

# The Flower Remedies of Dr. Edward Bach - Directions for Use

**TREATMENT / MEDICINE BOTTLES** - The dropper bottle (30ml / 1oz) usually contains a dilute preparation ready for use. It is filled with natural mineral well spring water, to which has been added, 2 drops of each prescribed stock Remedy. (When the 5Flower or 'Rescue' is prescribed, 4 drops are added).

The normal dosage to be taken from the Bottle is 4 drops, taken 4 times a day, at least. First thing, last thing and twice during the day, not too close to food. The drops can be taken directly into the mouth, avoiding skin contact with the dropper to avoid contamination. Hold the drops for a moment in your mouth if you remember, before swallowing. Drops can be added to a small glass of water or in a water/drinks bottle for ease of access, and then sipped from there. The Remedies can also be added to drinks, hot or cold for convenience.

The Remedies are giving subtle messages to the being, as it were, so it is recommended that they be taken regularly, over a period of time for sure effectiveness. A Treatment bottle usually lasts 7- 10 days. If you feel the need, you may take drops more frequently; generally, you cannot take too much. They are potent enough to go a long way.

The Remedies can be taken alongside any other treatment required or desired, including Homeopathy. They do not interfere with other treatments, nor are they interfered with, most likely due to each form of treatment working on different vibrational levels.

Sometimes Remedies can cause a release of some kind such as laughing, pee-ing or crying a lot, bursts of temper, or changes in the amount of energy, for a brief period of time after starting the Remedies. Do not be anxious, and try to be patient if this occurs in your case. Bear with your body, since healing takes place in many ways, at different levels of our being and sometimes we do not give it a chance to do its healing work.

It is extremely rare to have a negative response to taking these Remedies because they are gentle and harmless; what might be experienced occasionally, as uncomfortable may be the unfamiliar sensations as the being realigns its patterns of response. If you do feel a negative response then trust your own wisdom-you are in control. They might not be the right treatment for you or it is not the right time. Also, there must be the proviso that some people have very great sensitivity and therefore a reduced dosage might be required. You can decide on what feels good, or contact your practitioner to discuss.

**TOPICAL USE - CREAMS** - Pots of 5 Flower/Rescue Remedy cream or another simple skin cream of your choice may have other Flower Remedies added to allow us to hold them on the skin if we wish. Mix the drops in thoroughly with something slim and clean; such as a cocktail stick or a cotton bud's wand. Apply the cream at least twice per day, allowing a few minutes for it to be absorbed. If there is a wish to take Bach Remedies, but it is not possible nor desirable to drink the drops, they can be effectively added to bath or washing water, or put on a moist pad and held on the skin where desired, such as temples, forehead, chest, wrists, feet.

**SPRAY BOTTLES** – Another way of giving and taking Remedies, 'remotely'. Fill a small pump spray bottle or simply a good quality plastic garden bottle with mineral spring water and add your flower remedies to it, even adding a few essential oils like lavender, geranium, rose...if you wish. Just 2 -3 drops of each essence. You can spray into the air around your self – like into your aura, or for spaces, spray corners, lightly over furniture, wall openings, and kind of into 'pockets' of the space; a mini- space clear!

You should expect positive results and since the Bach Remedies work with you personally, as an individual, what happens will usually seem to be very much a part of you - as indeed it is!

With Best Wishes,

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