

## The Health Benefits of Bach Flower Remedies

### Description



Chemicals found in drugs that can be purchased at a local

pharmacy, as well as those provided by a hospital and through a doctor's prescription often cause undesirable aftereffects. These effects can vary from mild side-effects such as muscle aches and drowsiness to more life-threatening side-effects that could result in death. Drug Watch [states](#) that the FDA received over 5.4 million reports of problems related to the use of prescription drugs, including at least 1 million fatalities, during a period from 2011 to mid 2017.

It is also reported that both chemically formulated and naturally formulated drugs can cause side-effects, especially when not properly administered according to instructions provided by a doctor or by the informational document usually contained within the packaging of these drugs. Due to these adverse effects, many people all over the world are turning towards homeopathy solutions in order to avoid some of the deadlier side-effects of prescription drugs.

## Homeopathy Treatment Options

The National Center for Complementary and Integrative Health [reports](#) that the use of homeopathy medicine as an alternative treatment option was developed more than two centuries ago in Germany. These remedies are developed from plant, mineral and animal substances and are usually placed under the tongue, consumed as a tablet or applied directly to the skin in the form of gels and ointments. The Homeopathy Research Institute also [reports](#) findings on the use of these alternative remedies around the world:

- More than 200 million people around the world use homeopathy remedies regularly.
- The use of homeopathic remedies is most common in India, which accounts for almost 50% of the global statistics.
- Approximately 29% of the EU population uses homeopathic remedies on a daily basis.
- Approximately six million people in the United Kingdom uses homeopathy remedies on a daily basis.
- In the United States, the most popular use of homeopathy remedies is for self-care and for the treatment of specific health conditions.

- There are approximately one million children within the United States that use homeopathic remedies on a daily basis.

## Bach Flower Remedies

Bach flower remedies are known as a type of homeopathic treatment option, although many people consider it to be a different kind of alternative treatment. The remedies were [developed](#) by Dr Bach through a unique method.

The doctor identified dew on plants that affected him emotionally when his hand hovered over the plants. He was able to identify a total of 38 different remedies. These remedies are now known around the world as “Bach Flower Remedies”. Each of these remedies has a different function and provides different health benefits to the patient.

The 38 different remedies identified by Dr Bach include: Agrimony, Aspen, Beech, Cerato, Cherry Plum, Centaury, Chestnut Bud, Chicory, Clematis, Crab Apple, Elm, Gentian, Gorse, Heather, Holly, Honeysuckle, Hornbeam, Impatiens, Larch, Mustard, Mimulus, Oak, Olive, Pine, Red Chestnut, Rock Rose, Rock Water, Scleranthus, Star of Bethlehem, Sweet Chestnut, Vervain, Vine, Walnut, Water Violet, Wild Oat, White Chestnut, Wild Rose and Willow.

The Bach remedies contain a mixture of water and brandy, as well as the dew of the specific flower that is used for a specific function. Among all of the bach flower essences, the Rescue Remedy is the most popular and is used by millions of people all over the world.

The Rescue Remedy contains five bach flower remedies combined for the use in emergency cases. The solution is known to relax the patient, as well as assist them with gaining an overall calm effect and to enhance focus. Many students use this remedy to help them get through exams, while others use the remedy to improve their emotional state after receiving bad news.

## Bioresonance Therapy

[Reson8 in the UK](#) have been very successful treating anxiety and depression with Bach Flowers, each remedy is tested to see which one resonates with the patient. It is surprising how often a patient relates to the feelings that describe the use of the particular remedy. The frequencies are delivered through the BICOM® whilst other therapies are being delivered. In addition, a patient is given the actual remedy to take home.

With the help of BICOM® bioresonance therapy, doctors specialising in homeopathic remedies are able to diagnose and identify different health conditions of the body with ease. The device is able to identify specific human illnesses, food intolerances and an array of other conditions with the use of electromagnetic waves. Thanks to this technology, homeopathic doctors are able to identify problem areas in an individual patient, whereafter they can combine the correct mixture of bach flower remedies in order to provide the patient with an effective homeopathic solution.

## Conclusion

Health concerns are more vital than ever and the fact that prescription drugs are killing more people

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than ever before simply raises more awareness for the side-effects of these drugs. This is also the main reason why many patients are turning towards homeopathic remedies, searching for solutions to end their health conditions without risking side-effects. Bach flower remedies are one such alternative remedy solution that can assist with an array of health conditions, including pain and anxiety, as well as helping to improve a person's emotional state.

### **Category**

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2. health
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