

Healthy Self-Reliance with  
**Bach Flower Remedies**

**Course Workbook**



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# Preparing and taking the remedies

## Acute situations

In acute-type situations or emergencies, in the interest of time and convenience, remedies can be taken in one of two ways:

- *“Straight” method.* Take 2 drops of each individual remedy (or 4 drops if using 5-Flower Blend) straight from the stock bottle on the tongue and/or on the skin.

Dosage: Take 4 times a day or as often as needed.

- *“Glass of water” method.* Place 2 drops of each desired remedy (or 4 drops of 5-Flower Blend) in a small glass of water or a water bottle.

*You can take up to 7 remedies at one time. Note: even though 5-Flower Blend is made from five flowers, it counts as one remedy.*

Dosage: Sip throughout the day as needed.



## Chronic or long-term prescribing

For chronic issues or when you suspect that you will be taking the remedies for more than a few days, the “dosing bottle” method is more convenient and cost-effective.

- *“Dosing bottle” method*
  1. Take a 1-oz. amber dropper bottle and fill it  $\frac{3}{4}$  full of water.
  2. Top off with brandy or a non-alcoholic preservative (approx. 1 teaspoon), making sure to leave room for the dropper.
  3. Add 2 drops of each desired remedy, or 4 drops if using 5-Flower Blend.

*You can use up to 7 remedies at one time. Note: even though 5-Flower Blend is made from five flowers, it counts as one remedy.*

Dosage: 4 drops, 4 times a day, on the tongue. May take additional doses as often as needed.

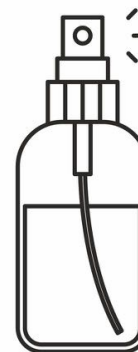


### Recommended supplies

- 1 oz. amber glass dropper bottles
- Pure spring water
- Brandy or cognac
- (Optional) For those who must avoid alcohol, apple or raspberry vinegar have been the traditional alternatives. Food-grade glycerine may also be used.

## External application

External application can be a useful dosing method and it is considered to be essentially equivalent to oral dosing. There are various ways of applying the remedies via skin based on the situation. Get creative!



- Drizzle the remedy directly on the skin, spread lightly with fingertips over the area and allow it to dry on its own. In the case of 5-Flower Blend, you can purchase the spray bottle version for convenience. Some ideas: apply the remedies at the chakra or pulse points, or wherever you are feeling a particular emotion or sensation, including areas of pain, tension and discomfort in your body.
- *Gauze or compress method.* Add stock remedy to a small bowl or glass of water. Soak gauze or compress in the glass, squeeze out excess liquid and leave on the affected area for a time. Repeat as needed.
- *Making your own remedy spray.* If you want to spray or mist the contents of a remedy blend, you can order spray bottles for this purpose.
- *Making your own remedy cream or lotion.* Add remedy from the stock bottle to any cream or lotion (but preferably a neutral, natural base) and mix well. Adding certain Bach flower remedies to skin care products is reported by some to have visible effects on tired and irritated skin.
- *Bathing.* Place a dropperful of each desired remedy in the bathtub. Olive and 5-Flower Blend can be helpful after a long, tiring day. Crab Apple is a popular favorite for detoxification. And of course, the best remedy is your individualized remedy or blend!

## Additional tips regarding dosing

(1) For a deeper impact and faster improvement, *take a deep breath* after each dose of remedy.

(2) It is *not possible to overdose on the remedies*. The indications above are intended as general guidance but the remedies can be repeated as often as needed, even every few minutes, until relief is had.

(3) The remedies *can be taken near food and drinks*. They can even be added to one's food or drink—which is reportedly equally effective, though not something that I personally advise. It is certainly not a problem to take them *with* food and drinks or while eating.