

Quick Guide to the Remedies

Each of the 38 remedies discovered by Dr. Bach is directed at a particular characteristic or emotional state. To select the remedies you need, think about the sort of person you are and the way you are feeling.

- Agrimony - mental torture behind a cheerful face
- Aspen - fear of unknown things
- Beech - intolerance
- Centauray - the inability to say 'no'
- Cerato - lack of trust in one's own decisions
- Cherry Plum - fear of the mind giving way
- Chestnut Bud - failure to learn from mistakes
- Chicory - selfish, possessive love
- Clematis - dreaming of the future without working in the present
- Crab Apple - the cleansing remedy, also for self-hatred
- Elm - overwhelmed by responsibility
- Gentian - discouragement after a setback
- Gorse - hopelessness and despair
- Heather - self-centeredness and self-concern
- Holly - hatred, envy and jealousy
- Honeysuckle - living in the past
- Hornbeam - tiredness at the thought of doing something
- Impatiens - impatience
- Larch - lack of confidence
- Mimulus - fear of known things
- Mustard - deep gloom for no reason
- Oak - the plodder who keeps going past the point of exhaustion
- Olive - exhaustion following mental or physical effort
- Pine - guilt
- Red Chestnut - over-concern for the welfare of loved ones
- Rock Rose - terror and fright
- Rock Water - self-denial, rigidity and self-repression
- Scleranthus - inability to choose between alternatives
- Star of Bethlehem - shock
- Sweet Chestnut - extreme mental anguish, when everything has been tried and there is no light left
- Vervain - over-enthusiasm
- Vine - dominance and inflexibility
- Walnut - protection from change and unwanted influences
- Water Violet - pride and aloofness
- White Chestnut - unwanted thoughts and mental arguments
- Wild Oat - uncertainty over one's direction in life
- Wild Rose - drifting, resignation, apathy
- Willow - self-pity and resentment

