

Quick Guide for using Bach Flower Blends

What are Bach Flowers?

Bach Flowers are a self-healing system of 38 Flower Essences developed by Dr Edward Bach in the 1930's. Flower Essences are **energetic remedies** that bring harmony to our emotions and encourage positive thinking, inviting us to change our perspective, and allowing us to be more joyful, calm, patient, focused, balanced, accepting, and more.

The single flower remedies you buy in health stores are known as stock bottles and contain 27% brandy alcohol to protect the flower essence that is spring water infused with the healing signature or vibration of the flower. There are no physical flower materials in the remedies. You may take one or more flower remedies undiluted from the stock bottle on the tongue, two drops at a time. Individuals sensitive to alcohol should use a blend which is a mixture of single remedies diluted in water. Blends can be further diluted in a large glass of pure water without weakening the positive effects of the flower essences. Anyone can take drops from stock bottles on pulse points like the wrists, let absorb into skin.

What are CinderRemedies?

The *CinderRemedies Blends* are a series of Bach Flower Remedy combinations for overall well-being designed by holistic nutritionist Cindy Tomblin to benefit all those who desire to improve any aspect of their life. Also fun for anyone who just wants to try Bach Flowers! Blends offer emotional encouragement and support for improving self acceptance.

Anyone can use Bach Flowers for health and mind-body wellness!

CinderRemedies Blends introduce the beginner Bach Flower user to the gentle and positive influences of flower essences. Be sure to check out the **Quick Guide to CinderRemedies Bach Flower Blends** for the full Blend series menu plus recipes!

How to use a Bach Flower Blend:

- **Take 4 drops, 4 times a day on the tongue** - or add 4 drops to pure water, sip throughout the day
- Do your best to follow the points below, seek guidance when needed

For best results:

- * Use your remedy with positive affirmations, sayings, or words
- * Have a custom remedy blend created for you, design your own, or follow the *CinderRemedies Bach Flower Blend Series*
- * Take your blend at least twice a day - once first thing in the morning and last thing at night, try to take two other times during the day as well plus when needed - **Take 4 drops on the tongue, 4 times a day**
- * Take about 10 minutes away from food or drink other than water
- * Respect your remedy, do what you can to protect the bottle and dropper from dirt and harm, store away from strong scented oils like oregano or aromatherapy oils, store in cloth pouch when on the go and remember to use it
- * Relax, if you fail to follow these recommendations do not be hard on yourself, simply try again
- * Understand the remedies are natural and safe and can be used to support a holistic health approach to healing and wellness - Bach Flowers can be combined with any other therapy or treatment, but Bach Flowers are not intended to replace competent medical care

We are committed to sharing natural remedies for health and wellness.

This information is for educational purposes only.

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Nurturing the transformative process of healing

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