

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

