



Linda Henderson

HD, DTCM, DNM, ROHP, RBT

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Introduction to Bach Flower Remedies

- Aims to treat the psychic, not the physical.
- Attempts to treat the patient's soul.
- Does not seek the physical symptoms of an illness.
- Looks at underlying or predominant mental & emotional conditions.
- Same illness can cause different psychic symptoms in different individuals.
- Suitable for children.
- Stabilize psychic weak points – “preventive medicine”.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Patients

- When mental & emotional state of the patient is ignored, imposing treatment in a impersonal, objective, senseless way.
- Addressing only the symptoms, not the patient.
- Can treat the patient as an individual

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Treatment

- Health can only return when the balance of the psyche is restored & the inner self is once again whole and revitalized.
- Every person has a unique psychic structure, affecting emotions, thoughts & actions.
- Minimize or treat precisely defined psychic conditions through 38 floral essences.
- Essences taken singly may not have sufficient complexity or strength.
- Normally administered by combining several essences.
- Combinations allow for more precise and effective treatment.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Limitations

- Bach flower therapy does have its limits.
- Dependent on fate & circumstance.
- No such thing as a cure.
- Not every psychic condition is treatable, nor is it necessarily the sign of an illness.
- Treatment is called for only when they cause us to suffer.
- Bach Flower Therapy cannot make a person into their ideal opposite.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Bach Flower Essences

A to S

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Agrimony

For people who cannot recognize the truth & who go out of their way to avoid conflict.

Areas of use:

- Tension.
- Deception.
- Artificiality.
- Fear of conflict.
- Emotional anguish.
- Psychic complexes.
- Tendency to repress.
- Hidden inner discord.
- Inclination towards alcoholism & drug abuse.



Effects:

- Promotes honesty.
- Promotes natural behaviour.
- Promotes a more open & relaxed disposition.
- Enables the ability to engage in conflict.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Aspen

For people who are tormented by unpleasant ideas of vague, indefinite anxieties or fears.

Areas of use:

- Fears.
- Panic.
- Anxiety.
- Phobias.
- Bizarre ideas.
- Terrifying fantasies.
- Delusion in relationships.



Effects:

- Cardiac insufficiency.
- Hormonal imbalances.
- Effective against anxiety, foreboding & fears.
- Improves ability to deal sensibly with intuition.
- Improves frail constitution.
- Sensitivity to weather changes.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Beech

For people with a deep seated, unconscious intolerance disguised as an excessive sense of tolerance and empathy.

Areas of use:

Allergies.
Excessive tolerance.
Inner conflict between :
emotional intolerance
&
intellectual tolerance.
Denial of own natural aversions
& dislikes.



Effects:

Promotes natural balance
between tolerance & intolerance.
Works on inbred tolerance.
Helps those who are never able to
engage in conflict.

©This Education manual may not be duplicated by any means, electronic or otherwise,
without express written permission from CIHS (The College of International Holistic Studies)

Centaurry

For people who are excessively cheerful or for obsequious people who allow themselves to be used too often.

Areas of use:

Servility.
Dependence.
Self-deception.
Self-deprivation.
Weak personality.
Fretful selflessness.
Excessive willingness
to accommodate
the needs of others.
Lack of self-assertiveness.
Pathological cheerfulness.



Effects:

Restores personal strength.
Promotes consciousness.
Awareness of self worth.
Ability to claim rightful place
in society.
Helps spinal problems of
servile individuals.

©This Education manual may not be duplicated by any means, electronic or otherwise,
without express written permission from CIHS (The College of International Holistic Studies)

Cerato

For insecure people who do not know how to do things and constantly seek the advice and counsel of others.

Areas of use:

Insecurity.
Helplessness.
Lack of instinct.
Lack of independence.
Underdeveloped self confidence.



Effects:

Insecurity.
Improves ability to see between good & bad.
Improves relationship with "inner voice".
Allows us to trust our own opinion.
Promotes maturing process.
Mental & emotional independence.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Cherry Plum

Used to treat people who are in danger of committing irrational acts or of losing their reason.

Areas of use:

Hysteria.
Irrational actions.
Suicidal tendencies.
Obsessive behaviour.
Mental & Emotional Pressure.



Effects:

Resolve internal conflicts
by reducing moral or
rational pressures.
Minimize internal tension.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Chestnut Bud

For people who have difficulties learning or who continually make the same mistakes.

Areas of use:

Carelessness.
Learning difficulties.
Learning disabilities.
Undeveloped awareness.
Pathologically distracted.
Absentminded behaviour.



Effects:

Opens the spirit.
Mental maturity &
experience.
Improves ability to learn.
Helps to remember & learn
from out experiences.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Chicory

Treatment for greedy people who sacrifice themselves for others in order to get affection and cling to them.

Areas of use:

Egotism
Excessive greed
Emotional tyranny
Selfish self –sacrifice
Emotional relationships
Conditional love & attention.
Exaggerated sympathy & self pity



Effects:

Restore human
relationships.
Important when treating
partners.
Heal neurotic parent-child
relationships.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Clematis

For people who are susceptible to fantasies and daydreams and who lose their grip on reality.

Areas of use:

Daydreaming.
 Wishing to die.
 Uncritical optimism.
 Illusions & fantasies.
 Tendency to fainting
 or unconsciousness.
 Deteriorating consciousness.
 Disjointed relationships to reality.



Effects:

Sleepiness.
 Carelessness
 Drug addiction.
 Absentmindedness
 Helps bring reality back into
 focus.
 Distance from daydreaming,
 fantasies.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Crab Apple

For people who feel impure or poisoned – physically or spiritually.

Areas of use:

Nausea.
 Skin Conditions.
 Chronic illnesses.
 Compulsive cleanliness.
 Compulsive obsession with character,
 morality, impurity or poisoning.
 External or internal toxic damage.



Effects:

Excessive sense of
 "morality".
 Fear of un cleanliness.
 Helps issues of impurity,
 shame, nausea.
 Promote a healthy attitude
 towards physical & spiritual
 cleanliness & purity.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Elm

For people who suddenly feel unable to carry out an important mission or responsibility.

Areas of use:

Acute illness.
Sudden fear of failure.
Uncontrollable ambition.
Inappropriate behaviour due to stress.
Acute feelings of stress & overwork.
Acute crisis related to achievements & goals.



Effects:

Releases blocked energy.
Prevents placing self in to stressful situations.
Reduces psychic stress related to performance.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Gentian

For people with a weak will and a tendency to be easily discouraged.

Areas of use:

Weak will.
Lack of endurance.
Reactive depression.
Insufficient determination.
Tendency towards relapse.



Effects:

Strengthens will.
Increases resolve & endurance.
Helps instill optimistic attitude.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Gorse

For people without hope.

Areas of use:

Loss of hope.
Pessimistic attitude.
Serious illness with negative prognosis.



Effects:

Braces us against loss, disappointments & defeats.
Stimulates will to live.
Helps restore positive attitude.
Promote positive change.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Heather

For egocentric people who need recognition, who cannot be alone & who speak constantly of themselves.

Areas of use:

Vanity.
Egotism.
Inferiority complex.
Fear of being alone.
Pathological self love.
Craving for recognition.



Effects:

Minimizes feelings of inferiority.
Overbearing chattiness.
Humiliating experiences.
Instills a natural feeling of self-worth.
Promotes ability to acknowledge & work against boasting & arrogance.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Holly

For people who are inclined to behave in an unfriendly or aggressive manner.

Areas of use:

- Envy.
- Hate.
- Irritability.
- Mistrust.
- Jealousy.
- Violence.
- Aggression.
- Lovelessness.
- Choleric or sanguine temperament.
- Negative or destructive attitude.
- Lust for revenge.



Effects:

- Makes us friendlier.
- Promotes control of aggression.
- Lessen aggression, irritability, anger, rage, lust for revenge, resentment & jealousy.
- More patient, gentler, loving & able to compromise.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Honeysuckle

Honeysuckle is for people who cannot let go of the past.

Areas of use:

- Melancholia.
- Homesickness.
- Flight from reality.
- Excessive nostalgia.
- Sadness caused by loss.
- Lack of interest in the present.



Effects:

- Improves ability to come to terms with new situations.
- Allows pleasant & persistent memories to fade.
- Awakens interest in the present.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Hornbeam

For people who find the demands of everyday life too difficult even though they are perfectly capable of fulfilling them.

Areas of use:

Weakness.
Frustration.
Fear of failure.
Morning frustration.
Chronic feeling of being overwhelmed.
Groundless pessimism.
Lack of interest in work.



Effects:

Desire to achieve.
Overcome day-to-day challenges.
Restore enthusiasm, self confidence & a positive active attitude.
Prevent running away from challenges through sickness.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Impatiens

Used for impatient, restless people who are always in a rush.

Areas of use:

Itchiness.
Fidgetiness.
Restlessness.
Superficiality.
Sleeplessness.
Excessive haste.
Nervous temperament.
Overactive metabolism.



Effects:

Helps to develop own methods to succeed when under pressure.
Fosters patience, circumspection, prudence & thoroughness.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Larch

For people who lack self confidence.

Areas of use:

- Shyness.
- Timidity.
- Feelings of inferiority.
- Self confidence issues.
- Unnecessary self denial.
- Problems with self worth.
- Inclination to give up hastily.



Effects:

- Minimizes inferiority complexes.
- Promotes development of special talents.
- Promotes feeling of security.
- Long term changes in the back & spin.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Mimulus

For people who suffer from vague, generalized fears and anxieties.

Areas of use:

- Anxiety.
- Timidity.
- Shyness.
- Groundless Fear.



Effects:

- Reduces fear.
- Reduces anxieties.
- Increase courageousness.
- Promotes ability to assess dangers reasonably.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Mustard

For people who fall into depression, bad moods or melancholia from time to time without any apparent reason.

Areas of use:

- Sadness.
- Dejection.
- Pessimism.
- Bad moods.
- Melancholia.
- Lack of enthusiasm.
- Lack of joy and humor.
- Groundless depression.
- Endogenous depression.
- Periodic world weariness.



Effects:

- Inner lightening.
- Breaks down depressive moods.
- Promotes open, optimistic & communicative demeanor.
- Positive influence on illness.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Oak

For people who cannot give up.

Areas of use:

- Strain.
- Obstinacy.
- Possessiveness.
- Pigheadedness.
- Long term stress.
- Excessive responsibility.
- Uncompromising & unyielding behaviour.
- Compulsive sense of obligation, self sacrifice & ambition.



Effects:

- Flexibility.
- High fat levels.
- High blood pressure
- Willing to compromise.
- Enhances ability to relax
- Promotes ability to accept fate.
- Reduces compulsion to achieve.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Olive

For people who are physically and emotionally exhausted.

Areas of use:

- Anemia.
- General weakness.
- Heart insufficiency.
- Physical exhaustion.
- Emotional exhaustion.
- Impaired ability to perform.



Effects:

- Strengthening.
- Restore psychic & physical functions to normal.
- Treating weakened conditions – especially the heart.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Pine

For people who suffer from feelings of guilt and a bad conscience.

Areas of use:

- Self rejection.
- Self judgment.
- Guilty feelings.
- Moralistic compulsions.
- Enslavement to authority.
- Pathological perfectionism.
- Unwarranted pangs of conscience.



Effects:

- Guilt complex.
- Bad conscience.
- Mental independence.
- Compulsive perfectionism.
- Promotes self-affirmation.
- Responsibility to ourselves.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Red Chestnut

For people who worry very much about others & suffer greatly when others suffer.

Areas of use:

Neurotic sympathy.
Altruistic concerns.
Oppressive sympathy.
Excessive caring for others.
Pathological worrying over others.



Effects:

Circulatory & respiratory problems.
Eliminate habit of worrying about others.
Restores trust in fate & a healthy level of egotism.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Rock Rose

Is the essence for emergencies, panic and shock.

Area of use:

Panic.
Emergencies.
Latent anxiety.
Psychic instability.
Shocking experiences.
Loss of presence of mind.



Effects:

Release blockages from traumatic events.
Restores normal coordination of mental & vegetative functions.
Restores our composure, quiet, courage & presence of mind.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Rock Water

For people who are too hard on themselves or have a tendency towards self-castigation.

Areas of use:

- Lack of joy.
- Self abuse.
- Self torment.
- Ascetic, martyr like behaviour.
- Excessive self discipline & self control.
- Compulsive fanaticism & dogmatism.
- Fear of emotions.
- Excessive planning & control.



Effects:

- Frees us from inflexible self discipline.
- More open to our own feelings.
- Promotes mental flexibility & carefree positive attitude.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Scleranthus

For people who have difficulties making decisions.

Areas of use:

- Instability.
- Moodiness.
- Inconsistency.
- Inner turmoil.
- Indecisiveness.
- Absentmindedness.
- Lack of concentration.
- Illnesses with changeable symptoms.
- Scatterbrained behaviour.
- Erratic & unreliable behaviour.



Effects:

- Improves concentration.
- Mental clarity & consistency.
- Improves abilities for decision making.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Star of Bethlehem

For people who do not have the strength to bear unhappy situations or devastating experiences.

Areas of use:

Grief.
Injuries.
Neuroses.
Nightmares.
Unhappiness.
Excessive need for comfort.
Consequences of accidents.
Unprocessed or unresolved
psychic or physical trauma.
Inability to forget or let go.



Effects:

Improve neurotic disorders.
Ability to cope in heavy life
situations.
Overcoming trauma or accidents.
Helps to release blockages when
healing.

©This Education manual may not be duplicated by any means, electronic or otherwise,
without express written permission from CIHS (The College of International Holistic Studies)

Sweet Chestnut

For people who are in total despair and stand on the verge of a breakdown.

Areas of use:

Desperation.
Mental anguish.
Extreme depression.
Acute hopelessness.
Extreme spiritual suffering.
Mental or physical breakdown.



Effects:

Mental "softener".
Enables the release of our
resistance & reservation in
dealing with reality.
Helps to learn to trust in fate.
Helps bring light into seemingly
hopeless situations.
Gives an acceptable perspective to
go on.

©This Education manual may not be duplicated by any means, electronic or otherwise,
without express written permission from CIHS (The College of International Holistic Studies)

Vervain

For people who burden others with their convictions and missionary zeal.

Areas of use:

Stress.
Tension.
Pushiness.
Convictions.
Fanaticism.
Fixed ideas.
Nervousness.
One-sidedness.
Preconceptions.
Inflexible beliefs.
Intolerant idealism.
Excessive enthusiasm.
Blindly zealous beliefs.
Missionary tendencies.
Need to improve the world.



Effects:

Broadens horizons.
Respect attitudes of others.
Prevents zeal & enthusiasm from creating a source of stress.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Vine

For self confident, intolerant people who want others to march to their tune.

Areas of use:

Pedantry.
Obstinacy.
Fanaticism.
Superiority.
Intolerance.
Dogmatism.
Domestic tyrant.
Perpetual teacher.
Mental inflexibility.
Inflexible convictions.
Dominating behaviour.



Effects:

Increase tolerance.
Breaks down pettiness & fanatical obstinacy.
Promotes mental flexibility.
Ability to learn & acquire new knowledge.
Frees us from blind convictions.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Walnut

For people who are too easily influenced or who need more stability in a personal crisis.

Areas of use:

- Birth.
- Death.
- Puberty.
- Teething.
- Frailness.
- Menopause.
- Dependence.
- Personal crises.
- Weak personality.
- Lack of self-confidence.
- Lack of self-assertiveness.
- Sensitivity to outside influences.
- Excessive need to conform.
- Trusting innocence.
- Bad habits.



Effects:

- Minimizes naïve & gullible behaviour.
- Strengthens personality.
- Allows for development & realization of our own life concept.
- Acquire ability to give up old habits.
- Free ourselves from dependence.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Water Violet

Used for loners who have problems with human contact.

Areas of use:

- Pride.
- Shyness.
- Arrogance.
- Contempt.
- Being a "loner".
- Fear of attachment.
- Reserved behaviour.
- Coldness of emotions.
- Disapproval of others.



Effects:

- Sociability.
- Friendliness.
- Openness.
- Antisocial behaviour especially with developing illnesses.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

White Chestnut

For people who are tyrannized by certain unpleasant thoughts of ideas.

Areas of use:

Fixations.
Jumbled thoughts.
Treat sleep disorders.
Compulsive thoughts.
Mental & emotional
overstimulation.
Headaches due to stress.
Difficulties with concentration.



Effects:

Mental clarity.
Improves headaches.
Improves sleep disorders.
Encourages concentration.
Support positive suppressive
behaviour.
Frees us from tormenting ideas.
Helps break vicious mental cycles.

©This Education manual may not be duplicated by any means, electronic or otherwise,
without express written permission from CIHS (The College of International Holistic Studies)

Wild Oat

For people who want to do something sensible and meaningful but don't know how to go about it.

Areas of use:

Lack of goals.
Lack of clarity.
Self-alienation.
Indecisiveness.
Feelings of pointlessness.
Depression cause by lack of
purpose in life.
Crises related to new beginnings.



Effects:

Clarity.
Self realization.
Fights depression.
Restores inner order
Helps make new beginnings.

©This Education manual may not be duplicated by any means, electronic or otherwise,
without express written permission from CIHS (The College of International Holistic Studies)

Wild Rose

If for people who are resigned and who can not bring themselves to be active.

Areas of use:

Apathy.
Resignation.
Lack of drive.
Convalescence.
Lack of willpower.
Pathological resignation.
Lack of interest & enthusiasm.



Effects:

Mitigates resignation.
Minimizes indifference.
Foster an attention to life.
Minimizes mental passivity.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)

Willow

For people who are disappointed, bitter or offended.

Areas of use:

Bitterness.
Resentment.
Disappointment.
Need for revenge.
Inability to reconcile.
Being at odds with fate.
Feeling offended or slighted.



Effects:

Contentment.
Understanding.
Counters the feeling of being
treated unjustly.
Counters the need for revenge.

©This Education manual may not be duplicated by any means, electronic or otherwise, without express written permission from CIHS (The College of International Holistic Studies)