



Bach Rescue Remedy

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Bach Rescue Remedy

A blend of 5 Flower Remedies that can be used for shock, trauma, bad news or highly stressful situations. It should be a staple in your medicine cabinet.

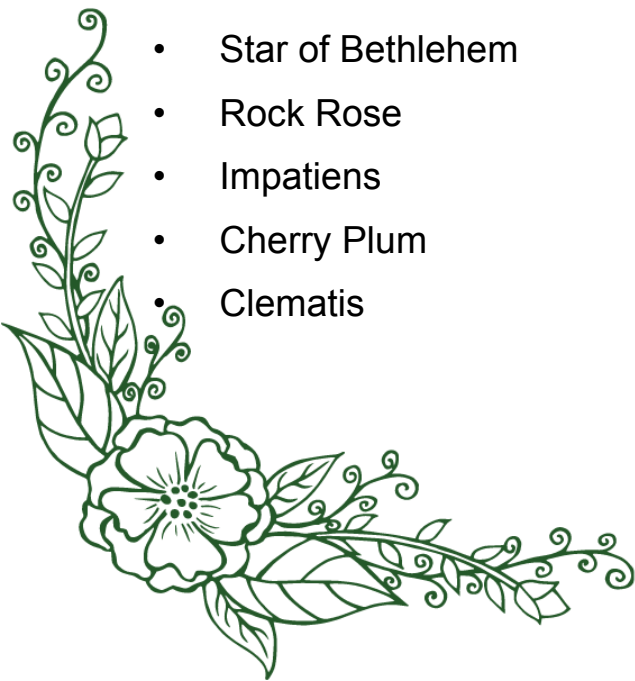
About Bach Rescue Remedy

Rescue Remedy is perhaps the most widely known of the flower remedies. Whilst Rescue Remedy can't replace medical treatment. It can help in times of extreme stress or trauma. These are times when our emotional and physical energy is depleted leading to an energetic trauma - the sudden slam of a door, bad news, or an accident involving loss of consciousness are examples of when this can happen. When our energies are depleted in this way it can slow down or even stop the healing process.

Rescue Remedy can help to reduce the effects of these situations and prevent the energy being depleted and allows the healing processes to get underway. It should be taken immediately before an energetic trauma is likely to occur or immediately afterwards. Rescue Remedy can also help people who have witnessed an incident, bystanders and people that offered help to regain their composure.

Rescue Remedy is a blend of 5 flower essences:

- Star of Bethlehem
- Rock Rose
- Impatiens
- Cherry Plum
- Clematis



Signs You May Need Bach Rescue Remedy

Rescue remedy can be used to restore the flow of energy in people who are experiencing the following symptoms:

Bach Rescue Remedy Key Symptoms

- Emotional trauma and numbness.
- Terror and panic.
- Shock.
- Emotional distress
- Irritability and tension.
- Fear of losing control.
- Losing consciousness.



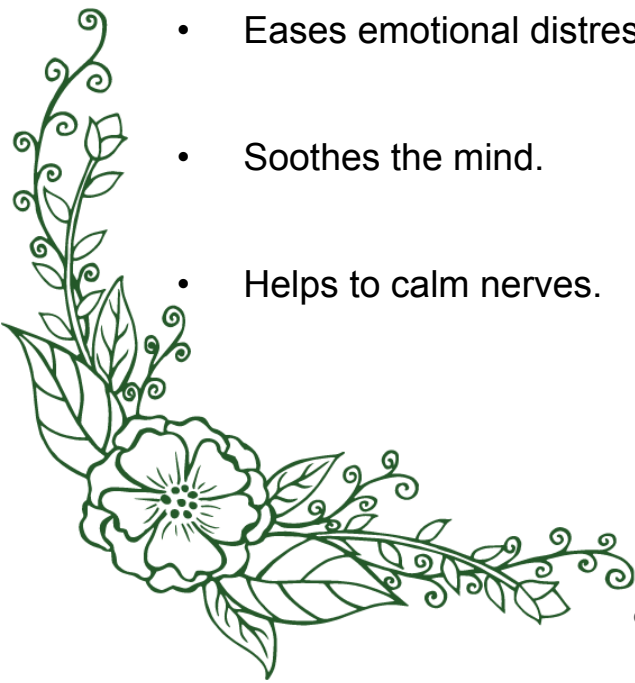
How can Bach Rescue Remedy help?

Rescue Remedy can be used in a variety of situations such as:

- Times of emotional turmoil for example after an argument with a close one, receiving an unpleasant message.
- For appointments that cause stress such as a hospital or dentists' appointment or a job interview or before taking a test or exam.
- In places of stress such as if you work in a hospital or at a trauma centre.

Rescue Remedy can help to release the energy block and allow the natural energy to flow freely. People will notice this through changes in their behaviour and feelings.

- Restores energy both physically and emotionally.
- Brings about a state of calm.
- Aids healing by easing emotional distress.
- Eases emotional distress.
- Soothes the mind.
- Helps to calm nerves.

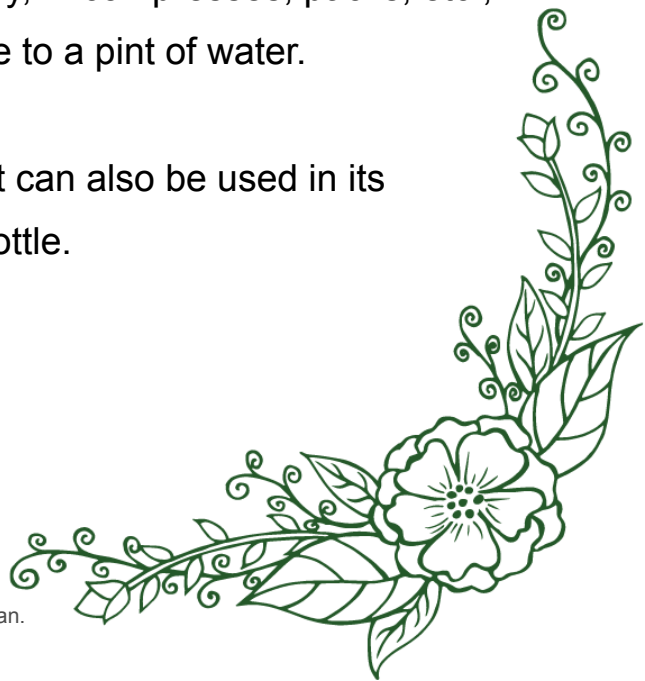
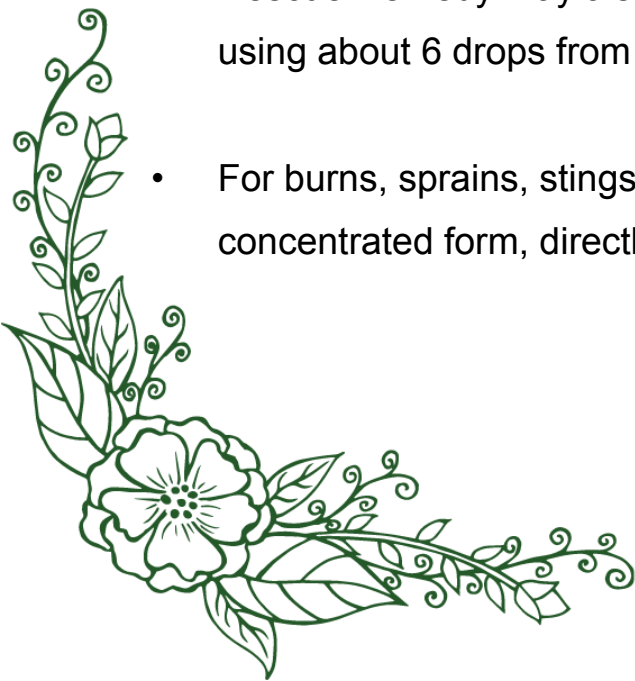


Dosages

Drops

The dose will vary depending on circumstances.

- Rescue Remedy is made up to twice the strength of all other Flower Remedies, adding 4 drops from the stock bottle to a 30ml medicine bottle.
- In acute cases, 4 drops from the stock bottle are added to a cup of water. Sips of this are taken until the shocked feeling abates. After that, a sip is given every 15, 30 or 60 minutes.
- If there is no water or other drink available, Rescue Remedy may be given undiluted, directly from the stock bottle.
- If the patient is unconscious, put Rescue Remedy from the medicine bottle, or if need be also the stock bottle, on the lips, gums, temples, fontanelle, back of the neck, behind the ear or on the wrists.
- If Rescue Remedy needs to be taken over a period of time, four drops are given four times daily from the medicine bottle.
- Rescue Remedy may also be used externally, in compresses, packs, etc., using about 6 drops from the medicine bottle to a pint of water.
- For burns, sprains, stings, bumps or blows it can also be used in its concentrated form, directly from the stock bottle.



- Rescue Remedy is also prepared as a cream, free from animal fat, for all external problems. It can also be helpful in massage prior to the lubricant, and it can be used as a form of precautionary application to the skin where friction is created - e.g. before running, playing tennis, etc., to help prevent soreness or blistering.

For treating animals:

- 4 drops from the medicine bottle are added to the drinking water or milk or sprinkled over the food.
- For large animals, 10 drops per bucket of water or, if more convenient, some drops on a cube of sugar.

For treating plants

- Another use for Rescue Remedy is when plants have suffered a shock - after repotting, planting out, following exposure to frost or to pests. 10 drops from the medicine bottle are added per gallon of water. The plant is watered with this as normally, at least for two or three days, or its leaves are sprayed.



Side Effects

Whilst Rescue Remedy can be helpful in many situations it shouldn't become a form of daily medication, it is to be used as an occasional medication, and should not take the place of ongoing daily medication.

It's very rare for Flower Remedies to have any side effects, however in rare cases people can experience what is known as 'aggravation', this is simply that the original symptoms are temporarily intensified and you may feel worse for a short period of time before you start to notice benefits.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

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