

## A Brief overview of the Bach Flower Remedies

Thank you for your interest in the Bach Flower Remedies.

If you've ever used "Rescue Remedy" then you'll be aware of the power of these gentle helpers. The remedies work holistically, treating our *emotional* responses to life. Rather than "cure" a single physical symptom, the remedies gently re-balance our emotional states; helping us to find balance in mind, spirit and body. Most people simply take the remedies daily for a few weeks, sometimes months, depending on the emotional issues you want to resolve.

They were created by Dr Edward Bach, a Harley Street doctor who wanted to heal his patients holistically, rather than addressing the surface symptoms each time. He began creating the system back in the 1920's and by the end of the 1930's he had crafted all 38 individual remedies.

I work with all 38 in the range and they are simply small bottles of individually preserved plant energies (the life force of each plant). The remedies work on a vibrational level, very similar to homeopathy, reiki healing and music/sound therapy. You could say that the remedies change our "internal soundtrack" from a melody that isn't ours to one that is. Over time, they bring us back to the best version of our natural selves.

They are super-safe, non-toxic and can be used alongside all medical treatments. There is no danger of overdosing and if you choose the "wrong" remedy, it will do you no harm at all (it will simply have no effect!). They are non-addictive and non-habit forming (most people just forget to take them when they no longer need them).

They can also be given to babies, children, the elderly, animals and plants. No actual plant fibre or protein is left behind in the liquid, so there is no danger of any allergy particles remaining in the tinctures. (It is purely the potent 'life force' or 'energy imprint' of the plant that remains).

If you have any questions about the remedies or what to expect during your appointment, please get in touch with me and I'll be happy to answer any queries you have.

You can contact me on **07858 482068** or via email: [sasha@sasdhamacdonald.com](mailto:sasha@sasdhamacdonald.com)

*Best wishes,*

*Sasha*