

Bach Flower Remedies for Anxiety

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Anxiety has become a generic term for most of us. When you talk about your anxiety, you may be referring to stress, worry, or overwhelm. Sometimes, we're simply referring to any feeling of discomfort that holds us back emotionally and gets in the way of living life *happy*.

But anxiety actually refers to the feelings of panic (panic attacks) and those irrational thoughts and fears that take hold of us. We have no control over the negative or fearful thoughts, we may experience trouble breathing, and we may have other, very physical reactions to our panic. It's like you're not in control of yourself or how you're feeling in that moment, which spirals into feeling like you have no control over your life.

How do we take our control back?

Contrary to what most of us think we know, the treatment for anxiety might be quite simple. Given to us by the earth for their emotional healing powers, and of course their beauty, flowers and flower remedies have been used for centuries, dating back to Hippocrates. Remedies made from flower extracts still contain the healing power of the plants they are made from, they are not scented, and they are gentle on both skin and mind.

Nontoxic, safe, and powerful, but with incredibly profound healing properties - botanical therapy (another name for flower remedies) will move you back to who you *really* are. This is a healing modality not to be taken lightly! This is not aromatherapy, which uses scents to calm you, but instead uses the healing power of plants to actually reverse your emotional imbalance.

Which blends can be used to alleviate symptoms of anxiety?

If you're wondering what kind of remedies or blends you can purchase, there are plenty out there. It's important, though, to buy high-quality products from reputable sources. A few remedy selections you could try include:

Rescue Remedy from Bach Flower Essences

- This can be purchased from your local health food store (call ahead to make sure they carry it).
- Start by putting 20 drops into your water and sip this all day. After about a week or so, see if you begin to notice shorter periods of anxiety, fewer episodes, etc.
- This blend helps with the fight/flight reactions we have to panic, and reduces

palpations.

- Use this daily for at least a month.

Daisy & Wild Pansy from Findhorn Essences

- This can be purchased online.
- Use based on the instructions provided from your supplier.
- This blend calms your inner anxiety in subtle, powerful ways – you'll soon notice fewer episodes and fewer feelings of panic.

Dog Rose of the Wild Forces from Australian Bush

- This can be purchased online.
- Use based on the instructions provided from your supplier.
- This blend helps to calm you when there is chaos all around you and helps to protect and balance your energy.

Crowe from Australian Bush

- This can be purchased online.
- Use based on the instructions provided from your supplier.
- This flower remedy helps with chronic worry, as well as breaking the cycle of anxious thoughts.

As you look through remedies on line, see if there are other remedies that you can use for personal struggles. Add them to your mix. Note: you can safely use multiple remedies, and they will not counteract any medications or other treatments you are using. It is best, though, to find a practitioner who is knowledgeable in flower remedies and knows which ones will bring about the emotional balance you seek.

Healing Your Emotional Imbalance Gently, Easily

You may think, “There is no way a flower could help with my anxiety,” and you wouldn’t be the first one to say that. Many clients – and even practitioners! – have said the exact same thing before they gave flower remedies a try. The amazing thing is that, those who have tried it, understand just how powerful these therapies are. In truth, all you have to do is try these blends and essences to realize how subtle and gentle they are. Your anxiety will slowly ebb away, like ice melting after winter.

Your anxiety is a part of your story, but it doesn’t have to be the end of your story. Know that the more chaos you are in, the quicker you will see and feel the results. You are not destined to struggle for the rest of your life; let flower remedies help you.

Amy D. Cohen, BFRP, is a Practitioner for Emotional Health. She is a Certified Practitioner, speaker, and an accredited teacher. She also created an all-natural, award-winning body care line infused with blends of flower remedies and essential oils to enhance positivity, peace, calm, and joy. You can visit her website at <https://www.strongestminds.com> if you are seeking emotional health through flower remedies.

