Dr Bach Flower Essence Remedies

1. **Agrimony** – Mental torture behind a cheerful face. Remedy helps person deal with problems.
2. **Aspen** – Fear of unknown things (feeling uneasy for no reason). Remedy brings trust.
3. **Beech** – Intolerant, critical. Remedy encourages tolerance and kindness.
4. **Centaury** – Easily dominated by others and finds it hard to say no. Remedy opens heart and encourages person look after self as well as others and to say ‘no’ sometimes.
5. **Cerato** – Indecisive. Makes a decision but then questions it. Remedy enhances intuition.
6. **Cherry plum** – Feels under pressure and may do something they regret. Remedy encourages calmness.
7. **Chestnut Bud** – Repeats mistakes and never learns from them. Remedy helps us to learn quickly from mistakes.
8. **Chicory** – Demands attention. Selfish and possessive love. Remedy encourages generosity.
9. **Clematis** – Dreaming of future without being in the now. A remedy for grounding.
10. **Crab Apple** – Cleanses Aura.
11. **Elm** – Overwhelming responsibility. Brings confidence.
12. **Gentian** – Easily discouraged after a setback.
13. **Gorse** – Hopelessness, despair.
14. **Heather** – Self-centred, emotionally draining. Remedy encourages ability to listen to others.
15. **Holly** – Bitter, angry, envy, jealousy. Remedy encourages more positive thoughts and aids connection to pure love.
16. **Honeysuckle** – Living in the past. Remedy brings positive energy from past into the present.
17. **Hornbeam** – Needs a boost to get going. Tired thinking about something. Remedy helps boost energy.
18. **Impatiens** – Impatience. Remedy for patience, calm and balance.
19. **Larch** – Lack of confidence and feeling not doing as well as others. Remedy promotes confidence.
20. **Mimulu**s – known fears/phobias. Remedy brings courage to work through the fear.
21. **Mustard** – depression with no known cause. Remedy encourages joy.
22. **Oak** – Takes on too much and can overdo things. Remedy encourages balance and ability to rest/delegate.
23. **Olive** – Mental/physical exhaustion. Remedy brings strength.
24. **Pine** – Guilt. Remedy helps us to value and forgive ourselves.
25. **Red Chestnut** – Projects negativity when helping or caring for another. Remedy helps project positivity.
26. **Rock Rose** – Fear, panic, night terrors. Remedy brings courage.
27. **Rock Water** – Rigid personality and hard on self. Remedy softens personality.
28. **Scleranthus** – Indecisive. Needing to choose between 2 things. Remedy enhances intuition.
29. **Star of Bethlehem** – Shock. Remedy helps regain balance,
30. **Sweet Chestnut** – Feels all is lost and no light left. Extreme depression. This is also a bereavement remedy. Remedy encourages positivity, acceptance and hope.
31. **Vervain** – Opinionated, domineering. Remedy encourages calmness and ability to listen.
32. **Vine** – Dominant, authoritarian. Wants own way. Remedy encourages flexibility and understanding.
33. **Walnut** – Protection from unwanted influences. Also assists with change.
34. **Water Violet** – Aloof, arrogant. Remedy helps with opening up more to others and softening personality.
35. **White Chestnut** – Unwanted thoughts. Remedy encourages calm focused thoughts.
36. **Wild Oat** – Lack of direction in life. Loss of focus. Remedy encourages focus and direction.
37. **Wild Rose** – Resigned to failure. Gives up on life. Remedy brings joy of being here now.
38. **Willow** – Feels sorry for self. Remedy encourages positivity and acceptance of others.