

Bach Flower Essences

These 38 flower essences were discovered by Dr. Edward Bach in the 1930's. Their focus is on balancing and healing the emotional personality self of the individual. They aid in establishing an equilibrium and harmony and can be used by the entire family, including children, pets and plants. A homeopathic remedy containing approximately 27% alcohol. Made in England. If pregnant or breast feeding consult a health care professional before use. 20 ml flower essences are \$14.95 each, bottled in amber bottles with droppers in caps.

Rescue Remedy (listed last) is a combination to help you ease through stress or emergency situations. 20 ml bottle is \$15.95 each, also with dropper in cap.

Name	Latin Name	Insight
Agrimony	Agrimonia eupatoria	For those who hide their mental anguish behind a mask of cheerfulness, avoiding arguments & confrontations, pretending to be carefree and humorous. Prone to addictive behavior patterns to escape pain. Helps one to be able to honestly acknowledge feelings and to express them to others.
Aspen	Populus tremula	Free floating anxiety about the unknown, a generalized sense of foreboding. May have nightmares. Sensations may be related to religious or spiritual beliefs. Helps one to have the courage and stability to explore the unknown.
Beech	Fagus sylvatica	For those who are intolerant, narrow minded and unforgiving to learn to look beyond differences and accept others and situations.
Centauray	Centaurium erythraea	For those who are weak-willed and submissive, those who have trouble saying "no". Also for those who are overly eager to please and who constantly put themselves aside to meet others desires. Brings strength to pursue one's own course.
Cerato	Ceratostigma willmotiana	For those who do not trust their own decisions and have problems decision making. Frequently will follow even misguided advice of others (which they seek) rather than looking to inner guidance. Teaches the ability to trust one's self.
Cherry Plum	Prunus cerasifera	Fearfulness of an impending mental breakdown. Afraid of their own thoughts, and that they will sabotage themselves. Teaches inner trust and courage.
Chestnut Bud	Aesculus hippocastanum	For those who repeat the same mistakes over and over again, not learning from their experiences. Helps one to pay attention in the present and to learn from situations.
Chicory	Cichorium intybus	These individuals are self-centered and possessive, demanding attention and energy from others. Interfere and manipulate the lives of others, especially those they love. Helps one to learn unconditional love.
Clematis	Clematis vitalba	For those who have difficulty maintaining focus on external reality, who lack concentration and withdraw into their own inner world. Helps one to bridge the inner and outer worlds.
Crab Apple	Malus pumila	For those with a poor self-image, harboring feelings of uncleanness or shame. Helps one to accept one's body and one's environment.
Elm	Ulmus procera	Feelings of inadequacy and being overwhelmed. There is a lack of confidence in one's abilities. Helps one to maintain composure and to see situations in proper perspective.
Gentian	Gentianella amarella	One is negative, depressed, despondent, there are no answers. Helps one to achieve confidence and to overcome problems.
Gorse	Ulex europaeus	One is apathetic, lost hope and may have a chronic illness. Brings confidence and optimism.
Heather	Calluna vulgaris	One who needs an audience so as to talk unendingly about one's self and personal issues. Teaches the ability to attentively listen to others.
Holly	Ilex aquifolium	For those who are suspicious, jealous, angry or filled with envy or hatred. Brings feelings of universal love, helps one to learn to be loving.
Honeysuckle	Lonicera caprifolium	For those who cling to the past, helps to put memories into the proper perspective if you are feeling homesick or overly nostalgic. Teaches one to be joyous in the present.
Hornbeam	Carpinus	For those with mental weariness (often at beginning of the day) and lack of

	betulus	strength or suffering from procrastination. Clears ones mind and raises energy, brings enthusiasm for life.
Impatiens	Impatiens glandulifera	For those who have no patience for the slowness of others around them and feel they can do everything better than others. Brings one empathy, patience and understanding of others.
Larch	Larix decidua	For lack of self-confidence and lack of faith in one's self, so overwhelming that frequently no attempts to achieve are even considered. Brings self-confidence and determination.
Mimulus	Mimulus guttalis	For known fears as well as shyness, stuttering and insecurity. Brings courage and inner strength.
Mustard	Sinapis arvensis	For overwhelming sudden onset of doom, gloom and depression. Brings serenity, stability and hope.
Oak	Quercus robur	Helps the workaholic struggling on, pushing themselves through their strong sense of duty to the point of exhaustion. Brings the ability to relax and get some quiet rest.
Olive	Olea europaea	For physical and mental exhaustion, whether from illness or responsibilities. Brings strength and vitality.
Pine	Pinus sylvestris	For those who are never satisfied with their performance, blame themselves even for others mistakes, and suffer from guilt. Brings self-acceptance and relieves displaced guilt.
Red Chestnut	Aesculus carnea	For those who constantly worry about the safety of those they love and are consumed by all the terrible things that could happen. Brings the ability to be a focus of positive energy.
Rock Rose	Helianthemum nummularium	For those who are beset with panic, terror or fear. Helps one to regain one's center after a frightening situation.
Rock Water		For those who are inflexible, impractical and hold themselves to unrealistically high standards denying pleasure. Brings flexibility and clarity in life issues.
Scleranthus	Scleranthus annuus	For those who have difficulty making decisions or forming an opinion. Brings inner balance and helps with mood swings.
Star of Bethlehem	Ornithogallum umbellatum	For physical, emotional and mental trauma and shock. Brings ability to recover from such situations and learn from them.
Sweet Chestnut	Castanea sativa	For one that is at the end of their ability to cope, consumed with despair. Brings a new change, self trust and faith in the Universe.
Vervain	Verbena officinalis	Helps those with a fanatic obsessive focus, seeking to convince others of the rightness of their beliefs. Helps one to see others viewpoints.
Vine	Vitus vinifera	For the ruthless, domineering, selfish individual who exaggerates their own importance. Helps them to work for the best for all, encourages cooperation.
Walnut	Juglans regia	Helpful for those with difficulty in letting go of the past encouraging them to move forward with positive change. Helps one to release the past.
Water Violet	Hottonia palustris	For those who are distant, proud and aloof. Assistance in opening the door to interactions with others without losing their need for independence.
White Chestnut	Aesculus hippocastanum	Helpful for insomnia when worries and ruminations about the day's events keep one awake. Helps to balance the mind and have constructive thoughts.
Wild Oat	Bromus ramosus	For those who desire to accomplish but have no course or direction. Brings focus and direction.
Wild Rose	Rosa canina	For apathy, resignation or lack of interest. Brings enthusiasm and the desire to make life more meaningful.
Willow	Salix vitellina	For those with a victim consciousness who are bitter and resentful. Helps to dispel feelings of powerlessness and take responsibility for their own life.
Rescue Remedy		Contains: Rock Rose, Cherry Plum, Clematis, Impatiens, Star of Bethlehem. Good for emergency situations, shock and stress. Assists in stabilizing the emotions for clarity and relief.