

| Bach Flower | to remedy... | ~ positive encouragement ~ |
|--------------------|--|--|
| Agrimony | Appearing carefree while feeling tormented inside | ~ inner peace & self acceptance ~ |
| Aspen | Fear with vague or unknown cause, anxious feelings | ~ explore life fearlessly ~ |
| Beech | Intolerance and criticism towards others | ~ accept others actions and accept your efforts ~ |
| Centauray | Lacking ability to assert oneself, wanting to please others | ~ worthy of setting boundaries ~ |
| Cerato | Seeking advice from others, making decisions is difficult | ~ trust in your intuition ~ |
| Cherry Plum* | Fear of losing control, mood swings | ~ gain composure and balanced control ~ |
| Chestnut Bud | Repeating mistakes, failure to deal with root cause | ~ absorb information, remember lessons ~ |
| Chicory | Domineering possessive love, you-owe-me attitude | ~ care for others & give love freely ~ |
| Clematis* | Daydreamer, future thinker, escaping from reality | ~ be aware & overcome emotional numbness ~ |
| Crab Apple | Feeling unclean, poor self image, obsessive | ~ accept yourself & release what is no longer needed ~ |
| Elm | Overwhelm and temporary loss of confidence | ~ inspires time for self & ability to carry on ~ |
| Gentian | Feeling discouraged, doubtful, slightly depressed | ~ tuning into joy & faith ~ |
| Gorse | Hopelessness, pessimism, totally given up | ~ persevere & view illness as positive experience ~ |
| Heather | Talks much of own concerns, dislikes being alone | ~ compassion & understanding ~ |
| Holly | Feelings of anger, hatred, suspicion or jealousy | ~ pure love & relaxed feelings toward others ~ |
| Honeysuckle | Living in the past, talking much of memories | ~ perspective, release the past and live now ~ |
| Hornbeam | Mental exhaustion or boredom, procrastination | ~ motivation and discipline to take action now ~ |
| Impatiens* | Easily irritated and frustrated | ~ patience, live at your own pace and let others as well ~ |
| Larch | Lacking self confidence, feeling inferior | ~ accept your value, let your talents shine ~ |
| Mimulus | Fear of known origin, shyness | ~ courage to face your fears and be yourself ~ |
| Mustard | Deep gloom or sudden sadness like a dark cloud | ~ serenity and happiness ~ |
| Oak | Unstoppable drive, struggling on exhausted | ~ appreciate rest and time for fun ~ |
| Olive | Exhaustion after long struggle, lacking physical energy | ~ awaken the body's healing potential ~ |
| Pine | Feeling full of guilt, blaming yourself for everything | ~ complete forgiveness, pleasure of living ~ |
| Red Chestnut | Over concerned for others wellbeing, constantly imagining the worst | ~ balanced concern ~ |
| Rock Rose* | Frozen in fear and helpless panic, terror, nightmares | ~ spiritual strength & rational action ~ |
| Rock Water | Setting yourself very high standards, self-denial, inflexible | ~ be spontaneous & creative ~ |
| Scleranthus | Full of indecision, going back and forth between choices | ~ complete balance & decisiveness ~ |
| Star of Bethlehem* | Recent or past trauma, shock, grief, sudden fright | ~ neutralize sorrow & comfort your soul ~ |
| Sweet Chestnut | Reaching limits of endurance, in great despair, feeling empty | ~ find hope & peace of mind ~ |
| Vervain | Over enthusiastic, intense and argumentative | ~ relaxed yet stimulating while sharing info ~ |
| Vine | Crave power, strong-willed, inflexible leader | ~ delegate work fairly & inspire others ~ |
| Walnut | Over-sensitivity to change, distraction caused by others influences | ~ adapt & welcome transitions ~ |
| Water Violet | Preferring to be left alone, shutting out others, physical stiffness | ~ break the shell of isolation ~ |
| White Chestnut | Unwanted or repetitive thoughts, worrying, mental arguments | ~tranquil mind & clear thinking ~ |
| Wild Oat | Needing adventure, looking for correct path in life | ~ focus and follow your inner compass ~ |
| Wild Rose | No effort to improve situations, drained of vitality, emotionally flat | ~ renewed enthusiasm ~ |
| Willow | Feeling bitterness and resentment, poor-me syndrome, victim | ~ be optimistic & take charge ~ |
| *Rescue | Famous Blend: Cherry Plum, Clematis, Impatiens, Rock Rose, and Star of Bethlehem | |

Custom Bach Flower Blends for Feeling Fantastic! By Cindy Tomblin, Holistic Nutritionist