

BACH FLOWER REMEDIES FOR AUTISM

TUNE IN TO THE FREQUENCY OF HEALTH

WHAT ARE BACH FLOWER REMEDIES?

Dr Edward Bach was already an established physician and bacteriologist in the 1920's when he developed his flower remedies. He had already been working with homeopathy and contributed to the discovery of Bowel Nosodes, working with John Patterson and his wife Elizabeth. As homeopath, he believed that illness was caused by disharmony between body and mind and that the resulting negative energy leads to physical disease. From this standpoint Dr Bach believed that illness could have multiple causes connected with the state of mind of the patient.

Ultimately, Dr Bach identified 38 basic negative states of mind through his research for which he found corresponding flowers that counterbalanced those thought patterns. In other words, the flowers he selected contained a positive vibration unique to that flora, which could cancel out the negative vibration of an unbalanced thought pattern.

The flower remedies are prepared using a similar method to homeopathic remedies, from mother tincture through to various dilutions. Unlike homeopathic remedies, however, they do not come in different potencies.

HOW DO FLOWER REMEDIES WORK?

Just like Hahnemann, Dr Bach believed that there are no diseases, just sick people. Sickness begins with a disharmony, a disturbance in our electromagnetic fields and eventually physical symptoms follow. Thanks to recent progress in Quantum Physics, it is now pretty much widely accepted that everything in nature has an electromagnetic field around it. Traditionally, this is called "aura", which was always dismissed as "woo-woo". Now that it's called "electro-magnetic field" it sounds much more "scientific" and legit...Anyway, back to Bach flower remedies. Dr Bach came to the conclusion that every disease starts on the energy level and if we can change or re-tune our energy frequency, everything else follows. Remember, he started off as medical doctor and then worked as homeopath and he finally discovered that certain plants have a higher frequency than others and can help re-calibrate our frequency and bring us back to a healthy state. Their action is even more subtle than homeopathic remedies, they act on the patient's energy field only.

DIFFERENCES BETWEEN HOMEOPATHY AND BACH FLOWER REMEDIES

Bach flower therapy is **not founded on the principle of "like cures like."**

The remedies work by conveying information corresponding to the "positive" mental-emotional state, and the healing reaction occurs via **attunement** to that state.

The **tuning fork** (attunement) is a helpful conceptual metaphor to describe this process.

In Bach flower therapy, there is **no concept of minimum dose** and careful dosing is not required. In fact, **frequent dosing is recommended.**

In acutes, clients are instructed to take the remedies multiple times a day, as often as needed. In chronic cases, the standard recommended dosage from a dosing bottle is 4 drops, 4 times a day, plus more if needed.

Administration is typically oral but **topical application is allowed** and considered beneficial and equivalent to oral.

In Bach flower therapy, **no antidoting agents** are recognized.

Remedies **may be taken with, near, or in food and drink.**

Many practitioners recommend **keeping remedies away from high heat and non-native EMFs.**

Although Edward Bach spent much time in botanical study and observation of plants, his discovery of the remedies was primarily an **intuitive** process. Bach's experience was non-linear, emotional, and empathic.

Bach's intuitions were later confirmed in clinical practice.

Bach flower remedies **cannot produce symptoms** in healthy subjects.

Accidental provings are not possible.

In Bach flower therapy, remedy selection is generally done based on **materia medica knowledge.** Although repertories exist, they are not considered essential nor are they typically used by practitioners for prescribing.

Incorrect remedy selection **cannot lead to suppression or proving symptoms.**

Multiple remedies can be prescribed at one time (generally up to 6 or 7).

Remedies are typically **not blinded.** Client education is encouraged.

Placebo is not used.

