

Bach Flower Remedies

Bach Flower Remedies contain subtle but powerful energies derived from the healing vibrations of different flowers and plants. They support our healing by flooding our system with positive energies, effectively 'flushing out' old emotional patterns that no longer serve us. While supported in this way, our system can reassert its natural balance and integrate this energy shift permanently, until we no longer need the assistance of the remedy.

The most common dosage for Bach Remedies is **4 drops, taken 4 times per day**. Many people find the most effective way of taking them is one dose first thing in the morning, one dose last thing at night, and then the remaining two doses taken in water during the day. **Do ensure you take the doses spaced out regularly across the day**, so you maintain the exposure of your system to the remedies' vibration – taking all four doses last thing at night won't give you the same effect!

You may either drop the remedies directly **on or under your tongue** (try not to let the dropper touch your mouth to avoid transfer of bacteria to the bottle), or drop them **into a glass or bottle of water** and sip regularly.

It is important you **remember to take the remedies throughout your day** – you won't get the same healing effect if you only take them sporadically. Having said that, every dose delivers a healing benefit to you, so work with what you can manage and have faith that your energy will shift in exactly the right way and at the right time for you.

If you'd like to know more about the Bach Flower Remedies, there are many excellent reference books published, including Dr Bach's own original reference *The Twelve Healers*. The Bach Centre which works from Dr Bach's home in the UK also has lots of information on its website www.bachcentre.com, or there are many other websites out there – as always use discernment with the information you find.

For any questions or concerns you may have about your remedies, please contact me on 0402 904 011 or ellie@elliepovey.com.au.