



# **Bach Flower Remedies for Beginners: 38 Essences that Heal from Deep Within (For Beginners (Llewellyn's))**

*David Vennells*

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The mind and body cannot be separated—what affects one will affect the other. The Bach Flower Remedies contain the subtle vibrational essences of flowers and trees. These remedies correct imbalances in the mental, emotional and spiritual bodies, promoting healing in the physical body.

Every day we are subjected to thousands of distractions, stressors, and pollutants. These myriad influences can wear down our natural defenses and cause frustration, tension, and even physical illness. The 38 Bach Flower Remedies are a safe and natural solution to the challenges of life in the 21st century. The remedies purify and balance the internal energy system, which in turn heals existing health problems—and can even help prevent future problems from manifesting!

Flower remedies are a safe and gentle form of alternative healing. They cannot harm—they only heal. In fact, they can even be given to children, animals, and plants. This comprehensive guide to the Bach Flower Remedies includes:

- Concise descriptions of the 38 Bach Flower Remedies
- Instructions for diagnosing imbalances and deciding which of the remedies is appropriate
- Directions for preparing your own remedies
- Case studies from people describing the powerful effects of the remedies on their lives

At the end of the day, are you often left feeling overwhelmed by too much pressure and responsibility? The Elm remedy encourages clear thinking and boosts inner strength. Are you trapped in a cycle of repetitive or destructive behavior? Chestnut Bud will help you learn from your experiences and control negative or repetitive behavior. Have you suffered an extreme shock or trauma, such as surgery or a serious illness? The combination Rescue remedy will soothe your mind and emotions while stimulating physical regeneration.

*Bach Flower Remedies for Beginners* is a comprehensive guide to the use of these powerful healing gifts from the earth. Whether you're just starting to explore the world of alternative healing or you're experienced practitioner, this book is a valuable healing resource.

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