

BACH FLOWER REMEDY

SR.NO.	<u>Remedy</u>	<u>Used to Treat</u>	<u>Encourages</u>
1	Agrimony	Hiding troubles behind humour.	Self-acceptance and inner joy. Openness.
2	Aspen	Vague, unknown fears, terror or nightmares. Anxious but don't know why.	Trust in the unknown. Reassurance.
3	Beech	Intolerant, over-critical perfectionists.	See more good in the world. Tolerance.
4	Centaury	People who find it difficult to say no.	Assertiveness, ability to follow one's own path.
5	Cerato	Self-doubt and indecision. Seeking advice from others.	Confidence in one's own decisions.
6	Cherry Plum	Fear of losing control of mind, emotions or body; suicidal tendencies, temper tantrums.	Mental calm. Composure.
7	Chestnut Bud	Repetition of mistakes and experiences; inability to learn from mistakes.	Ability to learn from mistakes, Insight.
8	Chicory	Over concern for others; possessiveness.	Love and caring. Release.
9	Clematis	Daydreaming, lack of concentration.	Brings down to earth. Focus.
10	Crab Apple	Self-disgust, low self-esteem, a feeling of contamination.	Self-acceptance.

11	Elm	You feel overwhelmed by your many responsibilities.	Strength to perform. Support.
12	Gentian	Easily discouraged, dependent and self-doubtful, despondency from set back.	Determination. Encouragement.
13	Gorse	Hopelessness, despair, given up hope.	Renewed hope.
14	Heather	Preoccupied and concerned for self, talkative.	Good listener; empathy. Tranquility.
15	Holly	People overcome by anger, jealousy, envy etc.	Assertiveness, ability to follow one's own path. Goodwill.
16	Honeysuckle	Living in the past.	Involvement in the present.
17	Hornbeam	Monday morning feeling. You procrastinate.	Renewed energy. Resolve.
18	Impatiens	Impatient and irritated with the slow pace of others.	Patience.
19	Larch	Feelings of inadequacy; lack of self-confidence.	Confidence.
20	Mimulus	Fear of everyday things, illness, pain, accident or misfortune. Fearful or anxious about something specific.	Bravery and courage.

21	Mustard	Inexplicable sadness, gloom and despair, like a black cloud. Don't know why you feel that way.	Clarity of thought. Brightness.
22	Oak	Those who unrealistically never give up. Keep going when you need to rest.	Admit limitations. Strength.
23	Olive	Mental and physical exhaustion.	More energy. Rejuvenation.
24	Pine	Guilt and self-blame.	Relief of guilty feelings. Forgiveness.
25	Red Chestnut	Concern or fear about welfare of others (particularly loved ones) that something unfortunate may happen.	Rational concern, remain calm without anxiety. Peace of mind.
26	Rock Rose	Fright, panic attacks, terror, hysteria. Extreme terror.	Courage/calm state of mind & put things into perspective. Fearlessness.
27	Rock Water	Strictness and self-denial.	Understanding. Flow.
28	Scleranthus	Indecision, mood swings, tend not to discuss with others.	Quick decisions with no dilemmas. Decisiveness.
29	Star of Bethlehem	Distress and unhappiness due to shock or trauma (timeless).	Comfort and consolation.
30	Sweet Chestnut	Anguish; those at the end of their endurance.	Optimism and peace of mind.
31	Vervain	People with fixed opinions; need to convert those around them, over enthusiastic.	Peace and tranquility. Unwind/relax.

32	Vine	People who always think they are right and can be directional and overbearing.	Patient leader. Inspire.
33	Walnut	Unable to break links with the past (transitions in life), and easily influenced.	Protection from change and outside influences.
34	Water Violet	Proud and aloof. Like your own company but sometimes feel lonely.	Calm, serene and more approachable.
35	White Chestnut	Obsessive and worrying thoughts that seem impossible to control.	Peace of mind and tranquility.
36	Wild Oat	Dissatisfaction, indecision, uncertainty as to correct path in life.	Purposefulness and decisiveness. Direction.
37	Wild Rose	Resigned; apathetic. Disinterested.	Spirit of joy. Enthusiasm.
38	Willow	Resentful, self-pity and bitterness.	Ability to forgive and forget. Back in control.
39	RESCUE REMEDY	Help you through stressful or traumatic situations.	anxiety over air travel or distress over sudden bad news, Rescue Remedy can help relieve your stress and help you regain your composure.

INDO GERMAN