

Bach Flower Remedies

Agrimony	: Mental torture behind a cheerful face
Aspen	: Fear of unknown things
Beech	: Intolerance, perfectionist
Centaury	: The inability to say 'no'
Cerato	: Lack of trust in one's own decisions
Cherry Plum	: Fear of the mind giving way, fear of losing control
Chestnut Bud	: Failure to learn from mistakes
Chicory	: Selfish, possessive love, needs the appreciation of others
Clematis	: Dreaming of the future without working in the present, absentminded
Crab Apple	: The cleansing remedy, also for self-hatred, poor body image
Elm	: Overwhelmed by responsibility, pressures of work
Gentian	: Discouragement after a setback, pessimism
Gorse	: Hopelessness and despair
Heather	: Delf-centredness and self-concern
Holly	: Hatred, envy and jealousy, feels victimized
Honeysuckle	: living in the past, overwhelming nostalgia for the past
Hornbeam	: Procrastination, tiredness at the thought of doing something
Impatiens	: Impatience
Larch	: Lack of confidence, competent but fear failure
Mimulus	: Fear of known things, shy, nervous personality
Mustard	: Deep gloom for no reason

Bach Flower Remedies

- Oak** : The plodder who keeps going past the point of exhaustion
- Olive** : Exhaustion following mental or physical effort
- Pine** : Guilt, self-blame
- Red Chestnut** : Over-concern for the welfare of loved ones
- Rock Rose** : Terror and fright, useful for nightmares
- Rock Water** : Self-denial, rigidity and self-repression
- Scleranthus** : Inability to choose between alternatives
- Star of Bethlehem** : Shock, loss, bereavement, trauma
- Sweet Chestnut** : Extreme mental anguish, when everything has been tried and there is no light left
- Vervain** : Over-enthusiasm, perfectionism
- Vine** : Dominance and inflexibility
- Walnut** : Protection from change and unwanted influences, birth, puberty, divorce
- Water Violet** : Pride and aloofness
- White Chestnut** : Unwanted thoughts and mental arguments, unwanted thoughts, unable to concentrate
- Wild Oat** : Uncertainty over one's direction in life
- Wild Rose** : Drifting, resignation, apathy
- Willow** : Self-pity and resentment
- Rescue Remedy** : For emergencies to combat fear, panic, shock and fear of losing control

Available in :

30 & 200 Potency in 30 ml, 100 ml & 450 ml.

3X & 6X Trituration Tablets in 25 gms., 100 gms. & 450 gms.