

Emotional Rescue:

I carry the complete set of the Healing Herbs of Edward Bach. Flower essences are extremely diluted extracts from flowers that are used to improve the emotional, spiritual, and physical health of people and animals. This type of treatment falls under the umbrella of vibrational medicine and is related to the use of acupuncture, aromatherapy, and crystals. Rather than using the herbal properties of flowers for healing purposes, the process actually imbues a tincture with the energetic signature of the plant life. For as little as \$15, I will mix you a personalized "emotional rescue" tincture. Just fill out the free questionnaire on this web page. Your remedy will usually be a combination of 3 or 5 or 7 remedies.

Agrimony

"The jovial, cheerful, humorous people who love peace and are distressed by argument or quarrel, to avoid which they will agree to give up much. Though generally they have troubles and are tormented and restless and worried in mind or in body, they hide their cares behind their humor and jesting and are considered very good friends to know. They often take alcohol or drugs in excess, to stimulate them and help themselves bear their trials with cheerfulness." - **Dr. Edward Bach**

Aspen

"Vague unknown fears, for which there can be given no explanation, no reason. It is a terror that something awful is going to happen even though it is unclear what exactly. These vague inexplicable fears may haunt by night or day. Sufferers may often be afraid to tell their trouble to others." - **Dr. Edward Bach**

Beech

"For those who feel the need to see more good and beauty in all that surrounds them. And, although much appears to be wrong, to have the ability to see the good growing within. So as to be able to be more tolerant, lenient and understanding of the different way each individual and all things are working to their own perfection." - **Dr. Edward Bach**

Centauray

"Kind, quiet, gentle people who are over-anxious to serve others. They overtax their strength in their endeavors. Their wish so grows upon them that they become more servants than willing helpers. Their good nature leads them to do more than their own share of work, and in so doing they may neglect their own particular mission in life" - **Dr. Edward Bach**

Cerato

"Those who have not sufficient confidence in themselves to make their own decisions. They constantly seek advice from others, and are often misguided" - **Dr. Edward Bach**

Cherry Plum

"Fear of mind being over-strained, of reason giving away, of doing fearful and dreaded things, not wished and known wrong, yet there comes the thought and impulse to do them." - **Dr. Edward Bach**

Chestnut Bud

"For those who do not take full advantage of observation and experience, and who take a longer time than others to learn the lessons of daily life. Whereas one experience would be enough for some, such people find it necessary to have more, sometimes several, before the lesson is learnt. Therefore, to their regret, they find themselves having to make the same error on different occasions when once would have been enough, or observation of others could have spared them even that one fault." - **Dr. Edward Bach**

Chicory

"Those who are very mindful of the needs of others they tend to be over-full of care for children, relatives, friends, always finding something that should be put right. They are continually correcting what they consider wrong, and enjoy doing so. They desire that those for whom they care should be near them" - **Dr. Edward Bach**

Clematis

"Those who are dreamy, drowsy, not fully awake, no great interest in life. Quiet people, not really happy in their present circumstances, living more in the future than in the present; living in hopes of happier times when their ideals may come true. In illness some make little or no effort to get well, and in certain cases may even look forward to death, in the hope of better times; or maybe, meeting again some beloved one whom they have lost." - **Dr. Edward Bach**

Crab Apple

"This is the remedy of cleansing. For those who feel as if they have something not quite clean about themselves. Often it is something of apparently little importance: in others there may be more serious disease which is almost disregarded compared to the one thing on which they concentrate. In both types they are anxious to be free from the one particular thing which is greatest in their minds and which seems so essential to them that it should be cured. They become despondent if treatment fails. Being a cleanser, this remedy purifies wounds if the patient has reason to believe that some poison has entered which must be drawn out." - **Dr. Edward Bach**

Elm

"Those who are doing good work, are following the calling of their life and who hope to do something of importance, and this often for the benefit of humanity. At times there may be periods of depression when they feel that the task they have undertaken is too difficult, and not within the power of a human being." - **Dr. Edward Bach**

Gentian

"Those who are easily discouraged. They may be progressing well in illness or in the affairs of their daily life, but any small delay or hindrance to progress causes doubt and soon disheartens them." - **Dr. Edward Bach**

Gorse

"Very great hopelessness, they have given up belief that more can be done for them. Under persuasion or to please others they may try different treatments, at the same time assuring those around that there is so little hope of relief." - **Dr. Edward Bach**

Heather

"Those who are always seeking the companionship of anyone who may be available, as they find it necessary to discuss their own affairs with others, no matter who it may be. They are very unhappy if they have to be alone for any length of time." - **Dr. Edward Bach**

Holly

"For those who are sometimes attacked by thoughts of such kind as jealousy, envy, revenge, suspicion. For the different forms of vexation. Within themselves they may suffer much, often when there is no real cause for their unhappiness." - **Dr. Edward Bach**

_Honeysuckle

"Those who live much in the past, perhaps a time of great happiness, or memories of a lost friend, or ambitions which have not come true. They do not expect further happiness such as they have had." - **Dr. Edward Bach**

Hornbeam

"For those who feel that they have not sufficient strength, mentally or physically, to carry the burden of life placed upon them; the affairs of every day seem too much for them to accomplish, though they generally succeed in fulfilling their task. For those who believe that some part, of mind or body, needs to be strengthened before they can easily fulfill their work." - **Dr. Edward Bach**

Impatiens

"Those who are quick in thought and action and who wish all things to be done without hesitation or delay. When ill they are anxious for a hasty recovery. They find it very difficult to be patient with people who are slow as they consider it wrong and a waste of time, and they will Endeavour to make such people quicker in all ways. They often prefer to work and think alone, so that they can do everything at their own speed." - **Dr. Edward Bach**

Larch

"For those who do not consider themselves as good or capable as those around them, who expect failure, who feel that they will never be a success, and so do not venture or make a strong enough attempt to succeed." - **Dr. Edward Bach**

Mimulus

"Fear of worldly things, illness, pain, accidents, poverty, of dark, of being alone, of misfortune. The fears of everyday life. These people quietly and secretly bear their dread; they do not freely speak of it to others." - **Dr. Edward Bach**

Mustard

"Those who are liable to times of gloom or even despair, as though a cold dark cloud overshadowed them and hid the light and the joy of life. It may not be possible to give any reason or explanation for such attacks. Under these conditions it is almost impossible to appear happy or cheerful." - **Dr. Edward Bach**

Oak

"For those who are struggling and fighting strongly to get well, or in connection with the affairs of their daily life. They will go on trying one thing after another, though their case may seem hopeless. They will fight on. They are discontented with themselves if illness interferes with their duties or helping others. They are brave people, fighting against great difficulties, without loss of hope or effort." - **Dr. Edward Bach**

Olive

"Those who have suffered much mentally or physically and are so exhausted and weary that they feel they have no more strength to make any effort. Daily life is hard work for them, without pleasure." - **Dr. Edward Bach**

Pine

"For those who blame themselves. Even when successful they think they could have done better, and are never satisfied with the decisions they make. Would this remedy help me to stop blaming myself for everything?" - **Dr. Edward Bach**

Red Chestnut

"For those who find it difficult not to be anxious for other people. Often they have ceased to worry about themselves, but for those of." - **Dr. Edward Bach**

Rock Rose

"The remedy of emergency for cases where there even appears no hope. In accident serious or sudden illness, or when the patient is very frightened or terrified, or if the conditions is serious enough to cause great fear to those around. If the patient is not conscious the lips may be moistened with the remedy." - **Dr. Edward Bach**

Rock Water

"Those who are very strict in their way of living; they deny themselves many of the joys and pleasures of life because they consider it might interfere with their work. They are hard masters to themselves. They wish to be well and strong and active, and will do anything which they believe will keep them so. They hope to be examples which will appeal to others who may then follow their ideas and be better as a result." - **Dr. Edward Bach**

Scleranthus

"Those who suffer much from being unable to decide between two things, first one seeming right then the other. They are usually quiet people, and bear their difficulty alone, as they are not inclined to discuss it with others." - **Dr. Edward Bach**

Star of Bethlehem

"For those in great distress under conditions which for a time produce great unhappiness. The shock of serious news, the loss of someone dear, the fright following

an accident, and such like. For those who for a time refuse to be consoled, this remedy brings comfort." - **Dr. Edward Bach**

Sweet Chestnut

"For those moments which happen to some people when the anguish is so great as to seem to be unbearable. When the mind or body feels as if it had borne to the uttermost limit of its endurance, and that now it must give way. When it seems there is nothing but destruction and annihilation left to face." - **Dr. Edward Bach**

Vervain

"Those with fixed principles and ideas, which they are confident are right, and which they very rarely change. They have a great wish to convert all around them to their own views of life. They are strong of will and have much courage when they are convinced of those things that they wish to teach. In illness they struggle on long after many would have given up their duties." - **Dr. Edward Bach**

Vine

"Very Capable people, certain of their own ability, confident of success. Being so assured, they think that it would be for the benefit of others if they could be persuaded to do things as they themselves do, or as they are certain is right. Even in illness they will direct their attendants. They may be of great value in emergency." - **Dr. Edward Bach**

Walnut

"For those who have definite ideals and ambitions in life and are fulfilling them, but on rare occasions are tempted to be led away from their own ideas, aims and work by the enthusiasm convictions or strong opinions of others. The remedy gives constancy and protection from outside influences." - **Dr. Edward Bach**

Water Violet

"For those who in health or illness like to be alone. Very quiet people, who move about without noise, they are aloof, leave people alone and go their own way. Often clever and talented. Their peace and calmness is a blessing to those around them." - **Dr. Edward Bach**

White Chestnut

"For those who cannot prevent thoughts, ideas, arguments which they do not desire from entering their minds. Usually at such times when the interest of the moment is not strong enough to keep the mind full. Thoughts which worry and still remain, or if for a time thrown out, will return. They seem to circle round and round and cause mental torture. The presence of such unpleasant thoughts drives out peace and interferes with being able to think only of the work or pleasure of the day." - **Dr. Edward Bach**

Wild Oat

"Those who have ambitions to do something of prominence in life, who wish to have much experience, and to enjoy all that which is possible for them, to take life to the full. Their difficulty is to determine what occupation to follow; as although their ambitions are strong, they have no calling which appeals to them above all others. This may cause delay and dissatisfaction." - **Dr. Edward Bach**

Wild Rose

"Those who without apparently sufficient reason become resigned to all that happens, and just glide through life, take its as it is, without any effort to improve things and find some joy. They have surrendered to the struggle of life without complaint." - **Dr. Edward Bach**

Willow

"For those who have suffered adversity or misfortune and find these difficult to accept, without complaint or resentment, as they judge life much by the success which it brings. They feel that they have not deserved so great a trial that it was unjust, and they become embittered. They often take less interest and are less active in those things of life which they had previously enjoyed." - **Dr. Edward Bach**