

The Bach Flower Guide

Which Bach Flower essences
can help me?



Table of contents

INTRODUCTION _____	4
<i>Bach flowers and children</i> _____	5
INATTENTION AND HYPERACTIVITY _____	5
PUBERTY _____	7
EXAM STRESS _____	9
AUTISM _____	11
DIVORCE OF THE PARENTS _____	13
TEENAGE DEPRESSION _____	15
BABY COLIC _____	17
BULLYING AT SCHOOL _____	19
CHILD ABUSE _____	21
BEDWETTING _____	23
<i>Bach flowers and women</i> _____	25
WEIGHT LOSS _____	25
GETTING PREGNANT _____	27
MENOPAUSE _____	29
PREGNANCY _____	31
PREMENSTRUAL SYNDROME _____	33
<i>Bach flowers and depression</i> _____	35
GENERAL DEPRESSION _____	35
BIPOLAR DISORDER _____	37
BEREAVEMENT _____	39
POSTNATAL DEPRESSION _____	41
SEASONAL AFFECTIVE DISORDER _____	43
LOVESICKNESS _____	45
<i>Bach flowers and stress</i> _____	47
STRESS _____	47
HYPERVENTILATION _____	49
BURNOUT _____	51
DIVORCE _____	53
CONCENTRATION PROBLEMS _____	55

HEADACHE - MIGRAINE _____	57
ADHD ADULTS _____	59
HIGH SENSITIVITY _____	61
<i>Bach flowers and fear</i> _____	63
ANXIETY _____	63
FEAR OF FLYING _____	65
PERFORMANCE ANXIETY _____	67
COMMITMENT PHOBIA _____	69
PANIC ATTACKS _____	71
SEPERATION ANXIETY _____	73
<i>Bach flowers and addictions</i> _____	75
QUIT SMOKING _____	75
ALCOHOLISM _____	77
DRUG ADDICTION _____	79
<i>Bach flowers and physical complaints</i> _____	81
INSOMNIA _____	81
LIBIDO _____	83
PSORIASIS _____	85
FATIGUE _____	87
FIBROMYALGIA _____	89
<i>Bach flowers and mental complaints</i> _____	91
BORDERLINE _____	91
ANOREXIA _____	93
<i>Bach flowers and animals</i> _____	95
ANIMAL BEHAVIOUR PROBLEMS _____	95
BACH FLOWERS FOR HORSES _____	97
BACH FLOWER MIX FOR DOGS _____	99
BACH FLOWER PERSONAL MIX FOR CATS _____	101
FEAR OF FIREWORKS WITH DOGS _____	103

INTRODUCTION

Bach flower essences are extracts from flowers which have a positive effect on emotional imbalances and mood swings such as fear, depression, 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.

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.

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.

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.

Bach flowers and children

INATTENTION AND HYPERACTIVITY



BACH FLOWER MIX 55 HELPS TO CONCENTRATE BETTER AND GET LESS DISTRACTED

· Inattention

People suffering from ADHD 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

ADHD children (and adults) 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

Typically of ADHD is that one is constantly active. This is especially so 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

ADHD children are easily frustrated. Especially when things go too 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.

[BACH FLOWER MIX n° 55 "Inattention and Hyperactivity"](#)

Bach Flower Mix n° 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

PUBERTY



BACH FLOWER MIX 82 HELPS TO HAVE A SMOOTHER PASSAGE THROUGH 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.

[BACH FLOWER MIX N° 82 “PUBERTY”](#)

Bach Flower Mix n° 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

EXAM STRESS



BACH FLOWER MIX 74 HELPS TO REMAIN CALM AND RELAX DURING THE EXAMS.

· 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.

[BACH FLOWER MIX N° 74 "EXAM STRESS"](#)

Bach Flower mix n° 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

AUTISM



BACH FLOWER MIX 64 HELPS TO MAKE SOCIAL CONTACTS MORE EASILY

- Make contacts

For people with autism 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 autism 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 autism will experience a lot of stress. The experience of stress in this way can cause a breakdown. A lot of people suffering from autism will experience depression in their life. Bach Flower Essences can reduce the stress so depression has little chance.

- Depression

As mentioned before people with autism are sensitive to stress and therefore get easily depressed. Even when depressed Bach Flower essences will offer a lot of support. They will help you get over the depression and reduce its intensity.

BACH FLOWER MIX N° 64 "AUTISM"

Bach Flower Mix n° 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 depression

DIVORCE OF THE PARENTS



BACH FLOWER MIX 57 HELPS CHILDREN TO DEAL WITH THE TRAUMA OF 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.

BACH FLOWER MIX N° 57 "DIVORCE OF PARENTS"

Bach Flower Mix n° 57 helps to :

- deal with the trauma of a divorce
- Reduce the grief
- Be able to adjust easier to changes
- Not have guilt feelings about the divorce
- Reduce the anger towards the parents
- Reduce the fears within themselves
- Not be ashamed about it

TEENAGE DEPRESSION



BACH FLOWER MIX 66 FOR TEENAGE DEPRESSION

- Indifference and listlessness

If you are young and suffer from depression, there are unexpected changes in your behavior. 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 depression 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 depression 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 time where they are suffering from depression and self inflicted thoughts. 5% of adolescents with depression 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 depression 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 depression, but this is only temporarily. Bach Flower essence Remedy's will help you keep your social contacts, maintain your relationships with your friends and family and will stop you from isolating yourself.

[BACH FLOWER MIX N° 66 "TEENAGE DEPRESSION"](#)

Bach Flower Mix n° 66 helps to:

- get you back into an active life
- remove the gloom and despondency
- calm you down and control your anger
- help you with a positive image
- remove the suicidal thoughts you get
- help you socialize and to not be in isolation

BABY COLIC



BACH FLOWER MIX 90 HELPS TO CALM YOUR BABY

. 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 Flower 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 Flower 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 Flower 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 Flower 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 Flower essences can eliminate these fears, so your baby will be less troubled by sleepless moments and inexplicable crying fits.

[BACH FLOWER MIX n° 90 "BABY COLIC"](#)

Bach Flower Mix n° 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

BULLYING AT SCHOOL



BACH FLOWER MIX 76 HELPS WITH BULLYING AT SCHOOL

- 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.

- Depression

One of the causes for depression with children is school bullying. When bullying happens over a long period of time this can lead to depression 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.

BACH FLOWER MIX N° 76 "BULLYING AT SCHOOL"

Bach Flower Mix n° 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

CHILD ABUSE



CHILD ABUSE: BACH FLOWER MIX 79 HELPS TO COPE WITH THE TRAUMATIC EXPERIENCE

· Fears

A child that is a victim of violation gets the characteristic of being anxious and constantly on guard of their surroundings. The child is easily startled by unexpected events. Bach Flower Essences can help to calm the child's mind so they can find more confidence and be more easy and steady.

· Trauma

Child abuse is a severe traumatic experience, which goes without saying. Bach Flower essences can help a child that is experiencing this trauma and will help them so that no further damage is done to them in the future.

· Depression

Children who were a victim of child abuse can suffer from depression. The trauma that is caused makes the child lose his meaning of life. They tend to hurt themselves and would rather be dead than alive. Bach Flower essences can help to reverse these negative feelings and turn them into a positive mood, which will mean they will begin to get a meaning in life again.

· Loneliness

A child that is neglected from love or affection or even from a lack of social options can tend to become quite shy and would rather live in their own world. Bach Flower remedy 79 can help the child break through the loneliness and begin to recover the trust in others and reform bonds that were broken and seek out new ones.

- Low self-esteem

Children that have been abused can have a low self-esteem. Bach Flower remedies can help in the long run, by restoring the child's self-image and give them the esteem they will need to go through life.

- Aggression

A child being abused can lead to aggressive behaviour later on in life. This is because they don't know of a way to vent their anger, so it shows in their behaviour and attitude to others. Bach Flower essences can help with this by neutralizing the anger making them more tranquil and calm.

[BACH FLOWER MIX N° 79 "CHILD ABUSE"](#)

Bach Flower Mix n° 79 helps to:

- Cope with a traumatic experience
- Bring back self-confidence
- Give a more positive self-image
- Reduce fears
- Get a new purpose in life with more courage
- Bring some peace to the child
- Inspire the child to make more friends and be more sociable

BEDWETTING



BACH FLOWER MIX 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 Flower 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 Flower 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 Flower 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 Flower 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 flower 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 Flower remedy 46 as it makes the child more calm and confident allowing them to tackle situations smoothly and without the added stress.

BACH FLOWER MIX N° 46 "BEDWETTING"

Bach Flower Mix n° 46 helps to:

- . Stop wetting the bed
- . Reduce fears
- . Give inner peace
- . Remove traumas
- . Give more self-confidence

Bach flowers and women

WEIGHT LOSS



BACH FLOWER MIX 51 HELPS YOU TO GET RID OF THESE 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 Flower 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 flower 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 Flower 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 Flower 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 Flower 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 cause you to stop the diet altogether. Bach Flower 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 Flower remedy 51 can help to keep you calm so that stress will start to have no possible way of affecting your diet.

[BACH FLOWER MIX N° 51 "WEIGHT LOSS"](#)

Bach Flower Mix n° 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

GETTING PREGNANT



BACH FLOWER MIX 69 HELPS YOU TO GET 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 advice 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 advice 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.

[BACH FLOWER MIX N° 69 "GETTING PREGNANT"](#)

Bach Flower Mix n° 69 helps:

- To remain patient
- Not get discouraged when not successful straight away
- To keep believing
- Not to be bitter towards others
- To overcome jealousy of others

MENOPAUSE



BACH FLOWER MIX 40 SOLVES TRANSITION PROBLEMS 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 Flower 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 Flower 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 Flower 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 Flower 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 Flower 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 Flower 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 Flower 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.

[BACH FLOWER MIX N° 40 "MENOPAUSE"](#)

Bach Flower Mix n° 40 helps to :

- . Sleep better and have less fatigue
- . Having less ups and downs
- . Avoid irritation
- . Stimulate your libido
- . Control your weight

PREGNANCY



EMOTIONAL INSTABILITY DURING THE PREGNANCY? BACH FLOWER 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.

· Depression

Mood swings are most likely to happen. But it is possible that during the whole pregnancy you can feel more depressed 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 Flower 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.

[BACH FLOWER MIX N° 53 "PREGNANCY"](#)

Bach Flower Mix n° 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

PREMENSTRUAL SYNDROME



BACH FLOWER MIX 60 HELPS WITH PMS

. 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 flower mix 60 is made especially for this purpose and will help to remove the irritability.

. Mood swings

Another negative aspect of PMS is those annoying mood swings. One moment you are incredibly happy and exciting, and a few minutes later you want to crawl into a corner and cry. Bach Flower 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 also have troubles 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 something to be afraid of everywhere. In fact there is nothing going on, and you realise this too. Bach Flower 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 Flower 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 Flower Mix 60 you can count those annoying emotions in the past!

[BACH FLOWER MIX N° 60 "PREMENSTRUAL SYNDROME"](#)

Bach Flower Mix n° 60 helps to :

- Lessen irritation
- Remove mood swings
- Remove feelings of fear
- Lessen depressive feelings
- Bring emotional balance

Bach flowers and depression

GENERAL DEPRESSION



BACH FLOWER MIX 65 CORRECTS THE SYMPTOMS OF DEPRESSION

· Melancholy

Gloomy and melancholic are the most important characteristics of a depression. 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 depression 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

Depressed 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 remain focused on the task at hand be aware of your surroundings.

- Worry

Sometimes depressed 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 depression 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

Depressed 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.

[BACH FLOWER MIX N° 65 "GENERAL DEPRESSION"](#)

Bach Flower Mix n° 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

BIPOLAR DISORDER



BACH FLOWER MIX 88 MAKES LIFE MORE BALANCED

· Impulsivity

Someone suffering from a bipolar disorder 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.

· Agression

A bipolar disordered person 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 Flower 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 Flower Mix 88 will promote a sense of reality and leave room for other people's ideas.

· Feelings of despair and pessimism

Someone suffering from a bipolar disorder 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

It takes a lot of a manic-depressive person to keep showing interest in their job. Sometimes he/she can muster enough interest into their hobbies but that isn't a lot either. Bach Flower essences will help keep the interest alive so the hobbies and life don't get boring.

- Unjustified guilt feelings

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

[BACH FLOWER MIX N° 88 "BIPOLAR DISORDER"](#)

De bachbloesemcombinatie n° 88 helps to:

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

BEREAVEMENT



BACH FLOWER MIX 68 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 Flower Mix 68 helps to diffuse this anger and help you see that anger doesn't change anything.

- Depression

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 Flower Mix 68 you will overcome these fears and the hallucinations will gradually subside.

BACH FLOWER MIX n° 68 "BEREAVEMENT"

Bach flower mix n° 68 helps to :

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

POSTNATAL DEPRESSION



BACH FLOWER MIX 89 NEUTRALISES THE SYMPTOMS OF A POSTNATAL DEPRESSION

- Depression

A postnatal depression 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 depression into an airiness and liveliness. They will see a way out and have a positive attitude.

- Panic attacks

Sudden panic attacks are typical during a postnatal depression. They can be very intense and occur on unexpected moments. Bach Flower essences will temper these panic attacks and restore peace and calmness.

- Guilt

A postnatal depression can cause a constant feeling of unhappiness. You feel guilty and feel as though you have failed in being a good mother. Bach Flower 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 depressed. Your surroundings have no effect on you and you feel unable to gain control over these constant mood swings. The Bach Flower 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 postnatal depression. Bach Flower essences will turn these fears into trust and tranquility.

[BACH FLOWER MIX N° 89 "POSTNATAL DEPRESSION"](#)

Bach Flower Mix n° 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

SEASONAL AFFECTIVE DISORDER



BACH FLOWER MIX 92 REDUCES THE COMPLAINTS WHEN SUFFERING FROM SAD

· Depression

Not seeing a way out, lack of interest in doing things, being down, no zest for life, etc. These are all mood characteristics of SAD. Moreover, they are common to depression 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 SAD is quite sensitive and irritable. They don't tolerate much and are easily irritated by the behaviour of others. Bach Flower 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 SAD 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

During SAD people get the tendency to retreat into his or her own little world. They isolate themselves and avoid all social contacts. Bach Flower Mix 92 will make sure you remain in contact with your environment to avoid getting even more down.

BACH FLOWER MIX N° 92 "SEASONAL AFFECTIVE DISORDER"

Bach Flower Mix n° 92 helps to :

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

LOVESICKNESS



BACH FLOWER MIX 93 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 Flower 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.

[BACH FLOWER MIX N° 93 "LOVESICKNESS"](#)

Bach Flower Mix n° 93 helps 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

Bach flowers and stress

STRESS



BACH FLOWER MIX 71 HELPS 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.

- Depression

At one stage when suffering from stress it is possible a person can get down and depressed 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 Flower Mix 71 essences bring lightness and joy, which will cause the gloom to vanish.

[BACH FLOWER MIX N° 71 "STRESS"](#)

Bach Flower Mix n° 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 a depression as a result of stress

HYPERVENTILATION



BACHBLOESEMIX 84 REDUCES HYPERVENTILATION

· Tension

Tension and stress are some of the most important factors in triggering hyperventilation. 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 a hyperventilation attack as well. Bach Flower Mix 84 have 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 a hyperventilation attack 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 hyperventilation 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

Hyperventilation can come up out of the blue as well. Here most of the times the cause can be found in an unresolved trauma. Bach Flower 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 hyperventilation. Flower essences will help you learn to manage your energy and stop when it's time so the chance of overexertion is reduced.

[BACH FLOWER MIX N° 84 "HYPERVENTILATION"](#)

Bach Flower Mix n° 84 helps to:

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

BURNOUT



BACH FLOWER MIX 83 HELPS SOFTEN THE SYMPTOMS OF A BURNOUT.

- Concentration problem

People suffering from burnout 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 burnout you have the feeling of not doing your job well and not being able to cope with it anymore. What you did in the past, you can't do anymore. This causes low self-esteem and a little a feeling of poor self-worth. Bach Flower Mix 83 will make you stop beating yourself up and remain full of pride.

- Isolation

People suffering from burnout have the tendency to isolate themselves and become introverted. They have notice 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 burnout 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 burnout. They don’t feel like getting involved and are bored because they can’t get enthusiastic about their job anymore. Bach Flower Mix 83 helps to find the necessary energy and vitality to enjoy your job again.

- Depression

Burnout is a form of depression. Feelings of depression and melancholy often occur with burnout. Bach Flower essences prevent these moods to overpower you and make the gloomy thoughts disappear.

BACH FLOWER MIX N° 83 “BURNOUT”

Bach Flower Mix n° 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

DIVORCE



DIVORCE : BACH FLOWER MIX 56 TRIES TO HELP

- 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 Flower 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 depression 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 Flower 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 Flower 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 depressed. Bach Flower essences will stop it from going this far and provide enough support during that difficult period.

[BACH FLOWER MIX N° 56 "DIVORCE"](#)

Bach Flower Mix n° 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

CONCENTRATION PROBLEMS



IS ADD OR CONCENTRATION GIVING YOU PROBLEMS? BACH FLOWER MIX 42 HAS THE SOLUTION!

. Attention

When you have ADD, 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 long attention. 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 Flower 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 Flower 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 Flower Mix 42 enlarges your organisation, helps you to plan better and also makes you stick to your planning.

[BACH FLOWER MIX N° 42 "CONCENTRATION PROBLEMS"](#)

Bach Flower Mix n° 42 helps to:

- . Live in the here and now
- . Concentrate better
- . Be more alert
- . Be less forgetful
- . Be more organised

HEADACHE - MIGRAINE



HEADACHE OR MIGRAINE IMPROVES WITH BACH FLOWER MIX 43

. Stress

Stress is being mentioned as the number 1 cause of headache and migraine. In the current technological society, we're all expected to be available at all times and answer quickly on emails or phone calls. These expectations put a big pressure on you and cause tensions. Bach flower mix 43 headache – migraine 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 Flower 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.

. Depressive feeling

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

. Insomnia

Insomnia can cause headache or migraine. Bach Flower Mix 43 helps you to fall asleep faster and stay asleep during the night. When you are 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 or migraine. Bach Flowers help to be less sensitive to these sensory stimuli.

[BACH FLOWER MIX N° 43 "HEADACHE"](#)

Bach Flower Mix n° 43 helps to:

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

ADHD ADULTS



BACH FLOWER MIX 48 GIVES THE SOLUTION FOR ADULTS WITH ADHD.

. Organisation

Typical for adults with ADHD 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 ADHD 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 Flower Mix 48 lessens impulsiveness and leads to more thought through actions.

. Being easily distracted

Adults with ADHD 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 Flower 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 ADHD 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 Flower Mix 48 brings peace of mind and tranquility, so the need for these extreme actions diminishes.

[BACH FLOWER MIX N° 48 "ADHD ADULTS"](#)

Bach Flower Mix n° 48 helps to:

- . Find inner tranquility
- . Be less distracted
- . Be more organised
- . Stop postponing important matters
- . Be less impulsive

HIGH SENSITIVITY



BACH FLOWER MIX 77 HELPS PEOPLE TO BE LESS ANXIOUS

- 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 flower 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 flower 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 flower 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 flower 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 flower mix 77 helps you to say "no" and makes you think about yourself for a change.

BACH FLOWER MIX N° 77 "HIGH SENSITIVITY"

Bach Flower Mix n° 77 helps to:

- Be less anxious
- Reduce emotional sensitivity
- Become more resilient to external stimuli
- Lose stress and tensions
- Dare say "no"

Bach flowers and fear

ANXIETY



BACH FLOWER MIX 85 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 Flower 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.

[BACH FLOWER MIX N° 85 "ANXIETY"](#)

Bach Flower Mix n° 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

FEAR OF FLYING



BACH FLOWER MIX 91 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 Flower 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.

BACH FLOWER MIX N° 91 "FEAR OF FLYING"

Bach Flower Mix n° 91 helps to :

- Be in control of your nerves
- Stay calm and relaxed on the plane
- Avoid panic during take off and landing
- Having a sense of confidence in what is going on
- Not lose control of yourself

PERFORMANCE ANXIETY



DO YOU HAVE PERFORMANCE ANXIETY OR DON'T YOU BELIEVE IN YOURSELF? BACH FLOWER 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 Flower 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 Flower 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 flower 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 Flower 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 Flower 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 Flower Mix 44 gives you faith and strength. This makes sure that you are no longer afraid of change and see it as a challenge.

BACH FLOWER MIX N° 44 "PERFORMANCE ANXIETY"

Bach Flower Mix n° 44 helps to:

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

COMMITMENT PHOBIA



BACH FLOWER 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 Flower 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 Flower 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 Flower 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.

BACH FLOWER MIX n° 45 "COMMITMENT PHOBIA"

Bach Flower Mix n° 45 helps to :

- Commit to something or someone
- Feeling liberated
- Trusting other people
- Being more intimate
- Remove the fear of being stuck

PANIC ATTACKS



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 of your fear. Sometimes fear changes into panic. To conquer your fears and avoid panic attacks, you can use Bach flower 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 flower 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 flower 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 flower mix 49 you find inner peace again, which reduces stress and tension at a rapid rate.

BACHBLOESEMCOMBINATIE n° 49 "PANIC ATTACKS"

Bach Flower Mix n° 49 helps to :

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

SEPERATION ANXIETY



BACH FLOWER MIX 78 HELPS INDIVIDUALS TO BE LESS DEPENDENT

- 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 flower 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 flower 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 flower 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 flower 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.

BACH FLOWER MIX N° 78 "SEPERATION ANXIETY"

De Bach Flower Mix n° 78 helps individuals to :

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

Bach flowers and addictions

QUIT SMOKING



BACH FLOWER MIX N° 58 HELPS TO 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 Flower 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.

BACH FLOWER MIX n° 58 "QUIT SMOKING"

Bach Flower Mix n° 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 fear to gain weight
- Be more relaxed during the process of no longer smoking

ALCOHOLISM



BACH FLOWER MIX 62 REDUCES THE WITHDRAWAL SYMPTOMS OF ALCOHOLISM

- Fears and hallucinations

When people stop drinking alcohol 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 is 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 stops drinking alcohol. People are nervous, easily distracted, uneasy and afraid. This makes it hard to concentrate and stay focused on the job at hand. As Bach Flower Mix 62 take this unease and these fears away, this will automatically improve the ability to concentrate.

- Irritability

When a person no longer drinks alcohol, 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.

- Depression

During the withdrawal period 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 depression 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.

BACH FLOWER MIX n° 62 "ALCOHOLISM"

Bach Flower Mix n° 62 helps to:

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

DRUG ADDICTION



BACH FLOWER ESSENCES PLAY A VERY IMPORTANT ROLE WHEN GOING THROUGH DRUG REHABILITATION

- Change of habit

This will undoubtedly be the toughest aspect in the process of rehabilitation. To stop the use of drugs will mean a change of lifestyle. When in the past drugs would have been used to cope with life, now new skills will need to be developed to learn to solve problems on ones own. Bach Flower essences offer support during this transition phase.

- Fears

One of the things that generally occur when people stop taking drugs is fear. These can make you very anxious and come up all of a sudden without any reason. Hallucinations and delusions can be part of these fears. bach Flower Mix 54 combats these fears by bringing a sense of trust and peace.

- Mood swings

Drugs will make everything look bright and intense. When people stop using drugs they will experience a lot more mood swings: one time all looks rose-coloured, yet soon after everything can abruptly change into a gloomy atmosphere. Emotions will go up and down and create general emotional instability. Bach Flower essences will bring back balance and create stability on the emotional level.

- Restlessness

Drugs have a numbing effect. When drugs are not used, the numbness disappears and the restlessness surfaces. It's an inner unease, which is difficult to control. Different Bach Flower essences to treat these feelings of discomfort are included in the treatment bottle. They will provide an inner peace and tranquility.

- Melancholy

During rehabilitation a person is very vulnerable to becoming depressed. It is therefore very important to stay active and take active part in life. Flower essences will provide the necessary stimuli not to fall victim to melancholy.

- Self-discipline

When a person takes the decision to stop taking drugs, it is important to be motivated enough. Even when a person has stopped using it, there will still be moments when self-discipline is required to succumb to temptation. During these moments Bach Flower essences can provide the necessary support.

- Guilt feelings

When a person realises what he/she has done to him/herself and to others during his/her drug addiction, guilt feelings may arise. These guilt feelings are normal but it is not healthy to let them linger. The aim is to learn from the mistakes and move on with life. Bach Flower Mix 54 will bring this insight and prevent from getting stuck in self-blame.

[BACH FLOWER MIX n° 54 "DRUG ADDICTION"](#)

Bach Flower Mix n° 54 helps to:

- Break the habit of drug taking
- Change the lifestyle pattern
- Take away the guilt feelings
- Bring more peace and tranquility
- Bring more light and joy into life
- Be less affected by mood swings

Bach flowers and physical complaints

INSOMNIA



BACH FLOWER MIX 87 CAN HELP YOU SLEEP BETTER

· Worry

People suffering from insomnia 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 Flower 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 insomnia. People who suffer from nightmares are often afraid of going 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 insomnia. 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.

[BACH FLOWER MIX n° 87 "INSOMNIA"](#)

Bach Flower Mix n° 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

LIBIDO



RAISE YOUR LIBIDO WITH BACH FLOWER MIX 41

. Depression

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

. Performance anxiety

When you're constantly preoccupied with 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 Flower 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 Flower 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 growing 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 Flower 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 Flower 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.

[BACH FLOWER MIX n° 41 "LIBIDO"](#)

Bach Flower Mix n° 41 helps to:

- . Stimulate your libido
- . Conquer performance anxiety
- . Being more resistant to stress
- . Build a positive self-image

PSORIASIS



BACH FLOWER MIX 81 WILL ACT ON THE PSYCHOLOGICAL CONSEQUENCES.

- Losing self-confidence

Psoriasis can lower a person's self-confidence. A person gets a negative self-image and no longer dares to do certain things. Flower essences gradually build this self-confidence up again so their self-image gets restored.

- Depression

Feeling down and depressed is common to 40% of people suffering from psoriasis. They have no control over their disease and a new outbreak often occurs at a time when they thought it was getting better. Bach Flower essences help to deal with the discouragement and make sure the person doesn't get depressed.

- Tensions

People suffering from psoriasis will name tension and agitation as one of the most important psychological consequences of their skin disease. Lots of people are very touchy, restless and tense. Flower essences will help bring peace and tranquillity.

- Embarrassment

Because the disease can be in a location visible to others, lots of people will be embarrassed by it. Going to the hairdresser, the gym, fitting cloths on are all things they will avoid doing or they will feel very embarrassed whilst doing them. Bach Flower essences help overcome this shame and help people be in peace with their disease and their appearance.

- Feel left out

Psoriasis strongly influences social relationships: people suffering from psoriasis don't dare to leave the house and starting a sexual relationship can be even harder. This causes people to feel socially isolated because of the disease. Bach Flower Mix 81 will help the person to get out of the house and engage in having social contacts, this occurs mainly because they have learned to accept their disease.

BACH FLOWER MIX N° 81 "PSORIASIS"

Bach Flower Mix n° 81 helps to:

- Overcome shame
- Go outside again even if you are suffering from psoriasis
- Accept the disease and make peace with it
- Be in a good mood and remain in good spirits
- Integrate yourself into society and maintain social contacts
- Bring peace and tranquility and reduce tension

FATIGUE



ARE YOU FEELING EXHAUSTED AND FATIGUED? BACH FLOWER 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 Flower 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 Flower 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 Flower 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 Flower 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.

BACH FLOWER MIX N° 47 "FATIGUE"

Bach Flower Mix n° 47 helps to:

- Have more energy
- Being able to carry more
- Being more stress resistant
- Worry less
- Sleep better

FIBROMYALGIA

The most important characteristic of fibromyalgia is chronic pain. Yet, 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.



BACH FLOWER MIX 94 GIVES COMFORT AND SUPPORT WITH SORE MUSCLES AND EXHAUSTION.

. Sleep disorder and chronic fatigue

pain in muscles and connective tissueAlmost everyone who suffers from fibromyalgia 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. Fibromyalgia 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 fibromyalgia patients in particular. Stress is their worst enemy. Stress is one of the most important stimuli for fibromyalgia. Of course, stress is caused by many things: a busy job or too much household chores, but also fear, weariness, pain and depressive feelings may cause stress. These stress causes are exactly the symptoms of fibromyalgia. This proves the importance of stress as one of the most significant triggers of fibromyalgia. Bach Flowers can help you reduce the stress and find calm and rest in life.

. Hopelessness

A lot of people with fibromyalgia 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 Flower mix 94 will help you not to give up.

. Depression

In most cases fibromyalgia goes hand in hand with feelings of depression. 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 depressed. Bach Flowers may prevent you from ending up in this downward spiral.

. Fear

Fear can be a catalyst when it comes to chronic pain. Patients of fibromyalgia 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

Fibromyalgia has almost always 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 be 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, and close friends or relatives will on the other hand 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 Flower mix 94 will help you to protect your social life and as far as possible pick up the thread where it left off.

[BACH FLOWER MIX N° 94 "FIBROMYALGIA"](#)

Bach Flower Mix n° 94 will help 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 flowers and mental complaints

BORDERLINE



HELP CORRECT THE NEGATIVE EFFECTS OF BORDERLINE WITH BACH FLOWER MIX 63

· Impulsiveness

Somebody with borderline often takes impulsive decisions. Without thinking of the consequences they change jobs, start retraining/education or ends 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 borderline 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 to them the only way out. 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 borderline personality disorder 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 borderline 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 depression, 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 borderline 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.

[BACH FLOWER MIX N° 63 "BORDERLINE"](#)

Bach Flower Mix n° 63 will help you 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

ANOREXIA



BACH FLOWER MIX 61 WILL HELP YOU WHEN SUFFERING FROM ANOREXIA

- Perfectionism

Often anorexia is the result of frequent slimming. They try to mirror themselves to and want to strive to get the ideal shape and size the media is promoting. People that suffer from anorexia 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

Anorexia patients 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 anorexia have the feeling of not being good enough. They feel inferior and try through extreme weight loss to get people's appreciation. Bach Flower 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 patients with anorexia. 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 suffering from anorexia are 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.

BACH FLOWER MIX N° 61 "ANOREXIA"

Bach Flower Mix n° 61 will help you to:

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

Bach flowers and animals

ANIMAL BEHAVIOUR PROBLEMS



NATURAL BACH FLOWERS FOR ANIMALS

- Which animals can use Bach Flowers?

Bach Flowers are known to be the most affective 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 Flower 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 Flower 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.

[BACH FLOWER PERSONAL MIX FOR ANIMALS](#)

Bach Flower Personal Mix helps animals to :

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

BACH FLOWERS FOR HORSES



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.com 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 Flower Mix is always the best in these cases. Mail me for free advice!

tom@bachfloweradvice.com

[BACH FLOWER MIX FOR HORSES](#)

Bach Flower for horses is :

- 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 FLOWER MIX FOR DOGS



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.com 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 Flower 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 Flower 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 Flower 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 Flower 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.

[BACH FLOWER MIX FOR DOGS](#)

Bach Flowers for dogs is:

- 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 FLOWER PERSONAL MIX FOR CATS



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 Flower Mix. If you have problems with your cat, contact me for free advice. Mail today to tom@bachfloweradvice.com 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 Flower 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 Flower 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 more tolerance and be more accepting to the newcomer.

[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

FEAR OF FIREWORKS WITH DOGS



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 Flower mix 100

It is recommended to start a couple of weeks in advance with the Bach Flower 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 Flower 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.

BACH FLOWERS "FEAR OF FIREWORKS WITH DOGS"

Bach flower mix n° 100 helps your dog to:

- reduce his fear of fire works and loud explosions;
- avoid sudden uncleanliness;
- avoid hiding and seeking shelter;
- excessive barking or howling.