

Balance Your Emotions Naturally

AN INTRODUCTION TO
BACH FLOWER REMEDIES



RENEE WEST
Naturopath | Metabolic Balance Practitioner

VISIT: www.reneewest.com.au
EMAIL: info@reneewest.com.au
PHONE: 0494 176 117

Table of Contents

03

Meet Renee

04

What are Bach
Flower Remedies?

05

7 Commonly Used Bach
Flower Remedies

06

7 Commonly Used Bach
Flower Remedies.
continued....

07

How to Use the
Remedies



Hi, I'm Renee....



I am a Naturopath with a deep love for emotional wellness and flower essence therapy. This guide is a gentle introduction to the Bach Flower Remedies: a simple, natural way to bring balance to your emotional world.

Whether you're navigating stress, fear, overwhelm, or simply feeling stuck, these remedies can offer a safe, subtle, and powerful form of support.

What are Bach Flower Remedies?

Bach Flower Remedies are a collection of 38 plant-based essences created by Dr. Edward Bach in the 1930s.

Each remedy is designed to help shift a specific emotional or mental pattern, bringing the body and mind back into harmony.

They work on a vibrational level, similar to homeopathy or energetic healing, and are completely safe for adults, children, pets, and even plants.



How Do They Work?

Each flower essence gently supports your emotional landscape. They help:

- Release unhelpful emotional patterns
- Enhance resilience and clarity
- Support emotional healing after stress or trauma
- Encourage your best self to emerge

Remedies are selected based on how you feel emotionally, not physical symptoms, although emotional support often brings about improvements in physical wellbeing.



7 Commonly Used Bach Flower Remedies

Rescue Remedy (Blend)

Use for: Acute stress, panic, shock, overwhelm.

A classic 5-flower combination to calm the nervous system and restore emotional stability.

Commonly used in emergencies, during interviews, flights, exams, or emotional overwhelm.

Agrimony

For those who hide sadness or distress behind a cheerful face. Encourages emotional honesty and peace.

Helpful for people who suppress emotional pain and avoid conflict.

Mimulus

Fear of known things (e.g. illness, flying, public speaking). Helps build quiet inner courage and resilience.

Useful for shyness, phobias, and nervous anticipation.





Holly

For jealousy, anger, resentment, or emotional pain.

Restores openness, forgiveness, and inner harmony.

A powerful remedy when relationships are strained or emotions feel overwhelming.

Aspen

For vague, unexplained fears or a sense of foreboding.

Supports trust and calm in the unknown.

Beneficial for general anxiety or fear with no identifiable source.

Larch

For low confidence or fear of failure.

Encourages self-belief and a willingness to take risks.

Often used before public speaking, exams, or new challenges.

Walnut

For life changes or when feeling affected by others.

Provides stability during transitions such as career changes, puberty, pregnancy, moving house, or ending relationships.

Helps maintain personal boundaries.



How to Use the Remedies

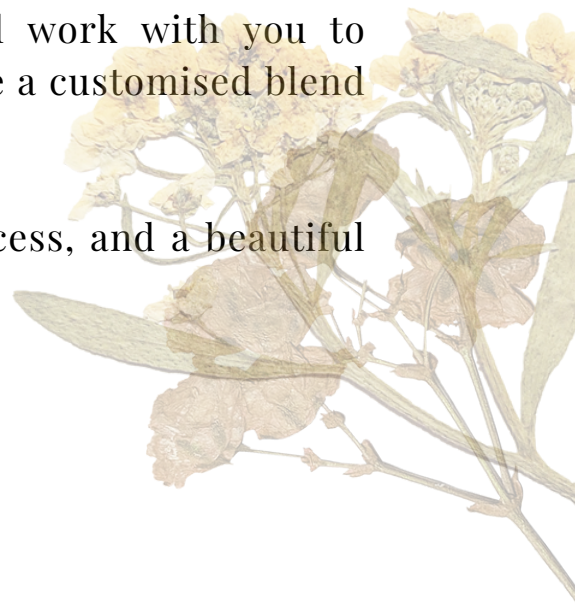
- Take 4 drops under the tongue or in water, four times daily.
- Up to 7 remedies can be combined in one mix.
- Continue use consistently for at least two to four weeks.
- Remedies are suitable for all ages and life stages.

A personalised blend can be made based on your current emotional state. This is often more effective than self-selection.

Need Support Choosing the Right Remedies?

You can book a Flower Essence Reading as a stand-alone session or add it to your naturopathic consultation. I'll work with you to identify your core emotional themes and create a customised blend that supports your current needs.

This is a deeply supportive and insightful process, and a beautiful way to connect with your emotional body.



Stay Connected

Thank you for downloading this free guide. If you're curious to explore flower essences further, or want to work together to create your own personalised blend, I'd love to hear from you.

VISIT: www.reneewest.com.au

EMAIL: info@reneewest.com.au

PHONE: 0494 176 117



RENEE WEST

Naturopath | Metabolic Balance Practitioner

