

# **Prescribing on the basis of Bach Flower Remedies**

**Phillip M Chancellor**

This method of treatment and the thirty-eight Remedies, which comprise its pharmacopoeia, were discovered by Edward Bach, a renowned physician, who practiced for over twenty years in London as a Harley Street consultant and as a bacteriologist. His name (and fame) is perpetuated by the seven Bach Nosodes, which he discovered, and which to this day are still in use. The late Edward Bach, M.B., B.S., M.R.C.S., L.R.C.P., D.P.H.(CAMB.), gave up his lucrative practice and research in 1930 to devote his full time to the finding of the Remedies and the perfecting of his method of Flower Healing. He sought for remedies in the plant world, which would restore vitality to the sick and ailing, so that the sufferer would be able to overcome his worry, his fear, or his depression, and in that manner assist in his own healing.

The Remedies used in this method of treatment are all prepared from the flowers of wild plants, bushes, or trees. None of them is harmful or habit forming. They are prescribed, not directly for the physical complaint, but rather according to the sufferer's state of mind, according to his moods of fear, worry, anger or depression. An inharmonious state of mind will not only hinder the recovery of health and retard convalescence, but it is the primary cause of sickness and disease.

It is well known that a long continued fear or worry will deplete an individual's vitality; it will cause him to feel out of sorts, below par or not himself. Under these conditions the body loses its natural resistance to disease. It is in a fit state to become the prey of any infection and any form of illness, whether it is a cold; rheumatism, digestive disturbances, or any of the more serious diseases. Therefore it is the patient himself, not the disease, who needs the treatment. It is an absolute exemplar of the old dictum that "there are no diseases, only sick people"! When peace and harmony return to the mind, health and strength will return to the body.

In Dr. Bach's own book, ***The Twelve Healers and Other Remedies***, he describes thirty-eight Remedies; one for each of the most common negative states of mind, or moods that afflict mankind. He divided, these negative states of mind into seven groups under the following headings: fear; uncertainty; Insufficient interest in present circumstances; loneliness; over-sensitivity to: influences and ideas; despondency or despair; and over-care for the welfare of others.

Under the heading of FEAR, for instance, there are five Remedies for five different kinds of fear such as: terror; fear of a known cause, fear of an unknown cause, fear of the mind losing control, and fear of other people. As an example, the Remedy for terror or extreme fear (Rock Rose) is given when the patient, or those near and dear to him, are seized with sheer terror, when the accident or the illness appears so severe that there is little hope of recovery. The nature of the condition; or the name of the disease makes no difference. If terror is present, then the Remedy for terror is the one, which the patient (and his family or friends about him) requires.

The Bach Remedies are absolutely benign in their action; they can never produce an unpleasant reaction under any condition. Therefore they can be safely prescribed and used by anyone, and this was Dr. Bach's intention; that man could bring about his own healing. The Bach Remedies can be taken with any other kind of medicine with absolute safety; there is not the slightest danger of a harmful or conflicting effect to either medicine.

## **PRESCRIBING AND THE INTERVIEW**

By Nora Weeks & Victor Bullen

This is a short description of the way in which we prescribe. We do not have a standard List of questions. We feel that it is better to treat each patient as an individual, and in a manner different from any other. This means that each individual must be talked to in a way commensurate with his understanding; his background and his general attitude toward life. The most important thing is to put the patient at his ease; to make him feel that you are his friend and that you sincerely want to help him. Make him feel secure in the fact that he can talk with you about himself in absolute confidence. It is only by talking about himself, without reserve, that you will be able to help him by prescribing the correct Remedy for his condition. Always let him know that he is a fine person, and that he is not the only one in the world who has a similar problem. Assure him sincerely that his difficulties are only temporary, and that his fears are manifesting because he is developing the great courage that is already within him, for fear, after all, is simply a test of courage. Tell him too, that he does have an understanding and a tolerance of others, that his genuine feeling is only overlaid temporarily by impatience and irritability. Assure him again that he is not alone in these emotions, and that the very emotions, which are the most troublesome to him, can be wholly eliminated. Thus he will gain his freedom. Dr. Bach always used to say: "Tell them they are great! Emphasize their positive qualities! Ask them to think about those and, to concentrate on them." Remember, finally and always, that the Spirit is omnipresent, both in your patient and in yourself.

Be sure that each patient receives a warm welcome when he comes into your office. Tell him how glad you are that he has decided to take the Bach Remedies, for they have helped so many people over the past forty years! See that he is comfortably seated, that he is relaxed; and that he is completely at his ease.

You might say something to this effect: "Since you may not know very much about the Bach Flower Remedies, please tell me first about your physical difficulties, and then I will ask you a few questions about yourself." Always remember that the artful practitioner or physician is a good listener! Cultivate this habit and let the patient talk, but be sure to listen attentively! We say this, because in telling us about his physical symptoms, the patient will reveal a great deal about himself, and that is the information that we practitioners are after. He might tell you, all unwittingly; that he is *afraid* the complaint will worsen. (*Mimulus*), or that he has *lost hope of ever becoming cured* (*Gorse*).

He might say, "I get so *impatient* or so *tense* that my work is affected (Impatiens)." Indirectly, a patient might remark that he is "really *resentful* about this or that person or condition (Willow); All of these seemingly casual phrases are of the greatest importance to us, especially since they are spontaneous.

The patient's manner of talking is most revealing. How does he talk? Does he talk hurriedly or nervously, or slowly and hesitatingly? Does he speak with great determination, or with the voice of authority; does he whisper with the insecurity of uncertainty and fear? Study the patient's facial expression well, for it reflects his emotions: Is it an expression of worry, or does he frown or blush? Is his smile genuine, or is it forced to cover some deep sorrow or distress? Observe the patient's movements. Does he sit calmly, or does he fidget with his hand or feet; does he shift his position restlessly in the chair? All of these details are signs that blazon forth for those who have eyes to see!

The rule is to listen calmly and to watch closely while the patient is speaking. Ask a few questions now and then, but always be careful not to interrupt his talking; wait for a suitable pause before speaking. You might ask, "How long have you had this trouble? Was there some physical or emotional *shock* connected with it (Star of Bethlehem)? Was there a *disappointment*? Is there still a worry connected with the trouble which weighs upon your mind (White Chestnut)?" Take into consideration his age and his general situation, whether he is married, widowed or single, etc.; does he *dwell in the past* (Honeysuckle)?

Allow the patient to do most of the talking. Prompt him when necessary; and ask for a clarification if needed, even suggest amplification if the incident seems to warrant it, or if it appears to have a direct effect upon his emotional condition. If the patient shows such characteristics as resentment, or even the stronger emotions such as *hate; envy or jealousy* (Willow), show no sign of surprise or distaste. Assure the patient that such emotions are the natural products of a troubled mind that is in a state of discordance; stress that he will soon be restored to harmony once again, and that he will find happiness and joy in life. The joy of living is not the prerogative of a few, but rather it is the right of every being to possess. Show him that negative thoughts poison the system and bring about ill health and unhappiness; and that such thoughts positively hinder the effectiveness of any treatment. Assure him again of his value as a human being, and of the importance of the interpersonal relationship between children of the same Spirit!

Be sure to let him know that *you* are fully aware of his problems, and that negative thoughts afflict everybody at some time or other. Some persons have learned to confront them after having brought their systems and minds into harmony. That is just what you are going to do with him, but you will need his cooperation. That is how, the Bach Remedies work. Speak then of his manifold positive qualities; show him the courage that he has displayed in coming this far without giving up hope! Finally, tell him that there is nothing to fear but fear, and that the Remedies which you are going to prescribe for him will help him in every way, mentally and physically. Be positive with your patient; give him every hope.

Naturally you cannot guarantee his cure, for only God and his own force of will can do that, but as a human being, and based upon your experience, you can assure him that he will notice a great improvement if he follows faithfully the prescription you have given him. Reassure him that he is not the first person to suffer so, nor will he be the last, but he will certainly be happy to be free from his problems once and for all.

Remember that the talk you have with your patient can do very much toward helping him then and there. It will also create a foundation of confidence in you as a practitioner, and in the Remedies as a medicine. Let every patient leave your office feeling better than when he came in. Let this be a cardinal rule of your practice, and your success will be assured!

## **PRESCRIBING FOR PREGNANCY AND CHILDBIRTH**

The Remedies are prescribed during the period of pregnancy, labor, and birth, just as they are at any other time, for it is the mood and the outlook, not the condition, which is treated. Actually, the Remedies are particularly useful during these periods. Both pregnancy and childbirth are natural and normal conditions, but they are times when the moods and the states of mind seem to fluctuate more than usual. Since the moods are generally distinctly defined, they can be treated by the prospective mother herself, or by her adviser. A quiet, happy frame of mind is one of the greatest contributing factors toward a painless and easy birth, and today many mothers attend classes to learn how to relax. These lessons will be infinitely easier, and relaxation assured if the prospective mother is helped to control her moods and emotional swings by use of the Remedies.

Some young mothers are nervous and apprehensive as their term approaches: They become tense in mind and in body, even though they were calm and happy up to this point. . **Mimulus** has proven to be a great help under those conditions; if the fear is very great; **Rock Rose** will help. As an aid to calm-the mind, and relax the body, **Vervan** and **Impatiens** may be given. Experience has shown that the **Rescue Remedy** has proven to be of great assistance. It is best to start giving it a few days before parturition; mothers to whom the Rescue Remedy was given usually had an easy and gentle birth, and made very rapid recoveries.

## **PRESCRIBING FOR CHILDREN**

The question often arises as to how one should prescribe for children, especially babies who cannot describe their condition. Actually, children suffer from many emotions other than fear and terror, and all of these emotions can cause them great distress and unhappiness: When these difficulties can be overcome in early childhood, the child can be spared much suffering and ill-health in later life.

Children as a rule do not conceal their emotions. Their behavior in general reflects their feelings: Some babies are fretful, and are only pacified when they are nursed; these are the **Chicory** babies who desire that those for whom they care and who care for them *are near them always*: Other babies are really impatient, and scream for attention; these, of course, are the **Impatience** babies. Some babies are happy and gurgling all of the time and they give no trouble unless there really is *something definitely wrong*; these are the **Agrimony** babies. There is the nervous type of baby, who seems to be frightened of almost everything; this is the **Mimulus** infant. Again, other babies seem to be "old" *souls who live in a world of there own*; they appear to take no notice of anything or anyone; these are the **Clematis** babies. The Clematis baby almost seems to sleep too much and at times lacks interest even in feeding.

Some Children; on the other hand, will try to hide their feelings. They will not tell their parents if they are unhappy at school or if others bully them. Those children who brood over their secret difficulties need **White Chest Nut** for the *ever recurring thoughts* which go round their heads. Others who appear to be outwardly cheerful, but nevertheless suffer greatly within themselves need **Agrimony** to ease their mental torture. Children who hide their resentment and hatred, and who try valiantly to overcome such emotions, need **Willow** if they feel that *they have not deserved so great a trial*, or **Holly** if they suffer from thoughts of *jealousy, envy, revenge or suspicion*.

Each child indeed being is a distinct personality. In a large family of children, all of whom live under the same conditions and have the same advantages and disadvantages, there will be no two who are alike in temperament. Each will be a unique individual with his own personality. Each in his own way will face life with its shocks and changes; with its adventures and disappointments; each will react differently according to his temperament.

Emotions are very big things in a child's life, and each child battles bravely with them; bravely, because he cannot yet understand why he should have feelings that sadden or depress him instead of making him joyful and happy. He does not understand that he is experiencing the negative characteristics of the fine qualities that he has within him.

## **PRESCRIBING FOR ANIMALS**

Many persons have found that the Bach Remedies are mat helpful for both animals and plants. This is hardly to be wondered at when we think that both animals and plants have the same temperamental difficulties we have! They too may become frightened; nervous, angry, impatient, dreamy; they may also want to be alone, or to the contrary, they may want continual attention. Each cat or dog, or for that matter every animal and every plant is a definite individual being, and all of us are of the same substance. Therefore it is no wonder that the less evolved creatures and plants also have their own personalities and their own characteristics. If they are closely observed, prescribing for them is not a difficult matter.

<b>Bach Flower Remedy</b>	<b>Indications</b>
Agrimony	Mental torture, worry, concealed from others, cheerful disposition
Aspen	Vague fears of unknown origin, fear without reason, foundation & ground, anxiety, apprehension
Beech	Critical attitude, perfect tolerance, intolerant attitude, passing judgments
Centaury	Inability to alert himself, weak build, too easily influenced, willing servitors
Cerato	Distrust of self, doubt of one's ability, foolishness
Cherry Plum	Desperation, fear of losing control of mind, dread of doing some frightful things, desire to hurt others, desire to commit suicide
Chestnut Bud	Slow of learning, repeat mistakes again and again, failure to learn by experience, lack of observations in the lessons of life; hence the need of repetition
Checory	Possessiveness, self love, self pity, craved attention
Clematis	Indifference, dreaminess, inattention, unconsciousness, loss of interest.
Crab Apple	Cleansing Remedy, despondency, despair
Elm	Occasional feelings of inadequacy, despondency, exhaustion for over striving for perfection.
Gentian	Doubt, depression from a known cause, discouragement
Gorse	Helplessness, despair
Heather	Self-centeredness, self-concerned
Holly	Hated, Envy, Jealousy, Suspicion
Honeysuckle	Dwelling upon the thoughts of the past, nostalgia, home sickness
Hornbeam	Tiredness, weariness, mental & physical exhaustion
Impatiens	Impatience, Irritability, extreme mental tension
Larch	Lack of confidence, anticipation of failure, despondency
Mimulus	Fear of anxiety of known origin
Mustard	Black depression, no known reason, melancholia, gloom

Bach Flower Remedy	Indications
Oak	Despondency, despair, but never ceasing effort
Olive	Complete exhaustion, mental & physical fatigue
Pine	Self reproach, guilt feeling, despondency
Red Chestnut	Excessive fear, anxiety for others
Rock Rose	Terror, panic, extreme fright
Rock Water	Self-repression, Self-denial, Self-martyrdom
Scleranthus	Uncertainty, indecision, hesitancy, unbalance
Star of Bethlehem	After effects of shock, mental or physical
Sweet Chestnut	Extreme mental anguish, hopelessness, despair
Vervain	Strain, stress, tension, over enthusiasm
Vine	Dominating, inflexible, ambitious
Walnut	Over sensitive to ideas and influences, link breaker
Water Violet	Pride, aloofness
White Chestnut	Persist unwanted thoughts, mental arguments and conversations
Wild Oat	Uncertainty, despondency, dissatisfaction
Wild Rose	Resignation, apathy
Willow	Resentment, bitterness

### THE COMPOSITE RESCUE REMEDY

This is composed of five remedies: Star of Bethlehem, Rock Rose, Impatiens, Cherry Plum, & Clematis.

This medicine can be used in any emergency great or small. Use it for a great sorrow, for a sudden bad news, after any accidents, shock, fear, panic, confusion, etc. This medicine can be given at intervals of every 10 minutes, 30 minutes according to the condition.

**Note:** To understand the Bach Flower Remedies one must read:

*“Handbook of Flower Remedies by Phillip M Chancellor”*