



## **HELIOS NATURAL THERAPEUTICS**

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### **BACH FLOWER ESSENCES**

#### **Rock Rose (in Rescue remedy)**

- Panic and extreme fear
- Post traumatic stress

#### **Mimulus**

- Known fears
- Tend toward shyness and feelings of inadequacy
- Most popular flower remedy in world
- Provides quiet courage and the understanding to deal with fear

Positive aspects:

- courage, self is forgotten, clearer perspective

#### **Cherry Plum**

- Fear of losing control e.g; temper, mind
- Post traumatic stress disorder
- Person may suppress personal growth

Positive aspects: courage

#### **Aspen**

- Vague or unknown fear
- Can't verbalize
- Constant anxiety
- Good for survivors of abuse of any kind

Positive aspects: fearlessness

#### **Red Chestnut**

- Fear for others
- Codependency
- Sense of calamity befalling others
- Bleeding hearts when extreme

#### **Cerato**

- Always seeking other advice but not taking action
- Can sap others' vitality
- Asks lots of questions and hordes information

Positive aspects: wisdom and intuition, inner certainty

#### **Scleranthus**

- Unable to decide between two things, indecision
- Extremes of emotion – may seem manic depressive

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- Can manifest as motion sickness or imbalance
- Helpful for strokes, inner ear problems

Positive aspects:

- calmness and determination
- Quick decisions
- Sense of balance
- Help to die with dignity

### **Gentian**

- Discouragement, despair, negative outlook
- Despondent at setbacks from a known cause
- Can make mountains out of molehills
- Eternal pessimist, doubter
- Compulsive need to question everything

Positive aspects:

- no obstacle too big
- Optimism, its okay

### **Gorse**

- Hopelessness
- Negative expectations are programmed into body

Positive state:

- hope or recovery

### **Hornbeam (part of HOV remedy for plants H=strength)**

- Mentally tired
- Feeling not up to task
- Doubts strength and cannot cope

Positive state:

- certain of strength and capability

### **Wild Oat**

- Frustration in determining vocational direction
- Can be a talented ambitious person who can't find IT
- Frustrated, depressed or bored
- Can be good for quiet introspective people unsure of what remedy to use

Positive aspects:

- Definite character talents, ambitious, useful, and happy

### **Clematis – (a component of rescue remedy)**

- Drowsiness, living in future, inattentiveness and vacant, absent look
- People who avoid difficulties by withdrawing – can be long deep sleepers and develop visual and hearing problems

Positive aspects:

- Lively interest in all things, purposeful and inspired
- Strengthen bond between physical and subtle bodies

### **Honeysuckle**

- Nostalgia, living in the past

Positive state: can retain lessons taught by past experience, reflect and enjoy memories but focus on present

### **Wild Rose**

- Resigned to lot in life, Apathy

Positive aspects:

- lively interest and enjoyment for life

### **Olive (part of HOV remedy for plants – O=energy and peace)**

- complete exhaustion
- total fatigue of mind and body

Positive aspects:

- peace and rest

### **White Chestnut**

- Persistent, unwanted thoughts which can cause insomnia
- Lack concentration
- Can suffer depression and fatigue
- Can have feeling of fullness
- Insomnia

Positive aspects:

- quiet, calm mind

### **Mustard**

- Deep gloom
- Depression of an unknown cause
- Thoughts turned inward

Positive aspects:

- unshakable inner serenity, joy and peace

### **Chestnut Bud**

- Failure to learn from mistakes

Positive aspects:

- gain ability to observe and learn about oneself

### **Water Violet**

- Self reliant, aloof
- Can be very rigid
- Often very intelligent and capable but overly independent and self reliant

Positive aspects:

- quiet wisdom

### **Impatiens ( in rescue remedy )**

- Impatience
- Indigestion
- Anger flares and then subsides

- Accident prone

Positive aspects:

- quick in mind and action but with gentleness, sympathy and tolerance

### **Heather**

- Constantly talks about oneself
- Obsessed with ailments and problems
- Physically invasive
- Sap vitality of others and become isolated

Positive aspects:

- selfless understanding, empathetic

### **Agrimony**

- Mentally troubled behind cheerful mask
- Cheerleader smile
- State of denial

Positive aspects:

- genuinely optimistic, cheerful and carefree

### **Centaur**

- Over anxious to serve others
- Timid and easily imposed upon
- Too tired to make any effort

**Walnut** - generic Bach remedy for supporting changes and transition including changes in relationship to jet lag. Assists in letting go of one time frame and entering another. For those “who have decided to take a great step forward in life, to break old conventions, to leave old limits and restrictions and start in a new way. This often brings with it physical suffering because of the slight regrets, heart breakings, at the severance of old ties, old associations, old thoughts. A great spell breaker....” Dr. Bach

- Needs protection from outside influence
- Good for all transitions
- Most commonly used remedy in US

Positive aspects:

- carry out ideas and ambitions despite outside influences

**Holly** “whole” or “holy” (like health) and is used at Christmas which marks the birth of then Messenger of Love.

- Hateful, bitter impulses that keep us separate from loving unity
- Hatred, envy, jealousy, suspicion, bad temper
- Feels uncontrollable

Positive aspects:

- willingness to share understanding and tolerance
- Can give without wanting anything in return

### **Larch**

- Lack of confidence
- Feels inferior

Positive state:

- very capable and know it
- Willing to take more risks

### **Pine**

- Blames oneself

Positive state:

- take responsibility when appropriate

### **Elm (also good for plants)**

- Overwhelmed by responsibilities
- Despondency and exhaustion with being unequal to the task
- Often temporary
- Psychological smelling salt

Positive state:

- service to others, capable, solid

### **Sweet Chestnut**

- Almost unbearable anguish
- Total exhaustion and loneliness in mind and body
- Lost connection to the divine

Positive state: empathy and desire to help those in despair

### **Star of Bethlehem (component of Rescue Remedy)**

- Shock and grief
- Assists in unpeeling layers of shock including old prebirth trauma
- “the Great Comforter”

positive state: calm and peace

### **Willow**

- resentment, bitterness, self pity
- sulky irritable, spreads gloom and despair
- person takes without giving, nothing pleases or satisfies

positive state:

- optimism and faith
- recognizes power to attract goodness based on power of thoughts

### **Oak**

- despondent but struggles on anyway
- overworks and hides tiredness through relentless effort
- can lead to nervous breakdown

positive state: strong, reliable, patient, determined

### **Crab Apple**

- feels need for cleansing
- feeling of uncleanness and disgust
- unable to break a bad habit

- mentally unclean
- can be grossed out by themselves

Note: be careful with this one. Do not mix with others.

### **Chicory**

- smothering and controlling
- can be in an egoistic state –hurt, offended, rejected, critical
- demand constant attention
- dislike being alone
- tend to be selfish and deceitful
- enjoys and argument
- saps vitality of others
- will manipulate for attention and won't let go
- lack of fulfillment, feel unwanted and unloved so they cling
- love is blocked in its own outward flow
- the “needy Mother”

positive state:

- giving selfless, gives without thought of return
- great inner strength

### **Vervain**

- opinionated, fanatical, tries to convert
- lives on nerves to the point of illness and stress

positive state:

- detachment
- others have a right to their opinion

### **Vine (part of HOV remedy for plants)**

- tries top persuade others to gain power and dominate
- over focused on others

positive state:

- inspired others with unshakable confidence and certainty
- can guide without need to dominate

### **Beech**

- intolerant
- annoyed at idiosyncrasies of others
- task master complains of others
- irritable with tenseness and rigidity increased by noise

positive state:

- universal love

### **Rock Water - water from a pure natural spring known for its healing power**

- hard task masters to themselves

positive state:

- high ideals with flexible mind

**Rescue Remedy – composed of Star of Bethlehem, Clematis, Cherry Plum, l ipatiens, rock rose**

- Shock, fear, terror, panic, anxiety
- desperation of bemused state of mind
- can help counteract insomnia (4 drops every 15 minutes)

positive state:

- calm, peace, clarity of mind