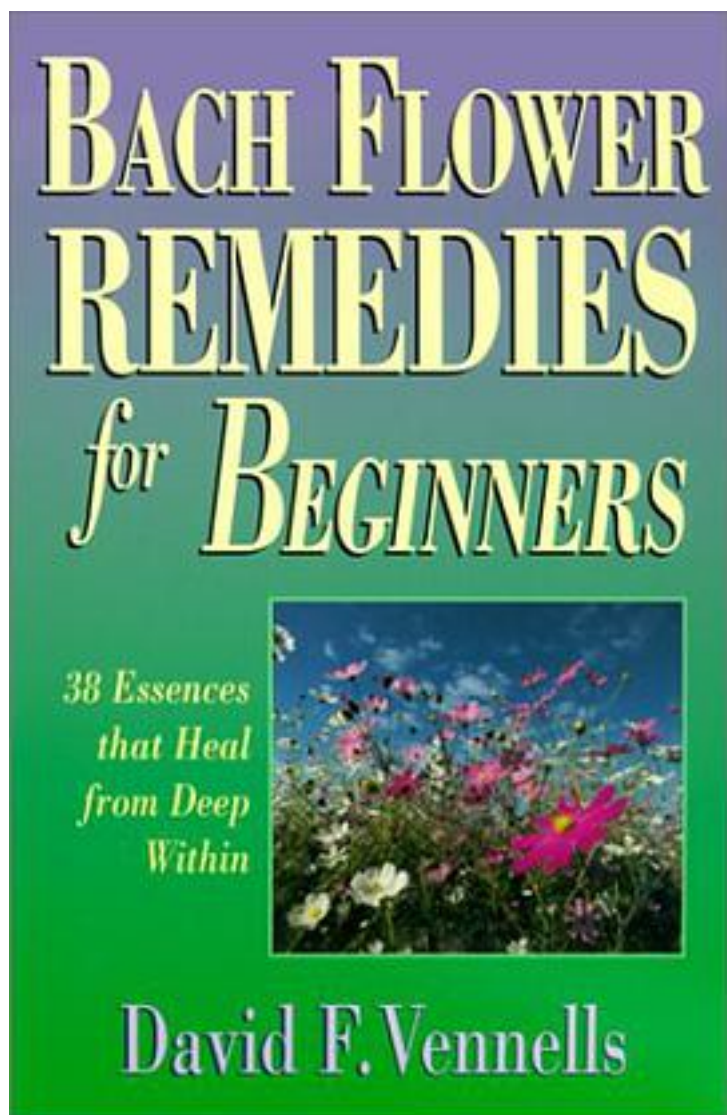


# Bach Flower Remedies for Beginners



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The mind and body cannot be separated-what affects one will affect the other. The Bach Flower Remedies contain the subtle vibrational essences of flowers and trees. These remedies correct imbalances in the mental, emotional and spiritual bodies, promoting healing in the physical body. Every day we are subjected to thousands of distractions, stressors, and pollutants. These myriad influences can wear down our natural defenses and cause frustration, tension, and even physical illness. The 38 Bach Flower Remedies are a safe and natural solution to the challenges of life in the 21st century. The remedies purify and balance the internal energy system, which in turn heals existing health problems-and can even help prevent future problems from manifesting! Flower remedies are a safe and gentle form of alternative healing. They cannot harm - they only heal. In fact, they can even be given to children, animals, and plants. This comprehensive guide to the Bach Flower Remedies includes: concise descriptions of the 38 Bach Flower Remedies; instructions for diagnosing imbalances and deciding which of the remedies is appropriate; directions for preparing your own remedies; case studies from people describing the powerful effects of the remedies on their lives.

作者介绍:

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