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# Beat the Blues with Bach Flower Essences

BY NANCY BUONO

*“Disease is the result of a disharmony between the Soul and the Personality.”*

*Dr. Edward Bach*

Depression has a great impact on the quality of women's lives. It ranks above cancer, heart disease, and other diseases according to a recent poll of 1000 women by Research! America and Parade. Health Canada claims that 7.9-8.6% of Canadian adults will suffer from a major depression during their lifetime.

Both women and teens increasingly suffer from depression and anxiety, and pharmaceutical interventions may have questionable side effects. In fact, psychiatric drugs rank among the top five medicines prescribed to children and teens in Canada. Health Canada and the FDA in the US have recently mandated that all antidepressants must carry stringent warnings, linking the drugs to increased suicidal thoughts and behaviour among children and teens taking them. For certain, someone we know will be affected by this expanding dark cloud.

Prolonged periods of stress and worry can lead to discouragement and depression. Life is hectic. Family illness, accidents, school events,

and even the nightly news impact us. Our own perception of the world can throw us off balance-when we consistently find fault with others and get irritated easily, our pulse rate and blood pressure get irritated as well. Further upsets come from how we perceive ourselves-if we feel disgust when we look in the mirror, our self-confidence and state of mind suffer. To add to all this, we are often overcome by worry for ourselves or our loved ones. If we do not pay attention, we can easily be caught in a downward spiral of swirling emotions.

Fortunately, there is a safe and natural method to manage everyday stress. Almost 70 years ago, a British physician named Dr. Edward Bach set forth a stress management system that is essential for today's hectic pace of life called the Bach flower remedies.

Dr. Bach was a traditional doctor with a

lucrative practice on Harley Street in London. He was determined to search out the cause of disease; this led him to the study of pathology, immunology, and bacteriology. But he soon realized that his patients' illnesses were directly related to how they managed their feelings and thoughts.

He believed that disease is a result of a disharmony between our personality-the part of us that interacts with the world and gets caught up and swayed by other's ideas and opinions-and our soul-the inner part of us that knows who we really are and why we are here. And he developed a completely natural and non-toxic system to help keep these two parts in balance, the outer with the inner. In the





# 8 Useful Bach Flower Remedies

**1.** Gentian restores the confidence to overcome difficulties when things go wrong and you feel defeated and give up at home, work or school

**2.** Star of Bethlehem comforts and soothes pains and sorrows when a traumatic loss lingers and colours everything in your world

**3.** Mustard helps to lift the clouds and restore optimism when you are sad and blue for no reason

**4.** Larch restores determination and confidence if you are discouraged and afraid to try because you feel you will fail

**5.** Elm restores confidence when you feel overwhelmed by responsibilities or depressed in the face of daily commitments

**6.** White Chestnut helps calm the mind so you can get a good night's sleep and wake up refreshed if racing thoughts keep you awake at night

**7.** Honeysuckle helps put the past in perspective if you think about it too often and long for days gone by

**8.** Centaury helps you take better care of yourself if you have a tendency to put the needs of others before your own and become a doormat at times

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1930s, he began to distribute his remedies from his clinic in the English countryside. Today, his safe and simple system is used by people in over 65 countries worldwide.

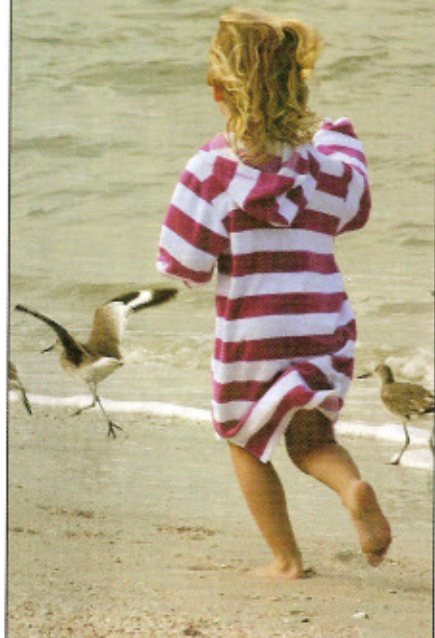
There are 38 Bach flower remedies made from flowering trees and plants, each with a specific energy imprint, which balances particular emotional traits and keeps us together in times of stress. They are completely safe to use in combination with any other form of treatment, from allopathic drugs to herbal and homeopathic remedies, because they are non-interactive. Manufactured under guidelines set by Health Canada, the remedies address different emotional states, ranging from various types of fear to over-concern for the welfare of others, despondency, loneliness, and past trauma. The most well known is the combination called Rescue Remedy which is for everyday distress such as driving in traffic, worry over tests or job interviews, fear of flying in an airplane, or the shock of bad news.

The remedies bring us back to our natural positive state of mind and restore enthusiasm and vitality. Since our thoughts and feelings can have such an impact on health, using the Bach flowers is a profoundly simple way to improve well-being. Dr. Mark Masi, a licensed clinical psychologist who works with the remedies in Elgin, Illinois, claims "the Bach remedies may bring about relief for those who struggle with chronic depression even when other methods of treatment have been unsuccessful." ("Bach Flower Therapy in the Treatment of Chronic Major Depressive Disorder," *Alternative Therapies*, November December 2003 Vol 9 No 6 p.110).

It is possible to beat the blues in a safe and simple fashion. It only takes a few moments each day to recharge the inner being, restore balance, and lift away the clouds of pessimism and anxiety. Within a few days to a few weeks, the world will be much brighter. ✨

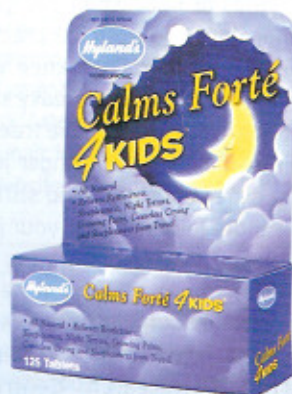
**Nancy Buono** is a Bach Foundation Registered Practitioner with over 20 years' experience. Nancy writes curriculum and trains teachers globally for the Bach International Education Program (BIEP) which is in 20 countries worldwide. She is the North American BIEP Coordinator.

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