

**Welcome ...** to the Holistic Cancer Care Centre at The James Cook University Hospital. The aim of this leaflet is give you a little background information about Bach Flower Remedies and to answer some questions you may have about them.

## **what are Bach Flower Remedies?**

Bach Flower Remedies are a treatment system in liquid form, which are added to a glass of water and taken daily. The 38 remedies are named after the plants or flowers from which they are made eg Honeysuckle, Willow and Crab Apple.

You may have come across the Rescue Remedy which is a combination of five individual remedies. It is widely used by people in times of stress to help them remain calm and reduce their anxiety levels.

## **how can Bach Flower Remedies help me?**

The remedies were discovered by Dr Edward Bach. He was a medical doctor with a Harley Street practice in the 1920's and 30's. He believed there was a strong connection between

people's moods and emotions and their physical condition.

Bach Flower Remedies help to balance emotions and moods such as fear, anxiety, despondency, lack of confidence and tiredness. Dr Bach found that when the remedies were taken and balance restored, the natural healing capacity of the body became more effective and patients were better able to deal with their life challenges.

## **what will happen when I visit a Bach Flower Remedy practitioner?**

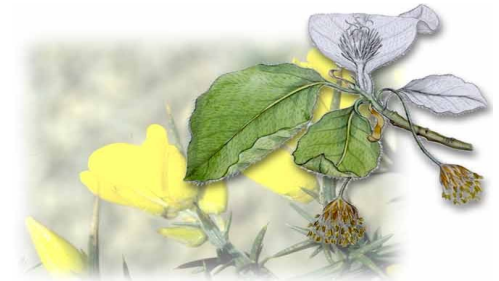
When visiting a Bach Flower Practitioner, you will talk together about how you are feeling so that the appropriate remedies can be chosen. A combination of up to six remedies will be put into a treatment bottle, from which you will take four drops in a glass of water at least four times a day.

## **how many treatments will I receive?**

The treatment bottle will last approximately three weeks. Depending how you feel, you can visit the practitioner again to continue treatment.

## **should I let my doctor know?**

The Bach Flower Remedies are extremely safe. There are no known contra-indications; they can be taken alongside other medication, you cannot overdose and they are not addictive. It is wise to tell your doctor that you are taking the remedies.



## **FOR FURTHER INFORMATION**

please contact ...

**Sue Stephenson**

or

**Heather Goodwill**

**Holistic Cancer Care Centre**

**Telephone 01642 854839**

So that we can make full use of all appointments, please let us know as soon as possible if you cannot attend by calling the above number.

questions you may like to ask ...

'personally I am quite easily disillusioned and pessimistic in nature, but I have found that when I take Gorse, my mood improves and I become much more positive'

Teresa Munro

'I find that Vervain is useful to calm my son, who can be over enthusiastic and Larch helps to improve my daughter's confidence. I think Rescue Remedy is an essential for all parents. I have even used it on the rabbit!'

Diane Dashfield

'I have gone through quite a few periods of change in my life, such as surgery moving home and separation from my family. During times like these I have used Walnut for difficulty to adjusting to change, Mimulus for known fear and Star of Bethlehem for shock and sorrow'

Barbara Tremain

Author: K Lawrence/S Stephenson/S Larry  
Issue: 1 (January 2006)  
Review date: January 2007

**patient information**

questions & answers ...

about Bach Flower Remedies (L/9)



holistic cancer care centre at the james cook university hospital

Holistic Cancer Care Centre  
The James Cook University Hospital  
Marton Road  
Middlesbrough  
TS4 3BW

Tel: 01642 854839