatment, only under persuasion, will try different treatments - GORSE

trivia, fixated on - CRAB APPLE

troubles, obsessed with own - HEATHER

tyrannical - VINE

U

unable to cooperate - IMPATIENS

unable to forgive - WILLOW

uncertainty - GENTIAN, CERATO, GORSE, HORNBEAM, SCLERANTHUS, WILD OAT

uncertainty, because of a lack of ambition - WILD OAT

uncertainty, because of a lack of faith - GENTIAN

uncertainty, because of a lack of hope - GORSE

uncertainty, because of a lack of strength and vitality - HORNBEAM

uncertainty, because of a lack of vision - WILD OAT

uncertainty, because of self-distrust - CERATO

uncertainty, feelings of - SCLERANTHUS

uncertainty, in the mind when deciding between two things - SCLERANTHUS

unclean feelings, mentally or emotionally - CRAB APPLE

uncleanliness, feelings of - CRAB APPLE

unconscious, individual in a state of - ROCK ROSE

unconscious, individual is - AGRIMONY

unconsciousness - CLEMATIS

uncontrolled, temper - CHERRY PLUM

uncontrolled, thoughts - CHERRY PLUM

undecided, which path to follow - WILD OAT

understanding, unable to show - BEECH

unhappiness, state of - CLEMATIS, HOLLY, HONEYSUCKLE, OLIVE, PINE,
unhappiness, state of - STAR OF BETHLEHEM, WATER VIOLET, WILD ROSE, WILLOW
unknown, cause of depression - MUSTARD
unknown, cause of despair - MUSTARD
unknown, causes of fear - ASPEN
unreliable, because is easily influenced by others - CENTAURY
unreliable, because of self-distrust - CERATO
unreliable, because of uncertainty - SCLERANTHUS
unwanted preoccupations, worries, and thoughts, - WHITE CHESTNUT
unwanted thoughts, preoccupations and worries - WHITE CHESTNUT
unwanted worries, thoughts, and preoccupations - WHITE CHESTNUT

V

vacillation, feelings of - SCLERANTHUS
vacillation, when facing decisions - SCLERANTHUS
vexations - HOLLY, PINE
vice, minor hidden - AGRIMONY
violence, victim of - RESCUE REMEDY
violence, violent impulses - CHERRY PLUM
violent, temperament - HOLLY, IMPATIENS, VERVAIN, VINE
violent, through fear - CHERRY PLUM
violent, through instability - OAK, SCLERANTHUS
vitality, new, to mind and body - CENTAURY
vitality, sapped by others - AGRIMONY, CENTAURY, CLEMATIS, MIMULUS
vitality, saps others - CERATO, CHICORY, HEATHER, HOLLY
vitality, saps others - HONEYSUCKLE, VERVAIN, VINE

W

weak, following an illness - GENTIAN
weakness, doubt of strength and ability - HORNBEAM
weakness, exhausted - OLIVE
weak-willed - CENTAURY
weariness - CENTAURY, HORNBEAM, OLIVE, WILD ROSE

weariness, because of apathy - WILD ROSE

weariness, because of beliefs - VERVAIN

weariness, because of lack of vitality - CLEMATIS

weariness, cannot carry life's burden any further - HORNBEAM

weariness, constantly having that 'Monday Morning' feeling - HORNBEAM

weariness, from mental or physical suffering - OLIVE

weariness, mental, physical - HORNBEAM, OLIVE

weariness, that there is no more strength to make any further effort - OLIVE

weariness, through strain and effort - VERVAIN

weariness, through weak-will - CENTAURY

wedding day nerves - RESCUE REMEDY

weeping - CHICORY, HEATHER, SCLERANTHUS

weeps easily - CHICORY, HEATHER

weepy - CHICORY, SCLERANTHUS

welfare of others, worry over - VERVAIN

will, strong - BEECH, CHICORY, ROCK WATER, VERVAIN, VINE

will, trying to impose on others - BEECH, VINE

will, weak - CENTAURY

withdrawal, hiding behind - AGRIMONY

work, prefers own pace, rather than pace set by others - IMPATIENS

work, prefers to work alone, free of the 'arse-holes' - IMPATIENS

worries, hides behind a brave face, worries, doesn't complain - AGRIMONY

worries, hiding behind a brave face, alcohol, drugs, food, etc - AGRIMONY

worries, withdraws and becomes a hermit - AGRIMONY

worry, ceased to worry about self - RED CHESTNUT

worry, fussiness, flapping - CHICORY

worry, hidden - AGRIMONY

worry, over other people's troubles - RED CHESTNUT

worry, over own troubles - HEATHER

worry, over the welfare of others - VERVAIN

worry, plagued by - AGRIMONY

worry, plagued by unwanted thoughts - WHITE CHESTNUT

worry, pre-occupation with a worry or episode - WHITE CHESTNUT

worry, vague - ASPEN

X

Y

Z

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PSYCHOLOGICAL ADJUNCT

Panic Disorder, General - RESCUE REMEDY, WALNUT

Panic Disorder, Fear/Anxiety (Known) - MIMULUS

Panic Disorder, Fear/Anxiety (Unknown) - ASPEN

Panic Disorder, Depression (Known) - GENTIAN

Panic Disorder, Depression (Unknown) - MUSTARD

Panic Disorder, Depletion - OAK

Agoraphobia, General - Rescue Remedy, Walnut

Agoraphobia, Fear/Anxiety (Known) - Mimulus

Agoraphobia, Depression (Known) - Gentian

Agoraphobia, Low Confidence - Larch

Agoraphobia, Depletion - Oak.

Social Phobia, General - Rescue Remedy, Walnut

Social Phobia, Inferiority - Larch

Social Phobia, Fear/Anxiety (Known) - Mimulus

Social Phobia, Depression (Known) - Gentian

Social Phobia, Depletion - Oak.

Specific Phobia, General - Rescue Remedy, Walnut

Specific Phobia, Fear/Anxiety (Known) - Mimulus

Specific Phobia, Depression (Known) - Gentian

Specific Phobia, Depletion - Oak.

Generalized Anxiety Disorder, General - Rescue Remedy, Walnut

Generalized Anxiety Disorder, Fear/Anxiety (Known) - Mimulus
Generalized Anxiety Disorder, Fear/Anxiety (Unknown) - Aspen
Generalized Anxiety Disorder, Depression (Known) - Gentian
Generalized Anxiety Disorder, Depression (Unknown) - Mustard
Generalized Anxiety Disorder, Depletion - Oak.
Obsessive-Compulsive Disorder, General - Rescue Remedy, Walnut
Obsessive-Compulsive Disorder, Repeating Thoughts - White Chestnut
Obsessive-Compulsive Disorder, Hiding Problem - Agrimony
Obsessive-Compulsive Disorder, Weak Willed - Centaury
Obsessive-Compulsive Disorder, Fear/Anxiety (Known) - Mimulus
Obsessive-Compulsive Disorder, Depression (Known) - Gentian
Obsessive-Compulsive Disorder, Depletion - Oak
Post-Traumatic Stress Disorder, General - Rescue Remedy, Walnut
Post-Traumatic Stress Disorder, Repeating Thoughts - White Chestnut
Post-Traumatic Stress Disorder, Self-Denial - Rock Water
Post-Traumatic Stress Disorder, Guilt - Pine
Post-Traumatic Stress Disorder, Fear/Anxiety (Known) - Mimulus
Post-Traumatic Stress Disorder, Depression (Known) - Gentian
Post-Traumatic Stress Disorder, Depletion - Oak
Acute Stress Disorder, General - Rescue Remedy, Walnut
Acute Stress Disorder, Fear/Anxiety (Known) - Mimulus
Acute Stress Disorder, Fear/Anxiety (Unknown) - Aspen
Acute Stress Disorder, Depression (Known) - Gentian
Acute Stress Disorder, Depression (Unknown) - Mustard
Acute Stress Disorder, Depletion - Oak.
Anxiety Disorder Due To Medical Condition, General - Rescue Remedy, Walnut
Anxiety Disorder Due To Medical Condition, Resentment - Willow
Anxiety Disorder Due To Medical Condition, Fear/Anxiety (Known) - Mimulus
Anxiety Disorder Due To Medical Condition, Depression (Known) - Gentian
Anxiety Disorder Due To Medical Condition, Depletion - Oak.
Substance Induced Anxiety Disorder, General - Rescue Remedy, Walnut

Substance Induced Anxiety Disorder, Addiction - Agrimony

Substance Induced Anxiety Disorder, Weak Willed - Centaury

Substance Induced Anxiety Disorder, Fear/Anxiety (Known) - Mimulus

Substance Induced Anxiety Disorder, Depression (Known) - Gentian

Substance Induced Anxiety Disorder, Depletion - Oak.

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APPENDIX - TINCTURE PREPARATION

The question is often asked, 'How are the Bach Flower Remedy Tinctures actually made?'

Dr Edward Bach employed two methods in the preparation of his Mother Tinctures:

1) **The Sun Method** - Bach used this method for the preparation of twenty of his remedies. These were remedies which were specifically prepared from flowers that 'bloom in the summer months'

2) **The Boiling Method** - Bach used this method for the preparation of his other eighteen remedies; which were specifically prepared from trees, bushes, plants, etc, and from flowers that 'bloom early in the year'

Final Tincture

The Mother Tinctures are prepared from the source materials and natural spring water using the Sun or Boiling methods. The method of preparation was precisely specified and described by Bach, and has been exactly followed to the present time.

Then, the initial mother tincture, which is made up of the energized spring water, is mixed with an equal quantity of brandy, which acts as a preservative.

Finally, two drops of the Mother Tincture are added to 30 ml of brandy. This makes up the stock bottle, which is the product on sale to the public.

End

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