









## **The Therapeutic Order**

High Force Interventions.

Use of suppression or surgery.

Pharmaceutical Symptom Relief.

Use of pharma to palliate.

**Nutraceutical Symptom Relief.** 

Use of natural substances to palliate.

Address Physical Alignment.

Restore porper structural integrity.

Support & Restore the Weakened Systems.

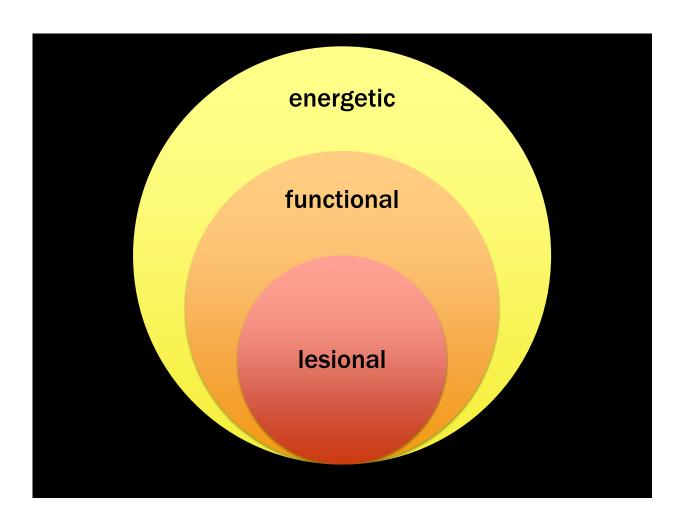
Aid regeneration of damaged organs.

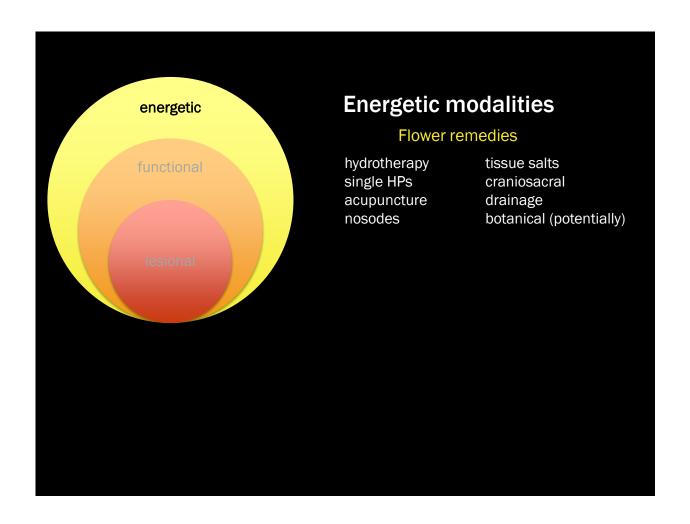
Stimulate the Self-Healing Mechanism.

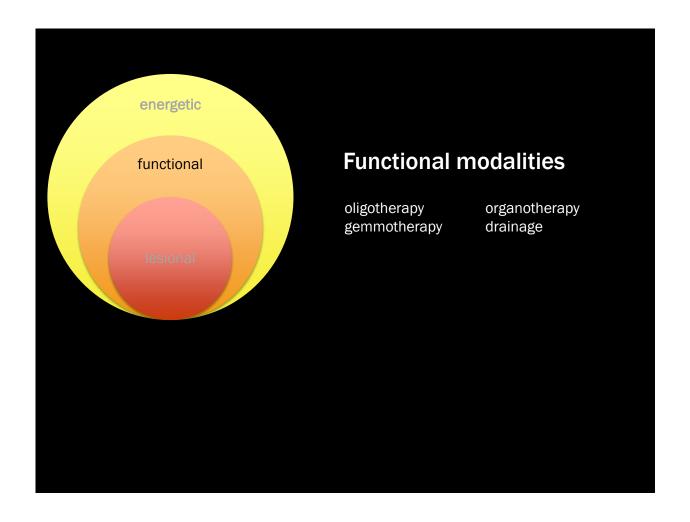
Recognize the impending agent.

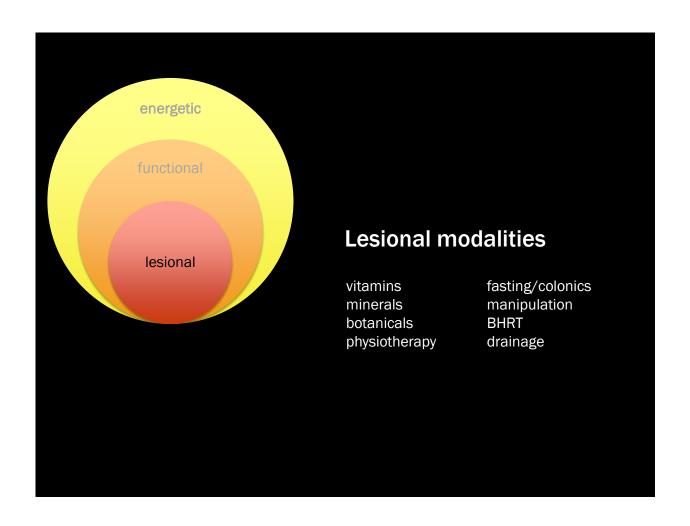
Establish the Foundation for Optimal Health.

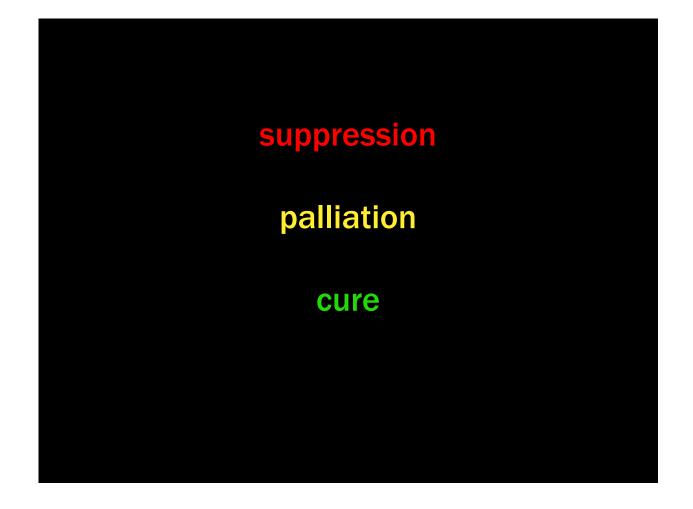
Identify and remove the obstacles to cure. Assess the determinants of health.









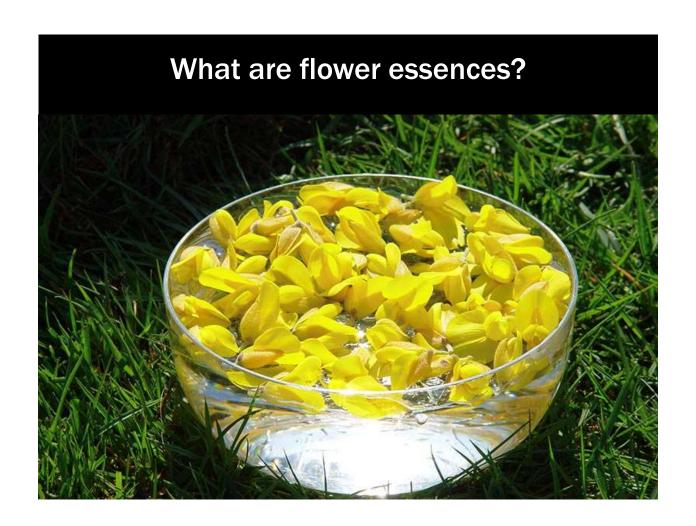


Since they are subtle energetic remedies, the essences tend to work mostly on the subtle and energetic aspects of ourselves....

For example, a common root cause of suffering is low selfesteem and feelings of unworthiness, which have many consequences ranging from inaction and disengagement from life, to more outwardly destructive or extreme self-sabotaging behavior. Flower essences are profound in that they are actually able to transform these root causes into something positive and improve our overall health.

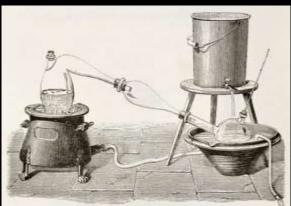
— Sara Crow in goop

http://goop.com/flower-power-floral-tinctures-for-6-ailments/



## Not essential oils





EOs are concentrated volatile oils distilled from plant sources

It takes 6 pounds of lavender flowers to make 1 ounce of E0 It takes 300 pounds of rose flowers to make 1 ounce of E0



## What are flower essences?

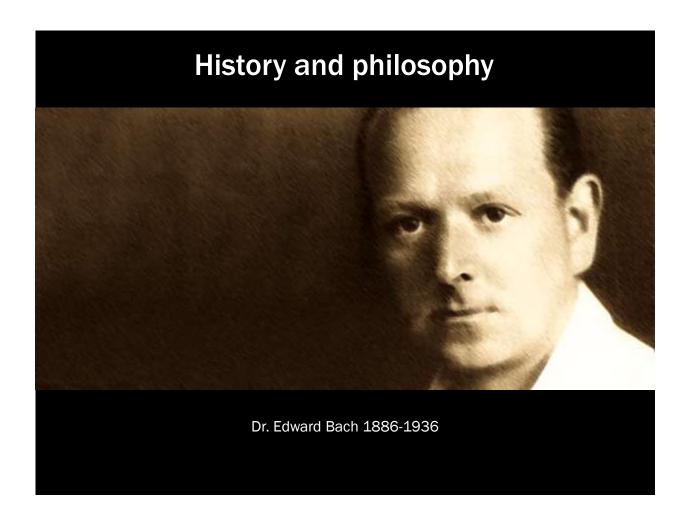
- Start off diluted
- Broad indications
- Less specific than HP (+/-)
- Sustainable
- Long lasting
- Cost effective



# How do flower essences work?

- Vibrational coherence
- Plant-spirit medicine
- Intention/affirmation
- Suggestion (placebo)
- Unidentified mechanism ("magic")







Intent: a simple, accessible, comprehensive system

7 nosodes (intestinal toxemia)

12 healers (flowers)

38 essences at time of death

More reputedly in the works



## **History and philosophy**

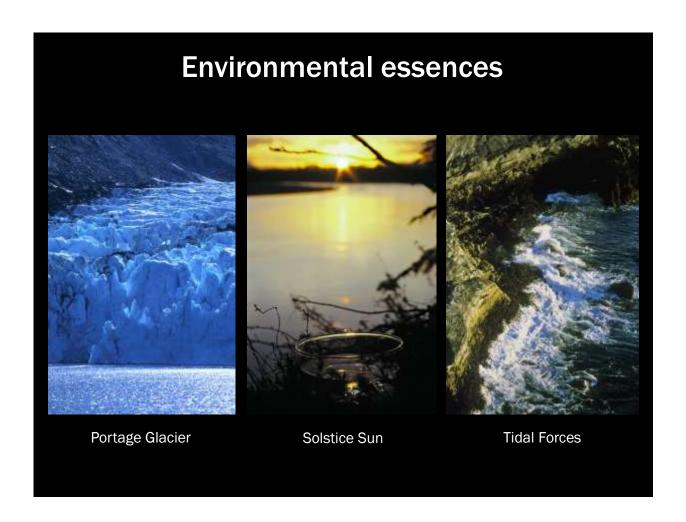
### Bach's 7 types:

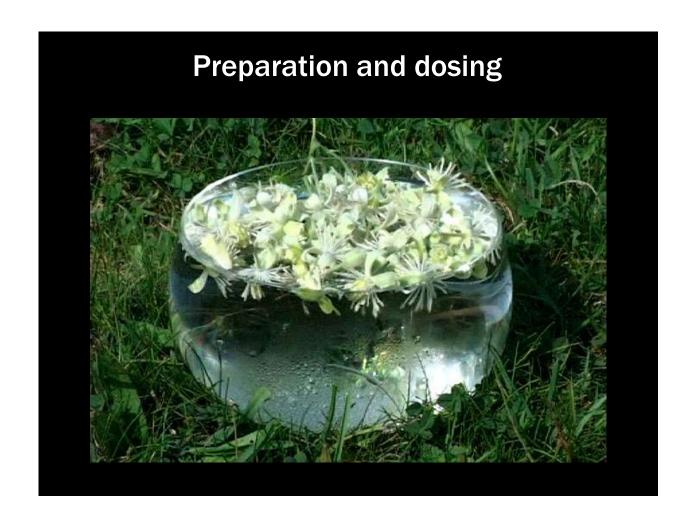
- 1.Fear
- 2.Uncertainty
- 3.Loneliness
- 4.Despondency/despair
- 5. Overconcern for others' welfare
- 6.Oversensitivity to influences/ideas
- 7.Insufficient interest in present circumstances

Dr. Edward Bach 1886-1936











## **Preparation**



#### Mother essence

- Flowers infuse in water
- Strain
- Dilute 1:1 with brandy

#### Stock bottle

- Four drops mother
- In water-brandy mix
- This is what you buy

## **Dosing bottle**

- 4 gtts single stock essence
- 2 gtts each multiple stocks
- In water-brandy mix
- May use in other bases

# **Formulating**



- 1-5 essences per formula
- May dose in plain water, glycerite, tincture, etc.

# Dosing



- 4 gtts in water QID
- Q 15 minutes PRN for emergencies
- May also apply topically
  - Pulse points
  - Area of injury
  - Spray
- More often if needed
- Renew rx as needed

## What to expect



- Some essences, formulae, work faster than others
  - May work in days
  - May take full month to see changes
  - I have seen both
- Sx relief ≠ cure
- Bach cases show cures in 3-12 months.
- Some cases take years to cure

## **Case: nightmares**

- 47yo M for nightmares
  - Sphagnum moss
  - Black tourmaline
  - Chapparal
  - Stone circle
  - 4gtts in water QID/PRN
- Symptoms resolved in days
- Stopped taking essence
- Nightmares resumed
- Was tx suppressive?
- Resumed tx
- Nightmares resolved
- Stopped taking essence
- No more nightmares
- Cure!



## Larrea tridentata (chaparral) FE

"The dream life acts as an important filter for the soul, digesting disturbing or chaotic experiences which may be too powerful to contact consciously. Chaparral is an important psychic and physical cleanser... It is broadly applicable, but works especially through the dream life to cleanse the psyche."

—P. Kaminski and R. Katz



## Larrea tridentata (chaparral) FE

"Cleansing. Clearing physical, emotional, and mental toxins. Inviting guidance or spiritual assistance. Sense of ancient support, a lifting of the burden. Opening and energizing a receptive space for new experience. Transformation. Can be a doorway to more profound perceptions, an invitation into the magic of the Sonoran desert."

– Mimi Kamp

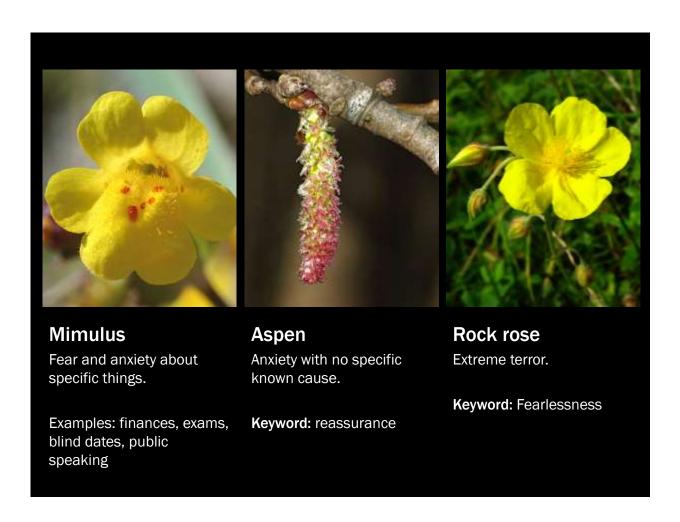


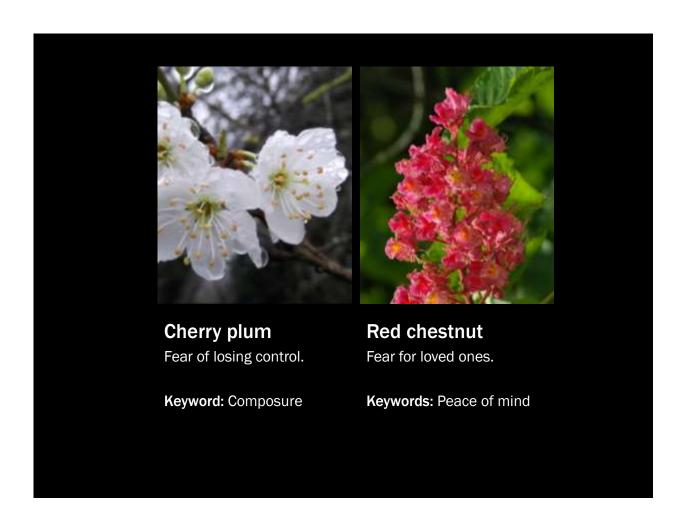
## **Commonly used essences**

These are some of the essences I use most commonly in my practice. This list is highly subjective and not comprehensive. Don't worry about memorizing these. This is intended to show you what is possible.

- Essences for depression and anxiety
  - Case: butterflies
- Essences for depression
  - Case: grief
- Essences for insecurity and procrastination
- Essences for fatigue
  - Case: overwhelm
- Essences for boundaries
- Essences for self worth
- Essences for emergencies







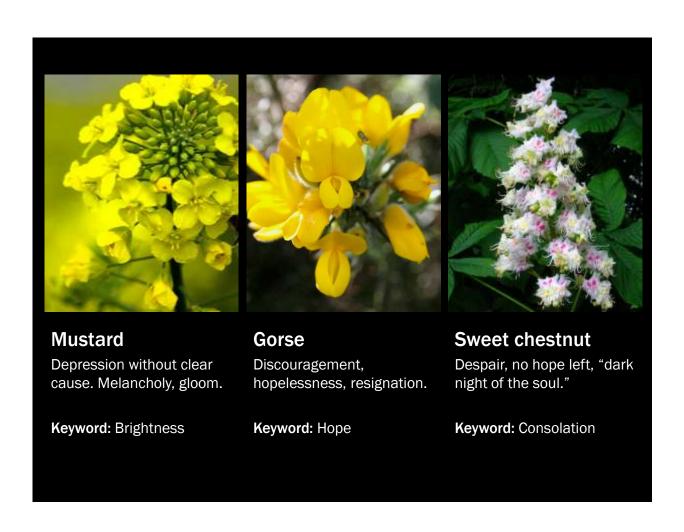
### Case: "butterflies"

- 51-yo M with dx of bipolar disorder. Had crippling attacks of "butterflies," which prevented him from working on some days.
- Big fears were about money, family.
- Checking in after several months, he mentioned no sx when I asked about mood. So I asked about butterflies.

"What butterflies?"







### Case: Grief

58-yo F PTC for seizures, headaches, polypharmacy

Always grieving. Family did something terrible hundreds of years ago, not sure what, and she carried the weight of that.



Star of Bethlehem



Reindeer moss

### **Case: Grief**

"The flower essence formula helped me quiet the past that haunted me. I carried a great deal of grief; sometimes I think I was born grieving. The flower essence somehow took all my grief and placed it in perspective. It is not always walking with me. I know that the grief is still there. I just know that is is under control and not consuming me. I know that I am no longer a captive, I am free just to be me."







Reindeer moss

### **Star of Bethlehem indications**

**Keywords:** after effects of shock.

For the after effects of trauma, mental or physical, as a result of accident, bad news, bereavement, suddent disappointments, frights, etc.



Star of Bethlehem

### **Reindeer moss indications**

Indications: feeling uprooted, displaced or disconnected; grief; despondency and despair; significant, sudden changes in life such as loss of one's home or business due to circumstances beyond one's control.

Healing qualities: for humans and animals who have suffered a loss of connection with their ancestral homes or habitats; opens awareness of the constant and eternal nature of life.



Reindeer moss









### Hornbeam

Procrastination. I'm exhausted just thinking about the work I need to do.

Keyword: Resolve

### Larch/tamarack

You expect to fail and lack confidence in your abilities.

**Keyword:** Confidence

### Sticky geranium

Getting unstuck. Supports decisive and focused action. Helps us move beyond previous stages of growth and self identity.





**Yarrow** 

Several yarrow essences — white, lavender, pink, yellow, combination. All work on maintaining energetic boundaries. Protective light.



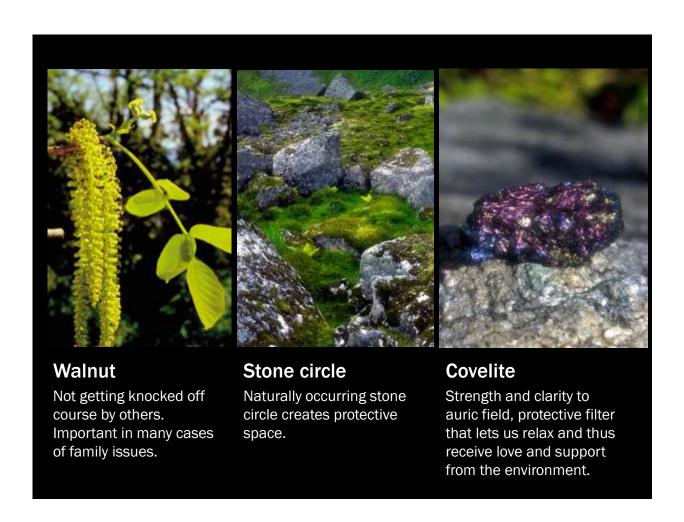
**Devils club** 

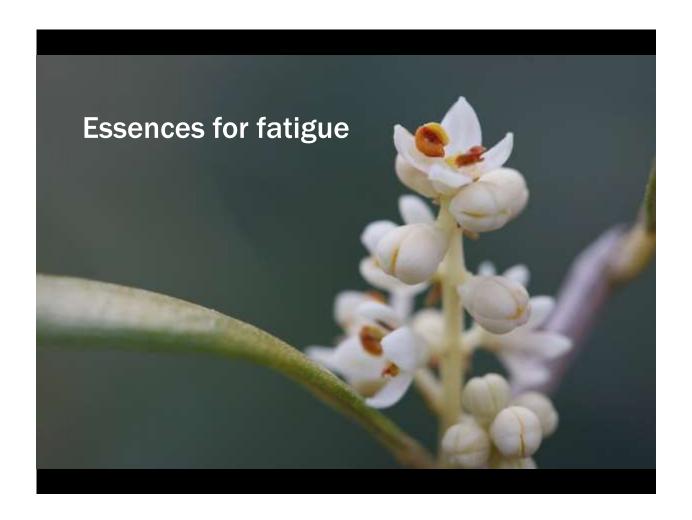
Boundaries, grounding into the physical body.

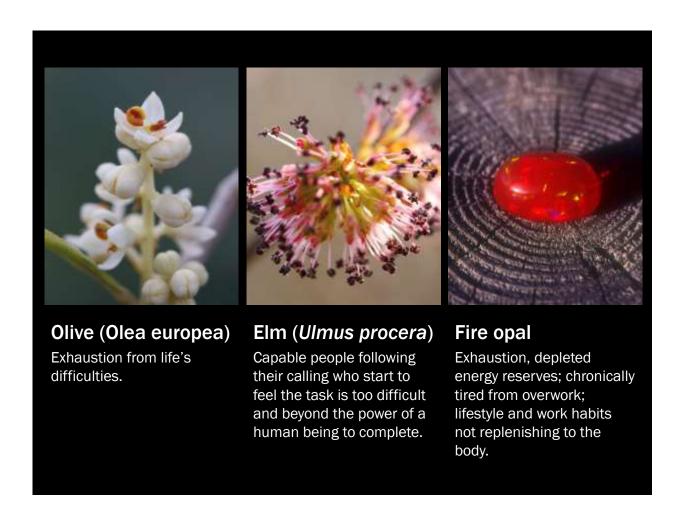


Poison oak

Positive qualities: emotional openness and vulnerability, ability to be close and make contact with others.







### Case: Overwhelm

60-yo F PTC for arrhythmia, constipation, stress

Workaholic, overwhelmed. Doesn't always get emotional support from partner in the form she wants it.

I gave her two essences.

First, a type essence, roughly equivalent to a constitutional remedy in homeopathy.

Second, a formula to take PRN as a hug from the universe when she wasn't getting support from her partner.



Verbena officinalis

### **Vervain indications**

Patterns of imbalance: Overbearing or intolerant; over-enthusiasm or extreme fanaticism; nervous exhaustion from overstriving.

Positive qualities: Ability to practice moderation, tolerance, balance. The middle way. Grounded idealism.

- Kaminski & Katz



Verbena officinalis

### Case: Overwhelm

### Emotional support formula:

- Angelica genuflexa
- Chalice well
- Jadeite jade

Administered in rose glycerite.

Dose 4 gtts in water or SL PRN.

15 months later, she requested a refill.



Angelica genuflexa

### **Angelica indications**

Indications: feeling lost or abandoned and without spiritual protection; isolated in one's anxiety; overburdened by life.

Healing qualities: connects us to the protective energies of the angelic kingdom; promotes acceptance of spiritual support in all situations; helps us experience protection as coming from a certainty of our divine nature.

Steve Johnson



Angelica genuflexa

### **Angelica indications**

Positive qualities: Feeling protection and guidance from spiritual beings, especially at threshold experiences such as birth and death.

Patterns of imbalance: Feeling cut off, bereft of spiritual guidance and protection.

- Kaminski & Katz



Angelica genuflexa















### Rescue remedy/5 flower formula

Classic emergency formula

Rock rose, cherry plum, Star of Bethlehem, impatiens, clematis.

### **Cottongrass**

Eriophorum spp.

Shock or trauma from accident or injury. Can't heal w/o identifying root cause.

#### Malachite

Grounding for physical, emotional, mental and spiritual.

## When to use essences in clinical practice

- When you see a spiritual, emotional or mental obstacle to cure
- With patients on polypharmacy
- In complicated or critical cases
- With patients who are too sensitive for more physiological remedies

### **Contraindications**

- Technically there are none. Essences are safe, do not interact with other meds, including homeopathy.
- I've had one patient have a bad reaction after second formula.
- Are people ready to change? Are their symptoms actually important coping mechanisms (secondary gains)?
- Limit number of essences in one treatment. Too many essences confuse the picture.



### **Case: Gluten free**

33yo F PTC for a variety of issues including neurological and hormonal.

TTG+

All sx improved with paleo diet.

Reported difficulty adhering to diet because she felt she had to eat cookies coworkers brought to the office.

Why?



### **Case: Gluten free**

### Formula

- ■Yarrow
- ■Centaury
- Agrimony

Dose: 4 gtts in water

QID/PRN



### **Centaury indications**

Positive qualities: Serving others from inner strength, with a healthy recognition of one's own needs. Acting from strength of inner purpose, saying "no" when appropriate.

Patters of imbalance: Weak willed, dominated by others, servile, acting to please.

Difficulty saying "no,"
neglecting one's own needs.



Centaury

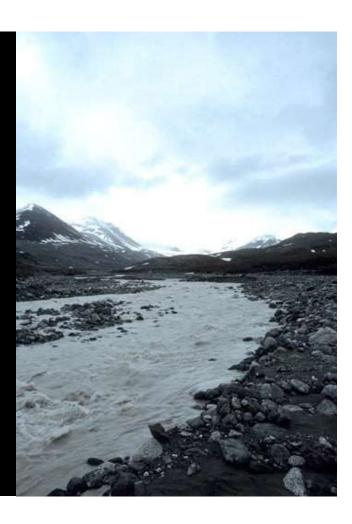
### **Case: Gluten free**

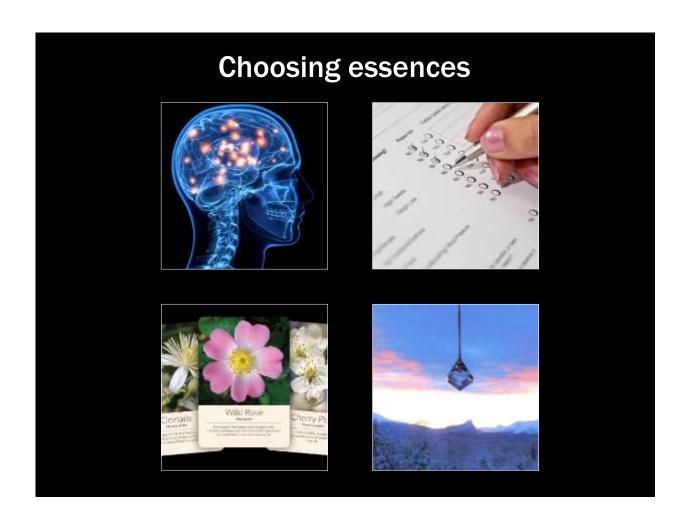
"I just want to thank you. I was feeling very frustrated and sad about not keeping to my diet. It helped me a lot yesterday to know that you believe that I can do this. I obviously have done it before, but that was when I thought of it as only temporary. Making a more permanent change has been difficult to accept. The people around me often say 'I could never do that' or other comments that sort of wear away at my resolve. I appreciate support and I started today with a new outlook that I hope to keep going, the belief that this is for me and no one else. It doesn't matter if other people think it's strange or if they think it is not realistic. I need to do this for myself and my health."



# Case taking: what are you treating?

Identify and treat the cause personality vs. specific issue (type remedy vs. temporary state)





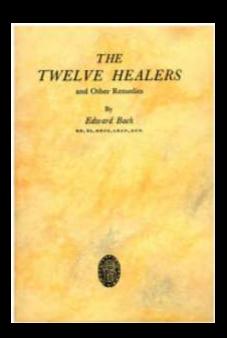
### **Case taking**

- Where do you feel an emotional issue holds you back? Where would you like help?
- With a partner, take 10-15 minutes to discuss, then switch.
- Partner choose 3-5 essences and makes a dosage bottle.
- We'll regroup to discuss.



### **Further study**

- Observe
  - Choose one essence, sit with and/or take for a month, journal your reactions
- Read
  - The Bach Remedies Workbook, Stefan Ball
  - The 12 Healers, Edward Bach (free online)
  - Illustrated Handbook of the Bach Flower Remedies, Philip Chancellor
  - Flower Essence Repertory, Patricia Kaminski and Richard Katz
  - FE company websites often have detailed information about indications.
- Practice
  - Start with yourself, friends and family
  - Clinic shifts if supervisor allows



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