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The Little Book of Bach Flower Remedies

By Sven Sommer

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Little Book of Bach Flower Remedies, Sven Sommer, Bach Flower Remedies are extremely helpful in treating emotional conditions such as anxiety, depression, stress, grief and lack of self-confidence as well as for healing many physical conditions, especially those of a psychosomatic nature such as tension-headaches, stress-related conditions including high blood pressure, insomnia and IBS, or the effects of physical trauma. There are also many conditions specific to children which respond well to these natural remedies, including hyperactivity and restlessness, school problems and fear of examinations. Rescue remedy in particular is well known to be an effective treatment for all kinds of shock, traumatic events and accidents - many parents can't imagine life without the instant calming effect of rescue remedy drops or cream. This little book is a comprehensive introduction to all 38 of the Bach Flower Remedies, explaining their specific benefits, how they should be taken and the various emotional and physical complaints for which the remedies are recommended, in a handy A-Z format. It's the perfect little guide that you can keep in your bag or in the bathroom cabinet for instant and easy reference.



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Reviews

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