



Principles of Bach Flower Remedies: What it is, how it works, and what it can do for you (Discovering Holistic Health)

Stefan Ball

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Bach flower remedies are natural medicines derived from flowers that have the power to bring balance back into our lives. This concise introduction is designed to help you start using the remedies for yourself.

The book covers the nature and history of Dr Bach's famous system, with many case histories and examples to illustrate how it works. A complete list of remedies is included, along with useful information about how they are made, and a full description of the emotional states that they can help. There are also clear instructions describing how to select and take remedies as well as information on finding a good practitioner.

This practical and accessible guide is ideal for anyone interested in using Bach remedies. Students and practitioners will also find it to be a useful reference, and a perfect introduction to recommend to clients.

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