The Bach Flower Remedies

A Grateful Homeopath's Understanding

Presented by Lise M. Battaglia,
RSHom(NA), CCH,HMC, BFRP, CAP

NASH Members Call 8/17/20 @ 8PM

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- **Lise M. Battaglia -the grateful homeopath.**
  - Trained as a Medieval & Renaissance Historian: Barnard College BA, Hunter MA
  - Cook, then Chef during the 80's and 90's - Maybe Culinary Alchemist, dedicated to Food as Healing modality
  - Educator, Recipe tester, traveller, WAPF Chapter leader,
  - 12 years as a Rape Survivor Advocate in NYC
  - Since 1988- homeopathic patient. Since 1995 Bach Flower practitioner Since 2004 practicing Homeopath
  - Homeopath trained at the NY School for Homeopathy, Luminos Courses: HMC, and hundreds of hours of so many more who have come before.
  - Certified Addictions Professional. CAP
- **My Miasmic & Bach Flower Biography might look like this:**
- **I needed to travel A Lot and did not settle on one profession**
- **Tuberculinium * Wild Oat**
- **Wild oat: For those who are uncertain of their right vocation.**
- **Start many projects, do not finish, are compelled by family pressures, or similar to abandon true passion in life.**

Bach Flower Essences,
Where do they fit in the history of homeopathy & how can they be used in the practice of classical homeopathy?

Dr. Edward Bach, developer of the Bowel Nosodes and prominent bacteriologist sought to develop remedies, as did Hahnemann, to gently evoke the self healing in his patients. His discovery that certain personality types and personality impairments could help him predict the ill-ness of his patients led him to seek out non toxic plants for potentiation. The materia medica of Bach's flower essences is exclusively focused on the mental and emotional realm. He did, however use them in the treatment of acute conditions from time to time. Lise M. Battaglia is a 30 year practitioner of Bach Flower Essences; registered with the Bach Centre in England and frequently uses them integratively with classical and constitutional homeopathic prescribing.

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“The personality without conflict is immunized against disease”

Edward Bach

A Healer’s Invocation

Great Power of Powers, hearken ye,
Accept the joy Thou gavest me
And take it back
To magnify it thousandfold:
Then sent it forth again
To where some sorrowing soul,
Or a hardened and embittered one,
Or one oppressed and burdened sorely,
Or another suffering anguish,
Severely tried by pain, has need of it.

Give it to them in rich abundance-
I shall not be bereft when it goes forth,
But glad to see it go,
For only by seeking keep the joy
Close held and captured in my own small self,
Could it grow less and fade.

Take then the joy Thous has given,
And send it forth
Wheresoe’er Thou wilt.

Introduction to the Benefits of the Bach Flower Remedies , *Jane Evans*,

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Bacteriologist, Homeopath, Mystic?

“In true healing there is no thought whatever of the disease: it is the mental state, the mental difficulty alone, to be considered: it is where we are going wrong in the Divine Plan that matters. This disharmony with our spiritual self may produce a hundred different failings in our bodies (for our bodies after all merely reproduce the condition of our minds) , but what matters that? If we put our mind right the body will soon be healed.“ Dr. Bach, 1929

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Time line Dr. Bach

1912 – Licensed by the Royal College of Physicians

1913 - BS (Bachelor of Surgery) and MB (Bachelor of Medicine)

1914 – Public Health Diploma

Physician, bacteriologist, immunologist, pathologist, homeopath

1917 - severe hemorrhage, hospitalization

1918- renewed dedication to development of medicine that did no harm

1919-development of Bowel Nosodes, treatment of Flu Epidemic patients with great success.

1919- Bach recognizes that the body heals at it's own rate and "booster doses" only ought to be given when improvements from last dose cease.

1919 Bach Reads the Organon
The Bowel Nosodes are given in minute doses orally hence forth.

1919-London Homeopathic Hospital - Bowel Nosode research with full staff. 7 groups of bacilli named: 1. Proteus, 2. Dysentery, 3. Morgan, 4.Faecalis Al , 5. Coli Mutabile 6. Gaertner and #7. Stool culture determined their use. Law of Similars- whatever was superabundant in stool -the nosode , individually or polyvalent was given.

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… Dr. Bach

- 1920- papers published: The Relation of Vaccine Therapy to Homeopathy, British Homeopathic Journal, April 1920
  - The Nature of Autotryptic Titre of Blood to Bacteria Infection with Anaphylaxis. F.H. Teal & E. Bach; The Proceedings of the Royal Society of Medicine
  - The Fate of "washed spores" on inoculation into animals, with special reference to the Nature of Bacterial Toxaemia, FH Teal & E. Bach; Journal of Pathology and Bacteriology.
- 1924 - Paper on Intestinal Toxemia in Relation to Cancer. - observing that "the benefit obtained due to general improvement and not local treatment. (Cancer as a chronic disease)
- 1926- Published: Chronic Disease: A Working Hypothesis , Dr. C.E Wheeler & Dr. Edward Bach
- 1927- The Problem of Chronic Disease; Wheeler, Bach, Dr T. M.

Bach stated that from his researches and the results of vaccines prepared from intestinal toxaemia, he concluded that **psora and intestinal toxemia were identical**.

1928- The Masonic Dinner

1929- The Rediscovery of Psora, published in the British Homeopathic Journal

1930- An effective method of preparing vaccines for oral administration: published in Medical World, January, 1930

Some Fundamental Considerations of Disease and Cure, published in Homeopathic World.

Discovery of Star of Bethlehem Flower Essence as fundamental for several Bowel Nosodes.

Early in 1930, Bach travels to Wales, to continue to work on the new group of remedies.

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Dr. Bach & Homeopathy

- **Bowel Nosodes before Bach read the Organon**
    - Injections, but he does not like even this much pain to a patient
- **1919 Bach Reads the Organon**
- As early as 1924- In his research he proves scientifically that the principle he had long intuited and for which he also held Hahnemann in high esteem- that the patient's temperment was the most important indication of the treatment required.
- Changed Inoculation of Bowel Nosode as injection to oral administration and potentized as per Organon.
- In 1928 At the Masonic Dinner, Bach categorizes the personality types of people and sees a correlation with the 7 Bowel Nosodes. Not that they would suffer from the same disease, but would react to them in a predictable fashion. (reaction to the miasmic predisposition)
- **The Rediscovery of Psora** article published in the British Homeopathic Journal.
- From the end of 1929 till his death in 1936 he devoted himself solely to the development of the complete, simple and elegant system which comprise of 38 individual and one combination remedy.

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Bach & Hahnemann

Homage to the Master
Bowel Nosodes & Psora

- “I offer a remedy, which is , I believe, potent against the deepest of all diseases, that chronic toxemia which the genius of Hahnemann divided and named. If I believe that I can make its nature clearer than was possible for him, I take no jot from his glory- rather I believe I am confirming and extending his work, and so paying him the only homage he would desire. “

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Bach admired Hahnemann

- Identifying and recognizing the close relationship of chronic disease and intestinal poisoning.
- Doses were more beneficial if only repeated when the improvement from a former one had ceased.
- Treat the patient, not the disease.
- Treat the Characteristics , the temperamental side of the patient. The mentals, irrespective of physical complaint. — *Are there occasions in practice when we can not match the mental and physical sx?*

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1929- 1935

- Bach devotes his entire practice to curing with the flower remedies.
- Publishes: Free Thyself, Heal Thyself , the Twelve Healers, The Four Helpers,

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Dr. Bach's new chapter to Homeopathy

- Wants to to get to the root cause of illness from the Emotional, Mental Symptoms.
- 7 Nosodes- his goal is to find the safe, natural remedy made from non poisonous plants that heals on the level of the emotions.
- First Remedy discovered : Ornithogalum umbeallatum: Star of Bethlehem

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Are the flowers Homeopathic?

- 5x preparation, but not succussed. They are a dilution
- Harness the energy of the sun
- Frequency changes the structure of Water- like homeopathy
- But proving methods are used today.

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Bach Provings

- In the wilderness,
  - Had the problem, sought out the flower
  - Scholten uses this method today, he calls it an intuitive proving
  - Unlike homeopathic proving they are found for the person suffering. Not giving an illness to the prover as in hahnemanian proving

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7 Bowel Nosodes: 7 Temperments?

- 7 Temperment types- he wound up deciding that there were 12 types, and these are described in : The Twelve Healers. (avail free bachcentre.com)
- But in the analysis of the Bowel Nosodes, the flower Essence, Star of Bethlehem was considered fundamental to at least 3 of the 7 Bowel Nosodes.

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Star of Bethlehem

The trauma remedy

- **Consider this as the Arnica for the soul. It can successfully be given many years after the traumatizing event.**
- **Dr. Bach's description:**
  - **"For those in great** distress under conditions which for a time produce great unhappiness. The shock of serious news, the loss of someone dear , the frights following an accident, and such like. For those who for a time refuse to be consoled, this remedy brings comfort."
  - **Keywords:** Truama, after effects of trauma or traumatic experience.
  - **Human Indications:** For after effects of trauma or traumatic experience. PTSD, NWS any sad event.
  - **Animal/pet indication:** Abused, mistreated I the past. Trauma or shock

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Trauma.

Gabor Mate's view.

"Whether I was looking at my clients, whether I was looking at my own history and trying to understand myself, I got to understand that so much of what people suffer from, whether it's a physical illness, mental illness or an addiction relates to childhood experience."

"Trauma is a psychic wound that hardens you psychologically that then interferes with your ability to grow and develop. It pains you and now you're acting out of pain."

"Then we get into adulthood, and all of a sudden we say 'I don't know who I am'. Especially people in mid-life – they realise that they've been living lives that were not their own lives at all. They did it all because they got disconnected."

Gabor Mate- https://www.youtube.com/watch?v=c6IL8WVyMMs - good video about stress on caregivers.

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“If you correct your mind, the rest of your life will fall into place.”

Lao Zi

Towards a Cosmology of Healing

- Miasmic predisposition (the sleeping giant) + Trauma(waking the giant) = Perfect storm of susceptibility, exciting cause, and as personality (made up of beliefs and habits) compensates it is now a maintaining cause.

- To enter the case with Bach is to remove the triggering impact of trauma, and we spend much less time in homeopathic therapeutics on it's aftermath.

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Using them in Practice

- Self care- goes without saying… or does it ? *A gentle reminder…*
- Remedy selection-easy to get started questionnaire- give to client- make the formula (up to 7 remedies) while in the office.
- Relieving the noise in a case. When I can't see the details for the anxiety, distress and suppression in a case.
- Helping to ascend the potencies with fewer aggravations

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As an organotherapeutic

- In the tradition of Burnett-
- Repetition of low potency , brings about a resonant example, that the organism a tunes itself to .
- Can we call it an organotherapeutic to the soul?
- Or is it is an organotherapeutic to the Limbic system? (credit to Karen Allen for this turn of phrase)

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Individualized or Universalized?

- Frequencies of the Human Soul
- 38 flower essences
- One combination - Rescue Remedy
- Up to 7 flowers at a time
- Total number of possible combinations. 293 million
- They bring light where there was shadow.

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A few ways I use them in Practice

In my practice, nearly all clients get a Bach Formula right away.
No need for them to wait for the remedy to "kick in"

Kali clients tend not to…

When given a new remedy they will get Walnut.

Helps in transition from illness to wellness. Supports the vital force in adapting to remedy.

Sleeplessness

We heal when sleeping

Essential in making progress for healing .

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Walnut

- “For those who have definite ideals and ambitions in life and are fulfilling them, but on rare occasions are tempted to be led away from their own ideas, aims and work by the enthusiasm, convictions or strong opinions of others. The remedy gives constancy and protection from outside influences.”

- Keywords: Change, link breaker, menopause, puberty, moving, letting go of the past, protection.

- Human indications: Protection from outside influences and energies. Helps you adjust to major changes.

- Animal/ pet indications: For any period of change

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Really Tough Cases

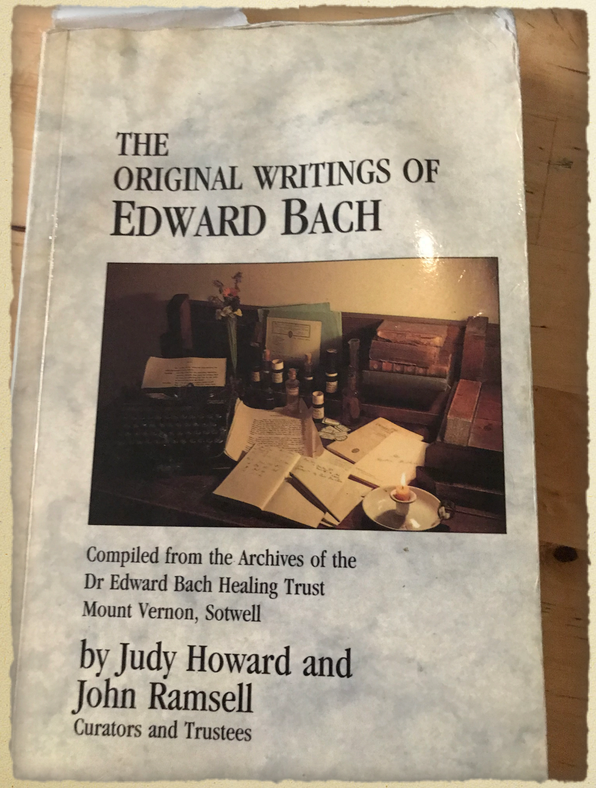
- People who can't tell their stories
- People who remind us of our mothers
    - This is a joke, but really a way to indicate that there are clients that trigger us, and sometimes we can't see the case.
    - There are people who are confusing-
    - There are people we are afraid to aggravate.

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However… Cases where Physical symptoms improved

- Sleep
  - Where the flowers don't help , at least the anxiety that is like a maintaining cause is quieted down.
  - Seeing what sleep difficulty remains after the Bach, clarifies remedy selection
  - Getting folks off sleeping pills is so much easier with Bach.

Acute and Chronic Illness Cured under Dr. Bach's care with BFE



Asthma
GERD
Paralysis
Coma
Loss of Memory
Burns From Electric Shock

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DIY

- So many of us see clients who are motivated to take their own homeopathic care into their own hands.
- We must address this impatience, this fear of cost, fear of authority, over compensation of the ego in these disempowering times.
- The Bach Flowers are designed for this. We should encourage it.
- From Free Thyself (free download at bachcentre.com)
- “ to show as clearly and simply as possible the purpose of our lives, the uses of the difficulties that beset us, and the means by which we can regain our health; and, in fact, how each of us may become our own doctor.“

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How they work

- Flood the etheric field/ energetic field with the “opposing” or secondary reaction of a remedy in homeopathic parlance, to model, inform, teach the personality what it needs to imitate for harmonization.
- More frequent dosing = “stronger” dose
- Once the vital force “learns” the remedies are not needed for that specific concern again.

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Rescue Remedy

- The only 5 flower combination.
    - Can be used as one ingredient in a 7 flower personal formula combination.
- Star of Bethlehem- Trauma and numbness
- Clematis- Tendency to pass out, sensation of being far away, preceding unconsciousness
- Rock Rose - Terror and Panic
- Cherry Plum- For fear of losing control.
- Impatiens - Irritability and tension

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Rescue Remedy

When it works:
Acute panic, Shock, Stage Fright

When it might not:
When the panic, shock, fright, anxiety are of a chronic nature.

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Bee Sting

- Rescue worked the first time but not the second
- Apis worked the second time. (did not have it the first time)

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A simple effective system

- Completely safe for all the family
- Non-toxic
- No side effects
- Not habit forming
- Cannot overdose
- Remedies do not interfere with any other medication or treatment

Very easy and compact in practice.



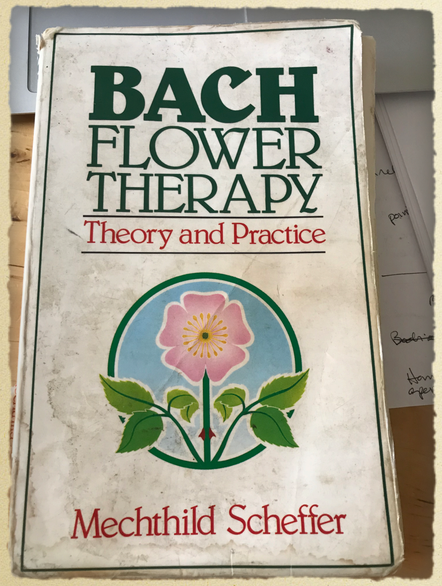
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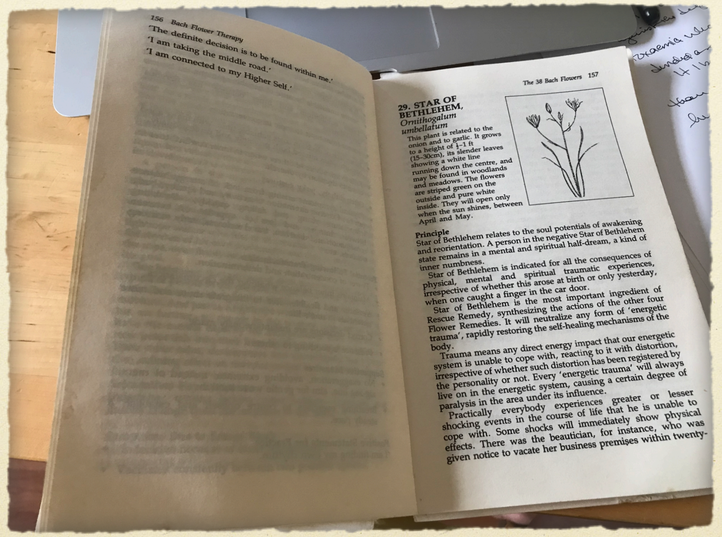

Annual Self Healing Guide
MacBook Air
Bach
RESCUE REMEDY
WILD ROSE
WHITE CHESTNUT
VINE
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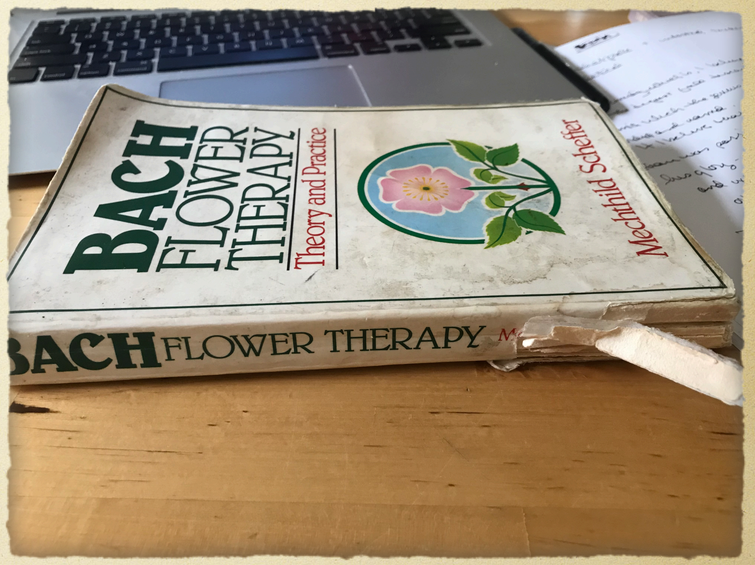
Resources for self study

- **Bach Flower Therapy: Theory and Practice**, *Mechthild Scheffer - my favorite clinic guide*
- **Introduction to the Benefits of the Bach Flower Remedies**, *Jane Evans -*
- *www.BachCentre.com*
  - **FREE BOOKS** *:https://www.bachcentre.com/new/en/education/books-and-reading-lists/free-downloads*
  - In Bach's own words:
    - **Bach: the 38 Flower Remedies - this book is about $5 and has his original descriptions and they are perfect, but must be studied. They reveal their wisdom with thorough study.**
    - **The Bach Flower Remedies,** *John Ramsell*
    - **The Original Writings of Edward Bach,** *Judy Howard ad John Ramsell*
    - **The Bach Flower Remedies Step by Step,** *Judy Howard*
    - **The Medical Discoveries of Edward Bach Physician,** *Nora Weeks*
- **Applying Homeopathy & Bach Flower Therapy to Psychosomatic Illness**, *Cornelia Richardson-Boedler*

Just sayin....







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Resources for Flower Essences

- Julian Barnard, www.HealingHerbs.co.uk
- I & E - personal formula preparation.
- Nelson Bach- wholesale sales:
  - www.USAcustomerservice@nelsons.net
  - Consumer & Practitioner Training
    - USEducation@nelsons.net

More….

- Over 30 years of using Bach I have developed a method of building a personal formula that has resulted in significant results.
- Better than just the questionnaire.
- I will be teaching for 90 minutes with samples, free personal formula preparation, and in-depth case studies of bach formulas used to complement Classical Homeopathic prescribing.
- Combinations for certain conditions, if you don't have time to make a formula.
- How to take the case and analyze for Bach at the same time you take a classical case
-



Trinity Health Hub

- Mentoring as a recovery coach. Starting in September.
- Topics monthly in what I have learned and used to help me through some of these very difficult cases.

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