



# The Bach Flower Guide

Which Bach flowers  
can help me?



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# Introduction

*"Bach flowers are but one pearl in the rich necklace that is medicine"*

- Dr. Edward Bach

This quote is from Dr. Bach, the founder of the Bach flower therapy. Bach flowers give really **wonderful results** when dealing with problems originating from an emotional or psychological state.

The problem is that many people find it difficult to make the **right selection** out of the 38 Bach flowers that exist, especially knowing that you shouldn't use more than 6 or 7 in the same composition.

That's why I, based on my years of experience, created **compositions** that will make it easier to make a decision. These compositions have **proved their worth** over and over again during the years.

If you recognize yourself in the description of a certain composition, then it will certainly **offer you aid**. If you don't recognize yourself or you're not able to find the right composition, then I advise you to contact me so that I can make you **a personal Bach flower mix**.

I wish you good luck with this guide, and please do not hesitate to contact me by email if you have any questions at all: [tom@bachfloweradvice.co.uk](mailto:tom@bachfloweradvice.co.uk)

Kind regards,

Tom Vermeesch



# Bach flower remedies



[What are Bach flower essences?](#)



[How to use Bach flowers?](#)



[Bach flowers personal mix](#)



[Bach First Aid Remedy](#)



## What are Bach flower essences?

Bach flower essences are **extracts from flowers** which have a positive effect on emotional imbalances and mood swings such as fear, dejection, lack of self-confidence, stress and worrying.

The name comes from **Dr. Edward Bach** (1886 – 1936) who discovered this healing method at the beginning of the last century. For more than 70 years these flower essences have proved useful for children as well as adults for all kinds of emotional problems. Sleep problems, fear of failure, exam fear, ADHD, sadness, guilt, concentration problems. These are all but a few examples where Bach flower essences have been successfully used with good results.



### How Bach flower essences work

Bach flower essences have the quality and ability **to change a negative emotion into a positive one**. For instance a person with a low self-esteem will, after taking specific flower essences, start to believe in him or herself again and will be more self-confident dealing with the day-to-day things. Negative emotions are not suppressed but turned into the opposite positive emotional state. For example, fear of failure into self-confidence or impatience into calmness and tranquillity.

### Practical application

Bach flower essences are **100 % natural** and can successfully be used by children and adults. They are completely safe and harmless. There are no side effects, you cannot over dose and they are not addictive. They can be used in combination with other medication and/or other forms of treatment including homeopathy without interference.

### Applications and usage

Bach flower essences can be applied in a vast number of areas. They work on all aspects of psychological and emotional health. There are 38 different Bach flower essences each of them acts on a specific emotional state. Most of the time up to 6 different flower essences are mixed into a treatment bottle which will address a specific problem.

## How to use Bach flowers?

### Dosage Bach flowers

The dose is **6 x 4 drops per day**, directly on the tongue or dissolved in water, juice, soda, coffee or tea.

**HINT:** Many people drink bottled water during the day. You can exceed the total number of drops, which is 24dr (6 x 4dr), in that bottle. If then, in the evening, you drank the whole bottle you will automatically have taken the right amount of Bach flowers taken.



### When to take?

The important thing is that the intakes are **spread over the whole day**. You take them e.g. in the morning upon waking up, twice in the morning, twice in the afternoon and before bedtime.

### How long to take?

For good and lasting results this should take **a course of 3 months**. The first results can already be felt after a few days or weeks, depending on the person. A bottle of 50 ml will last 1 month.

### Use of Bach flowers with small children

Babies and small children can use Bach flower drops mixed into their food or their bottle. When breastfeeding, the mother **can use Bach flowers also**.



## Bach flowers personal mix

### Bach flowers personal mix:

- ✓ Personal combination \*
- ✓ Based on your symptoms and character \*
- ✓ Bach flower remedy personally selected by Tom \*
- ✓ Fast and good results \*



### What is a Bach flowers personal mix?

A personal Bach flowers remedy mix is a personal combination that is created on the basis of the symptoms that you show and the emotions you go through. **Each Bach flowers remedy is chosen to aid your character and personal problems.** \*

### For what problems can you use the personal Bach flowers remedy?

Basically, for each different problem a person has, you can get a personal Bach flowers remedy. Especially for problems with an emotional or psychological cause Bach flower essences are known to respond well. Emotions can even affect physical symptoms, these also benefited from Bach flowers remedy's. \*

### How can I get a personal Bach flower remedy?

If you would like a personal Bach flowers remedy mix you send me an email in which you **try to describe your character and the emotions** or ailments you are suffering from. Try to be as specific as possible in your description as to be given a more personal and detailed Bach flowers combination. After you have emailed me, I carefully read through the information I have been given and **within 24 hours** I will either email you back asking for more specific information or tell you whether I think Bach flowers remedy's will help you or not. \*

### How soon will I get a personal Bach flower mix?

After you have placed your order and as soon as we have received your payment, your order will be shipped. Normally within 2 working days, but in most cases they are sent the same day of payment! \*

### What does advice cost?

The advice is free! The only thing that is charged is your personal Bach flowers mix. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order "Bach flower personal mix"](https://www.bachfloweradvice.ie)

# Bach First Aid Remedy

## Bach Remedy First Aid helps in case of:

- ✓ Emergencies \*
- ✓ High stress \*
- ✓ Intense fears \*
- ✓ Panic attacks \*



## What is the Bach First Aid Remedy?

The Bach First Aid Remedy is a **new formula of the original Bach Rescue Remedy or Five flower remedy**, by adding White Chestnut and Larch. Bach flower essences stop you from worrying about yourself and improve your self-confidence. The percentage of alcohol is negligible so it is completely safe to be taken by children or pregnant women. \*

## When do you use Bach First Aid Remedy?

The Bach First Aid Remedy is a great success in **acute, temporary moments of high stress, total panic, and intense fear**. In short, in all situations where your emotions take the upper hand Bach First Aid Remedy is an effective solution. \*

## How to use Bach First Aid Remedy?

The Bach First Aid Remedy is used at times of intense stress or panic. **You take 4 drops directly on the tongue** and you keep on repeating this procedure every 5 to 10 minutes until most of the anxiety and stress disappear. There is no danger of overdosing. \*

## How long do you use the Bach First Aid Remedy?

You use the Bach First Aid Remedy until the **intense emotions of stress, nervousness and anxiety** are no longer present. It is for temporary use. If those emotions repeat themselves on a regular basis, it is best to target the root of the problem by taking a personal Bach flower remedy. For this, feel free to contact me. \*

## Bach First Aid Remedy: 100% secure?

**Pregnant women, babies and young children can take Bach First Aid Remedy without problem.** The Bach flower Aid Remedy is **100% safe** and made from flowers, so it is a perfectly natural product. There are no side effects and you cannot overdose. \*

## Frequently Asked Questions about Bach First Aid Remedy

### What is the difference between your Bach First Aid Remedy and Bach Rescue Remedy or Five flower remedy from the store?

- First of all, the **Bach First Aid Remedy has 2 additional Bach flowers**, White Chestnut for fretting and worrying, and Larch to improve the fear of failure and your self confidence. \*
- Secondly, the First Aid Remedy has a far **lower percentage of alcohol**, which makes the product completely safe to be used even by children and pregnant women. \*
- And thirdly, our flask is larger. **First Aid Remedy contains 50ml**, whereas the product from the store contains only 20ml. \*

### Why does it taste different?

The Bach First Aid Remedy has a far lower percentage of alcohol, which results in a **taste that is rather neutral**. The Bach First Aid Remedy has thus a neutral taste compared to the strong alcoholic taste of the ordinary Bach flower Rescue Remedy. \*

### Why can't I buy Bach First Aid in the store?

The Bach First Aid Remedy is a personal creation which is not sold in stores, pharmacies or other drugstores. They are **handmade** so we can personally vouch for their **quality**. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order "Bach First Aid Remedy"](#)

# Bach flowers and children



Mix 55: Hyperactivity & concentration problems



Mix 82: Puberty



Mix 74: Exam stress



Mix 64: Social/Emotional issues



Mix 57: Divorce of the parents



Mix 66: Teenagers in distress



Mix 90: Baby colic



Mix 76: Bullying at school



Mix 46: Bedwetting

## Mix 55: Hyperactivity & concentration problems

### Bach flowers mix 55 helps to:

- ✓ Concentrate better and get less distracted \*
- ✓ Become calmer and be less impulsive \*
- ✓ Change hyperactivity into normal activity levels \*
- ✓ Reduce being frustrated \*
- ✓ Function better at school and at work \*



### Where Bach flower essences can help when suffering from hyperactivity & concentration problems

#### Inattention

People suffering from hyperactivity & concentration problems find it **hard to keep their attention** on the task at hand. They easily get distracted and respond to other stimuli. This will make it hard for them to remember things, it will cause problems when studying and also when completing certain tasks. Bach flower essences help the person to **remain concentrated** on the task at hand. This results in being less distracted, and more focused. \*

#### Impulsivity

Children (and adults) suffering from hyperactivity & concentration problems can be **very impulsive**. They just randomly do something without thinking further about what may be the consequences of their acts. It is as if they are missing a certain type of inner control. This makes it hard for them to steer their behaviour in a certain direction; everything happens impulsively. Bach flower essences will help them think before they act, in that way they will **have more control on their behaviour and their lives**. \*

#### Hyperactivity

This is especially the case with little children. They are running around all day, they can't sit still in their chair, in brief they have to **be constantly busy**. They are restless and their behaviour can be nerve-racking for their environment. Peace and tranquility is what Bach flower essences will reinstall in them, so that not only for themselves but for the people around them as well, their **environment becomes endurable again**. \*

#### Easily frustrated

Hyperactive children having concentration problems are **easily frustrated**. Especially when things go to slow according to them. Everything needs to move fast and they have a hard time dealing with people who are less active than they are. Their life speeds on ahead and anyone who can't keep up will get on their nerves. Bach flower essences will **bring tolerance and understanding**. It will offer the necessary peace of mind so they don't get frustrated about other people's slowness. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 55 "Hyperactivity & concentration problems"](#)

## Mix 82: Puberty

### Bach flowers mix 82 helps to:

- ✓ Have a smoother passage through puberty \*
- ✓ Find your own way in life \*
- ✓ Create a sense of self-worthiness \*
- ✓ Give emotional stability and be less effected by mood swings \*
- ✓ Bring peace of mind \*



### Bach flower essences offer support during puberty

#### Give direction

During puberty, the adolescent will go off in search of himself and the direction he wishes to follow in life. They are looking for the answer to questions like “**Who am I?**” “**Where am I going?**” Bach flower essences will help you find the right direction in life and support you in **building your own identity**. \*

#### Insecurity

**Doubt is a common feeling** exhibited during puberty. The adolescent is searching, trying out everything, rebels against established boundaries and wants to find their own way of life. **Insecurity and doubt** often disturb the emotional balance of the teenager. Bach flower essences help to obtain emotional stability so they become **more self-confident and doubt less**. \*

#### Changing moods

**Mood swings** are an expression of emotional instability. One moment one feels great and is euphoric, the next one is aggressive and angry towards friends, family and society. Bach flower essences will neutralize these mood swings and provide **more balance in your emotional life**. \*

#### Feeling of inferiority

Teenagers can **feel less worthy** than others during their puberty phase. They want to be part of a group but feel they are dumber, less interesting or have restricted capabilities because of the social statues of their parents. This can lead to a feeling of inferiority and low self-esteem. Through flower essences we are able to reduce this inferiority feeling and **build up the self-image again**. \*

#### Rebel

**Rebelling against society**, their parents, established norms and values are typical aspects of puberty. Rebellious behaviour and working against other people is a way of obtaining a “spot” in the adult world. Bach flower essences will make sure this rebellious behaviour doesn’t run out of control, they will offer the necessary **peace and tranquility to the state of mind**. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 82 “Puberty”](https://www.bachfloweradvice.ie)

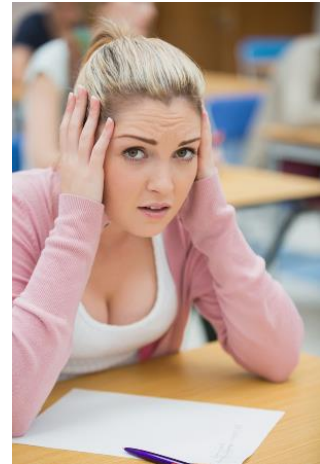


## Mix 74: Exam stress

### Bach flowers mix 74 helps to:

- ✓ Remain calm and relax during the exams \*
- ✓ Avoid losing courage when an exam didn't go well \*
- ✓ Keep believing in your own capability \*
- ✓ Stop worrying and being anxious \*
- ✓ Get rid of your irritations during exams \*
- ✓ Sleep well by bringing inner peace \*

### Bach flower essences help you when you suffer from exam stress



#### Worrying

There are people who dream of their upcoming exams every single night. The amount of stress that exams can cause is so much **it is hard to put it out of your mind**. The constant thinking and worrying exhausts you and **reduces your ability to concentrate**. Bach flower essences help shut these repeating thoughts down and focus you on your studies. This will contribute to **a good night sleep** so you no longer get exhausted. \*

#### Fear of failure

Fear of failure is the biggest culprit during exams. Often people think they can't do it or aren't smart enough, which makes them throw in the towel in advance. Bach flower essences **restore and give you enough self-confidence**. \*

#### Nervousness

Peace and tranquility are very important during the exam period. Nervousness only makes it harder to concentrate and learn the subject matter. This **peace and tranquility** can be gained by taking Bach flower essences. \*

#### Irritability

**Most students are very irritable** and touchy during the exam period. This is because of tension and stress caused by the exams. As Bach flower essences reduce stress and bring peace, this will make them less irritable towards the people around them. \*

#### Lost courage

Having done a bad exam can strongly influence the person's spirits. They don't feel like continuing, they think it won't matter, as they will fail anyway. Bach flower essences help **lift the spirits and continue**. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 74 "Exam stress"](#)



## Mix 64: Social/Emotional issues

### Bach flowers mix 64 helps to:

- ✓ Make social contacts more easily \*
- ✓ Deal with change better \*
- ✓ Avoid panic as easily when something new happens \*
- ✓ Learn how to deal with stress situations better \*
- ✓ Reduce the chance of dejection \*

### How Bach flower essences can help with socially and emotionally difficult children?

#### Make contacts

For people having social issues it is **difficult to make social contacts**. They are turned inward and live in their own world. They will not take initiative and avoid eye contact. Bach flower essences can help create openness towards the outside world. This way **making contacts will run smoother**. \*



#### Panic when change occurs

People suffering from emotional or social issues will maintain **strict patterns of behaviour** and rarely divert from them. They have difficulties dealing with changes for instance change of school, work environment, getting a new tv etc. They need routine and will panic when things aren't the way they normally are. Bach flower essences will help **deal with new things more smoothly**. They will be less tempted to hold on to familiar things and Bach flowers will also help them let go of things more easily and **be open to what may come**. \*

#### Sensitivity to stress

When there is a too fast sequence of stimuli and events a person with emotional issues will experience **a lot of stress**. The experience of stress in this way can cause a breakdown. A lot of people suffering from this will experience dejection in their life. Bach flower Essences can **reduce the stress** so dejection has little chance. \*

#### Dejection

As mentioned before people dealing with emotional and/or social issues are sensitive to stress and therefore get easily dejected. Even when dejected, Bach flower essences will offer a lot of support. They will help you **get over the dejection** and reduce its intensity. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 64 "Social/Emotional issues"](#)

## Mix 57: Divorce of the parents

### Bach flowers mix 57 helps to:

- ✓ Deal with the trauma of a divorce \*
- ✓ Reduce the grief \*
- ✓ Adjust to changes more easily \*
- ✓ Avoid guilt feelings about the divorce \*
- ✓ Reduce the anger towards the parents \*
- ✓ Reduce the fears within themselves \*
- ✓ Have no shame about it \*



### Bach flower essences support the child very strongly during a divorce

#### Suddenly everything changes

After a divorce the child will need to live with only one of its parents, so he/she will **need to adjust to not having both parents** taking care of him/her. Or in the case of a co-parenting divorce the child will need to learn to live with the weekly travelling back and forth between mother and father. Often the child needs to move; Therefore their **homely surroundings change** as well. Even the day-to-day routine of eating together, having a bedtime story are not the same anymore. Bach flower essences make sure that the child will not get too shaken up by all these changes so he/she can **adjust to the new situation**. \*

#### Guilt feeling

Often the child will **feel guilty** about the divorce. This even happens when the parents haven't done anything to cause this. They assume the role they played in it was bigger than what it actually was. Especially toddlers can take the blame for the divorce on themselves. Bach flower essences will take this guilt feeling away and help them **see there is no reason for blaming themselves**. \*

#### Fear

Divorce brings on fear: **fear to be abandoned** completely, not be loved anymore, to have fate decide and many more fear responses. Bach flower essences will make sure this fear will be replaced by a feeling of trust. The children will experience **trust and courage to deal with this new situation**. \*

#### Anger and hatred

After the divorce some children will experience **anger towards their parents**. This anger is mainly related to the feeling of being abandoned by one of the parents. This often occurs when the divorce is caused by a third person involved. Then this anger - or even deep-seated hatred - can become the primary emotional expression of the child. Bach flower essences will turn this anger or hatred into a **more loving attitude**. \*

#### Shame

Although divorce happens often still a lot of children are **ashamed about it**. They find it hard to talk to their peers about it because they are ashamed. Sometimes shame will start to play a role in their life as they can't afford as much on a material basis. Bach flower essences will resolve this feeling of shame and make them see that they don't need to be ashamed about their parents divorcing. \*

### Go into isolation

We will see children **isolating themselves** after a divorce. They show little emotion as if the divorce doesn't affect them. However often here the opposite is true. They are dealing with the divorce by themselves and don't talk to anybody about it. They will isolate themselves and retreat into their own world. Bach flower essences will **help them to remain in contact with their environment** and talk about their feelings so they don't go inside themselves, which would otherwise cause bigger problems in the future. \*

### Trauma and grief

Sometimes the divorce comes as a complete surprise to the children. They hadn't seen it coming at all. As they hadn't thought their mother and father would ever get a divorce, therefore the divorce can cause a **shock and result in a big trauma** for the child. Bach flower essences will help deal with this trauma and the grief connected to it. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 57 "Divorce of the parents"](#)

## Mix 66: Teenagers in distress

### Bach flowers mix 66 helps to:

- ✓ Get you back into an active life \*
- ✓ Remove the gloom and despondency \*
- ✓ Calm you down and control your anger \*
- ✓ Restore a positive self-image \*
- ✓ Remove the suicidal thoughts you get \*
- ✓ Socialize and to not be in isolation \*



### Bach flower remedy 66 for teenagers in distress

#### Indifference and listlessness

If you are young and suffer from dejection, there are unexpected **changes in your behaviour**. You become listless, apathetic and irritable. You'll find everything boring and annoying. Bach flower essence will rekindle your meaning of life and **encourage your activity**. The listless behavior will eventually disappear and will overtime be replaced by action. \*

#### Irritable, angry and passionate

If you have encountered dejection at a young age, you will **feel moodier** the usual. At the least, you become angry and fly off. Sometimes you seem to explode with rage, whereas before you had a quiet personality. The Bach flowers **bring calmness** to the mind so that there is a decrease in anger and it will eventually disappear. \*

#### Negative self-image

The dejection is often manifested in feelings of **guilt and feelings of inadequacy**. You feel like you failed, as if you are inferior to your peers and excluded. Also, you are unhappy about your appearance. Bach flower essences put you into the **right perspective** and reinforce the **belief in yourself**. \*

#### Attempted suicide

Even youngsters can suffer from suicidal thoughts. Especially in times where they are suffering from dejection and self inflicted thoughts. 5% of adolescents suffering from dejection **attempt to take their own life**. Bach flower remedy n°66 helps to remove and dispel these thoughts so that there are no consequences. They help you stay in control and so that you do not do anything "silly". \*

#### Feeling isolated

Younger people who suffer from dejection can also **separate themselves from their surroundings**. They go into their own world inside of their mind and break off all contact with everyone and everything outside of their own world. Commonly people drink alcohol and take drugs so that they might seize the dejection, but this is only temporarily. Bach flower essence Remedies will help you **keep your social contacts**, maintain your relationships with your friends and family and will stop you from isolating yourself. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 66 "Teenagers in distress"](https://www.bachfloweradvice.ie)

## Mix 90: Baby colic

### Bach flowers mix 90 helps:

- ✓ To calm your baby \*
- ✓ Your baby to recover from the birth trauma \*
- ✓ Your baby to sleep better \*
- ✓ To reduce your baby's sensitivity \*

### Is your newborn's crying colic? Bach flowers mix 90 helps!

#### Brings peace

Some babies are **restless sleepers**: they toss and turn and seem to be constantly engaged while they are asleep. As a result they have less 'quality sleep' or deep sleep. For babies, however it is of utmost importance to get the quality sleep they need. If your baby lacks that quality sleep, a vicious circle may appear. Your baby isn't fully rested, cries because he or she is tired, but by crying becomes even more tired and experiences increasing difficulties falling asleep. Bach flowers remedy 90 helps your baby **to be less sensitive to his or her surroundings**. This results in a calmer and more peaceful attitude; your baby will **fall asleep more easily**, sleep deeper and be a lot more manageable \*



#### Eases the birth trauma

The birth of a baby is an extraordinary event. Not only for the parents and family, but also for the baby itself. When you are giving birth the baby's soothing warm home 'the womb' is suddenly replaced for a **cold and noisy environment** called 'the world'. In some way this rupture is **unconsciously traumatic for your baby**. Due to this 'trauma', some babies may experience difficulties sleeping, show abnormal sleeping behavior or have incessant crying fits in a later stage. Bach flowers remedy 90 helps to **ease the birth trauma** and helps your baby to get through. \*

#### Helps to adapt to a new environment

For a newborn – as the name already indicates – everything is new. New world, new home, new people, new places, etc. All of these changes are a whole **lot to process and to adapt to**. Sometimes it may be a bit too much for your baby. Thanks to Bach flowers remedy 90, you can **help your baby adapt** more fluently to these new environments. As a result your baby cries less and sleeps better. \*

#### Neutralizes hypersensitivity of stimuli from the environment

Some babies are **very sensitive to environmental stimuli**: they react to the slightest sound or the slightest movement. This is obviously not favorable for a good night rest. Bach flowers remedy 90 helps your baby to pay less attention to what is going on around him or her, in other words your baby neutralizes the environmental stimuli and this guarantees an **improved sleep**. \*

### Removes fears

Although your baby cannot speak yet, he or she may **suffer from feelings of anxiety** and cry to give expression to those feelings. Bach flowers essences can **eliminate these fears**, so your baby will be less troubled by sleepless moments and inexplicable crying fits. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 90 "Baby colic"](#)

## Mix 76: Bullying at school

### Bach flowers mix 76 helps to:

- ✓ Raise the feeling of self-worthiness \*
- ✓ Avoid being ashamed of yourself \*
- ✓ Remain in contact with friends \*
- ✓ Overcome your fears of going to school \*
- ✓ Remain positive \*

**Bullying at school causes emotional problems! Bach flower essences help you handle them!**



### Loss of self-confidence

Being the target of bullying has some **major consequences for your self-confidence**. The victim will become insecure and feel inferior that can cause serious problems socially and emotionally later in life. Bach flower essences help your child to have more self-confidence and self-belief. \*

### Fears

Victims of bullying will start having **stomach-aches or be sicker more often**. This is often a result of school bullying. The fear of going to school will be physically expressed so they are able to stay at home. Bach flower essences help to have the strength and courage and overcome those fears. \*

### Dejection

One of the causes for depression with children is school bullying. When bullying happens over a long period of time this can **lead to dejection** and in extreme cases to **thoughts of suicide** or even the act of suicide. Through Bach flower essences it is possible to stay positive and not get dragged into negativity. \*

### Embarrassment

Victims of bullying rarely talk about the bullying. They often feel it is their own fault or they are embarrassed because they are not “popular”. Bach flower essences will help you see that others aren’t superior and you shouldn’t be **ashamed**. \*

### Isolation

Lots of children who are bullied will **isolate themselves**. They will sit in a corner of the playgrounds by themselves, won’t play with others and avoid any contact. This way they hope not to be a target for bullying. flower essences will reduce the need to isolate by giving back self-confidence and feeling of self-worth so they make contact again with their peers. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 76 “Bullying at school”](#)



## Mix 46: Bedwetting

### Bach flowers mix 46 helps to:

- ✓ Stop wetting the bed \*
- ✓ Reduce fears \*
- ✓ Give inner peace \*
- ✓ Remove traumas \*
- ✓ Give more self-confidence \*

### Bach flowers remedy 46 helps your child to stop wetting the bed!



#### Fears

If you find that you are wetting the bed later on in your life, this can be **caused by anxiety**. Wetting the bed does not happen often if you wetted the bed when you were younger, however it can happen at a later stage if you find yourself in a situation that is very captivating. Bach flowers remedy 46 helps with the trauma and fear that children and adults get from wetting the bed, so in time it will stop. \*

#### Hypersensitivity

Children that are **hypersensitive**, experience everything during the day much more intensely than other children do. They will also go through sounds, emotions and pain more intensely than other children do. Children that are hypersensitive are more often prone to wetting the bed. It is because of the fierce emotions that they experienced during the day and that are released at night, causing the bladder to relax. Bach flowers essences help to **improve the filter for the sensory input**, which would make the child less prone to wet the bed. \*

#### Overworked

Children that are **overworked tend to wet the bed**. Children that are overworked will wet the bed because of the high demands made to them during the day, when it comes to night, they are able to fully relax, however the downside to this is that their bladder also relaxes so that they wet the bed. This can be resolved by Bach flowers essences, they **reduce the conscious and unconscious tension** that the child experiences. \*

#### Shame

When a child feels **ashamed**, this can lead to bedwetting. The child certainly doesn't want their friends to find out that they wet the bed, as this would shame them causing the problem to become worse. If they wet the bed, they feel ashamed that they have done this, and this starts a vicious circle. Bach flowers remedy 46 can **break this vicious circle** and it will reduce the sense of shame that the child feels. \*

### Low self-esteem

If a child is bedwetting they will have a **lower self esteem**, they have no control over it and they begin to blame themselves for it. The child usually is put under more stress because they are wetting the bed, which leads to them making the situation worse. Bach flowers Remedy 46 ensures that the child will become more self-dependent and doesn't blame his/ herself that often. This leads to an increased self-esteem and less bedwetting. \*

### New situations

Children encounter a **lot of new situations**, like having a new sibling on the way or starting school, moving home, parents splitting. These are all situations where the child knows that change is coming and they are not sure whether they can cope with it. It may start to cause them to wet the bed. The child's uncertainty with the future can be aided with Bach flowers remedy 46 as it makes the child **more calm and confident** allowing them to tackle situations smoothly and without the added stress. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 46 "Bedwetting"](#)

# Bach flowers and women



Mix 51: Weight loss



Mix 69: Getting pregnant



Mix 40: Menopause



Mix 53: Pregnancy



Mix 60: Pre period  
symptoms

## Mix 51: Weight loss

### Bach flowers mix 51 helps to:

- ✓ Change your eating habits \*
- ✓ Have self-discipline during difficult times \*
- ✓ Find the courage not to give up when things are not going well \*
- ✓ Have enough patience when you don't see an immediate result \*
- ✓ To avoid feelings of guilt if you have sinned \*

### Lose weight: Bach flowers mix 51 helps you to get rid of those pounds!

#### Weight loss = change in eating habits

If you want to lose weight you will need to **break certain patterns**. This will be a big adjustment for you. Maybe you get, like many people, stuck in certain diets. Bach flower essences combination n ° 51 helps to **smooth the transition** to a new diet. \*

#### Slimming = continuing

In the beginning of your diet, for example, the Dukan diet, you **quickly lose weight**. Then the weight comes off more slowly and it takes courage to maintain the diet. Bach flowers mix n ° 51 **helps you to persevere** so that the expected outcome is reached quickly. \*

#### Slimming = self-discipline

At times during your diet, it can be **hard to stick to it**, like at a friend or a family members' party. It can be difficult when there is cake and alcohol present and you are on your diet; This can cause stress. It requires you to have a strong discipline at this time to not give in. Bach flowers remedy 51 can help you to have the needed discipline to get through the day and stick to your diet. \*

#### Discouragement with unsatisfactory results

Losing weight takes **a lot of effort**. If the result is not in proportion to the effort one gets easily discouraged. Even if it's a good amount of weight lost, but not the amount that was desired, the person can beat themselves up inside causing stress which makes staying on the diet even harder. Bach flowers remedy 51 gives you the strength to stick to the diet despite the results that you have, further helping you to keep up with it. \*

#### Moody and irritable

**Moodiness and irritability** are emotional states that often occur during slimming. You cannot tolerate much, and you soon become angry. The children work on your nerves, in short you walk around tense. For this we suggest the Bach flowers remedy 51 which will make you calmer and quieter so slimming becomes a lot friendlier and less stressful. \*

#### Impatient

If you want to lose weight and see a result as quickly as possible, but are **too impatient to wait for the results**, Bach flowers can help. Bach flowers Remedy's can help you become more patient so that you do not become stressed if things do not happen as fast as you'd like them to. \*



### Self-blame, guilt

If you are suffering from a tough time and you're unable to stick to your diet, you will **start to feel guilty**. The feelings of guilt lead to stress, this might casue you to stop the diet altogether. Bach flowers remedy 51 ensures that if you get guilt, that it was a onetime thing and helps you overcome it. \*

### Stress

Someone who is losing weight will automatically be confronted with a series of emotions. **Stress** will certainly be part of it. Bach flowers remedy 51 can help to keep you calm so that stress with start to have no possible way of affecting your diet. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 51 "Weight loss"](#)

## Mix 69: Getting pregnant

### Bach flowers mix 69 helps:

- ✓ To remain patient \*
- ✓ To avoid being discouraged when not successful straight away \*
- ✓ To keep believing \*
- ✓ Not to be bitter towards others \*
- ✓ To overcome jealousy of others \*

### Bach flower essences help deal with emotional factors which influence getting pregnant



#### Impatience

Once the decision to have children is made both partners will get very excited and the women will want to get pregnant as soon as possible. This **impatience can obstruct the natural process** and hinder getting pregnant. It causes tension and irritability for the man and woman. Therefore it is advisable for both men and women to take Bach flower essences, this will **create a mental relaxation** and reduce the irritability and help facilitate the natural flow of things. \*

#### Discouragement

Getting pregnant is often not successful in the first month. Sometimes months pass before getting pregnant. After a few months disappointment and **doubt arise** whether it is possible to get pregnant at all. Bach flower essences will help overcome this doubt and not lose courage. \*

#### Doubting yourself

Chances are you start doubting yourself when after a few months there is still no result. This **insecurity can lead to asking advise everywhere**, reading up on all kinds of medical publications and consulting different doctors. You start to doubt yourself and will look for support and confirmation from others who you think will know better. This can lead to making decisions and doing things you might regret later on maybe against your own intuition. Bach flower essences make you believe in yourself again, you **learn to trust your own judgement** instead of doubting and asking advise every time. \*

#### Bitterness

When it is difficult to get pregnant, you might get the feeling that **faith just picked you**. Others around you are easily getting pregnant so why doesn't this happen to you. You find it hard to share in the joy of others when they tell you they are pregnant. **Why them and not me?** Gradually you get bitter. The Bach flower essence composition will make the bitterness ebb away so you can be joyous again and share it with others. The sadness and bitterness will make way for a feeling of acceptance and joy in life. \*

### Jealousy and anger

Sometimes a feeling of **jealousy or anger can take control over you**. Especially during the moments when you are confronted with people who are pregnant and you aren't. This jealousy is overpowering and can turn into anger, it is **hard to restrain yourself from expressing your frustration** without hurting people's feelings. In the basic composition you can find Bach flower essences which help deal with jealousy, anger and will turn these emotions into a loving friendliness towards others. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 69 "Getting pregnant"](#)



## Mix 40: Menopause

### Bach flowers mix 40 helps to:

- ✓ Sleep better and have less fatigue \*
- ✓ Have less ups and downs \*
- ✓ Avoid irritation \*
- ✓ Stimulate your libido \*
- ✓ Control your weight \*

### Transition problems? Bach flowers mix n°40 “menopause” solves them for you!



#### Sleeping problems

**Sleeping problems** are very common with women that are in the menopause. It's one of the most common complaints in menopause, besides hot flashes and night sweats. This has to do with the change in hormones, but also worrying, anxiety and depressive thoughts can cause a disturbed sleeping pattern. Bach flowers mix n°40 menopause helps you to sleep better, so you feel less fatigue when waking up. \*

#### Ups and downs

One moment you're cheerful, and the next you're **crying and feeling down**. This is very typical and normal during the menopause. Bach flowers mix 40 helps you to be emotionally balanced and experience fewer ups and downs. \*

#### Fatigue

You don't feel like doing anything, you're **tired and you dread going to work**. The Bach flowers combination menopause gives you vitality and joy so life is no longer an assignment. \*

#### Heightened sensitivity

In the menopause you **can't take a lot from others**. You feel irritated quite frequently and fast. Bach flowers mix 'menopause' gives you a sense of calmness, you are more tolerable for the actions of others. \*

#### Lethargy

Seeing everything negatively, **losing interest, having no more fun**, feeling useless, these are all feelings that you can have during the menopause. Bach flowers mix 40 helps you to get rid of these dark thoughts and steers you up the optimistic path again. \*

#### Sex

As a woman in the menopause you **don't feel like having sex**, because you don't feel like it is fun anymore. This can put a heavy burden on your relationship. Bach flower essences help you to keep a healthy sexual longing and makes you enjoy it again. \*

### Gaining weight

In the process of aging, your body is constantly changing, especially during the menopause. You **will have to mind what you eat**, because everything seems to stick to you. Bach flowers Mix 40 provides you with discipline not to overeat. Because of your heightened self-control, you maintain your weight more easily. \*

### Fears

A lot of women **experience fear** during their menopause. These fears can be vague, nevertheless they can also grow into real panic attacks. This usually goes together with heart palpitations and/or hyperventilation. Bach flower essences create tranquility and gradually diminish your anxiety. \*

### Self-esteem

A woman in her menopause often **feels old and useless**. In your eyes men only look at younger, more fertile women. You suffer from the lack of attention and you feel played out. Bach flowers Mix 40 helps you to maintain your self-esteem and helps you to believe in yourself again. \*

### Concentration

During your menopause, **focusing or concentrating becomes a surprisingly hard thing to do**. You feel as if your memory is a sieve; memorizing is hard and information just slips through. Bach flower essences increase your concentration so that you can stay focused longer and store information better. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 40 "Menopause"](#)

## Mix 53: Pregnancy

### Bach flowers mix 53 helps to:

- ✓ Create an emotional balance \*
- ✓ Be more calm and relaxed \*
- ✓ Have more spirit and energy \*
- ✓ Have more trust and worry less \*
- ✓ Be in a good mood and combat low spirit \*



### Emotional instability during the pregnancy?

#### Bach flowers mix 53 helps you!

#### Mood swings

Pregnancy and **mood swings** usually go together. One moment you're beaming and cheerful, the next you see problems popping up everywhere and feel very depressed. You feel at the mercy of your own emotions. This situation is very difficult to deal with for both yourself and your environment. Bach flower essences will reduce the mood swings and bring about **more balance** so you are no longer feeling at the mercy of your emotions. \*

#### Fear attacks

Under the influence of changing hormones sudden **strong fear attacks can occur** during pregnancy. A person can feel threatened by them and this can cause panic. Certain Bach flower, which are in the pregnancy composition, will bring calmness and peace to the front during pregnancy. \*

#### Listlessness

Because of **general fatigue**, especially during the first months, you don't feel like doing much. The expecting mother is missing vitality and zest for life and therefore plays a passive role in life often letting it all happen without participating in it. Bach flower essences will **bring joy in life and an active participation** in it in spite of the fatigue. \*

#### Worry

During pregnancy most women **worry too much** about the baby they are carrying in their belly. They worry and are very afraid about what could go wrong during the pregnancy. This tension will have an effect on the foetus and can cause **sleeplessness**. Concerning the delivery many women worry months in advance. Bach flowers will make sure that a level of caution is present without the fearful worries that have a negative influence on the pregnancy. \*

#### Dejection

Mood swings are most likely to happen. But it is possible that during the whole pregnancy you can **feel more dejected than happy**. You get the tendency to close yourself off from the outside world, you don't want to do much, are melancholic, and it feels like it is pointless... Bach flowers mix 53 will clear away the dark clouds and **let the sun shine into your life** again. \*

### Intolerance

Certain women are **not good company when they are pregnant**. They criticize everything and always know better. They are very intolerant and get upset when things go wrong. Here Bach flower essences can assist in **being more tolerant** and highlight the good intent of others. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 53 "Pregnancy"](#)

## Mix 60: Pre period symptoms

### Bach flowers mix 60 helps to:

- ✓ Lessen irritation \*
- ✓ Remove mood swings \*
- ✓ Remove feelings of fear \*
- ✓ Lessen feelings of dejection \*
- ✓ Bring emotional balance \*

### Bach flowers helps dealing with Pre period symptoms

#### Irritation

Before your menstruation you are more **sensitive and irritable**. You are irritated faster and can't take a lot from others. Not only annoying for you, but also for the people around you. Bach flowers mix 60 is made especially for this purpose and will **help to remove the irritability**. \*

#### Mood swings

Another negative pre period symptom is those annoying **mood swings**. One moment you are incredibly happy and excited, and a few minutes later you want to **crawl into a corner and cry**. Bach flowers mix 60 helps to reduce mood swings and **bring balance** back. You will no longer live in extremes and stop turning like the leaf on a tree. \*

#### Fears

Maybe you are also having trouble with it: those unexplainable, **weird feelings of fear** that sometimes come out of nowhere before your menstruation. You **don't feel comfortable** anymore and you're looking for something to be afraid of everywhere. In fact there is nothing going on, and you realise this too. Bach flowers mix 60 is designed for these cases and will liberate you from these feelings of fear. \*

#### Negative feelings

Some women have negative or even **depressive feelings** before their menstruation. Maybe you have it too, that you feel worse in that period and see life very negative. Bach flowers mix 60 will help you to **see the good side of life**. Because of this mix everything looks different! \*

#### Annoying emotions

A lot of women **tend to cry a lot** before their menstruation. You don't know why but you feel so sad that you have to cry. A few minutes later it is usually already over... Very annoying! With Bach flowers mix 60, these annoying emotions are in the past! \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 60 "Pre period symptoms"](#)



# Bach flowers and dejection



Mix 65: Dejection



Mix 88: Mood swings



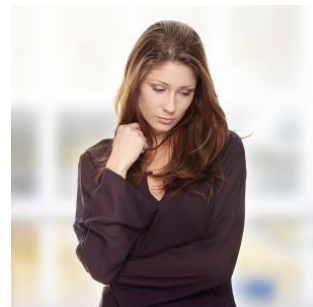
Mix 68: Bereavement



Mix 89: Baby blues



Mix 92: Winter blues



Mix 93: Lovesickness

## Mix 65: Dejection

### Bach flowers mix 65 helps to:

- ✓ Bring light back into your life and make the dark clouds disappear \*
- ✓ Bring meaning back into life \*
- ✓ Be more attentive to life \*
- ✓ Believe in yourself again \*
- ✓ Block reoccurring thoughts of suicide out of your mind \*



### Bach flower essences correct the symptoms of dejection

#### Melancholy

**Gloom and melancholy** are the most important characteristics of a dejection. People suffering from these, have a life that is coloured in shades of grey and black. They can't have fun anymore and see no way out. Luckily Bach flower essences work very well in this area, they are able to lift the spirits in a short time span and make those "dark clouds" disappear. \*

#### Apathy and listlessness

People suffering from dejection are not living their life fully. They **take little initiative**. They only **do the minimal** that is required to function. They are very apathetic and have lost the meaning of life. Bach flower essences have the ability to bring back the dynamism and vitality so listlessness disappears. \*

#### Concentration problems and forgetfulness

Dejected people find it **hard to concentrate** for any period of time. As a result they can't take it all in and forget a lot of things. Bach flower essences help you to remain focused on the task at hand and be aware of your surroundings. \*

#### Worry

Sometimes dejected people do nothing all day. On the outside they appear to be doing nothing but mentally **they worry constantly about everything**. This causes them to be very tired even when they haven't done any physical activity. Bach flower essences will stop this worrying and bring mental peace so they will feel less tired. \*

#### Suicide thoughts

Somebody suffering from a heavy dejection will often walk around with **thoughts about suicide**. These will surface at times and it can be hard not to submit to them. Through Bach flower essences these thoughts will gradually dissolve and when they do surface again you no longer pay much attention to them. \*



### No feeling of self-worth

Dejected people have **the feeling they aren't worth much**. Their self-worth is very low and they have very little belief in themselves. Because of the lack of self-worth they develop fear of failure and almost never undertake anything. Bach flower essences will raise your self-worth so you regain your self-confidence. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 65 "Dejection"](#)

## Mix 88: Mood swings

### Bach flowers mix 88 helps to:

- ✓ React less impulsive and think first \*
- ✓ Become calm and show less aggression \*
- ✓ Give a sense of reality \*
- ✓ Reduce feelings of dejection \*
- ✓ Regain an interest in life \*
- ✓ Avoid feeling guilty \*



### Mood swings? Bach flower essences make life more balanced

#### Impulsivity

Someone suffering from frequent mood swings will act **very impulsively** in a manic period. They act first before they think. This way things happen which they then regret having done. Bach flowers give **the necessary tranquility** to first take a moment to think before acting. \*

#### Aggression

A person suffering from frequent mood swings can come across as being quite **obtrusive**. This can sometimes result into **inappropriate aggressive behaviour** that the person has no longer control over. Because Bach flowers Mix 88 will bring **calmness and tranquility** such that this aggression will have little or no chance to reoccur. \*

#### Full of themselves

In a manic period the person can experience a **heightened feeling of self-worth**. They are **convinced of their own truths** and it is hard to get other points of view across to them. This can lead to unreasonable behaviour and tensions socially, at work and the house. Bach flowers mix 88 will promote a sense of reality and leave room for other people's ideas. \*

#### Feelings of despair and pessimism

Someone suffering from frequent mood swings is going through a **depressive phase** and will see everything very **gloomy and dark**. They don't see the meaning of life and feel very desperate. Bach flower essences help give back **zest for life** and overcome this despair. \*

#### Less interest in work and hobbies

When suffering from frequent mood swings, it takes a lot of effort to **keep being interested in a person's job**. Sometimes he/she can muster just enough interest into their hobbies but there's often very little interest left. Bach flower essences will help **keep the interest alive** so hobbies and life don't get boring. \*

### Unjustified guilt feelings

Often in a dejected phase they will suffer from **excessive guilt feelings**. These are mostly unjustified and will bring the spirits of this person down. Through Bach flowers mix 88 **self-blame gets dealt with**, helping to no longer feeling guilty about things they aren't responsible for. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 88 "Mood swings"](#)

## Mix 68: Bereavement

### Bach flowers mix 68 helps to:

- ✓ Deal with the shock of the death of a loved one \*
- ✓ Soothe the grief \*
- ✓ Reduce anger and aggression \*
- ✓ Combat dejection \*
- ✓ Accept the death of the loved one and let go \*
- ✓ Overcome and prevent possible hallucinations and fears \*



### Bach flower essences can give strong support during a bereavement

#### Shock

Even when you know that one of your loved ones will die soon, the actual moment of death is always a **shocking experience**. In the case of a sudden death for example by car accident, it is a complete shock. Bach flower essences help to neutralise this shock so it will no longer block day to day functioning. \*

#### Grief

The grief over the loss of a loved one can be enormous. **Certain people can't cope** with this and will push it away. Others will suffer for months, sometimes years of heartache. Bach flower essences help to deal with this intense grief so the physical effects are kept under control. \*

#### Anger

The loss of a loved one can bring a **lot of anger or aggression** to the surface. This is often to compensate for the terrible grief being experienced. This anger can be expressed towards the deceased, their partner, their friends or their colleagues at work. Bach flowers mix 68 helps to diffuse this anger and help you see that anger doesn't change anything. \*

#### Dejection

Sometimes a person **feels a void** after the loss of a loved one. Life has no meaning they experience constant fits of crying, **neglect themselves and retreat**. In order not to let it get this far Bach flowers will help you to remain interested in life and prevent you from getting down. \*

#### Adjusting to a new life

**Life is no longer the same** after the loss of a loved one. The deceased meant a lot to their partner, friend or child. He/she can no longer be there for them so the people that got left behind will find themselves in a totally new situation. Letting go and adjusting to this new life can be supported through Bach flower essences. They will make the person feel at home in this new life pattern. \*

#### Accepting the death of a loved one

Often you will see people years after the loss of their partner, friend or child still holding on to them. They **cannot let go of the deceased**. It still controls their way of life. They will hold on to things from the past. Bach flower essences help to let go of the past and focus on the future. \*

### Delusions and hallucinations

People in mourning will often have delusions when they **don't want to believe that their loved one has passed away**. They think they have seen them, hear them or smell them. This period of hallucinations can be very frightening; you feel you are losing control and are becoming crazy. Through Bach flowers mix 68 you will overcome these fears and the hallucinations will gradually subside. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 68 "Bereavement"](#)

## Mix 89: Baby blues

### Bach flowers mix 89 helps to:

- ✓ See a way out and find light in the darkness \*
- ✓ Prevent panic attacks \*
- ✓ Remove the guilt feelings \*
- ✓ Manage the emotional stability \*
- ✓ Overcome fears \*

### Bach flower essences neutralise the symptoms of baby blues



#### Dejection

Having baby blues causes people to walk around with **gloomy thoughts**. They have a pessimistic outlook on life. **No desire to do anything**, apathetic and listless. Here the Bach flower essences will turn the dejection into an airiness and liveliness. They will see a way out and have a positive attitude. \*

#### Panic attacks

**Sudden panic attacks** are typical during baby blues. They can be very intense and occur on unexpected moments. Bach flower essences will temper these panic attacks and restore peace and calmness. \*

#### Guilt

Baby blues can cause a constant **feeling of unhappiness**. You **feel guilty** and feel as though you have failed in being a good mother. Bach flowers mix 89 will help regain your self-worth and combat these guilt feelings. \*

#### Mood swings

One moment you can be up and on a high and the next you can **be very dejected**. Your surroundings have no effect on you and you feel unable to gain control over these constant mood swings. The Bach flowers mix will bring balance in your emotions so that you can regain control over yourself. \*

#### Fears

**Sudden fears** can occur. Things you were not afraid of in the past can now disturb you a lot. An **anxious nervousness** can be one of the symptoms during baby blues. Bach flower essences will turn these fears into trust and tranquility. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 89 "Baby blues"](#)

## Mix 92: Winter blues

### Bach flowers mix 92 helps to:

- ✓ Get through winter with lifted spirits \*
- ✓ Fend off melancholy \*
- ✓ Be more tolerant \*
- ✓ Have more energy \*
- ✓ Remain active instead of retreat \*



### Bach flower essences reduce the complaints when suffering from winter blues

#### Dejection

Not seeing a way out, **lack of interest in doing things**, being down, **no zest for life**, etc. These are all mood characteristics of winter blues. Moreover, they are common to dejection in general. At the beginning of winter when these moods arise, Bach flower essences will be able to tackle them and turn them into its opposite optimistic and cheerful state of mind. \*

#### Irritability

Somebody suffering from winter blues is **quite sensitive and irritable**. They don't tolerate much and are easily irritated by the behaviour of others. Bach flowers mix 92 will reduce this over-sensitivity so the person won't experience his environment getting on his/her nerves all the time. \*

#### Tiredness

During winter blues, most people are **very tired** even if they sleep for more than 12 hours a day. This tiredness will make them **less attentive** and therefore makes them appear **absent-minded**. Bach flowers will bring you back into a position where you are able to regain the necessary energy. \*

#### Tendency to isolate themselves

When having winter blues, people get the tendency to **retreat into his or her own little world**. They isolate themselves and avoid all social contacts. Bach flowers mix 92 will make sure you remain in contact with your environment to avoid getting even more down. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 92 "Winter blues"](https://www.bachfloweradvice.ie)



## Mix 93: Lovesickness

**Bach flowers mix 93 helps you to:**

- ✓ Ease the pain and sadness \*
- ✓ Temper your feelings of jealousy and revenge \*
- ✓ Deal with the disappointment \*
- ✓ Take away the feeling of guilt \*
- ✓ Boost your self-confidence \*

**Where Bach flower essences can help when suffering from lovesickness**

### Sadness

If your relationship comes to an end – be it a short or a long one – this causes intense sadness. You’ve always loved your ex-lover and now you are forced to let him/her go. Bach flowers can help you to mend your broken heart. \*



### Anger, revenge en jealousy

Often lovesickness goes hand in hand with feelings of anger, revenge and jealousy. The thought of your ex-lover with a new boy or girl makes you sad, angry, feel powerless and jealous. Bach flowers can help you to deal with these emotions. \*

### Feelings of guilt take the upper hand

If you feel as if you are the only one who’s guilty of breaking up, if you think the other person didn’t do anything wrong and all that happened is just your fault... Then that is too heavy a burden to carry. Bach flowers will help you to gradually take away these feelings of guilt. \*

### Lack of self-confidence

If you have been turned down that is quite a breach in your self-confidence. You’re not longer so sure about yourself and you’re afraid to start a new relationship. Fear of failure takes the upper hand. Bach flowers mix 93 can help you to regain your self-confidence and feel sure about yourself again. \*

### Depressed feelings

Quite self-evidently you experience those feelings and they will get your down. You feel disheartened and it looks as if everything is against you. You’re no longer enjoying your life. Briefly you’re turning into a worrywart and pessimist person. Bach flowers may brighten up your life again. \*

### Letting go of the past

After a relationship it is important that you let go of the past. Not all in the world is about love. You'll have to learn to take your life back into your own hands. Especially if you had a durable long bond with your partner, it is all the more difficult to do that. You're used to do everything together, there was always a helping hand, and now you have to manage by yourself. Bach flowers will help you to stand on your own feet again and step by step pick up the thread of your old life. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 93 "Lovesickness"](#)

# Bach flowers and stress



Mix 71: Stress



Mix 84: Breathing problems



Mix 83: Professional exhaustion



Mix 56: Divorce



Mix 42: Concentration problems



Mix 43: Headaches



Mix 48: Hyperactivity & concentration problems in adults



Mix 77 High sensitivity

## Mix 71: Stress

### Bach flowers mix 71 helps to:

- ✓ Remove irritability as a result of stress \*
- ✓ Solve the nervousness typical to stress \*
- ✓ Reduce the anxiety attacks \*
- ✓ To be able to concentrate better \*
- ✓ Prevent from going into dejection as a result of stress \*



### Bach flower essences help with stress!

#### Irritability

Somebody who suffers from stress is mostly **quickly irritated**. He is very touchy and can't tolerate much. Bach flower essences will provide peace and therefore create a higher tolerance level towards others. \*

#### Nervousness and impatience

Nervousness and impatience are typical behaviour of somebody suffering from stress. **Everything has to move fast**. The nervousness can be seen in the way the person behaves. Bach flower essences will make you feel more patient and less nervous. Tranquillity and peace will bring the person back into balance. \*

#### Anxiety attacks

Anxiety attacks are typical for people suffering from stress. When something doesn't go the way it is supposed to, this will cause them to **become anxious and start to panic**. Sometimes even without a particular reason they can feel fear come to the surface. With Bach flower essences we can neutralise this fear so the person becomes calmer and doesn't panic. \*

#### Concentration problems

Because of having so much on your mind, it is **hard to fully concentrate**. Certain things get forgotten, therefore contributing to the overall level of stress. Bach flower essences help the person to deal with one thing at a time and not run ahead of him or herself. This will help to keep the person's full attention on the job at hand. \*

#### Dejection

At one stage when suffering from stress it is possible a person can **get down and dejected** about things. The person will go through a period of melancholy, which can last for a long time. We try to prevent this through the use of flower essences. Bach flowers mix 71 essences bring lightness and joy, which will cause the gloom to vanish. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 71 "Stress"](#)

## Mix 84: Breathing problems

### Bach flower mix 84 helps to:

- ✓ Reduce tensions \*
- ✓ Solve unresolved emotions \*
- ✓ Manage your energy \*
- ✓ Overcome fears \*
- ✓ Become calm and control anger \*
- ✓ Soothe pain and sorrow \*

### Bach flower essences reduce breathing problems

#### Tension

Tension and stress are some of the most important factors in **triggering breathing problems**. This tension can come from work or from family. Bach flower Essences help diminish tensions and bring more peace and tranquillity. \*

#### Sorrow

Strong **feelings of sorrow** can bring on breathing problems as well. Bach flowers Mix 84 has the ability to soothe the pain and sorrow so it doesn't bring you out of emotional balance. \*

#### Anger

There is a bigger chance of having breathing problems when you have **been furious at somebody**. Bach flowers will bring more balanced spirits so there will be less outbreaks of anger. \*

#### Fear

Fear can be a trigger as well. Because having breathing problems is such a **frightening experience**, the fear of having another one is very big. Bach flower essences help overcome this fear and have confidence that you can deal with the situation. This will make sure that the fear doesn't result into phobic behaviour. \*

#### Unresolved emotions

Breathing problems can come up out of the blue as well. Here most of the times the cause can be found in an unresolved trauma. Bach flowers Mix 84 helps to resolve **traumatic experiences** from the past so they no longer affect the ability to function in life. \*

#### Over exhaustion

Certain people have the tendency to take on **too many responsibilities** and end up over exhausting themselves. This can be the cause of breathing problems. Flower essences will help you learn to manage your energy and stop when it's time so the chance of overexhaustion is reduced. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 84 "Breathing problems"](#)



## Mix 83: Professional exhaustion

### Bach flowers mix 83 helps to:

- ✓ Overcome negative moods \*
- ✓ Bring back vitality and zest for life \*
- ✓ Start the day fresh and enthusiastic \*
- ✓ Have a good self-esteem \*
- ✓ Not retreat but actively participate in life \*
- ✓ Be concentrated while doing your job \*



### Bach flower essences help soften the symptoms of professional exhaustion

#### Concentration problem

People suffering from a professional exhaustion can **no longer find happiness** nor can they find satisfaction in their job. Therefore it is hard for them to try and concentrate. Bach flower essences help sharpen your attention and perform the tasks at hand with dedicated attention. \*

#### Low self-esteem

When you're professionally exhausted, you have the **feeling that you're not doing your job well** and are not able to cope with it anymore. What you did in the past, you can't do anymore. This causes **low self-esteem and a feeling of poor self-worth**. Bach flowers mix 83 will make you stop beating yourself up and remain full of pride. \*

#### Isolation

People suffering from professional exhaustion have the tendency to **isolate themselves and become introverted**. They have noticed they can't do things very well and will therefore **try to be invisible to their colleagues**. Bach flower essences give you the strength to go through with things and not retreat inward. \*

#### Dread having to start the day

It often happens to people who are professionally exhausted that they wake up in the morning with dread having to start the day. Just **the thought of work will make them feel miserable** and tired. Bach flowers help overcome this "Monday-morning" feeling and get interested again in the job. \*

#### Listless

Boredom and listlessness are typical to people suffering from professional exhaustion. They don't feel like getting involved and are **bored because they can't get enthusiastic** about their job anymore. Bach flowers mix 83 helps to find the necessary energy and vitality to enjoy your job again. \*

### Dejection

Professional exhaustion is **a form of dejection**. Feelings of dejection and **melancholy** often occur with it. Bach flower essences prevent these moods to overpower you and make the gloomy thoughts disappear. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 83 "Professional exhaustion"](#)



## Mix 56: Divorce

### Bach flowers mix 56 helps to:

- ✓ Deal with grief caused by the divorce \*
- ✓ Pick your life back up \*
- ✓ Deal with this new situation smoothly \*
- ✓ Step into the future full of confidence \*
- ✓ Stop worry anxiously about the children \*

### Bach flower essences 56 help when divorcing



#### Cope with grief

A divorce is making an end to a relationship, this will always coincide with **grief and pain**. Dealing with this pain and grief will go smoother and will be less intense through the use of Bach flower essences. Bach flowers mix 56 will heal the **emotional wound** caused by the divorce. \*

#### Reduce guilt feelings

Often a person will **feel responsible** for the divorce and take all the blame. This burden is hard to carry and sometimes completely wrong. Even concerning their children they will **feel guilty**. This self-blame can become so overwhelming that it causes dejection and melancholy. Bach flower essences will provide a better acceptance and reduce the guilt feeling. \*

#### Adjust to a new situation

Getting a divorce will often coincide with moving to a new house and therefore having new surroundings. Besides from that the person will also have to totally **reorganise his/her life**. He/she will have to deal with things on their own and be responsible for everything themselves. Bach flowers mix 56 helps to let this transition phase run smoothly so you will quickly find the right way to function in your new surroundings and new way of life. \*

#### With the insecurity about the future

When divorcing a lot will **change on a material and financial level**. He/she will start to worry about the future and how they will cope. Often during this period a lot of fear and anxiety will surface. Bach flower essences will provide you with the necessary self-confidence to give you a secure feeling about the future. \*

#### Reduce worrying about the children

**Children are often victims of a divorce**. The parents will often feel guilty about this and mainly worry a lot. A lot of anxious worries surface concerning their future upbringing and the visiting rights. The children can easily sense these emotions. Bach flowers mix 56 will help you confidently deal with the situation using the necessary caution. \*

### Deal with difficult periods

Emotionally a divorce can claim its' toll. Stress will cause the person going through periods of not being able to cope with it and **becoming dejected**. Bach flower essences will stop it from going this far and provide enough support during that difficult period. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 56 "Divorce"](#)

## Mix 42: Concentration problems

### Bach flower mix 42 helps to:

- ✓ Live in the here and now \*
- ✓ Concentrate better \*
- ✓ Be more alert \*
- ✓ Be less forgetful \*
- ✓ Be more organised \*



### Are you having concentration problems? Bach flowers mix 42 has the solution!

#### Attention

When you have concentration problems, it can be **hard to keep your attention on something** for a long period of time. Because of this you start to avoid tasks that demand a long attention span. Bach flowers help you to maintain your attention longer on certain tasks or assignments. \*

#### Absentmindedness

Others have probably told you before that you are **quite absent minded**. Sometimes you seem absent and you don't notice the things that are going on around you. In that moment you are being held up in your own fantasy world. Bach flowers mix 42 helps you to get back to earth, and to live in the here and now. \*

#### Forgetting and losing

It's very typical for you to forget things such as keys, documents, books or other stuff. This is because you have **a careless way to deal with things**. Bach flowers mix 42 helps you to keep your mind on things, so you know where stuff is and lose it less often. \*

#### Concentration problems

When you are working on something you are **easily distracted** by things that are going on around you. Things you hear or see drive your attention away from what you are doing. Bach flowers makes sure you are less sensitive for things around you, which causes you to focus better. \*

#### Disorganised

Organisation and working systematically aren't your strong points. You start on something quite quick, but never finish it because something else has caught your attention. It takes you a lot of **trouble to stay on a task** and work on it in an organised fashion. Bach flowers mix 42 enlarges your organisation, helps you to plan better and also makes you stick to your planning. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 42 "Concentration problems"](https://www.bachfloweradvice.ie)

## Mix 43: Headaches

### Bach flower mix 43 helps to:

- ✓ Be more stress resistant \*
- ✓ Worry less \*
- ✓ Find your inner calm \*
- ✓ Cope with lethargic feeling \*
- ✓ Be less sensitive \*

### Get rid of headaches with Bach flowers Mix 43



#### Stress

Stress is being mentioned as the **number 1 cause of headaches**. In the current technological society, we're all expected to be available at all times and answer emails or phonecalls quickly. These expectations put a big pressure on you and cause tensions. Bach flower mix 43 headache raises your stress tolerance, so you can deal with things better and are less sensitive to migraine and headaches. \*

#### Worries and anxiety

Having **worries or problems can cause tension**. You can have a problem where you don't have a solution for, or you are in a hopeless situation. This makes you very sensitive to headache or migraine. Bach flowers mix 43 teaches you to not worry so much and trust in a good ending. You worry less and relax more, which causes your headaches to gradually diminish. \*

#### Dejected feeling

Chronic headaches often go hand in hand with symptoms of dejection. Is the **dejection a result of the headache**, or is the headache caused by dejection? Doctors do not know. Fact is that these dejected feelings are often present. Flower essences help you to fight these negative feelings and to stay positive. \*

#### Sleep problems

**Sleep problems can cause headaches**. Bach flowers mix 43 helps you to fall asleep faster and stay asleep during the night. When well-rested, headaches have less control over you. \*

#### Over-sensitivity

People with frequent headaches are often **sensitive for external influences**. Loud noises, bright light, a lot of people, all these can be a cause of a headache. Bach flowers help to be less sensitive to these sensory stimuli. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 43 "Headaches"](#)

## Mix 48: Hyperactivity & concentration problems in adults

### Bach flowers mix 48 helps to:

- ✓ Find inner tranquility \*
- ✓ Be less distracted \*
- ✓ Be more organised \*
- ✓ Stop postponing important matters \*
- ✓ Be less impulsive \*

### Bach flowers mix 48 gives the solution for adults with hyperactivity & concentration problems!

#### Organisation

Typical for adults with hyperactivity & concentration products is that they **have troubles organizing**. Following a plan is as good as impossible, which results in them to be **very chaotic and forget a lot of things**. With Bach flowers you get more self-discipline and they help you to be more organised. \*

#### Impulsive

Adults with hyperactivity and concentration problems **often react in a very impulsive way**. This can lead to misunderstandings and lacking tact. In multiple situations this impulsivity can be very embarrassing. Bach flowers mix 48 lessens impulsiveness and leads to more thought trough actions. \*

#### Being easily distracted

Adults with concentration problems are easily distracted from their task. The **smallest thing that happens around them is enough** to take their concentration away. Bach flower mix 48 helps to stay focused and helps you to keep on working on the same assignment. \*

#### Forgetting things

Because they have **so many thoughts in their head** and are easily distracted, they often forget things such as their keys, phone, purse, but sometimes also important appointments. Another typical feature is **postponing everything** you have to do and having problems to begin with something. Bach flowers mix 48 helps you get a grip on the chaos in your head and also help to get started with the things you have to do. \*

#### Taking risks

Adults with concentration and hyperactivity problems are **constantly looking for kicks, uncalculated risks**. Consequences are that these people are often involved in accidents and sports such as parachute jumping, mountain climbing and speed racing. Bach flowers mix 48 brings peace of mind and tranquility, so the need for these extreme actions diminishes. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 48 "Hyperactivity & concentration problems in adults"](#)



## Mix 77: High sensitivity

Bach flowers mix 77 helps highly sensitive people to:

- ✓ Be less anxious \*
- ✓ Reduce emotional sensitivity \*
- ✓ Become more resilient to external stimuli \*
- ✓ Lose stress and tensions \*
- ✓ Dare say “no” \*



Things Bach flower mix 77 helps you with:

### Fears

When you are very sensitive you often have a **lot of problems with fear**. This is because you are highly sensitive to everything that is happening in your environment. Bach flowers mix 77 will lessen these fears, by addressing oversensitivity. Because of this you are less sensitive to the influences that cause fears. \*

### High emotional sensitivity

When you are highly sensitive, you experience **positive and negative emotions much more intensely** than other people. For example: you cry a lot faster when you get criticism, or you feel depressed. This can result in extreme crying or attacks of anger. The Bach flowers mix 77 helps to reduce this extreme sensitivity, which results in fewer problems with the extreme emotions. \*

### Extreme sensitivity for external stimuli

Things that highly sensitive people experience more intensely than other people are external stimuli like: **sirens, loud music, and bright light or strong smells**. What is considered normal to others, is an obstacle or even painful to a highly sensitive person. With Bach flowers mix 77 you are more resistant to these external stimuli. \*

### Reducing stress and tension

When you have a high sensitivity, you are more susceptible to **stress and tension**. Someone with high sensitivity will care more about other people's problems. Because of this, the person gets stressed and can't relax easily. Bach flowers mix 77 reduces stress and tension, which results in experiencing inner peace. \*

### Dare to say 'no'

When you are highly sensitive it is hard to say “no” to someone. You **always want to help everyone** and because of this you take on too much. Bach flowers mix 77 helps you to say “no” and makes you think about yourself for a change. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 77 “High sensitivity”](https://www.bachfloweradvice.ie)

# Bach flowers and fear



Mix 85: Anxiety



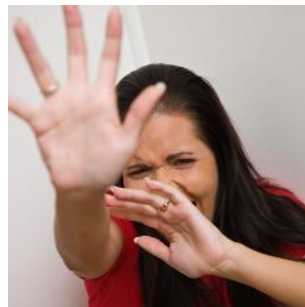
Mix 91: Fear of flying



Mix 44: Performance anxiety



Mix 45: Commitment phobia



Mix 49: Panic attacks



Mix 78: Separation anxiety



Mix 98 Fear of driving



## Mix 85: Anxiety

### Bach flowers mix 85 helps to:

- ✓ Overcome every-day fears \*
- ✓ Avoid panic attacks \*
- ✓ Give trust and take undefined fears away \*
- ✓ No longer be worried and anxious about your child, partner, friends, etc \*
- ✓ Take on challenges and make decisions again \*



### Bach flower essences can help free us from our fears in different ways

#### Every-day fears

Every-day anxiety is understood to be **fears we can explain** like fear of the doctor, fear of getting sick, fear of the dark, fear to fall, to gain weight, to lose your job, to be alone, etc. Bach flower essences will help to overcome this type of fear and be confident about dealing with the situation. \*

#### Panic attacks

Certain **anxiety can escalate into panic**. Panic attacks can suddenly occur as a result of something unexpected. This is common when having nightmares. Bach flower essences will bring peace so the situation becomes more bearable to deal with. This reduces the chance on panic attacks. \*

#### Inexplicable fears

Sometimes you are afraid **but you don't know why**. A certain anxiety can come over you but you don't have a clue why you are afraid. It is a feeling of insecurity as if something is going to happen. This feeling of discomfort will overpower you and haunt you. Bach flower essences will strengthen our confidence and diminish these vague fears. \*

#### Fear of failure

Some people are afraid of not succeeding in certain things, for example exams. Fear of failure often happens to people **with low self-esteem**. They don't trust their own ability and are convinced others do a much better job. This fear will be turned into the belief and trust in their own ability through the use of Bach flower essences. \*

#### Fear something might happen to others

Lots of mothers are **very caring for their children**. They are often worried about what could happen to them. This fear can take control over them to the point that they will **overprotect their child**. The anxiety can be applied to all their loved ones i.e. their children, their partner, their parents, good friends etc. Bach flowers mix 85 will diminish this anxious worrying, so you no longer suffocate your loved ones. They will teach you to have the right level of caution and trust their loved ones can take care of themselves. \*

### Fear to take on new challenges

The only constant in our life is change. But people have the tendency to be stubborn and **hold on to certain habits**. Changes of job, change of relationship, change of eating habits, moving are all situations that can cause anxiety. The person has to let go of something familiar. Bach flower essences help you make this step into the unknown and let go of anxiety. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 85 "Anxiety"](#)

## Mix 91: Fear of flying

### Bach flowers mix 91 helps to:

- ✓ Be in control of your nerves \*
- ✓ Stay calm and relaxed on the plane \*
- ✓ Avoid panic during take off and landing \*
- ✓ Have confidence in what is going on \*
- ✓ Not lose control of yourself \*



### Bach flowers mix helps to overcome fear of flying

#### Nervousness

Fear of flying often starts with a light nervousness and tension. **As soon as they think of their airplane trip** their nerves start acting up. Bach flower essences help to keep control over your nerves. \*

#### Fear / Panic

Once arrived at the airport tension rises and fears come to the surface. At that moment it is crucial **not to lose control and to stay calm**. On the plane shortly after taking off this fear **can escalate into panic** whereby the person gets paralysed by fear. Bach flower essences help to overcome this panic and remain as calm as possible. \*

#### Powerlessness / losing control

The fact that you **don't have control over the situation** affects the fear of flying. You are **at the mercy of the pilot** and his crew. You have to trust their expertise and the proper functioning of the plane. And when something should happen, there is no way out. Bach flowers mix 91 helps you to accept this feeling of powerlessness and teaches you to believe and trust in a good ending. \*

#### Irrational thoughts

People with fear of flying sometimes suffer from **irrational thoughts**. Their imagination is running wild, they think of all sorts of doom scenarios. This only makes their fear of flying worse. Bach flowers help you to stay firmly grounded with both feet and see things realistically. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 91 "Fear of flying"](#)

## Mix 44: Performance anxiety

### Bach flowers mix 44 helps to:

- ✓ Have more self-confidence \*
- ✓ Remove performance anxiety \*
- ✓ Prevent panicking \*
- ✓ Believe in yourself more \*
- ✓ Be more calm and peaceful \*

**Do you have performance anxiety or don't you believe in yourself? Bach flowers mix 44 may help you!**

### Low self-esteem

When you have performance anxiety you always **think higher of others than of yourself**. You feel that you are worth less than others and forget about your own needs. Bach flowers mix 44 raises your self-esteem, so you value yourself more. \*



### Lack of self-confidence

A lack of self-confidence is typical for performance anxiety. You **don't believe in your own capacities**, which results in you **doubting yourself** all the time. You put things off or wait for someone else to do it. Bach flowers mix 44 gives you more self-confidence, which makes you no longer afraid to take things head on. \*

### Panicking

When things don't go as planned, performance anxiety can **become panic**. From that moment on nothing seems to work, even things you use to do very well. You are totally in panic and want to be free from the specific situation. Bach flowers mix 44 helps you to stay calm and when something does not work, to try again, without panicking. \*

### Being critical towards yourself

You are naturally **very critical for yourself**. When you have to do something it doesn't have to be 100% right, but 200%! You keep on going until it responds to **your high standards**. Because of this you put immense pressure on your shoulders. Bach flowers mix 44 teaches you that not everything can be perfect and that it does help not to be too strict for yourself. \*

### Searching confirmation by others

It occurs that other people are better at doing things than you. Therefore you **always look for confirmation** from them. Am I doing this right? You don't trust yourself enough and because of this you are often misled by the advice of someone else. Bach flowers mix 44 helps you to trust in your own knowledge and skills, without needing confirmation of others. \*

### Problems with change

You like things the way they are. Learning new things, new activities or new colleagues tend to put you off. **You are insecure and doubtful** whether you can cope with this change. Bach flowers mix 44 gives you faith and strength. This makes sure that you are no longer afraid of change and see it as a challenge. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 44 "Performance anxiety"](#)

## Mix 45: Commitment phobia

### Bach flowers mix 45 helps to:

- ✓ Commit to something or someone \*
- ✓ Feel liberated \*
- ✓ Trust other people \*
- ✓ Be more intimate \*
- ✓ Remove the fear of being stuck \*

### Bach flowers mix 45 removes your commitment phobia!



#### Wanting to be free

When you have a commitment phobia, you want a relationship but **the need to be free is stronger**. Because of this relationships don't last very long and it never becomes intense. Bach flowers mix 45 teaches you that you can have a relationship, whilst you still (want to) feel free. \*

#### Doubt

When you have a commitment phobia, you are constantly in doubt. Especially **the doubt to see your friends less** in order to build a life with your partner bothers you. When you spend time with your friends this doubt is remarkably absent. With the help of Bach flowers mix 45 you can transform this doubt to courage and security. \*

#### Avoiding future plans

Because of your commitment phobia **you never make any plans for the future**, you even fear them! Especially when these plans are related to your relationship, you feel trapped and suffocated. You're afraid that you will regret your decision later on. When you take Bach flowers mix 45 you will notice that indecisiveness makes room for inner security. \*

#### Missing excitement

Someone with commitment phobia will often find their relationship to **become boring quite fast**, and missing all the passion. The question is if this is really the case or if this is merely a mask out of the fear to take the relationship further. Bach flower mix 45 teaches you that a lasting relationship can be exciting and give you lots of fulfillment. \*

#### Avoiding intimacy

You're not necessarily afraid of being intimate with your partner, but you do get a **crowded feeling when your partner wants more intimacy** between you. You are afraid that because of this intimacy, your partner is **going to commit to you more**. And this is something you absolutely want to avoid. With Bach flowers you will understand that being intimate doesn't automatically mean that the other person will hold on to you. This will let you open up a bit more. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 45 "Commitment phobia"](https://www.bachfloweradvice.ie)

## Mix 49: Panic attacks

### Bach flowers mix 49 helps you to

- ✓ Conquer your fears \*
- ✓ Prevent panic attacks \*
- ✓ Take on new challenges \*
- ✓ Gain the confidence to go outside again \*
- ✓ Reduce stress \*

### Where Bach flower essences can help when suffering from panic attacks



#### Conquer fears

Fear is a **normal reaction** of the human body, but often you have to make sure you are still in control your fear. Sometimes **fear changes into in panic**. To conquer your fears and avoid panic attacks, you can use Bach flowers mix 49 which will definitely help you. \*

#### Prevent panic attacks

It's always better not to get in a situation where you panic. Therefore, it is good to learn to **predict when a panic attack will arise**. Learning to prevent a panic attack is an art in itself. With the help of Bach flowers mix 49 one can cope with panic situations better. This way you can prevent a panic attack. \*

#### No more panic for everything new

When you panic quickly, you tend to prefer to **avoid new situations**. You do this for your own security. When you hold on to what you know there will be no problems, and thus no panic. With Bach flowers mix 49 you are no longer afraid to tackle new challenges. \*

#### Daring to go outside

When panic attacks take on inhuman proportions, it can happen that you **no longer dare to leave the house**. You stay at home and you are afraid to go outside or to go to the shops. With Bach flowers you gain the courage and self-confidence to go outside again. \*

#### Reducing stress

Panic attacks are usually caused or **made worse by stress and tension**. When you have panic attacks it is also hard to reduce this stress, because of the **constant threat of a panic attack**. By using Bach flowers mix 49 you find inner peace again, which reduces stress and tension at a rapid rate. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 49 "Panic attacks"](#)



## Mix 78: Separation anxiety

### Bach flowers mix 78 helps individuals to:

- ✓ Be less dependent \*
- ✓ Conquer fears of being abandoned \*
- ✓ Panic less quickly \*
- ✓ Enjoy being alone again \*

### What Bach flowers mix 78 helps you with:

#### Being less dependent

When you have separation anxiety you are often **dependent on others**. You always want to be near someone you know and trust. You have the feeling that **you always need someone with you**, no matter what you do. With the help of Bach flowers mix 78 you become more independent and you won't feel the need of support as much. \*



#### Overcoming fear of being abandoned

It's absolutely normal that you don't want to lose someone precious to you. But when you **become anxious and distrusting** soon as the person leaves your sight, you have separation anxiety. Having to live with fear all the time is very demanding. The Bach flowers mix 78 helps you to conquer this fear and lets you have trust in the future. \*

#### Avoiding panic

Very typical for someone with separation anxiety is the panic that emerges when they can't see or hear the person they love. You **become nervous, think of worst case scenario's and find yourself in a state of panic**. Often this panic leads to hyperventilation. With Bach flowers mix 78 you become more peaceful and you won't panic when that person is away. \*

#### Enjoy being alone again

Being alone is often the biggest problem when you suffer from separation anxiety. You feel like you always **need someone close to you to feel good**. By using Bach flowers mix 78 for separation anxiety you can enjoy moments when you are on your own again. You take time for yourself without thinking someone needs to be there. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 78 "Separation anxiety"](#)

## Mix 98: Fear of driving

### Bach flowers mix 98 helps to:

- ✓ Feel no fear of getting into the car \*
- ✓ Believe in your own abilities \*
- ✓ Let go of any previous traumatic experiences \*
- ✓ Stay calm in traffic \*

### How to overcome fear of driving with Bach flowers



#### Fear of driving

It's a fact that 30% of people suffer from a fear of driving. So if you suffer with driving anxiety, **you do not have to feel ashamed**. You're definitely not alone! You can overcome fear of driving. A fear of driving can take many forms. You may be afraid that you will have an accident, afraid that the engine will stall or afraid that you can't park your car. You may have an uneasy feeling when there's a lot of traffic on the road, or you may be afraid that you won't know what to do in a driving emergency. Alternatively, you may suffer from stress, or feel fear about driving because of an accident you had in the past. These are all normal causes of a fear of driving. \*

#### Insecure? Believe in yourself!

**Insecurity plays a big part in the fear of driving.** Nevertheless, there's nothing to fear. The fact that you passed your driving test and have your driving license, proves that you're able to drive a car. Bach flowers can help you to increase your confidence and be less insecure behind the wheel. Once you have your confidence back, getting back behind the wheel will be a piece of cake. \*

#### Letting go of traumatic experiences

**Were you involved in a serious accident in the past? Perhaps you were a victim of an accident or maybe you were the cause?** Lots of people who have had an accident are afraid to get behind the wheel again. However, it is very important to start driving again as fast as possible after an accident. If you wait too long there's a big chance you're going to make your fear of driving even worse. The longer you wait to drive again, the bigger the fear will grow. Bach flowers can help you to let go of the traumatic experience of an accident and get you back in your car without fear. \*

#### Leave your stress at home

It's no good feeling stressed in your car. It's important that you're **calm when you have to drive**. Do you suffer from a great deal of driving related stress? It's unpleasant to suffer with sweaty hands on the wheel, hyperventilating or dizziness. This is a dangerous situation for both yourself and anyone in traffic with you. Bach flowers can help you overcome your fear of driving, ensuring you remain calm while controlling your stress, and guaranteeing you are able to get on the road again safely. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 98 "Fear of driving"](https://www.bachfloweradvice.ie)

# Bach flowers and cravings



Mix 58: Quit smoking



Mix 62: Change drinking  
habits



Mix 201: Gaming  
addiction

## Mix 58: Quit smoking

### Bach flowers mix 58 helps to:

- ✓ Get rid of the nicotine addiction \*
- ✓ Avoid craving for other substitutes \*
- ✓ Be calm and not get nervous \*
- ✓ Believe you can do it \*
- ✓ Persevere during difficult circumstances \*
- ✓ Resolve the fear of gaining weight \*
- ✓ Be more relaxed during the process of smoking no longer \*



### Bach flower essences help you quit smoking

#### Nicotine addiction

Nicotine makes it hard to quit smoking and causes withdrawal effects like **fear and nervousness during the first two weeks**. Bach flower essences offer support during the rehabilitation period so you can increase your chances have a chance to successfully quit smoking. \*

#### Mental dependence

Mental dependence makes the process to quit smoking very long and hard. Smoking is often **linked with other habits** like drinking wine, having a cigarette after finishing a nice meal, during stressful times, on the phone, during studying, etc. **Breaking this pattern and changing these habits are very difficult to do**. Flower essences will help you to quickly take on a new attitude so the need to light a cigarette is reduced. \*

#### Fear of gaining weight

Lots of people who quit smoking are **afraid of gaining weight**. Actually it is not no longer smoking that causes the gaining of weight but **replacing the desire for a cigarette with eating food** that causes the increase in weight. Bach flower essences will help you stop compensating for not smoking with food or candy. This will give none to very little weight increase as a result. \*

#### Tension

The period before you quit smoking you often still smoke a cigarette at stressful times. It is realistic to say that these periods will be the hardest to stay away from smoking. During these periods you might be even more **tense, touchy, irritable and intolerable** towards your environment. Bach flowers mix 58 has a calming and tranquil effect so the tension will subside by itself and thus there is no need for a cigarette. \*

#### Doubt

Most smokers have **tried to quit before but without success**. This makes them doubt whether they are strong enough and have enough discipline to quit smoking. Bach flower essences will take the doubt away by straightening the belief in yourself. \*

### Perseverance

Mental dependence will cause a person to desire a cigarette even after years and years of not smoking. Because of this **mental dependence** it requires constant self-discipline to remain a non-smoker. Bach flower mix 58 will give you the strength and perseverance especially during the difficult moments. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 58 "Quit smoking"](#)

## Mix 62: Change drinking habits

### Bach flowers mix 62 helps to:

- ✓ Prevent hallucinations \*
- ✓ Find peace and balance without alcohol \*
- ✓ Resist the social pressure to drink alcohol \*
- ✓ Avoid becoming dejected because of not being able to drink \*
- ✓ Become more tolerable and be less irritable \*

### Bach flowers mix 62 helps you to change your drinking habits



#### Fears and hallucinations

When people change their drinking habits, they often start **having visual hallucinations**, seeing things that aren't there. These can be very frightening. Sometimes this can lead to panic attacks. Bach flower essences can reduce these fears and make sure these hallucinations don't cause panic attacks. \*

#### Restlessness

One of the withdrawal effects of alcohol rehabilitation is **feeling restless**. It's hard to keep still and **you are agitated**. Then the need to go back to drinking is raised again. Bach flower essences will bring peace and tranquillity so it reduces the need for alcohol. \*

#### Problems with concentration

Concentration problems are common when somebody changes their drinking habits. People are **nervous, easily distracted, uneasy and afraid**. This makes it hard to concentrate and stay focused on the job at hand. As Bach flowers mix 62 takes this unease and these fears away, this will automatically improve the ability to concentrate. \*

#### Irritability

When a person changes his or her drinking habits, he/she often becomes **very irritable**, because before, alcohol was playing a primary role and now this is no longer so. The person will be **very intolerable and very touchy**. Their mood will be very down and unhappy. Bach flower essences will bring more tolerance and acceptance. This will make him/her feel better and make him/her less touchy. \*

#### Change of lifestyle

When the alcohol drops away, it is as if a person's life falls apart. His/her whole life was wrapped around it. Day to day contacts were all linked to drinking. Now most of them fall away and the person has to adjust to a new way of living. This **change of habits and lifestyle** will happen much smoother with the support of Bach flower essences. \*

### Dejection

When somebody changes his drinking habits, there will often be moments when **the person doesn't feel he/she can go through with it**. He/she will go through very difficult states of mind like dejection and melancholy. Here he/she will benefit from the use of Bach flower mix 62. They will make life more easier and let the sun shine through the dark clouds. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 62 "Change drinking habits"](#)

## Mix 201: Gaming addiction

### Bach flowers mix 201 helps you:

- ✓ Not to be irritable when it's not possible to game \*
- ✓ Not to keep thinking about gaming all the time \*
- ✓ Put your games into perspective \*
- ✓ Leave behind aggression and dejection \*
- ✓ Be more sociable \*
- ✓ Not to keep living in a dream world \*



### Gaming addiction? Discover how Bach flowers help

Playing videogames once in a while doesn't hurt anyone. But what if it goes too far? What if you keep thinking all day long about one challenge in the videogame? What if you **can't sleep because of it**, because you **keep thinking about it all the time**? It really is a step too far, if you **postpone or cancel activities** and **isolate yourself** in order to play. \*

#### Irritation

People who have a gaming addiction, become **irritated when they can't play**. If they're asked something during their free time, they **react crossly and defiantly**. Bach flowers mix 201 helps gaming addicts to move past their irritation and **make time for other activities**. \*

#### Sleep deprivation

With gaming addiction, one thinks **constantly about the game**. Not only during the day, but also **during night-time**. In addition, the game(s) usually get played just before going to sleep, and because of this, playing goes on for hours **when one should actually be sleeping**. This leads to sleep deprivation. More often than not **school or working performance suffer**. Bach flowers mix 201 **eases the mind**, even when not gaming. \*

#### Headaches

Gaming addicts suffer from **sleep deprivation more than normal**, especially as constantly looking at a screen is very hard on the **eyes and head**. This causes you to **develop headaches** more easily. Bach flowers mix 201 helps you to quit gaming more quickly, so headaches are no longer a problem. \*

#### Dejection and aggression

Things not running smoothly in the game? Does it seem like **the world is at an end** for gaming addicts? Some get really **dejected or even depressed** when losing. Others can't **contain themselves, and get verbally or physically aggressive**. Bach flowers mix 201 helps gaming addicts to put their games, and the events in them, **into perspective**. \*



### Social isolation

Gaming addicts would rather spend time **at home or alone** than with others. How would they be able to play if they had to keep someone company? Bach flowers mix 201 helps them to be more open to **contact with others**. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 201 "Gaming addiction"](#)

# Bach flowers and physical complaints



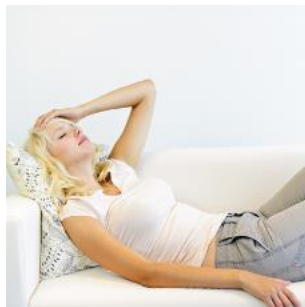
Mix 97: Allergy



Mix 87: Sleep problems



Mix 41: Libido



Mix 47: Fatigue



Mix 94: Chronic pain in  
joints & muscles



Mix 96: High blood  
pressure

## Mix 97: Allergy

### Bach flowers mix 97 helps you to:

- ✓ Boost your immune system \*
- ✓ Compose yourself \*
- ✓ Sleep in better \*
- ✓ Be less distracted \*
- ✓ Put things in perspective \*

### Looking for natural allergy remedies? Bach flowers can help!

An allergy nearly always has a physical cause. Yet the physical causes of allergies can be triggered by an **emotional element**. Allergies often receive medicinal treatments. However, a natural way to treat the symptoms is with Bach flowers mix 97. Your body handles harmless substances as trespassers, which causes aggravating reactions or irritation. Once your immune system considers a harmless substance as a trespasser, it will always react badly towards it. This is what causes allergic reactions. **If your immune system has to pass through a tough period, it's way more susceptible to developing an allergy.** By treating the emotional issue, **remedies for allergies like Bach flowers mix 97** alleviate the symptoms. \*



#### Stress

The **body under stress** is a good example of a period when the immune system is passing through a tough period. Stress causes you to get overly sensitive which causes your body to react badly towards harmless substances causing allergies. Bach flowers mix 97 as a natural allergy remedy helps you become calmer. This **allergy treatment causes your immune system to act normally again.** \*

#### Exhaustion

People suffering from an allergy often struggle to lie in at the weekend either because of their allergic reactions or because they worry about their allergy. **Natural allergy treatments provide the solution.** Bach flowers mix 97 helps you compose yourself which causes your body to relax so you can sleep for longer. \*

#### Focus

An allergy can divert your thoughts from things you're occupied with. The allergic reactions claim your attention completely. Natural allergy remedies can help you to **regain focus**. You can use Bach flowers mix 97 to keep yourself focused and no longer have your attention diverted towards allergic reactions. \*

### Frustration

It's frustrating to face your allergy constantly. Sometimes you'd rather not make an effort or give up on things because your allergy gets in your way. Natural remedies for allergies provide a safe, effective solution for dealing with frustration. Suppressing your allergic reactions, **Bach flowers mix 97 is a natural allergy treatment which causes your allergy to no longer play a major role in your life.** \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 97 "Allergy"](#)

## Mix 87: Sleep problems

### Bach flowers mix 87 helps to:

- ✓ Worry less and therefore sleep better \*
- ✓ Become calm and have fewer tensions \*
- ✓ Be less afraid \*
- ✓ Respect your own boundaries and prevent over-tiredness \*
- ✓ Have more confidence and be less worried about others \*
- ✓ Sleep better and sleep soundly \*



### Bach flower essences can help you sleep better

#### Worry

People suffering from sleeping problems find it **hard to stop their mind from racing**. When they lie in bed they **can't stop thinking** about things. This makes it hard to fall asleep. Bach flower essences help quiet your mind, which will make it easier to fall asleep. \*

#### Restlessness and tension

Certain people are **very highly-strung and tense** because of their busy life. Their job, household and children ask a lot of them. Often they find it **hard to calm down in the evening**. Bach flowers Mix 87 helps you to calm down and be more balanced, this results in a better night rest. \*

#### Fears

Some people that are **very anxious by nature** will sometimes be afraid of falling asleep. They find it **hard to let go, to relax**, because they are afraid of the unknown. This causes sleep problems. People who suffer from nightmares are often afraid to go to bed as well. Bach flower essences bring peace and help overcome these fears so a peaceful sleep is possible. \*

#### Over-fatigue

As contradictory as it might sound, some people are **too tired to fall asleep**. They have crossed the limits of tiredness and therefore suffer from sleeping problems. Bach flower essences will help you respect your limits and take time to stop working so you find the right balance between rest and activity. \*

#### Anxious worrying

Some people can't find peace. They are **over concerned about the welfare of their loved ones** such as their children, their partners and their best friends. They can only find peace when they know they are well and out of harms way. Typical example of this is an over-concerned mother who can only get to sleep when she hears her son arriving safely back home after a concert or party he went to. Bach flower essences help reduce this anxious worrying and trust that the others can take care of themselves. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 87 "Sleep problems"](#)

## Mix 41: Libido

### Bach flowers mix 41 helps to:

- ✓ Stimulate your libido \*
- ✓ Conquer performance anxiety \*
- ✓ Be more resistant to stress \*
- ✓ Build a positive self-image \*



### Raise your libido with Bach flower essences!

#### Dejection

Lethargic feelings, indifference, a mixed up head, in short: **dejection**. It speaks for itself that this has a negative influence on your libido. Bach flowers mix 41 helps to conquer your lethargy, which restores your lust for life and sex. \*

#### Performance anxiety

When you're constantly **preoccupied with to failing** even before you have to do something, then you **won't feel like doing it in the first place**. This is the same for what happens in the bedroom, and because of this performance anxiety your libido will go down. Thanks to Bach flower essences you'll get more self-confidence, which will affect your libido in a positive way. \*

#### Worrying

Worrying too much and **being preoccupied** in general is not exactly good for your sex life. Bach flowers mix 41 restores your peace of mind and makes you less sensitive for outside influences. This will benefit your libido. \*

#### Negative self-image

A negative self-image is a **serious obstacle** in enjoying sex. Bach flowers mix 41 helps you to get your self-confidence back, and feel good about yourself. This improved self-image will give you a renewed interest in lust and love. \*

#### Anxiety

Intimacy creates a crowing curiosity, but goes hand in hand with a **kind of insecure feeling** as well. Questions such as '**am I doing it right?**' and '**what am I doing wrong?**' might be of influence on your libido. Bach flower essences help you to get rid of these fears and give your libido a boost! \*

#### Guilt

**Blaming yourself** because it isn't really working out in the bedroom can be a real libido killer. Bach flowers mix 41 helps you to stop blaming yourself, and look at the bright side. You will try to look for a solution and more frequently feel like being intimate with your partner \*

#### Stress

Stress has a **really negative effect** on your libido. Bach flower essences help you to deal with stress and reduce it. \*

### Sexual trauma

If you were **abused during your childhood**, or have some kind of trauma, it is no surprise you don't feel like having sex. Bach flowers mix 41 helps you to cope with this trauma and gradually restore your interest in sexual intimacy, as well as restoring your confidence in other people. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 41 "Libido"](#)



## Mix 47: Fatigue

### Bach flowers mix n° 47 helps to:

- ✓ Have more energy \*
- ✓ Be able to carry more \*
- ✓ Be more stress resistant \*
- ✓ Worry less \*
- ✓ Sleep better \*

**Are you feeling exhausted and fatigued? Bach flowers mix 47 brings you the solution!**



### Being exhausted

At some time you can be completely exhausted. You **don't feel like doing anything** and everything that is being asked of you is too much. You have **no more spare energy at all**. Bach flowers mix 47 gives you your energy and strength back, which will give you a feeling of vitality. \*

### Too many burdens

Caring for parents or children, having to do the household alone, these are examples of **responsibilities that you took** on and you feel like you can no longer carry them. Bach flowers mix 47 helps you to overcome this temporary lack of energy and gives you the strength to carry more. \*

### Sleeping problems

When you have a lack of sleep, or **problems to fall asleep**, it is only logical that over a period of time you will be completely exhausted. Tensions, stress and worries make sure you aren't sleeping well at all. Bach flowers mix 47 removes tension and stress, which results in a better sleep. \*

### Stress

Stress is one of the main factors that **take your energy level down**. Our current society puts an **enormous pressure on us**, which results in people being fatigued on a daily basis. Bach flowers mix 47 helps you fend off stress and be more calm, which results in stress not having that big of an impact on you. \*

### Over anxiety

You can be **that worried** about your children or family **that it takes away all your energy**. This is a natural instinct but it can cause you to have a breakdown. Bach flower mix 47 gives you more confidence, which results in you being less worried and being able to let things go more often. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 47 "Fatigue"](#)

## Mix 94: Chronic pain in joints & muscles

### Bach flowers mix 94 helps you to:

- ✓ Get rid of your hopeless feelings \*
- ✓ Reduce your irritability \*
- ✓ Reduce stress \*
- ✓ Fall asleep easier \*
- ✓ Increase your energy levels \*
- ✓ Overcome your fears \*
- ✓ Get back to your social life \*

### Bach flower gives comfort and support to people who suffer from chronic pain in joints & muscles



Chronic pain in joints & muscles? Besides the chronic pain, a lot of patients also suffer from symptoms like sleep disorder, headaches, hypersensitivity, fear, depression... Bach flowers can't take away the chronic pains, but what they can do is give mental and emotional support. \*

#### Sleep disorder and chronic fatigue

Almost everyone who suffers from chronic pain in joints & muscles also suffers from **sleep disorders and chronic fatigue**. This is predominantly because of the constant pain, but in part also because of additional stress and fear. People with sleep disorders are often so utterly tired, almost too tired to fall asleep. These patients never get up fit, fully rested and with a bright feeling. Bach flowers may help you to be calmer at night and fall asleep easier. \*

#### Stress

Stress has a **huge impact on the function of our body**. This is the case for everyone, but for patients suffering from chronic pain in joints & muscles in particular. Stress is their worst enemy. Stress is **one of the most important stimuli** for chronic pain in joints & muscles. Of course, stress is caused by many things: a busy job or too many house hold chores, but also fear, weariness, pain and depressive feelings may cause stress. These stress causes are exactly the symptoms of chronic pain in joints & muscles. This proves the importance of stress as one of the most significant triggers of chronic pain in joints & muscles. Bach flowers can help you reduce the stress and find calm and rest in life. \*

#### Hopelessness

A lot of people with chronic pain in joints & muscles feel hopeless. Their endless search for treatment is often discouraging and they **feel taken hostage in their own body**. Many of them find it hard to accept this disease. If you find yourself in denial, this creates a negative vicious circle and the feelings of despair will increase. Bach flowers mix 94 will help you not to give up. \*

#### Dejection

In most cases chronic pain in joints & muscles go hand in hand with **feelings of dejection**. First, the diagnose, then learning to live with the disease, the additional stress coming from the chronic pain, the fears for the pain to come... All of these together cause you to feel down and dejected. Bach flowers may prevent you from ending up in this downward spiral. \*

### Fear

Fear can be a **catalyst** when it comes to chronic pain. Persons suffering from chronic pain in joints & muscles are often afraid of what the future might bring. They are scared to move a lot because of the pain, they worry and are frightened by the idea to be left on the shelf, they are anxious about the outlook of the rest of their lives. Bach flowers help to overcome those fears and be confident to deal with the situation. \*

### Social lock down

Chronic pain in joints & muscles almost always has **consequences for your social life**. Because of the chronic pain and the fatigue it's not always self-evident to be at a party, on a day trip or simply to romp around with the children. Because you don't really appear sick, you will also be confronted with a lot of people who think this is just drama. You **might lose a lot of friends**, while close friends or relatives on the other hand will be overprotective and try to unburden you as much as possible. You might feel useless, which is not to the advantage of a bright spirit. Bach flowers mix 94 will help you to protect your social life and as far as possible pick up the thread where it left off. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 94 "Chronic pain in joints & muscles"](#)

## Mix 96: High blood pressure

Bach flowers mix 96 helps you to:

- ✓ Reduce stress \*
- ✓ Relieve irritability \*
- ✓ Keep tensions to a minimum \*
- ✓ Overcome fears \*
- ✓ Panic less \*
- ✓ Have a more peaceful life \*

Bach flowers can help you lower your high blood pressure



High blood pressure can be the result of a physical ailment, but in 95% of the cases there is no such cause. The most frequent cause of high blood pressure is of an emotional nature. \*

### Stress

Stress is a **cause of many diseases**. People who have a tendency towards high blood pressure should **avoid stress in all situations**. Stress can be linked to strong performance pressure at work, or just the toll of a busy working life. Besides this, fears, anxieties, and being prone to perfectionism may cause stress. Stress has direct effects on your body. Among these are: a faster heartbeat, faster breathing and higher blood pressure. Bach flowers can help you to regain your calm and be more relaxed. \*

### Anxieties

Fear or anxiety is in many cases the cause of higher blood pressure. If one is in fear there is a temporary increase of the blood pressure. Yet, if fears are tormenting you frequently, this **constantly increased blood pressure** can be dangerous. This is the case with chronic high blood pressure. Therefore, overcoming your fears is something your blood pressure benefits from. Bach flowers are a good remedy for controlling your fears. \*

### Perfectionism

Perfectionism and stress go hand in hand. You make **high demands of yourself** at work, at home, in sports... This causes a lot of worrying and stress. Bach flowers help you to limit this stress. \*

### Worrying

Some people are born worriers. They worry about every little thing in their life, even if those things are minor details or futilities. If this is recognisable, and you are someone who **never stops thinking**, then you should be cautious about developing high blood pressure. Longer periods of worrying may have a serious negative effect on your blood pressure. Often worrying will also cause sleeplessness which leads to exhaustion and irritability. Bach flowers help you to worry less. \*

### Irritability

If you are easily **irritated or flustered**, then this is not good news for your blood pressure. The irritability causes you to get angry faster than other people. Tensions arise in your body and this may even cause you to **feel depressed**. In turn, tension will cause you to be even more easily irritated and you've will have arrived at a vicious circle. Bach flowers will help you to break this circle. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 96 "High blood pressure"](#)

# Bach flowers and mental complaints



Mix 63: Personality problems



Mix 61: Loss of appetite

## Mix 63: Personality problems

### Bach flowers mix 63 helps to:

- ✓ Have a more moderate behaviour \*
- ✓ Keep you calm and be less explosive \*
- ✓ Control your anger \*
- ✓ Enhance your self-confidence \*
- ✓ Have balanced moods \*
- ✓ Avoid destructive thoughts \*
- ✓ Reduce the separation anxiety \*

### Help correct the negative effects of personality problems with Bach flower essences

#### Impulsiveness

Somebody with personality problems often takes impulsive decisions. Without thinking of the consequences they change jobs, start retraining/education or end a relationship. This impulsiveness is often expressed in eating disorders, wasting money and alcohol abuse. Through Bach flower essences we are able to turn the impulsiveness into an ability to stop and think and making rational and emotionally balanced decisions. \*

#### Fits of anger

People suffering from personality problems can become angry without any reason. It is very hard for them to keep control over themselves and not do silly things. Bach flower essences will bring peace and tranquility so that the amount of anger fits diminishes and the intensity reduces. \*

#### Suicide attempts

People with borderline are often so unhappy that making an end to their life seems like the only way out to them. Often, people with borderline attempt to commit suicide. 1 in 10 does not survive this. Flower essences make it possible for people with borderline to regain control over themselves and refrain themselves from committing suicide. \*

#### Lack of self-confidence

People with personality problems lack self-confidence and have a negative self-image. They doubt themselves constantly and have no real idea what they want in life. With Bach flower essences their self-confidence will be restored and they will be able to take an active role in their life full of confidence. \*

#### Mood swings

People with personality problems are often very emotionally sensitive. The smallest setback can bring them out of balance and can therefore turn their cheerfulness into fear or their joyful enthusiasm into dejection, etc. With Bach flower essences we will give emotional stability so that they no longer experience going from one extreme emotion into another. \*





### Separation Anxiety

People suffering from personality problems are very scared of being left on their own. For this reason they will overburden both their partners and family to prevent them from leaving. This separation anxiety will be strongly reduced through Bach flower essences. This way their family and friends will find the relationship becoming less suffocating as well. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 63 "Personality problems"](#)

## Mix 61: Loss of appetite

### Bach flowers mix 61 helps to:

- ✓ Develop a positive self-image \*
- ✓ Resist social expectations \*
- ✓ Take away guilt feelings \*
- ✓ Overcome fears \*
- ✓ Be less perfectionist \*
- ✓ Raise your self-worth \*
- ✓ Accept yourself \*



### Where can Bach flower essences help when suffering from a loss of appetite

#### Perfectionism

Often, a loss of appetite is the **result of frequent slimming**. People try to mirror themselves to and want to strive to get the **ideal shape and size the media is promoting**. People that suffer from a loss of appetite don't just want the perfect body (in their eyes) but will strive for perfection in everything they do as well. Bach flower essences will make you be flexible in dealing with ideals and norms. And help teach them that perfection isn't necessary all the time. \*

#### Dislike of themselves

People having a loss of appetite sometimes **think of themselves as too fat**, although they are in fact very skinny. They find it hard to be pleased with their own body. They compare themselves with ideals and think they are not thin enough. Bach flower essences show them they are fine the way they are so they learn to accept their own body. \*

#### Inferiority feeling

People suffering from a loss of appetite sometimes have the **feeling of not being good enough**. They feel inferior and try through extreme weight loss to get people's appreciation. Bach flowers mix 61 will make you believe in yourself again so there is less need to get confirmation by others. \*

#### Guilt feelings

Guilt feelings often occur in people with a loss of appetite. Often they will see the sorrow they cause to their loved ones and they will **feel guilty** about that. Bach flower essences help you to deal with the self-blame and reduce the guilt feelings. \*

#### Fears

People having a loss of appetite are often **very afraid to gain weight**. They will keep a close eye on their weight. This fear of gaining weight is in turn caused by a fear of failure. \*

*\* Disclaimer: results may vary from person to person and are not based on scientific results.*

[Click here to order Bach flower mix 61 "Loss of appetite"](#)

# Bach flowers and animals



[Bach flower personal mix for animals](#)



[Bach First Aid Remedy for pets](#)



[Bach flowers for dogs](#)



[Bach flowers for cats](#)



[Bach flowers for horses](#)

## Bach flower personal mix for animals

### Bach flowers personal mix helps animals to:

- ✓ Reduce stress and tension \*
- ✓ Treat anxiety symptoms \*
- ✓ Improve social contact \*
- ✓ Avoid dominant behaviour \*

### Natural Bach flowers for animals

#### Which animals can use Bach flowers?

Bach flowers are known to be the most effective cure for **unwanted behaviour in animals**. The use of Bach flowers on dogs, cats and horses is already well known. Veterinarians often refer to a Bach flower therapist. This therapist will make your animal a **personalized Bach flowers combination** on the basis of the animal's character and the core of his/her unwanted behaviour. Lately, Bach flowers are also used for rabbits, parrots, canaries and hamsters, in all of these cases they give good results. \*



#### How can Bach flowers help animals?

**Reducing stress and tension:** The first function of the Bach flowers for animals is to **reduce internal tension** and stress. These negative emotions bend to their positive counterpart, with less stress and tension as a result. Not only the stress and tension are resolved but Bach flowers also deal with the consequences these emotions already caused. \*

**Treating anxiety symptoms:** A lot of animals cope with a certain fear. Bach flowers are very effective when it comes to **fear and anxiety**. Often, anxiety in animals is caused by stress, tension or a traumatic experience. For example: animals may pull out their fur when they are under extreme stress. A personalized Bach flowers Mix offers help in these situations! \*

**Improved social contact:** Animals having to live with other animals in their near surroundings might suffer from feelings like **jealousy or nervousness**. Other animals may stress them and give them the feeling they need more space. On the other hand they may grow too attached to one another, which causes problems when they have to be alone for a while. Bach flowers try to resolve these negative or troubled emotions in them. \*

**Dominant behaviour:** Not all animals are the same; some are **more dominant than others**. Yet if this dominance gets out of hand, it might cause problems in their habitat. Bach flowers take care of the underlying emotions that cause this excessive dominant behaviour. When giving Bach flowers to your pet or animal, the root of the problem is being dealt with and the problems will gradually fade. \*

*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order "Bach flower personal mix for animals"](https://www.bachfloweradvice.ie)

## Bach First Aid Remedy for pets

### The First Aid Remedy for pets helps animals when:

- ✓ They are in intense panic \*
- ✓ They are suddenly anxious \*
- ✓ They are facing a sudden stressful situation \*
- ✓ They have suffered a traumatic experience \*
- ✓ They are suffering from a sudden illness \*
- ✓ They face a major event \*



### First Aid Remedy for pets, just like with humans

Just like the 'Bach First Aid remedy' for animals, this composition is also based on the original Bach Rescue remedy, adding **White Chestnut and Larch** to the composition. The amount of alcohol is drastically lower so it can therefore be administered to animals **without any risk**. \*

### When should you use the Bach First Aid Remedy for pets?

The Bach First Aid Remedy for pets should be used **in moments of extreme stress, anxiety or any other situation in which emotions take the upper hand**. In these situations, the Bach First Aid remedy is the most efficient. Specifically, this means it can be used in the following situations: A storm, a sudden bang or loud noise, a visitor that scares the pet, a visit to the vet, after an accident or an instance of pain, panic when something unexpected happens, and so on. \*

### How to use Bach First Aid Remedy for pets?

The Bach First Aid Remedy for pets should be administered in moments of heavy anxiety or panic. Four drops **directly on the tongue, on a piece of candy or directly on the snout**. This should be repeated every 5 to 10 minutes until the anxiety and stress have disappeared. There is no danger of overdosing. If you sense that your pet is getting sick, you can also give 6x4 drops a day to the pet until it is cured again. This will help it to heal faster and to regain its strength. \*

### How long should the Bach First Aid Remedy for pets be used?

The Bach First Aid Remedy for pets **should be used every time something intense has happened**; when there is a sudden panic or anxiety, or when suffering from an illness. In case of panic or anxiety, it should be administered (when foreseeable) **just before or after the incident**, for a couple of days. If your pet keeps on struggling with heavy panic or feelings of anxiety, or remains sick for longer than a week, then you should think about a deeper rooted problem. In this case, a personal Bach flowers mix can be of assistance. This mix will specifically treat the needs of the animal as an individual and will deal with the underlying cause of the anxiety or illness of your pet, so it can feel better again. \*

**What's the difference between Bach First Aid Remedy and the Rescue Remedy for pets from the store?**

- The Bach First Aid Remedy for pets that you can find here, consists of two extra Bach flowers; White chestnut for being troubled and Larch for increased confidence.
- This mix also contains much less alcohol than the Bach Rescue for pets' mix, making it 100% safe to administer to animals.
- The content is 50 ml instead of 20 ml.

*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order "Bach First Aid Remedy for pets"](#)

# Bach flowers for dogs



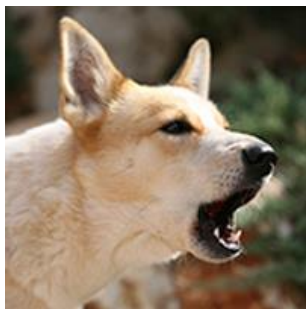
Bach flower personal mix for dogs



Bach First Aid Remedy for dogs



Mix 100: Fear of fireworks with dogs



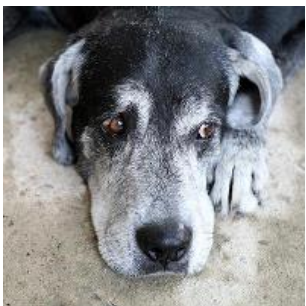
Mix 101: Excessively barking dogs



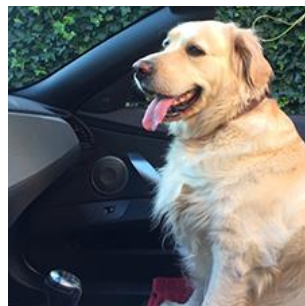
Mix 102: Uncleanliness of dogs



Mix 103: Separation anxiety in dogs



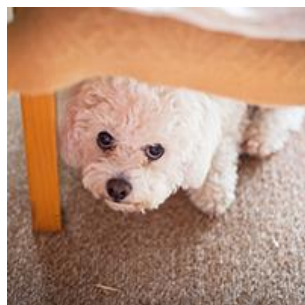
Mix 104: Epilepsy in dogs



Mix 105: Carsick dog



Mix 106: Stress in dogs



Mix 107: Dog anxiety



## Bach flower personal mix for dogs

### Bach flowers for dogs are:

- ✓ A personal combination \*
- ✓ Based on the behaviour traits of your dog \*
- ✓ A Bach flower remedy personally selected by Tom \*
- ✓ Offers fast and good results \*

### Bach flowers for dogs, the ultimate remedy!



Bach flowers for dogs are used to take on a variety of behavioural problems. **Behavioural problems** are a very common thing with dogs, and are often very hard to treat. Does your dog have a behavioural problem, contact me and I will give you free advice on how Bach flowers can help your dog. I work with a personalised combination which takes on the character of your dog and the behavioural problem he or she has. Mail today to [tom@bachfloweradvice.co.uk](mailto:tom@bachfloweradvice.co.uk) and receive an answer within 24 hours. \*

### Examples of dog behavioural problems where Bach flowers can help:

#### Not housetrained

A dog that **isn't housetrained** can be very annoying for the owner and can also cause **a lot of problems**. Sometimes your dog is housetrained, but starts to do his business in the house when you are not there. A fitting Bach flowers remedy can change this behaviour. \*

#### Excessive barking

Barking dogs don't bite but that doesn't mean it is less annoying. Every time the doorbell rings or they see someone passing or hear something they **start their excessive barking**. Especially at night this can work on your nerves, as well as on your neighbours. A fitting Bach flowers mix can help to reduce your dogs barking. \*

#### Separation anxiety

Dogs with separation anxiety or dogs that **cannot be left alone** are a common phenomenon. Especially dogs where the owners are often out of the house can develop separation anxiety. Bach flowers can help your dog to stay calm and be less anxious when you are not there. \*

#### Overenthusiastic dogs

You know them, those dogs that go wild as soon as they see you. Some dogs are even so enthusiastic they **start peeing on the spot!** Bach flowers can calm your dog down and make them more peaceful. \*

### Fears

A lot of dog behaviour problems have fear as the underlying cause. This can come to show in humble behaviour but also the opposite, **tough and aggressive behaviour**. Bach flowers can bring these emotions in balance and let the fears disappear. \*

### Aggressive behaviour

Certain dogs can be quite aggressive, **towards other dogs** or even other people. This dangerous behaviour can however be treated with a fitting Bach flowers remedy. Because of this remedy you can take your dog for a walk with an easy heart. \*

### Adjusting to a new environment

When you bought or adopted a dog, you probably noticed that it took a while for him or her to **adjust to the new environment**. A lot of dogs experience problems with this. A new environment causes a lot of internal tension and stress. With the help of the Bach flowers mix, your dog will feel comfortable fast in his new environment. \*

### Overly sexual behaviour (“leg riding”)

The so called ‘riding’ that your dog does on your or **someone else’s legs** is quite embarrassing. Also riding on other dogs is very hard to unlearn. Bach flowers can help to stop this dominant behaviour. \*

### Treating a trauma

When your dog has had a **traumatic experience** he can be too aggressive or too dependent. With the help of Bach flowers the dog has the support he needs to cope with the trauma. \*

### Contact me for free advice

These are only a few examples as how Bach flowers can help. If your dog has a different problem or a combination of problems, do not hesitate to contact me to receive free advice. You can mail me all your questions, free of charge, at [tom@bachfloweradvice.co.uk](mailto:tom@bachfloweradvice.co.uk) \*

*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order “Bach flower personal mix for dogs”](#)

## Bach First Aid Remedy for dogs

### The First Aid remedy for dogs helps with:

- ✓ Panic during bad weather \*
- ✓ Anxiety due to loud bangs or fireworks \*
- ✓ Sudden anxiety \*
- ✓ Acute stress \*
- ✓ A traumatic experience \*
- ✓ A sudden disease \*
- ✓ A major event \*



### First Aid or Rescue remedy for dogs

Just like with the First Aid remedy for humans, the Rescue remedy for dogs or First Aid remedy for dogs has been created based upon the **original Bach Rescue remedy**. However, Bach flower remedies **White Chestnut** and **Larch** have been added to this mix. The First Aid remedy for dogs consists of **much less alcohol** than the classic Bach Rescue remedy. That's why it is far more suitable for dogs and puppies. \*

### When should the First Aid remedy for dogs be used?

The Bach flowers First Aid remedy for dogs is best used in moments where **heavy stress or anxiety take the upper hand**. These are situations in which the First Aid remedy for dogs is most efficient. The First Aid remedy for dogs can therefore be used in the following situations: \*

- Your dog is in a panic because of the bad weather or he is scared of loud noises
- Your dog has a sudden anxiety; he has to go to the vet, or has to stay home alone for example
- Your dog suddenly gets stressed; he has to get in the car, he's participating in a contest or show, or does agility training for example.
- Your dog suffered a trauma not so long ago:
  - Your dog has lived through a period of abuse/neglect
  - Your dog has been attacked by another dog
  - Your dog was beaten
  - Your dog lost a befriended dog
- Your dog suddenly became ill
- Major events:
  - A new owner
  - Moving
  - Being lost
  - A new housemate

### How should the First Aid remedy be used?

The First Aid remedy for dogs should be used in situations where stress or anxiety take the upper hand. If that's the case, you should administer **four drops directly on the tongue, or on a treat, or rub the drops on the snout**. This should be repeated every 5 to 10 minutes, until the anxiety and stress have gone. There is **no danger of overdose**. If your dog is getting sick, then giving 6 x 4 drops a day might help to cure your dog. This way, your dog regains strength quicker. \*

### How long should the First Aid remedy for dogs be administered?

After major events that cause stress or anxiety, the First Aid remedy should be administered. If you know that a situation is approaching, for example a visit to the vet, then you should start administering the drops before this happens. Also directly after the event, you can administer the First Aid remedy for a few days. Does your dog suffer from anxiety or stress symptoms for longer than a week? Or does your dog remain ill even after administering the First Aid remedy for dogs? If so, then there might be a **more deeply rooted cause**. In such a case, a personal remedy will work better. When composing this mix, the characteristics and needs of the dog as an individual are taken into account, and deeper lying causes of the fear, illness or stress are also treated, **making your dog feel better again**. \*

### What is the difference between the First Aid remedy and the Bach Rescue remedy for dogs from the shop?

- The Bach First Aid remedy on this webpage contains 2 extra Bach flowers, White Chestnut against distress and Larch for improved confidence.
- In the First Aid remedy for dogs, there's much less alcohol than in the classic Bach Rescue, which makes it harmless to administer.
- The content is 50ml instead of 20ml.

*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order "Bach First Aid Remedy for dogs"](#)

## Mix 100: Fear of fireworks with dogs

### Bach flowers mix 100 helps your dog to:

- ✓ Reduce his fear of fire works and loud explosions; \*
- ✓ Avoid sudden uncleanliness; \*
- ✓ Avoid hiding and seeking shelter; \*
- ✓ Avoid excessive barking or howling. \*

### Bach flowers can help your dog with fear of fireworks

Fear of fireworks is common problem with dogs. Many dogs **fear for their lives when fireworks go off**. Some dogs **panic and run away**, others seek shelter and shiver from fear. They suddenly forget their toilet training, bark or whine excessively, and are ignorant of all other things going on around them. Of course, this is all but a comfortable situation for your dog, but neither is it for you. Besides, it is also a **very difficult situation to communicate with**, or give orders to your dog. Consequently, a lot of dog owners don't really look forward to the Christmas holidays and the New Year. They already worry about how to get through them with their anxious dogs. \*



### Avoid fear of fireworks: start on time with Bach flowers mix 100

It is recommended to start a couple of weeks in advance with the Bach flowers mix 100 treatment. The Bach flowers will take care of the cause of the fears of your dog. If you know that fire works are being held soon, for example on New Year's Eve, you may increase the frequency of giving the drops. In times of extreme stress or fear you may administer the Bach flowers drops every 5 minutes. \*

### Bach flowers, 100% safe

There are a lot of existing remedies to take away the fear of fireworks with dogs. Nevertheless, these medicines are not fit for longer periods or daily use. Besides, many of these treatments result in your dog being drugged or almost paralysed. Your dog will still feel fear because of the fireworks, but the medication will prevent him/her to respond to his/her fears because he/she is too drowsy. The fear, however, is still present inside. Bach flowers is a natural remedy, it has no side effects, is not addictive and cannot cause damage to the physics or psyche of your dog. They are 100% safe. \*

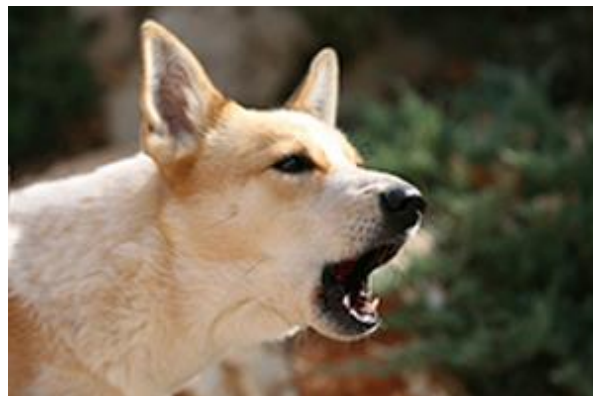
*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order Bach flower mix 100 "Fear of fireworks with dogs"](https://www.bachfloweradvice.ie)

## Mix 101: Excessively barking dogs

### Bach flowers mix 101 helps your dog:

- ✓ To limit excessive barking \*
- ✓ Not to panic as quickly \*
- ✓ To feel better \*
- ✓ To stop looking for attention \*
- ✓ To have more confidence \*



### Stop your dog from barking? Bach flowers help!

All dogs bark. It's natural. Yet some dogs can't seem to stop. Some events seem to provoke **excessive barking**. Think of fireworks, or people passing by your house. Excessive barking may become truly irritating, not only for you but also for your guests or neighbours. It isn't pleasant for the dog either, because he has to deal with a number of emotions. Excessive barking may have different reasons. So how to stop your dog from barking? Thanks to Bach flowers mix 101, you can bring an end to this annoying habit. \*

#### Fear

Some dogs are very easily startled or afraid. As a reaction they start barking because they are panicking. Bach flowers mix 101 helps your dog to be less anxious or skittish, so that he or she doesn't panic so quickly. \*

#### Boredom or loneliness

Dogs are originally pack animals, so when they are alone for a long period of time they can get **bored or lonely**. This causes them to feel **dejected or stressed**. To express their feelings, they may bark excessively. Bach flowers mix 101 makes your dog **feel more comfortable being alone**. When he feels less **dejected or stressed** he will have no reason to bark. \*

#### Overprotective behaviour

Territorial behaviour is normal for dogs. They will want to **protect** their owner and others **from trespassers or other dogs**. Barking then is a means of warning. This protective behaviour can become habitual, causing your dog to start **barking excessively**. Bach flowers ease your dog's overprotective instinct and give him **faith that he can handle harmless situations**. \*

#### Seeking attention

Dogs are animals that need a lot of attention. But sometimes dogs may tend to overdo it. They **demand** your attention by barking if you leave them alone for just a moment. If you get angry, your dog gets the attention he or she was seeking, or you give him or her attention to stop the barking. This creates a vicious circle. Bach flowers take care of your dog's possessive behaviour. \*

*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order Bach flower mix 101 "Excessively barking dogs"](#)

## Mix 102: Uncleanliness of dogs

### Bach flowers mix 102 helps your dog:

- ✓ Stop peeing in the house \*
- ✓ Be less anxious \*
- ✓ Increase his or her confidence \*
- ✓ Deal with stress \*
- ✓ Enhance his feeling of independence \*



### How to stop the dog from peeing in the house? The solution; Bach flowers mix 102!

An **unclean dog** can be a problem. But it isn't only puppies who suffer this way. When an **adult dog suddenly starts peeing in the house** this can be a big problem, especially when you know that you have educated your dog to be clean. The problem occurs all of a sudden and can have a number of causes. Mostly they are related to the **emotions** of your dog. \*

#### Anxiety & stress from staying alone at home

One of the most frequent problems and related causes of a dog peeing in the house is **separation anxiety**. Dogs that can't be alone, can suffer from **anxiety and stress**. Your dog pees in the house in your absence. Your dog is suffering from tension causing him to have to pee faster. Bach flowers can help your dog to be calmer and deal better with stress. \*

#### Lack of confidence

Uncleanliness can also occur with **submissive dogs**. Maybe you are too dominant for your dog, this will make your dog develop a **lack of confidence**. Bach flowers can boost your dog's confidence again. \*

#### Need for attention

When your dog is feeling that he's not getting enough attention from you, he can start to pee in the house to get your attention. If this works, your dog will keep doing it. Bach flowers can help your dog so that he doesn't demand all your attention and he will be inclined to be more **independent**. \*

#### Physical cause

Has your dog started peeing in the house? Remember, there can also be a medical reason. Be sure to visit the vet to rule out a medical problem. \*

*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order Bach flower mix 102 "Uncleanliness of dogs"](https://www.bachfloweradvice.ie)



## Mix 103: Separation anxiety in dogs

### Bach flowers mix 103 helps dogs to:

- ✓ Feel less dejected when they are home alone \*
- ✓ Prevent uncleanliness in lonely moments \*
- ✓ Limit excessive barking or howling \*
- ✓ Limit destructive behaviour \*
- ✓ Deal with traumas \*



### Treat dog separation anxiety symptoms with Bach flowers

In general, dogs have difficulty being alone, and separation anxiety in dogs is therefore a frequent problem. This can be due to a bad experience – perhaps the dog was removed from its mother too early or it has had a traumatic experience. **Separation anxiety can manifest itself through a lack of cleanliness, dejected feelings, howling, or excessive barking...** Will your dog bark or howl for hours? This is not a pleasant experience for your dog, and it is a complete nuisance for the neighbours. Bach flowers mix 103 can help your dog conquer its separation anxiety. \*

#### Traumatic experience

Maybe in the past something scary has happened causing your dog to **develop an anxiety** when staying home alone. Just think about storms, fireworks, break-ins, noise from the neighbours ... all of these can be traumatic for your dog. Your dog can link these things that stress him out or traumatise him to the fact that you as owner leave the house. Bach flowers can help him **deal with these traumatic experiences**. \*

#### Having to stay home alone

Dogs are originally **pack animals**. From birth, they are used to being together with other dogs. If your dog **suddenly has to stay home alone**, then this is something completely new for your dog. It's not in his nature, and often he will not have learned to be alone, because this stage in his education has been skipped. Bach flowers can help your dog deal with this sudden change and help him fight the fear of being home alone. \*

#### Separation anxiety in shelter animals

If you adopted a dog from the shelter, then there's a possibility that your dog has separation anxiety. This fear of abandonment has developed because your dog is **afraid** that you will leave him again and he believes he will have to go back to the shelter. Also, your dog has to **get adjusted** to a new situation. A new home and new people can bring anxiety and stress to your dog. Bach flowers mix 103 **will take away the anxiety of your dog** allowing him to have more confidence in this new situation. \*

*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order Bach flower mix 103 "Separation anxiety in dogs"](https://www.bachfloweradvice.ie)



## Mix 104: Epilepsy in dogs

### Bach flowers mix 104 can help to:

- ✓ Keep your dog quiet \*
- ✓ Reduce stress in your dog \*
- ✓ Let your dog conquer its fears \*
- ✓ Process the trauma of an epileptic seizure \*

### How can Bach flowers help with epilepsy in dogs?



Epilepsy in dogs can have a **physical as well as a psychosomatic cause**. In **either case, it's important to treat** the negative emotions causing or emanating from the epilepsy. I have successfully treated a great number of dogs myself with Bach flowers. \*

#### Too much energy

One of the common behaviours of dogs with epilepsy is hyperactivity. I witnessed this in my experience when treating epilepsy in dogs. These dogs can be very quiet one moment, but are unable to help themselves the next. When this **energy becomes too much for them**, it may be a trigger for an epileptic seizure. Bach flowers mix 104 can help your dog to be calmer. \*

#### Stress

Stress is never good. It has harmful consequences for humans as well as dogs. **Stress** is more than often a **factor that triggers** an epileptic seizure. Stress can be treated very well with Bach flowers mix 104. \*

#### Fear

Some dogs have epileptic seizures **more frequently in certain situations**, for example when there are **fireworks** or when **someone unknown is visiting**. This suggests that fear plays a major role in causing epileptic seizures. Bach flowers mix 104 can help your dog to get over these fears. \*

#### Trauma

Witnessing an epileptic seizure from your dog may scare you as an owner and in some cases, this can cause further **trauma** for your dog. Bach flowers mix 104 can help your dog process these traumatic experiences. \*

*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order Bach flower mix 104 "Epilepsy in dogs"](https://www.bachfloweradvice.ie)

## Mix 105: Carsick dog

### Bach flowers mix 105 helps your dog:

- ✓ Not to panic \*
- ✓ Forget the trauma of previous car rides \*
- ✓ To remain calm \*
- ✓ To be unafraid \*
- ✓ Not to be confused \*
- ✓ Not to get stressed \*

### Your dog is carsick? Bach flowers help dogs with travel sickness



**Dog travel sickness** appears quite frequently. Most of the time, it originates at a young age because the dog's ears aren't fully developed until they're a little older. This causes **the vestibular system** to become 'out of balance'. The dog feels unbalanced during the car ride and then becomes concerned when he **can't handle the situation well**. The dog gets carsick or panics. A disturbance of the vestibular system is more of a physical problem. However, **Bach flowers helps with carsickness in dogs** because the dog's emotions will determine how the dog deals with this crisis. \*

#### Panic in the car

If your dog has never been in a car before, then he will get startled when he becomes unbalanced. Because your dog is out of balance, he can become nauseous or **panic**. Bach flowers mix 105 will help your dog to **remain calm** and not to panic. \*

#### Fear of the unknown

If you rarely transport your dog in the car, then your dog won't be used to it. Such an event can be **terrifying** for your dog, because he doesn't know the situation. There can also be a **lot of noise** whilst on the road, which is hard to stand for your dog. Bach flowers mix 105 helps your dog **beat the fear of the unknown** and feel at ease. \*

#### Conquer trauma

If your dog's been **carsick during previous car rides**, then he/she will **equate** car rides with **being sick**. Also, if your dog was in **an accident** before, this can influence his travel sickness. Bach flowers mix 105 helps your dog to **conquer the trauma**. \*

#### Stress and car sickness

A dog in the car can become **disorientated** because of the influence on its vestibular system. He/she gets **confused, tense and stressed out**. Bach flowers mix 105 helps your dog deal with the situation better, so he/she doesn't get **stressed**. \*

*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order Bach flower mix 105 "Carsick dog"](https://www.bachfloweradvice.ie)

## Mix 106: Stress in dogs

### Bach flower mix 106 helps your dog to:

- ✓ Deal with pressure to perform \*
- ✓ Deal with sudden changes \*
- ✓ Overcome clashes with other animals or people \*
- ✓ Stay calm if it's sometimes impossible to go out for a walk \*



### Stress in dogs? Bach flowers help your dog to calm down!

Just like people, dogs can become stressed. You'd think that the causes of this stress would be different, but actually, dogs get nervous in similar situations to us humans. Think about situations where you are under **pressure to perform**, or there are **sudden changes** or you **clash with others**. These are all situations that can cause stress in dogs. \*

#### Pressure to perform

Dogs that go to dog training classes, as well as other dogs who have to meet **expectations of some kind**, can be under pressure to perform and suffer performance anxiety. Your dog realizes that something is **expected** of him and that can make your dog stressed. Bach flower mix 106 helps your dog deal with this pressure and therefore he is able to perform better. \*

#### Sudden changes

Some dog breeds are creatures of habit. They become attached to their **routine** and can't bear to be without their **owner**. If they get to see **the owner** less than they are used to, or something changes in their daily routine, they can become **very nervous**. Bach flower mix 106 helps your dog to **deal with these changes** so he can move past them. \*

#### Clashes with others

Do you and your dog have the same walking tour where you meet other animals. Or has your dog had a **clash with another animal or person** during a certain activity or visit? If so, your dog may become stressed when you take that walk, have visitors over, or you do the same activity that caused him upset previously. This is because your dog is thinking about **the last unpleasant experience he had**. Bach flower mix 106 helps your dog to **have more confidence** when he comes into contact with other animals or people again. \*

#### Not enough excitement

Some dog breeds have a need for **exercise or activities**. While you're busy at work or with something else, your dog is getting **bored at home**. If you didn't have the time to do something you usually do with your dog, he may become nervous or anxious because of that. The nerves or anxiety will lead to **negative behaviour: your dog may end up destroying things or peeing in the house**. This is all due to stress. Bach flower mix 106 helps your dog to **remain calm, even if it's sometimes not possible to go out for a walk**. \*

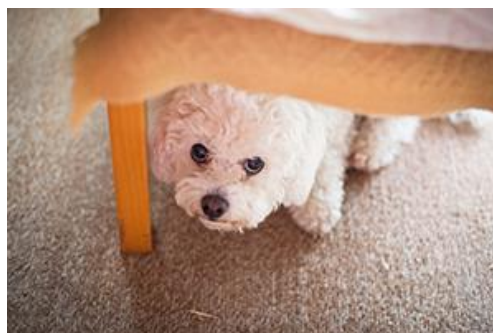
*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order Bach flower mix 106 "Stress in dogs"](https://www.bachfloweradvice.ie)

## Mix 107: Dog anxiety

### Bach flower mix 107 helps your dog:

- ✓ To move on from negative experiences \*
- ✓ Not to be afraid of disappointing his owner \*
- ✓ To be able to socialise better with other dogs/animals/people \*
- ✓ To move past irrational anxieties \*



### Scared dog? Bach flowers comfort your dog!

There are many different reasons for a dog to be scared. Think about a fear of fireworks or separation anxiety. However, dogs can be anxious for more general reasons too. \*

#### Negative experiences

Perhaps your dog once had a fight with another dog, or your dog had an owner who **mistreated** him? If this is the case, then your dog can have anxious feelings continuing after this negative experience. Bach flower mix 107 helps your dog put this negative experience behind him. \*

#### Disappointment

Some dogs are **very loyal** to their owner. They are afraid to disappoint them. Maybe you have punished your dog once for something he has done wrong when you were not at home, and your dog has failed to understand why. Or maybe your dog has experienced punishment with a previous owner? Your dog may think you will get angry again without understanding why. Your dog is **afraid of your reaction**. Bach flower mix 107 helps your dog not to be afraid without any reason. \*

#### Not enough socialisation

When he was younger, perhaps your dog did not spend much time **around other dogs, animals or people**? If so, he might be afraid because your dog doesn't trust other dogs, animals or people. Bach flower mix 107 ensures your dog feels comfortable, even when unknown animals or people are around. \*

#### Afraid of objects

Some dogs are afraid of objects **without any apparent reason**. Sometimes your dog will experience anxiety just because. The noise of a vacuum cleaner, might make him afraid of it for example. Maybe your dog refuses to walk past a certain spot, because it is **afraid of the statue** or something else that's on that spot. Bach flower mix 107 helps your dog move past any irrational anxiety and helps your dog learn to deal with it. \*

*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order Bach flower mix 107 "Dog anxiety"](#)

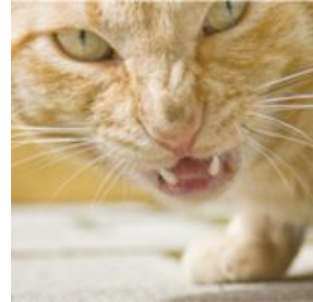
# Bach flowers for cats



[Bach flower personal mix for cats](#)



[Bach First Aid Remedy for cats](#)



[Mix 110: Aggression in cats](#)



[Mix 111: Stress in cats](#)



[Mix 112: Uncleanliness in cats](#)

## Bach flower personal mix for cats

### Bach flowers for cats:

- ✓ A personal combination \*
- ✓ Based on the behaviour traits of your cat \*
- ✓ A Bach flower remedy personally selected by Tom \*
- ✓ Fast and good results \*



### Personalised Bach flowers for your cat

Bach flowers can be used to treat **behaviour problems in cats** perfectly. This is because a lot of behaviour problems have an **emotional cause such as stress**, anxiety, insecurity, etc. However, every cat has a different character which results in a different type of behaviour problems. Because of this I always work with a personalised Bach flowers mix. If you have problems with your cat, contact me for free advice. Mail today to [tom@bachfloweradvice.co.uk](mailto:tom@bachfloweradvice.co.uk) and you will receive an **answer within 24 hours**. \*

### Which behaviour problems can be treated with Bach flowers?

#### Spraying

When a cat randomly starts spraying in the house you get an **annoying smell** and sometimes even **material damage**. Bach flowers can help to reduce this territorial behaviour in the house. \*

#### Scratching furniture, doors, curtains...

A cat loves to scratch, and as long as she does this on the scratching post there isn't any problem. But soon as the cat starts **scratching furniture, doors or curtains** this can be very annoying. A personalised Bach flowers mix can cure this unwanted behaviour and make sure your house will have no more damage. \*

#### Adjusting to new situations

A cat is an animal that has a lot of **problems adjusting to a new situation**. When you have a new addition to the family, or furniture has moved, the cat will seem out of its normal behaviour. Bach flowers will help her to give it all a place, which results in less unwanted behaviour. \*

#### Aggressive behaviour, the pet and bite syndrome

The **pet and bite syndrome** is the most common aggressive behaviour with cats. When you pet a cat she will suddenly turn around and bite your hand. Sometimes she will even grab your hand with her front paws and try to kick you. A personalised Bach flower mix can deal with this behaviour, because the cause lies with fear and a lack of trust. \*

#### Not housetrained

Besides spraying, a cat can also **pee in the house**. This is also caused by emotions such as anger, dominance, and aggression... Bach flowers can correct these emotions and make sure your cat is housetrained in no time. \*



### Fear

Some cats are **really anxious**. This happens in certain circumstances, such as a visitor or a minor sound. This causes your cat to flee, or causes your cat to react aggressively. A personalised Bach flowers mix can make sure your cat conquers these fears and doesn't react so out of control anymore. \*

### Intolerance

Cats like to be on their own, and when a new animal comes into the house this can definitely cause some problems. The cat will **not tolerate another cat** in her territory. This intolerance also causes aggressive behaviour. Bach flowers help to give your cat get more tolerance and be more accepting to the newcomer. \*

### **Ask your question and get free advice \***

Besides these examples there are a number of different behaviour problems that can occur. In most cases I can give you a solution for that. Mail me with the problem that your cat is having, and I will give you an answer within 24 hours. \*

*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order "Bach flower personal mix for cats"](#)

## Bach First Aid Remedy for cats

### This first aid remedy for cats helps them:

- ✓ With intense panic \*
- ✓ Sudden anxiety \*
- ✓ Sudden stress \*
- ✓ After a traumatic experience \*
- ✓ When suffering from a sudden illness \*
- ✓ After a major event \*



### Rescue remedy or First aid remedy for cats

This composition is, just like with the equivalent First Aid remedy for people, based on the original Bach Rescue remedy, but adding **White Chestnut** and **Larch**. The First Aid remedy for cats also consists of **much less alcohol**, rendering it harmless when administered to cats and kittens. \*

### When should the First Aid remedy for cats be used?

The Bach First Aid remedy for cats should be used in moments when, for example, **heavy stress or anxiety** take the upper hand. In these situations, the Bach First Aid remedy is **most efficient**. The Rescue remedy for cats or First Aid remedy for cats can be used in the following situations: \*

- Your cat is panicked by a sudden noise (the noise of a doorbell ...)
- Your cat is anxious because someone is visiting, or there are people around it doesn't know
- Your cat is stressed because suddenly there's a new cat in the neighbourhood
- Your cat recently suffered a trauma:
  - Your cat was hit by a car
  - Your cat became lost
  - Your cat was abandoned
  - Your cat stayed in a shelter
  - A befriended cat has died
  - Your cat fought with another cat
- Your cat suddenly fell ill; she doesn't eat anymore, her behaviour changes ...
- Your cat experienced major events such as moving, change of decoration, new furniture, new housemate ...

### How to use the First aid remedy for cats?

As mentioned above, the First Aid remedy for cats should be used in situations where stress or anxiety take the upper hand. When this is the case, you should give them **4 drops directly on the tongue, or on a treat, or rub it directly on the nose**. You repeat this, every 5 to 10 minutes until all signs of anxiety or stress have gone. There is **no hazard of overdosing**. If you notice your cat is becoming ill, then you can give it 6 x 4 drops a day until the animal is completely cured. This **helps you cure your kitty faster**. \*



## How long do you have to administer the First Aid remedy for cats?

After intense events that cause stress or anxiety, or with illness, the First Aid remedy should be administered. If you're able to know when these events take place (for example, you know someone will visit), then **you can give the First Aid remedy to your cat just before the visit**. If you don't expect a visit, then it is **recommended you give the drops directly afterwards**. Do this for a couple of days. If your cat is suffering from stress or anxiety for longer than a week, or your cat remains ill even after a week has passed, then the problem is **more deeply rooted**. Here, a personal Bach flowers mix could help. This mix answers to the specific needs of your cat as an individual and treats the deeper cause of the anxiety or illness so your cat feels better again. \*

## What is the difference between the First Aid remedy for cats and the Bach Rescue remedy for cats from the shop?

- The Bach First Aid remedy that you can find here, has 2 extra Bach flowers, White Chestnut to protect against being unsettled, and Larch for greater confidence.
- In the First Aid remedy for cats there is much less alcohol than the Bach Rescue remedy for cats from the shop, so you can administer it without any dangers.
- The content is 50ml instead of 20 ml.

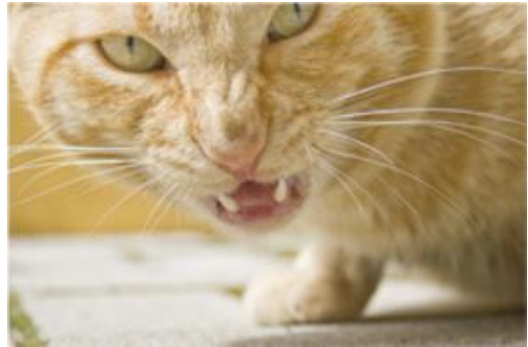
*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order "Bach First Aid Remedy for cats"](#)

## Mix 110: Aggression in cats

Bach flowers mix 110 helps your cat to:

- ✓ Reduce aggression \*
- ✓ Be less anxious \*
- ✓ Limit frustration \*
- ✓ Accept people as well as other cats \*
- ✓ Reduce stress \*



**Do you have an aggressive cat? Bach flowers can help!**

Aggression in cats is one of **the most frequent problems** next to lack of cleanliness. Aggression however, is very often wrongly interpreted. Many people think that an aggressive cat shows this behaviour out of anger or dominance. In many cases, this isn't exactly right, there are plenty of reasons as to why a cat can express aggressive feelings. The most frequent forms of aggression are born out of **anxiety or frustration**. \*

### Petting and biting syndrome

The **petting and biting syndrome**, also known as **petting intolerance** occurs frequently in cats. If you are a cat owner, then you certainly know about this problem. Your cat is sleeping quietly and enjoying your petting. But suddenly this moment of relaxation turns into aggression and your cat bites when petted. **Anxiety and uncertainty** play the biggest part in this. Bach flowers mix 110 helps to deal with these issues. \*

### Aggressive cat due to anxiety

Kittens that are not well socialised from a young age will have trouble dealing with people. They are **afraid of people** and will therefore hiss or claw. If, as an owner, you react with anxiety, your cat will feel cornered. Bach flowers can help your cat to eliminate its fear of people. \*

### Aggression between cats in the same household

Cats are **very territorial**. When there is suddenly another cat in the environment this can cause tension. For both cats, this can be a **stressful situation**. Tension and stress are built up and this can lead to aggression. Do you have a new cat in the house and does your cat show aggressive behaviour? Bach flowers mix 110 can help. \*

### Aggression out of frustration

Aggression coming out of frustration occurs frequently in kittens who are bottle-fed. If kittens are educated by the mother cat, they receive important lessons from nature. They have to be patient when waiting for a drink if the mother cat decides to impose this. When your cat is raised by hand, then it doesn't get this important life lesson. **Frustration can occur** in certain situations meaning you have to live with an aggressive cat. \*

### Aggression out of pain

Aggression can also be caused by pain. If you have an aggressive cat, don't forget to consult your vet **to exclude the possibility of a physical cause.** \*

*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order Bach flower mix 110 "Aggression in cats"](#)

## Mix 111: Stress in cats

### Bach flowers mix 111 helps cats to:

- ✓ Calm down \*
- ✓ Adjust more easily to new situations \*
- ✓ Feel less threatened \*
- ✓ Deal better with stress \*



### Stressed Cat? Bach flowers can help!

Just like you can have stress, your cat can experience stress too. It's possible that you haven't thought about this because your cat seems to have an **easy and lazy life**. Nothing is further from the truth; cats also have to deal with **stress**. Stress can show through physical problems like bald spots or a decreased appetite. Your cat can also start to expose **bad behaviour** like **spraying in the house or scratching the couch, doors or walls**. Your cat will isolate itself and will have to deal with **dejected feelings**. \*

#### New situations

Cats are very sensitive to change. A new family member, moving into a new house or even the smallest change in your domestic setting can make your cat lose its equilibrium. Dealing with this causes a whole lot of **stress in cats**. Bach flowers mix 111 can help your cat deal more easily with new situations. \*

#### Tensions or threats within their territory

Cats can feel a great deal of stress when they feel **threatened in their own territory**. The arrival of another animal can cause much stress for example. Some cats will get too scared to move freely in their own home. They can also feel threatened when they have to share their food bowl, drinking bowl or litter box with other cats. They will tend to keep an eye on the other cats. These situations bring along a great deal of stress. \*

#### Boredom

You maybe wouldn't think this possible, but even a cat that's sleeping throughout the whole day, can experience stress. **Prolonged boredom** can be an indicator of chronic stress. Keep a good eye on your cat, because this form of stress is **difficult to observe at times**. \*

#### Physical cause

Stress can also have a **physical cause**. The discomfort of a disease and administering medication (often forced) can cause **stress** to your cat. In addition, if your cat has to visit the vet frequently because of an illness this will also cause stress, particularly where the cat is locked into a transport box for the journey to the vet. \*

*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order Bach flower mix 111 "Stress in cats"](https://www.bachfloweradvice.ie)

## Mix 112: Uncleanliness in cats

### Bach flowers mix 112 helps to:

- ✓ Ensure your cat is housebroken \*
- ✓ Remove stress from your cat \*
- ✓ Deal with traumatic experiences \*
- ✓ Feel less anxious \*



### Cat peeing in the house? Bach flowers help to take away the cause

Lack of cleanliness in a cat is a very annoying problem. Your cat doesn't do this on purpose however. Don't get angry at your cat, as this will only make the problem worse. Watch out, lack of cleanliness could have a medical cause. Be sure to visit the vet to exclude this type of lack of cleanliness. If your cat is not peeing in the house due to medical reasons, then **stress, anxiety or a traumatic experience** could be a cause. In this case, Bach flowers can offer a solution. \*

#### Lack of cleanliness due to stress

The stress that's causing your cat's lack of cleanliness in the house can have a number of reasons. Certain stressors can include for example: the stress you have yourself and pass on to your cat; moving into a new house; a new member of the family; or other housecats in the neighbourhood of the litter box. Even though you won't be able to see it right away, your cat can definitely **experience stress**. Observe your cat well and think about recent events. In cases of stress, Bach flowers mix 112 can help with housebreaking your cat. \*

#### Traumatic experience with the litter box

Your cat can also experience fear when doing its deeds. This can be due to a **scary event** in the past. For example: Other cats make use of the same litter box and the unclean cat is scared to use the same litter box again, because it ended up in a fight with another cat. Or during a previous visit to the litter box, your cat was startled by a loud bang causing your cat to be afraid to use the litter box. Bach flowers mix 112 can help your cat to **deal with any traumatic experience** in such a way that it will not be anxious any more. \*

#### Peeing in the house out of fear

Sometimes, it can happen that you have a visitor and **your cat suddenly starts peeing in your house**. This could be because the cat is hindered by the visitor. Your cat can be afraid to go to the litterbox. Other cats may have **separation anxiety**, causing them to pee in the house when you leave them alone. Bach flowers mix 112 can help your cat to **be less anxious**. \*

*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order Bach flower mix 112 "Uncleanliness in cats"](https://www.bachfloweradvice.ie)

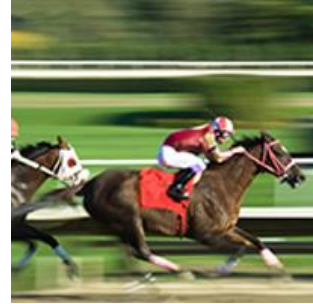
# Bach flowers for horses



Bach flower personal mix  
for horses



Bach First Aid Remedy for  
horses



Mix 120: Stress in horses



Mix 121: Anxious horses



Mix 122: Transport stress  
horse

## Bach flower personal mix for horses

### Bach flowers for horses are:

- ✓ A personal combination \*
- ✓ Based on the behaviour traits of your horse \*
- ✓ A Bach flower remedy personally selected by Tom \*
- ✓ A guarantee for fast and good results \*

### Bach flowers for horses: a natural way of healing

Horse behaviour problems can be cured with Bach flowers. The difficulty in it is to make a mix of the right Bach flowers that fit the problem and the character of the horse. Nevertheless it is the best way to tackle the problem and **make sure the problems gradually fade**. If you are interested in a personal mix, feel free to **mail with a description of the problem** and the most important character traits of your horse. With further questions you can mail me on [tom@bachfloweradvice.co.uk](mailto:tom@bachfloweradvice.co.uk) and you will receive an answer within 24 hours. \*



### Handling horse behaviour problems

Bach flowers are a natural and effective way to deal with numerous horse behaviour problems. The following horse **behaviour problems** can be treated well with Bach flowers: \*

- Trailer problems
- Aggressive behaviour
- Anxiety
- Sheer legs, rearing up
- Separation anxiety
- Single problems
- Not staying still on mounting
- Dominant behaviour
- Not giving the hoof
- Head shyness \*

### Support for competition horses

It happens that a horse gets **anxious during a competition**, or that nerves take the upper hand. A lot of riders use Bach flowers to deal with these problems, and this also makes their horse perform better. A personalised Bach flowers mix is always the best in these cases. Mail me for free advice! [tom@bachfloweradvice.co.uk](mailto:tom@bachfloweradvice.co.uk) \*

*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order "Bach flower personal mix for horses"](#)



# Bach First Aid Remedy for horses

## The First Aid remedy for horses helps with:

- ✓ Panic from sudden movements or noise \*
- ✓ Sudden anxiety \*
- ✓ Acute stress \*
- ✓ A traumatic experience \*
- ✓ A sudden disease \*
- ✓ A major event \*



## Rescue or First Aid remedy for horses

The First Aid remedy for horses has its origin, just like the First Aid remedy for people, in the classic Bach Rescue remedy. Bach flowers **Larch and White Chestnut have been added** to the mix. The First Aid remedy for horses also consists of **much less alcohol** than the Rescue Remedy as you would know it from the shop. That's why it's much safer to administer it to horses or foals. \*

## When should the First Aid remedy for horses be used?

The Bach First Aid remedy for horses is most efficient in situations **where acute stress or anxiety take the upper hand**. These situations are a good example. These are some examples in which the First Aid remedy for horses can be used:

- Horse in panic: Because of passing vehicles, sudden movements, new objects, brightly coloured sails or umbrellas, loud bangs, other panic reactions...
- Horse has sudden anxiety: Fear of the tracks, fear of a particular object, fear of a particular person, or other horses, fear of the trailer
- Horse has stress: Before and/or after a game, before and/or after an examination, when the vet visits, when the farrier visits, before and after being transported.
- Horse has a trauma: After being mistreated, neglected, after being heavily startled on the tracks or in the plains, after running against the barbed wire, separating mother and foal, being left alone, after injury, after being bitten by another horse, after fighting another horse...
- Horse is suddenly ill: colic, a different eating pattern, other illnesses...
- A major event: Changing owners, changing stables, saying goodbye to a befriended horse that was next to him/her at the stables, moving, in the trailer... For foals: after being born, separation from the mother



## How should the First Aid remedy for horses be used?

The First Aid remedy for horses should be used in situations where emotions such as stress or anxiety take the upper hand. When that's the case, you give four drops directly on the tongue, or on something sweet like a sugar cube, or rub them on their nose. This should be repeated every 5 to 10 minutes, until the symptoms of anxiety and stress have gone. **There is no danger of over dosage.** If your horse is becoming ill, then it will also help to give 6 x 4 drops a day. This will help your horse to regenerate, and heal faster. \*

## How long should the First Aid remedy for horses be administered?

You should give the First Aid remedy for horses after a major event or moments of intense anxiety or fear. If you can predict such a moment (your horse is participating a game for example), then you can start giving the First Aid remedy for horses before the situation has developed. You can administer the First Aid remedy for horses straight after an event, and continue this for a few days. If the fear or anxiety is persistent, or your horse remains ill for longer than a week while you have been giving them the First Aid remedy for horses, then there might be a deeper root to the problem. In that case, **a personal mix** will be better. When composing this type of mix, the characteristics and needs of your horse as an individual are taken into account, and this way, deeper causes of anxiety, stress or illness are also treated, **allowing your horse to feel better again.** \*

## What's the difference between the Bach First Aid remedy and the Bach Rescue from the shop?

- The Bach First Aid remedy for horses, which you can find here, consists of two extra Bach flowers, namely White Chestnut for perturbation and Larch for a better confidence
- In this First Aid remedy for horses, there is much less alcohol than in the classic Bach Rescue, making it harmless to administer
- The content is 50ml instead of 20ml.

*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order "Bach First Aid Remedy for horses"](#)

## Mix 120: Stress in horses

### Bach flowers mix 120 helps horses to:

- ✓ Feel calmer \*
- ✓ React less anxiously \*
- ✓ Eliminate nervousness \*
- ✓ Improve how they deal with stimuli \*

### Bach flowers mix 120, a solution for stress in horses



Horses are **very sensitive animals**, causing them to be stressed quickly. It's proven that **stress is not healthy and causes a great deal of physical complaints**. A **stressed horse** can also become dangerous for you due to unexpected impulsive reactions. \*

#### Competition stress

Horses that take part in competitions **experience a great deal of stress**. There's the pressure to succeed but also the environment is full of **stimuli**. Loud music, a large crowd of people, applause, yelling children... Situations like this cause an awful lot of stress for your horse. **Even you as a rider can experience stress**, which you pass on automatically to your horse. Bach flowers can help your horse to deal with these stimuli and be then be less stressed in time for competitions. \*

#### Transport stress

Horses are **herd and prey animals**. Your horse can experience much **stress and anxiety** when locked up in the trailer. Your horse could potentially even hurt itself or others when it is loaded into the trailer. Even if your horse is standing quietly and still in the trailer, it's possible that it is experiencing extreme stress. \*

#### Stress due to irritations or environment

Horses are very sensitive to stress. Your horse can even be stressed or irritated by certain **sounds in its environment**. For example, a horse may become stressed thanks to a barking dog or loud children. However it isn't just a noisy environment that causes your horse stress, the surroundings **of the horse** can cause stress too, for example where they are locked up for too long in the stables. This **long term stress** can cause many emotional problems. Does the slightest problem cause stress in your horse? Then Bach flowers mix 120 will definitely help your horse. \*

*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order Bach flower mix 120 "Stress in horses"](https://www.bachfloweradvice.ie)

## Mix 121: Anxious horses

### Bach flowers mix 121: anxious horses

- ✓ Conquer fears \*
- ✓ Boost self-confidence \*
- ✓ Trust people in the area more easily \*
- ✓ Be less suspicious \*

### Anxious horses can conquer their fears with Bach flowers

Horses can become anxious very quickly. They can suffer with a **fear of traffic, fear of dogs, fear of people, and so on**. Horses have a great field of vision and often see much more than we as people do, but this causes them to be startled more easily. Anxious horses can be **very dangerous animals**. So it's important to pay attention to this and treat the root of the problem, for your horse as well as for its environment and yourself. Bach flowers mix 121 can help your horse to **conquer its fears**. \*



### Faith in people

Horses are **prey animals**, that's why sometimes they see people as predators. So it's in their nature to not immediately trust humans. It's also possible that, after a **bad experience with a previous owner**, the horse has even less faith in humans. If you want to help your horse to get rid of its fears, then it's also important that its faith in you and its environment is better than before. Bach flowers can help your horse to **be less suspicious** and stimulate the horse to have more faith in you. \*

### Traumatic experience

They say an elephant never forgets, but when it comes to horses, they too have an incredible memory for things which startled them. When a horse sees, hears or smells something that causes them fear, it will trigger the memory, and your horse will react instinctively. Fear can also **quickly expand**. For example: when your dog been startled by a barking dog, then your dog can develop a fear of all dogs. Some typical examples:

- **Girth Pain Syndrome:** Has your horse been roughly girthed in the past? If so then it could have developed Girth Pain Syndrome and your horse will always be afraid to be girthed. \*
- **Head shyness:** Another frequently occurring issue is head shyness. This can have multiple causes. Head shyness can occur due to the pain your horse is experiencing, but it can also be a matter of faith. Has your horse been hit on the head in the past? If so then your horse is probably very insecure about itself and other people. \*

Bach flowers can help your horse to **deal with the trauma** and deal with things that have caused them fear in the past. \*

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[Click here to order Bach flower mix 121 "Anxious horses"](https://www.bachfloweradvice.ie)

## Mix 122: Transport stress horse

### Bach flowers mix 122 helps your horse:

- ✓ Not to stress \*
- ✓ To forget negative experiences from the past \*
- ✓ Remain calm \*
- ✓ Trust the situation \*
- ✓ Not to be frightened of the trailer \*



### Transport stress in horse? Solved with Bach flowers!

Some horses have trouble being transported. They are scared of the trailer. They get **anxious, stressed or panicky** because they don't want to load into the trailer. Some horses feel **too cramped** in the trailer or have suffered a **negative experience in the past**, and therefore they don't want to be transported anywhere anymore. \*

#### Stress & panic because of the small space

If you have to transport your horse, then it won't enjoy being **locked up in such a cramped space**. Your horse doesn't understand how or when it can leave that space again, and this is what makes it become **stressed out and panicky**. Bach flowers mix 122 helps your horse not to stress about this. \*

#### Fear of the unknown

Is this one of the first times you have had to transport your horse? Then your horse obviously isn't used to it. If your horse is scared of the trailer, and your horse doesn't understand the situation, this can make the event very **frightening**. On the road, there can be **a lot of noise**, and many horses have trouble with that! With Bach flowers mix 122, your horse will conquer its fear of the unknown. \*

#### Negative experience

Maybe you have already transported your horse a few times, but something bad happened last time. Maybe your horse was involved in a **small accident**? Or maybe there was **a bit more noise than expected**? Your horse cannot assess the situation, and will probably try to prevent it from happening again by simply refusing to be transported anymore. Bach flower mix 122 helps your horse to move past this negative experience. \*

#### Little faith

Maybe you haven't had your horse for that long, or perhaps you don't have a good relation with it at the moment? Maybe your horse doesn't trust the one that is trying to load it in the trailer. Horses sometimes refuse to be loaded because of mistrust. Bach flowers mix 122 helps your horse to **put trust** in the situation and conquer their fear of being transported. \*

*\* Disclaimer: results may vary from animal to animal and are not based on scientific results.*

[Click here to order Bach flower mix 122 "Transport stress horse"](https://www.bachfloweradvice.ie)