

## BACH FLOWER REMEDIES

BACH REMEDY	STATE OF EMOTIONS
Agrimony	Hiding true emotions behind a happy demeanour
Aspen	Fears or anxiety of unknown cause, nightmares
Beech	Intolerance of others, judgemental, critical
Centaury	Unable to say no, good nature is easily exploited, neglects own needs to help others
Cerato	Lack of confidence in own decisions, needs approval from others
Cherry Plum	Fear of loss of control, uncontrollable outbursts of temper
Chestnut Bud	Repeating the same mistakes over and over, does not learn from experience
Chicory	Over protective of others, doesn't feel appreciated
Clematis	Daydreamer, head in the clouds
Crab Apple	Obsessed with cleanliness, embarrassed or ashamed of yourself, feel physically unattractive
Elm	Feeling tired, exhausted and overwhelmed with responsibilities
Gentian	Pessimistic, easily discouraged. Feeling down and knows the reason.
Gorse	Feelings of hopelessness, despair and defeat
Heather	Obsessed with own troubles, talks constantly about self
Holly	Jealousy, envious, bitterness, distrust
Honeysuckle	Loving in the past, has a hard time moving on
Hornbeam	Mental exhaustion, waking with a "Monday morning feeling"
Impatiens	Impatient, hard time tolerating other who can't keep up
Larch	Lacking confidence

Mimulus	Afraid or anxious for known reasons, shy, timid
Mustard	Feeling gloomy suddenly for no apparent reason
Oak	Overworks, works through exhaustion but doesn't complain
Olive	Physical and mental exhaustion
Pine	Feelings of guilt, over apologetic, blames self when things go wrong
Red Chestnut	Excessive concern and worry over loved ones, feeling that something bad is going to happen to them
Rock Rose	Extreme state of fear, terror or panic (paralyzed by fear)
Rock Water	Hard on self, perfectionist
Scleranthus	Unable to make decisions, go back and forth between options, change mind often
Star of Bethlehem	Shock or trauma, post-traumatic
Sweet Chestnut	Feelings of hopelessness, despair, sorrow
Vervain	Overly enthusiastic, highly-strung, intense
Vine	Dominant, strives for power
Walnut	Difficulty transitioning to major changes in life
Water Violet	Feelings of isolation, keeps problems to self
White Chestnut	Thoughts constantly running through head, reliving arguments or past events, interrupting sleep do to constant chatter
Wild Oat	Looking for direction, feeling stuck
Wild Rose	Lack of interest and ambition
Willow	Bitterness, unspoken resentment, feeling like a victim
Rescue Remedy: This is a combination of five of the flower remedies: Cherry Plum, Impatiens, Clematis, Star of Bethlehem and Rock Rose	Emotionally traumatic events, stressful situations such as a job interview, speech, writing an exam, temper tantrums, etc.



This content is not intended to diagnose or treat any diseases. Always consult with your primary care physician or licensed healthcare provider for all diagnosis and treatment of any diseases or conditions, for medications or medical advice as well as before changing your health care regimen.