

## **FREQUENTLY ASKED QUESTIONS ABOUT BACH FLOWER REMEDIES**

### **1. How do you take remedies?**

The remedies come as a liquid, preserved in brandy. To take them, dilute two drops of each remedy into a 30ml dropper bottle and top up with mineral water. From this mixed bottle take four drops at a time, at least four times a day.

Alternatively put the two drops into a glass of water, and sip from that at intervals.

You might need to mix two or more remedies together to match your precise mix of emotions.

### **2. Is it safe to take the remedies alongside other kinds of medicine?**

Normally there is no problem with taking Bach remedies alongside other medicines. The active ingredient in a flower remedy is energy from the plant, not a physical substance, so it will not interfere with the physical action of the other medicine. Nor will the other medicine stop the Bach remedy from working.

### **3. How many remedies can I take at the same time?**

It's quite usual to take up to six or seven remedies together at the same time, and this is the rule of thumb maximum we suggest people work with. It's quite common for people to feel they need more than six or seven remedies. Some might feel they need 12, 15, 20 remedies or more. *The answer to this is to think about how you feel now and treat that. If you have a lot of remedies on your list but many of them are for things you felt yesterday or last week or ten years ago, then you can leave those out. Treat your main feelings, and when the remedies have dealt with these you can move on to the issues that were in the background.*

### **4. What is the likelihood of reactions and rashes, and how are they caused?**

The remedies work by flooding out negative feelings and emotions. Sometimes the emotions that are dealt with have been repressed and in order to clear them they have to be cleansed from the system. On very rare occasions this can take the form of a rash, or unexpected feelings may be stirred up. Where such things do occur there is no reason to stop taking the remedies.

### **5. If things get worse once you start taking remedies, should you stop taking them or continue?**

The remedies do not cause side-effects or aggravations, but it may be that they are stirring up repressed feelings that need to be cleansed before complete healing can be achieved. If you feel this is the case then you can look to see if there is a need for any other remedies instead of or as well as the ones you are currently taking. Because the remedies have positive effects there is no need to stop taking them. Plus you can switch to Rescue Remedy for a while and then again come back to treatment bottle.



**6. Do Bach flowers have side-effects?**

Bach flowers are fully natural and do not have any side-effects.

**7. Can you take the remedies in tea, coffee and so on?**

You can put the remedies in tea, coffee, fizzy drinks etc., and in this respect they are not like homoeopathic remedies.

**8. How do the remedies actually work?**

Dr Bach used a metaphor to describe how the remedies work. He said, 'they are able, like beautiful music, or any gloriously uplifting thing which gives us inspiration, to raise our very natures, and bring us nearer to our Souls: and by that very act, to bring us peace, and relieve our sufferings.' Just as a beautiful sunset or a photograph can move us so that we feel more at peace, so taking a remedy uplifts us in a gentle way and helps us be the best we are.

There are many theories about the mechanism the remedies use to achieve this. Most believe the active ingredient in the remedies is a kind of energy or vibration that is transferred from the living flower to the water during the process of making the mother tinctures. Some believe the energy forms a pattern in the water; others talk of quantum mechanics and spiritual vibrations. The real proof that these flower energies exist, however, is the effect they have on people.

**9. How long do you have to take Remedies to get results?**

This depends from one person to another; in general you can already see results after a few days or weeks.

**10. Can I give these Bach flowers to my children?**

Bach flowers are 100% safe and can also be given to little children without any risks. You can even administer them to newly born babies, they are completely harmless.

**11. I am highly sensitive; will I get any side-effects?**

Bach flowers do not have any side-effects, even on highly sensitive people. The advantage of being highly sensitive is that they usually show results quicker, due to their sensitivity.

**12. My child goes to school during the day, how can I give the drops?**

In the morning and in the evening before bedtime you could administer 4 drops every time. You could put the rest in a bottle (or a favourite drink) and let him/her drink it during the day.

However, it is important that your child understands that it should be taken throughout the day.