

## The 38 remedies

Agrimony - mental torture behind a cheerful face  
Aspen - fear of unknown things  
Beech - intolerance  
Centaur - the inability to say 'no'  
Cerato - lack of trust in one's own decisions  
Cherry Plum - fear of the mind giving way  
Chestnut Bud - failure to learn from mistakes  
Chicory - selfish, possessive love  
Clematis - dreaming of the future, without working in the present  
Crab Apple - the cleansing remedy, also for self-hatred  
Elm - overwhelmed by responsibility  
Gentian - discouragement after a setback  
Gorse - hopelessness and despair  
Heather - self-centredness and self-concern  
Holly - hatred, envy and jealousy  
Honeysuckle - living in the past  
Hornbeam - tiredness at the thought of doing something  
Impatiens - impatience  
Larch - lack of confidence  
Mimulus - fear of known things  
Mustard - deep gloom for no reason  
Oak - the plodder who keeps going past the point of exhaustion  
Olive - exhaustion following mental or physical effort  
Pine - guilt  
Red Chestnut - over-concern for the welfare of loved ones  
Rock Rose - terror and fright  
Rock Water - self-denial, rigidity and self-repression  
Scleranthus - inability to choose between alternatives  
Star of Bethlehem - after-effects of shock, trauma  
Sweet Chestnut - Extreme mental anguish, when everything has been tried and there is no light left  
Vervain - over-enthusiasm  
Vine - dominance and inflexibility  
Walnut - protection from change and unwanted influences  
Water Violet - pride and aloofness  
White Chestnut - unwanted thoughts and mental arguments  
Wild Oat - uncertainty over one's direction in life  
Wild Rose - drifting, resignation, apathy  
Willow - self-pity and resentment

[www.bachcentre.com](http://www.bachcentre.com)

[www.bachflowereducation.com](http://www.bachflowereducation.com)

## The Bach system

"This system of healing ...shows that it is our fears, our cares, our anxieties and such like that open the path to the invasion of illness. Thus by treating our fears, our cares, our worries and so on, we not only free ourselves from our illness, but the Herbs given unto us by the Grace of the Creator of all, in addition take away our fears and worries, and leave us better in ourselves".

Dr Edward Bach, The Twelve Healers



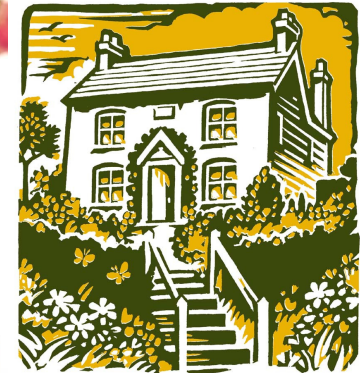
## Why see a BFRP?

Dr Bach believed in treating people as individuals. The most effective mix is always one chosen for you personally. Your practitioner will help you decide on the best mix for how you feel right now.

BFRPs share a dedication to Dr Bach's ideals of simplicity and self-help.

BFRPs aim to teach you the remedies as you go, so that you will be able to help yourself and your family in future – but always be able to call on your practitioner for help and assistance when you need it.

**Contact your local BFRP**



**Bach Foundation**  
REGISTERED PRACTITIONER

**Bach  
Flower  
Practitioners  
North America**



## Dr Edward Bach (1886-1936)

Edward Bach studied medicine at Birmingham University and University College Hospital, London. He qualified in 1912 and worked as house surgeon, pathologist and bacteriologist. He also carried out original research into immunology and vaccine therapy.

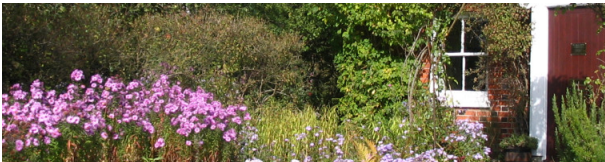
In 1919 Bach took up a post at the Royal London Homeopathic Hospital. Inspired by his experiences there, he began research into the use of healing plants to address the emotional causes of disease. The preparations made from these plants became known as Bach flower remedies.



## The Bach Centre

The Bach Centre was Dr Bach's home for the last two years of his life, and was the base from which he found the final 19 remedies in his system.

On his death, Dr Bach left his work in the hands of his assistants Nora Weeks and Victor Bullen. They made and supplied remedies, wrote, taught, and did all they could to spread the word. Today the Bach Centre continues to carry out Dr Bach's own wishes for his work. The Centre runs and approves courses world-wide, and validates



the work of dedicated practitioners in more than sixty different countries through the *Bach Foundation International Register of Practitioners*

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## BFRPs

Practitioners on the Bach Centre's *Bach Foundation International Register of Practitioners* have followed an approved program of education and assessment to ensure they are competent to use the remedies in professional practice.

BFRPs work under the *Bach Foundation Code of Practice*, which sets out the standards expected of professional practitioners and provides a safe framework for practitioners and clients.

Practitioners on the *Bach Foundation International Register* are entitled to use the *Bach Foundation* logo and to use the letters BFRP (*Bach Foundation Registered Practitioner*) after their names.

To find a local BFRP in North America go to [www.bachcentre.com](http://www.bachcentre.com) and click *Help*, or visit [www.bachflowereducation.com/BFRPNA\\_list.html](http://www.bachflowereducation.com/BFRPNA_list.html)

## BFRAPs

Bach Foundation Registered Animal Practitioners are practitioners with specialist training in working with animals.

BFRAPs seek to work under vet referral to ensure that any illness or condition that falls under the heading of veterinary surgery is properly treated.



*I remember people coming to the Bach Centre from all over the world looking for help. We set up the Register so that, wherever in the world help was wanted, there would be somebody there to give it.*

Judy Ramsell Howard  
Director  
The Bach Centre

## When is the last time someone really listened to you? What clients think

"I am convinced that your recommendations for flower remedy therapy prevented me from going into a deep depression."

*"Your flower therapy gave me a new lease on life and I am so very grateful."*

"I now have the time and energy to do the things that are truly important to me ."

*"I am on the second day of taking them. It really has made a huge difference.... I am feeling much, much better."*

"It's a wonderful experience to have someone support you, especially in those moments of change, when none of us is excellent at seeing the whole picture."

## BFRPs speak

*"A BFRP is committed to the work and vision of Dr Bach, to holding 'faith and courage in the Divinity within' for the client."*

"We serve our clients by teaching them how to use the remedies. We provide perspective based on our education, experience, training and intuitive interpretation. This vision and training cannot be gleaned from a book."

*"[People come to see us when] they're so immersed in the situation that they can't get enough emotional distance from what they're doing... It's much easier to see what's going on when you're neutral, not emotionally involved."*

"We hold a sacred space for our clients and really listen."

