



Dr. Bach intended the use of the remedies to be simple enough for everyone to use. Disease is similar in many individuals but it is the way an individual responds to the disease or the condition that is most important.



"I have gone through quite a few periods of change in my life, such as surgery, moving home and separation from my family. During times like these I have used Walnut for difficulty adjusting to change, Mimulus for know fear and Star of Bethlehem for shock and sorrow."

- Barbara Tremain

"Personally I am quite easily disillusioned and pessimistic in nature, but I have found that when I take Gorse, my mood improves and I become much more positive."

- Teresa Munro

Take the confusion out of choosing your remedy.

Post us a cheque for \$6.55 (including GST, payable to Martin & Pleasance Pty Ltd), or send us a credit card number, expiry date, type of card and signature with a return address and receive the Bach Flower Remedy Decoding Wheel. RRP \$10.95. Post cheques/credit card details to PO BOX 2054, Richmond VIC 3121. (Please include a return address).

BACH COURSES

Learn more about the Bach Flower Remedies at our 2 day workshops, organised in all states around Australia and in New Zealand. Led by qualified trainers from The Bach Flower Institute of Australia, these workshops will help you learn how to use the flower remedies in daily life, and if desired, train to become a Bach Flower Practitioner. Bach Flower Remedies Workshop Level 1 is also available as a distance learning correspondence programme. For more information contact:

The Bach Flower Institute of Australia
P.O. Box 2054, Richmond Vic 3121
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Martin & Pleasance are the exclusive agents for Bach in Australia & New Zealand

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Bach Website: www.bachremedies.com



ORIGINAL FLOWER REMEDIES

The Medicine of the Future

Bach™ Flower Remedies are plant-based remedies for particular mood states which impact on our mental, emotional and physical health. They were the inspiration of Dr. Edward Bach, a Harley Street doctor in the 1930's.

His philosophy, "A healthy mind ensures a healthy body" was ahead of its time when you consider medical experts today are acknowledging the links between our mental and physical health. Dr. Bach was a sensitive and intuitive person with compassion for his fellow man and a deep respect for nature. He believed medicine should do no harm.



Dr. Bach created 38 remedies which assist to balance the entire range of human emotions. The Bach Flowers are completely safe, have no side effects, are non-habit forming, can be safely taken alongside prescriptive medicine and are even suitable for infants, the elderly and pets.



Two sprays or four drops on the tongue or in water 4 times per day is all you need.

Rescue Remedy™ is a composite of five of the Bach™ Flower Remedies especially formulated for emergencies and immediate everyday situations. Adults, teenagers, the elderly, babies, animals and plants will all benefit during times of emotional upheaval. Rescue Remedy™ enables clear thinking, calms, reassures, gives courage and neutralises shock.

www.martinandpleasance.com

Guide to the Bach™ Flower Remedies

Choose remedies that match your current emotional states. Up to seven remedies may be taken at one time.

| UNCERTAINTY | | | | | OVER-SENSITIVITY | | | | |
|--|---|---|---|---|---|---|---|---|--|
| CERATO | SCLERANTHUS | GENTIAN | GORSE | HORNBEAM | WILD OAT | AGRIMONY | CENTAURY | WALNUT | HOLLY |
| Doubt your own ability to judge situations | Suffer from indecision, uncertainty & hesitancy | Easily discouraged, hesitant & despondent | Feel despair, hopelessness, & pessimistic | “Monday Morning” feeling, procrastination | Uncertain as to your correct path in life | Put on a cheerful face to hide problems | Have difficulty saying no & anxious to please | Face major life changes & need protection from others influence | Feelings of jealousy, envy & suspicion |

| FEAR | | | | | OVER-CARE FOR OTHERS WELFARE | | | | |
|--|---|--|--|--|---|---|---|---------------------------------|--|
| ROCK ROSE | MIMULUS | CHERRY PLUM | ASPEN | RED CHESTNUT | CHICORY | VERVAIN | VINE | BEECH | ROCK WATER |
| Terror, frozen in fear & feel helpless | Fear of known causes such as illness, death, flying, the dark, spiders etc. | Fear of losing control, sudden outbursts of rage | Unexplained fears & worries, nervous & anxious | Over-anxious & overly concerned for others | Overly possessive & expect others to conform to your values | Over-enthusiastic with fixed ideas & principles | Strong-willed with a tendency to be domineering or inflexible | Critical & intolerant of others | Inflexible, setting yourself very high standards |

| LONELINESS | | | INSUFFICIENT INTEREST IN PRESENT CIRCUMSTANCES | | | | | | |
|-----------------------------------|------------------------------|--|---|--|----------------------------|-------------------------------|---|-----------------------------------|--|
| WATER VIOLET | IMPATIENS | HEATHER | CLEMATIS | HONEYSUCKLE | WILD ROSE | OLIVE | WHITE CHESTNUT | MUSTARD | CHESTNUT BUD |
| Prefer to be alone, proud & aloof | Impatient & easily irritated | Self-absorbed, dislike being alone may be very talkative | Daydream & generally have a lack of interest in the present | Live in the past, feel homesick or nostalgic | Bored, apathetic, resigned | Feel exhausted in body & mind | Unwanted thoughts, preoccupations & worries | Experience unexplained deep gloom | Fail to learn from experience, repeating the same mistakes |

| DESPONDENCY & DESPAIR | | | | | | | | |
|--------------------------------------|---|--|--|---|---|---|---|---|
| LARCH | PINE | ELM | SWEET CHESTNUT | STAR OF BETHLEHEM | WILLOW | OAK | CRAB APPLE | RESCUE REMEDY |
| Lack self-confidence & feel inferior | Guilt, blame yourself for other people's mistakes | Overwhelmed & burdened by responsibility | Are at the limits of endurance & in deep despair | Have experienced shock, grief or fright | Resentful & have feelings of self-pity, “poor me” | Driven by a strong sense of duty & struggle on although exhausted | Poor self-image & ashamed or embarrassed by physical features | For stressful situations, emergencies or accidents. Safe for all ages. 2 sprays or 4 drops on tongue / in water 4 times a day or as required. |

Simply place two drops of a single remedy (or 2 sprays / 4 drops of Rescue Remedy) under your tongue or in a glass of water as needed at least 4 times a day. You can use the remedies in your bath or on your wrists or temples. Bach™ Flower Remedies are safe for all the family including animals.