



WITH BACH FLOWER REMEDIES



**HOLD
GRUDGES**

**TRUST
ISSUES**

UNORGANIZED

BOSSY

TEMPER

STUBBORN

NOSY

IMPATIENT

FORGETFUL

SHY

RECKLESS

CARELESS

PUSHY

EMOTIONAL

SENSITIVE

MESSY

CARELESS

LAZY

AGRIMONY

Creates a facade & hides inner worry

PHYSICAL SYMPTOMS

Sleeplessness – Nervous – Hunger – Addictions
Gnashing of teeth – Painful urination



POSITIVE OUTCOME

Self acceptance and joy

ASPEN

Apprehensive & fear of the unknown

PHYSICAL SYMPTOMS

Heart Palpatations – Panic Attacks
– Hormonal Disruptions –
Anxiety due to frail constitution



POSITIVE OUTCOME

A state of inner peace – security and fearlessness

BEECH

Over critical & Intolerant

PHYSICAL SYMPTOMS

- Allergies – Intolerant to food or wool
- Shortcomings of people – Fixed outlook resulting in rigidity
- Body Stiffness –



POSITIVE OUTCOME

Tolerance and a sense of compassion

CENTAURY

Weak willed & Subservient

PHYSICAL SYMPTOMS

Weakness after illness – Circulatory problems – Anemia – Weak boundaries



POSITIVE OUTCOME

Come in touch with what you want –
not a doormat

CERATO

Lack of faith in one's own judgement

PHYSICAL SYMPTOMS

Treat as no touch with inner voice
– Visiting every doctor – Don't know
what treatment to go on with



POSITIVE OUTCOME

Trusting the inner wisdom –
self assured and desicive

CHERRY PLUM

Fear of losing control and/or suicidal

PHYSICAL SYMPTOMS

Itching – Disease – Cancer – Anything
taking over driving you mad – Clenching
teeth or grinding at night



POSITIVE OUTCOME

A calm mind act rationally

CHESNUT BUD

Inability to learn one's lesson

PHYSICAL SYMPTOMS

Anything repeats as a pattern
– Accident prone – ADD – Addictions



POSITIVE OUTCOME

Observe your own mistakes with objective
and learn from it

CHICORY

Possessive & controlling

PHYSICAL SYMPTOMS

Resistant illness of any kind. They actually don't want to get well.



POSITIVE OUTCOME

Able to care for others unselfishly offering genuine maternal love

CLEMATIS

Dreamy and/or absent minded

PHYSICAL SYMPTOMS

Fainting – Sleepy – Drowsy – Tendency of cold feet and hand – in illness make little or no effort to get well



POSITIVE OUTCOME

Interest in the world around and enjoyment of life

CRAB APPLE

cleansing need to feel clean

PHYSICAL SYMPTOMS

Infectious – Wounds – Anorexia – Bulmia –
Side effects of antibiotics pre or post surgery



POSITIVE OUTCOME

Acceptance of oneself and ones imperfection

ELM

Overwhelmed by responsibility

PHYSICAL SYMPTOMS

Muscles can't cope – Muscle Fatigue–
Throat can't cope due to overuse



POSITIVE OUTCOME

Restoration of ones normal capable personality
and self assurance

GENTIAN

Despondency , Lack of Faith & Disappointment

PHYSICAL SYMPTOMS

Any relapse – Regression or set back



POSITIVE OUTCOME

Realization that there is no such thing as failure
when you do the best

GORSE

Hopeless & Despair

PHYSICAL SYMPTOMS

Any long term challenge – Long distance –
Old Age – Chronic disease too



POSITIVE OUTCOME

Sense of faith and hope despite of physical and
mental problems

HEATHER

Over talkative

PHYSICAL SYMPTOMS

Physiological issues



POSITIVE OUTCOME

Good listner who is generous in helping others
selfless

HOLLY

Anger, Jealousy & Suspicion

PHYSICAL SYMPTOMS

Any redness – Burning – Fever
– Acidity – Sore red skin



POSITIVE OUTCOME

Generous hearted person able to give without
making demands

HONEYSUCKLE

Living in the past or homesickness

PHYSICAL SYMPTOMS

If conscious of the roots of the past –
Past illness coming up – Wounds – Scars – Wrinkles



POSITIVE OUTCOME

Ability to live in the present – able to move
forward in life without regrets

HORNBEAM

Mental tiredness or Procrastination

PHYSICAL SYMPTOMS

Sluggish – Poor circulation – Headaches –
Head injuries brain dysfunction due
to physical causation – Eyes(overused)



POSITIVE OUTCOME

Certainty of ones strength and ability to face
the days work

IMPATIENS

Impatience or Irritability

PHYSICAL SYMPTOMS

Inflammed mind – Pain and irritation –
Frustrations – High blood pressure – Heart
problems – Elevated pulse rate



POSITIVE OUTCOME

Someone who is decisive and spontaneous –
less hasty in action

LARCH

Lack of Confidence

PHYSICAL SYMPTOMS

Stamina , fortify oneself , immunity,
arthritis – Osteoporosis
Spine – Back – Hunch back



POSITIVE OUTCOME

Determined capable with a realistic sense of
self esteem

MIMULUS

Known fears or Nervousness

PHYSICAL SYMPTOMS

Stomach Ulcers – Stammer – Stutter –
Hypochondriac – Sensitive constitution



POSITIVE OUTCOME

Quiet courage of face trials and difficulties with
humour and confidence

MUSTARD

Gloom/Depression for unknown reasons

PHYSICAL SYMPTOMS

Autistic – Schizophrenic – Lack of drive –
Susceptibility to infectious or excessive
tiredness dark patches for no reason



POSITIVE OUTCOME

Return of joy – Supported by an inner stability
and peace

OAK

Strength and plodder

PHYSICAL SYMPTOMS

Physical stiffness – Body aches – Thyroid –
When one grows weary of routines of recovery
– Body wilt out of strain



POSITIVE OUTCOME

Restore their energy and helps them recognize
the need to take time off

OLIVE

Mental exhaustion or Physical/Mental Tiredness

PHYSICAL SYMPTOMS

Body overhauling – Lair – Regeneration –
Any strenuous phase – Tired vocal chords –
Tired fingers after typing



POSITIVE OUTCOME

Remedy helps with physical regeneration ,
strength and energy

PINE

Unworthiness or Feelings of Guilt

PHYSICAL SYMPTOMS

Obesity – Guilt of eating or being overweight –
any skin disease – UTI – in sexual issues if
linked with sin and purity



POSITIVE OUTCOME

Accept responsibility – realistically and have sound
judgement without guilt

RED CHESTNUT

fear for other people

PHYSICAL SYMPTOMS

Ill due to concern – Heart aches



POSITIVE OUTCOME

Ability to care for others with compassion but
with anxiousness or anxiety

ROCK WATER

Self punishment or Rigidity

PHYSICAL SYMPTOMS

Loss of physical flexibility – Gall bladder –
Kidney Stones – Hardening of arteries



POSITIVE OUTCOME

Ability to hold high ideas without changing minds
with flexibility

SCLERANTHUS

Indecision, Inability to choose

PHYSICAL SYMPTOMS

Motion sickness, nausea, vomiting – Short term memory issues – Forget what they need



POSITIVE OUTCOME

Certainty and being in balance with poise in all circumstances

STAR OF BETHLEHEM

Shock & Trauma

PHYSICAL SYMPTOMS

Dry abuse – Childbirth for mother & child



POSITIVE OUTCOME

Neutralize the effects of trauma – Whether immediate or delayed

SWEET CHESTNUT

Extreme anguish or Despair

PHYSICAL SYMPTOMS

Anguish – Mental and physical leading
to reactive issues



POSITIVE OUTCOME

Liberation from despair and despondency – peace of
mind and faith that all is good

VERVAIN

Over enthusiasm or Perfectionism

PHYSICAL SYMPTOMS

Burnout – Insomania – Headaches – Migrane –
Bi-Polar phase – OCD



POSITIVE OUTCOME

Calm – wise – tolerant – able to relax and take a
broader view of life and events

VINE

Dominating or Need for control over others

PHYSICAL SYMPTOMS

High BP – Linear calcifications – Degeneration of joints



POSITIVE OUTCOME

Determination without domination – see the good in others and encourage them

WALNUT

Change or Need for adaptability

PHYSICAL SYMPTOMS

Sensitivity to weather change – Jet Lag –
Constipation – Detox from allopathy –
Food Poisoning



POSITIVE OUTCOME

Ability to move forward and remain steadfast
to ones path in life

WATER VIOLET

Proud, Upright, Superior

PHYSICAL SYMPTOMS

Frigidity – Frozen cold – Stiffness – Spinal pain –
Stiff neck – Corresponding to a lack of
humbleness



POSITIVE OUTCOME

Warmer relationships with others while
maintaining one's wisdom

WHITE CHESTNUT

Many thoughts in the mind

PHYSICAL SYMPTOMS

Any symptoms rhythmic in nature (Migrane
Cramps– Hiccups) – Washing hands –
constantly tired through the day



POSITIVE OUTCOME

Peace of mind the head is clear and thinking is
under control.

WILD OAT

Inability to see one's direction

PHYSICAL SYMPTOMS

Feeling of wholly not well – no concrete symptoms



POSITIVE OUTCOME

Clear picture of what to do in life with positive ideas and ambition and goals

WILD ROSE

Resigned to destiny

PHYSICAL SYMPTOMS

Limpness – Numbness – Arms Legs –
Lack of desire – Giving up an old age – Paralysis –
Comatose – Vegetative state



POSITIVE OUTCOME

Lively interest in life – work and the world in general

WILLOW

Resentment, Bitterness

PHYSICAL SYMPTOMS

Digestion – Can't digest life blisters –
Inflammatory toxicity – Constant resentment
leads to a waste of vital energy – Always tired –
Poor Health



POSITIVE OUTCOME

Allows people to forgive and forget past injustices
enjoy the now and life

RESCUE REMEDY – PRE MIX

A combination of 5 remedies which works like a band-aid for the right now emotional need – instant all around crisis.

All remedies are beneficial for pets – plants – children – elderly and do not interfere with any other treatment.

Safe to use.



BENEFITS OF CONSUMING THE REMEDIES

This is a 100% a holistic way of healing. They are 38 flower and plants based remedies, each one specially devised to treat different emotions. They help you to manage the emotional demands of everyday life.

The bach flowers help you to stimulate the body's own capacity to heal itself, balancing the negative feelings, helping you to take control, feel good about yourself and get more out of life

The aim of the treatment is to strip away the layers of the negative layers, until the core problem is uncovered, so that – that too can be resolved .Their restorative powers act to resolve the situation in a process which bach flower practioners term as an onion peeling method, as layers after layers is peeled away the problem can be tackled one by one, deal with the imbalance and tackle the emotional turmoil which has led to ill health, the physical problems are also on the way to be resolved

One-to-one, personalised support for
emotional wellness and inner harmony.

Sessions Available

- One-on-one counselling sessions
 - Online & offline consultations
 - Personalized Bach Flower Remedies
 - Emotional wellness support
-

To Book Your Session Today

9833368600

Reconnect with your innate ability to heal,
grow, and transform — at your own pace.

Bloom and Heal

Bach Flower Remedies

