

fiori  
di  
**Bach**  
flowers  
**GUNA**

# Emotional Intelligence

## Emotions at Your Service

# Bach

Original  Method

 **GUNA**  
bach flowers



# What are Bach Flowers?



**Bach Flowers** are preparations based on herbal ingredients, identified in the 1930s by Dr. Edward Bach and recognized by the WHO (World Health Organization). According to Dr. Bach's vision, the 38 Bach Flowers, appropriately extracted from wildflowers (with the exception of spring water from sources known for their particular properties), encourage the innate rebalance and harmonization capability in case of personality troubles or altered emotional states.

They can be taken singularly or in association, depending on the mood and the individual needs.

Each remedy reflects a specific emotional and behavioural condition that allows an individual to develop, regain and express his/her own vital resources and inherent adaptation abilities.

## Guna Bach Flowers: Tradition, Quality, Innovation

**Guna Bach Flowers** are prepared by using **mother essences**:

- of **top quality**
- **coming from the original places in Great Britain (UK)**
- certified by the **British Association of Flower Essence Producers (BAFEP)**
- **obtained strictly according to Dr. Bach's Traditional Method and original instructions**
- **prepared with organic brandy**

**GUNA Bach Flowers** are:

- in a **stock concentration according to Dr. Bach's original instructions**
- in a **solution of organic brandy and water with characteristics similar to those of biological water** (see box);
- provided with a dropper with **guarantee seal**;
- provided with a **colour coding identifying Dr. Bach's 7 emotional categories**.

**The 38 Bach Flowers** are classified in **7 groups defined by Dr. Bach** relating to the emotional states:

- *Fear, anxiety and panic*
- *Uncertainty or lack of self-confidence*
- *Insufficient interest in present circumstances*
- *Loneliness*
- *Over-sensitivity to influences and ideas*
- *Despondency or Despair.*
- *Over-care for welfare of others.*

## Remedies range

38 single remedies (see page six).

Ingredients: Water, Alcohol (organic brandy), Bach Flower.

Alcohol content 27%.

## Directions for use

Take remedies singularly or in association:

- Add **2 drops of each chosen remedy (4 if Resource Remedy)** to a **30 ml amber glass bottle** containing **natural mineral water** and 2 teaspoonfuls of brandy (or another preservative, for example apple cider vinegar for children).

From this solution take **4 drops** directly under the tongue **3-4 times a day**.

- Another possibility is: **2 drops, undiluted from the stock bottle of the chosen remedies**, directly in the mouth or in a glass with a little natural water. **Take this solution several times during the day.**

- **Keep on taking it for a period of time ranging from a few weeks to two months.**

## Packaging

- **10 ml bottle provided** with dropper and guarantee seal.
- **Complete Set** of the 38 Bach Flowers + 2 Resource Remedies in 10 ml bottles.

Guarantee seal

Colour coding according to Dr. Bach's 7 categories



# Guna Bach Flowers: Unique with Super-Coherent Water

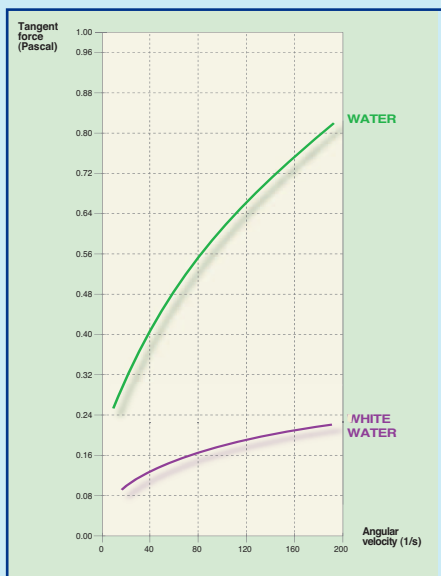
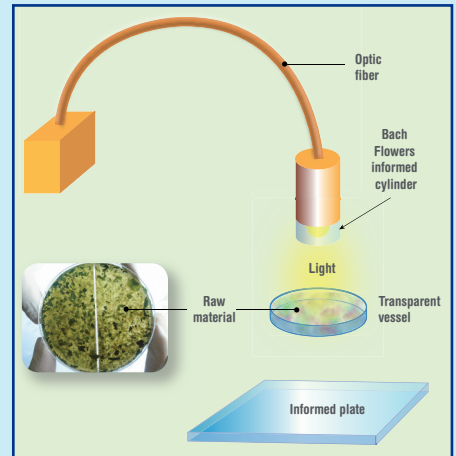
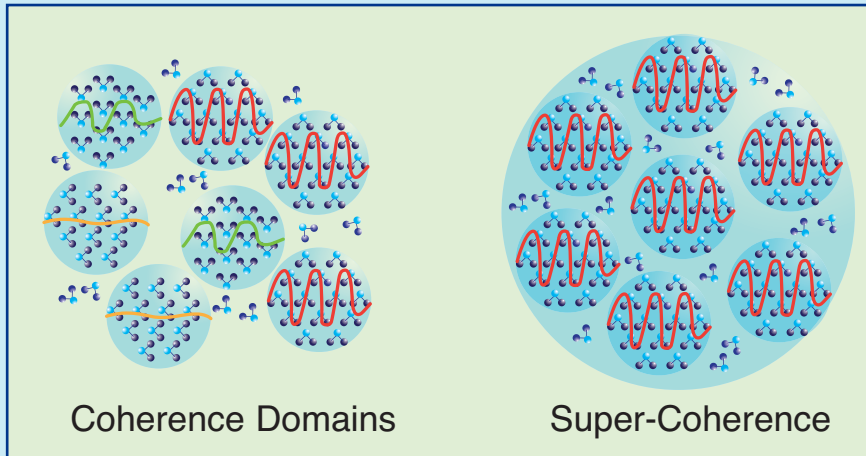


Water is the **essential component** of biological systems: about **99% of their molecules number and 60-70% of their weight**.

Though having one single chemical composition (H<sub>2</sub>O), **water molecules can express two different phases:**

- in one phase they are **organized in structures characterized by a common oscillatory rhythm known as Coherence Domain (CD) (1)**. Coherence domains are in resonance with electromagnetic fields of specific frequencies,
- in another phase they are free and **located among the Coherence Domains**.

The water of the living systems is Super-Coherent, that is to say it has a wide organization and a collective oscillatory rhythm among the Coherence Domains (coherence among CDs) (2, 3).



Dynamic viscosity, measured through rotational viscometer (7).

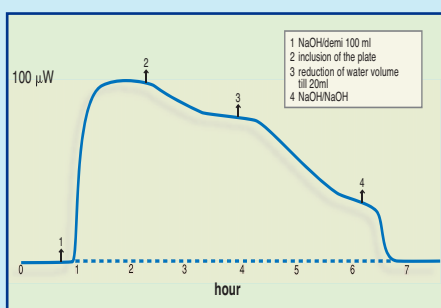


Diagram power-time of the flow-mix calorimetry. Point 2: insertion of the WHITE plate (7).

The **WHITE technology** exploits materials that have been **informed by specific electromagnetic fields generated by a light passing through biological vegetal filters characterized by high biodiversity and bioactivity that is coherent with biophotons emission (4)**. In turn these materials inform the liquid element, thus obtaining **Super-Coherent Water (5, 6, 7)**.

By adding an **informed filter with the frequencies of the 38 Bach Flowers**, a specific **resonance of the 38 essences** is obtained and this makes the **liquid more receptive and amplifying towards the information of the latter**.

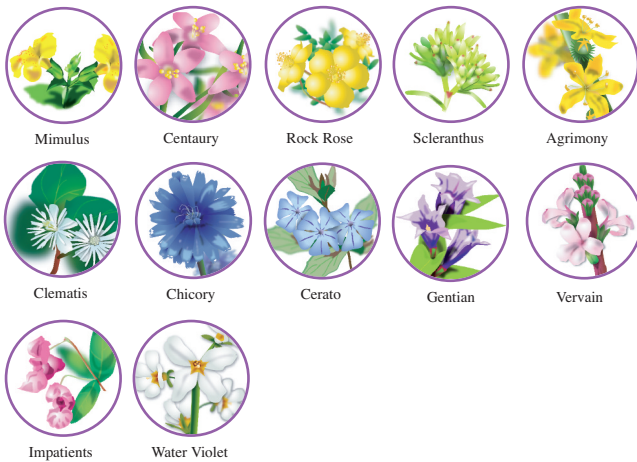
**Guna Bach Flowers and Resource Remedy** are the unique preparations at a **stock concentration level** according to **Dr. Bach's Original Method**, in a **solution of organic brandy and Super-Coherent water obtained thanks to the WHITE method**, in order to make them:

- **highly resonant with the living systems**, as they have similar characteristics to those of biological water and
- **highly resonant with the Mother Essences of the 38 Bach Flowers**, thus further amplifying their information (8).

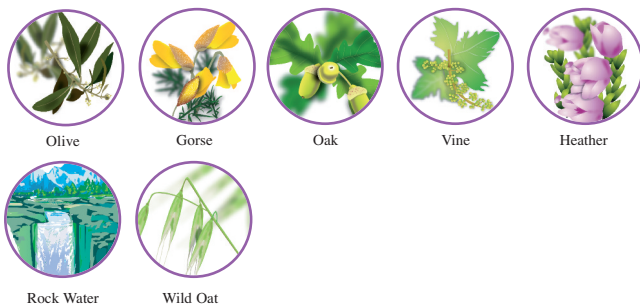
## References:

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- 2) Del Giudice E., Elia V., Napoli E., Tedeschi A. - The role of water in the living organisms. Neural Network World 4, pp. 355-360, 2009.
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- 7) Del Giudice E., Tedeschi A. - La vita come forma di organizzazione dell'acqua. La Medicina Biologica, ottobre-dicembre 2008.
- 8) Del Giudice E., Tedeschi A. - La respirazione dell'acqua come base della dinamica della vita. La Medicina Biologica, ottobre-dicembre 2009.

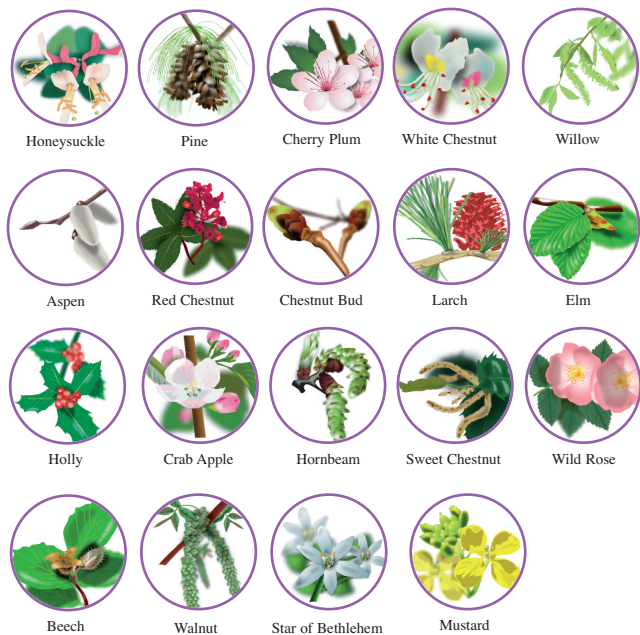
## 12 Healers



## 7 Helper



## 19 Spirituals



## II Dr. Edward Bach



Was born on September 14<sup>th</sup> 1886 in Mosley, a village nearby Birmingham. A **bright thought, persistence, generosity, sensitivity and intuition are among his talents.**

**He loves nature and is a free spirit**, Edward Bach leaves his job at his father's brass foundry to dedicate himself to the study of medicine. He graduates at the **University College Hospital in London** in 1912.

Very soon he becomes a smart professional, nevertheless he develops a certain dissatisfaction for the therapeutic methods of his time because they are too much focused on a physical and mechanistic vision and pay few attention to the character, behaviour and psycho-emotional aspects of the human being. Bach observes that **individuals having similar personality and character tend to react in the same way to stressful situations.**

His assignment as assistant bacteriologist at the **University College Hospital** at first, and later as bacteriologist at the London Homoeopathic Hospital, gives him the opportunity to identify **7 groups of intestinal bacteria** relating to 7 personality types.

The appraisal for Dr. Bach's work results in more and more numerous people attending his praxis in Harley Street.

Nevertheless, he disregards his success and intends to carry on his research, as he is convinced that there must be **vital and harmless principles in nature that are able to come to resonance with a condition of wellbeing.** He finds these principles in the wildflowers growing in the Welsh countryside: he identifies the first three flowers (*Impatiens*, *Mimulus* and *Clematis*) in 1930. In the same year he understands, by observing them, that dew drops hit by the sun get impregnated with the essence of the plant on which they lay. Precisely from this intuition he develops the **Method of the Sun** for the preparation of Mother Essences.

He dedicates himself to his research and to the publication of his discoveries, regardless of fame and economic return. He sells all his goods, he often offers his services for free and is content of worn-out clothes, sure that he will find in some way all that he needs, as this is what regularly happens. Later he discovers other flowers and in 1932 he completes the series of the first **12 flowers** that he will call "**Healers**".

Between 1933 and 1934 he identifies other **7 flowers** that he calls "**Helpers**". Then he finds also the last 19 flowers that he declares to be more "**Spirituals**".

Furthermore, as he has to prepare the Mother Essence of *Cherry Plum*, whose plant is woody and hard, at the beginning of the spring when the sun is still not particularly intense, he develops the **Boiling Method**.

**He died in sleep on November 26<sup>th</sup> 1936** after having concluded his work whose beneficial effects we can still enjoy.

# Flower Power

**Flower Power** is a water-alcohol solution of Water and organic Brandy, ready for the preparation of personalized mix of Bach flowers according to Dr. Bach's original specifications. It is an ideal basis to create flower complexes because it is prepared with organic brandy and Holographic technology WHITE Bioresonance®.

## DIRECTIONS

Dilute 2 drops of each selected Bach Flower in a bottle, shake vertically and take 4 drops 3-4 times daily.

## PACKAGING

30 ml bottle with tamper-evident seal and dropper included separately in the package.

## INGREDIENTS

Water, Alcohol (organic Brandy). Alcohol content 12%.



## Resource Remedy

**Resource Remedy** is an Optimal, Synergistic and Complementary Combination of Dr. Bach's Flower Archetypes to evoke your inner resources and your inner adaptability when you want to relax, calm down and manage your stress.

*Cherry plum* represents self-control, *Clematis* presence, *Impatiens* tranquility, *Rock Rose* courage, and *Star of Bethlehem* elaboration and resolution.

It is useful to have appropriate resources to face strong emotional alterations due to everyday's stressful events:

- before an important meeting (job interview, examination)
- before appearing in front of an audience (début, inauguration, conference)
- fear of flying
- dental phobia, fear of blood sampling or injections
- any accident or insect bites
- bad news
- birth shock (both for the mother and the newborn)
- children's fit of tears and fear
- before a sports competition



## DIRECTIONS

4 drops directly in the mouth, or diluted in a little water. Take the drops 3-4 times daily. It is possible to repeat the intake at intervals of 5-10 minutes for one hour.

## PACKAGING

10 ml and 20 ml bottle with dropper and tamper-evident seal. 10 ml bottle with spray dispenser.

## INGREDIENTS

Water, Alcohol (organic brandy), Bach Flowers: Rock Rose (*Helianthemum nummularium*), Clematis (*Clematis vitalba*), Impatiens (*Impatiens glandulifera*), Cherry Plum (*Prunus cerasifera*), Star of Bethlehem (*Ornithogalum umbellatum*). Alcohol content 27%.



Guna S.p.a.

via Palmanova 71 - 20132 Milan - Italy

guna.com

# The 7 Groups of Bach Flowers

FEAR, ANXIETY AND PANIC		
Disharmony	Bach Flower	Positive Virtue
Terror, paralyzing fear, panic situations	<b>Rock Rose</b>	Survival / Heroism
Fear of known things (spiders, fly, darkness...), shyness	<b>Mimulus</b>	Safeguard / Courage
Fear of losing control	<b>Cherry Plum</b>	Instinctiveness / Self-control
Indefinite, unexplainable fears, bad feelings, foreboding	<b>Aspen</b>	Receptivity / Grounding
Anxiety and over-care for the beloved ones	<b>Red Chestnut</b>	Altruism / Optimism
UNCERTAINTY OR LACK OF SELF-CONFIDENCE		
Disharmony	Bach Flower	Positive Virtue
Doubt on one's ability to judge, s/he is always asking others for advice	<b>Cerato</b>	Comparison / Certainty
Indecision between two or more alternatives, uncertainty	<b>Scleranthus</b>	Integration / Decision
Easy discouragement, hesitation, wavering	<b>Gentian</b>	Thinking over / Confidence
Despair, surrender, pessimism	<b>Gorse</b>	Welcoming / Hope
Monday morning tiredness, doubt about having the capacity to face the day's duties	<b>Hornbeam</b>	Consolidation / Vigor
Uncertainty on the way to follow, unsatisfaction of one's lifestyle, inability to realize oneself	<b>Wild Oat</b>	Experience / Direction
INSUFFICIENT INTEREST IN PRESENT CIRCUMSTANCES		
Disharmony	Bach Flower	Positive Virtue
Daydreaming, lack of interest in the present	<b>Clematis</b>	Creativity / Presence
One lives in the past, nostalgia	<b>Honeysuckle</b>	Memory / Overcoming
Apathy, resignation, little is done to improve the situation	<b>Wild Rose</b>	Adaptation / Vitality
Mental and physical tiredness, breakdown, lack of resources, burnout	<b>Olive</b>	Rest / Regeneration
Brooding over, repeated thoughts and obsessive worries	<b>White Chestnut</b>	Concentration / Peace
Melancholy, depression inexplicably coming and going	<b>Mustard</b>	Introspection / Joy
Difficulty in learning from experience, repetition of the same mistakes	<b>Chestnut Bud</b>	Spontaneity / Learning
LONELINESS		
Disharmony	Bach Flower	Positive Virtue
Orientation to loneliness, pride, discretion	<b>Water Violet</b>	Independence / Humility
Fear of being alone, excessive talkativeness	<b>Heather</b>	Sociability / Empathy
Impatience, hurry, easy nervousness	<b>Impatiens</b>	Dynamism / Patience
OVER-SENSITIVITY TO INFLUENCES AND IDEAS		
Disharmony	Bach Flower	Positive Virtue
Hidden problems and troubles behind a merry behaviour	<b>Agrimony</b>	Harmony / Openness
Difficulty to say no, anxious desire to please others	<b>Centaury</b>	Generosity / Assertiveness
Important changes in life, need for protection from external influences	<b>Walnut</b>	Sensitivity / Freedom
Extreme jealousy, envy, suspicion	<b>Holly</b>	Awareness / Love
DESPONDENCY OR DESPAIR		
Disharmony	Bach Flower	Positive Virtue
Lack of self-confidence, feelings of inferiority	<b>Larch</b>	Prudence / Daring
Guilt feeling, blaming oneself for others' mistakes	<b>Pine</b>	Responsibility / Forgiveness
Poor self-consideration, sense of interior dirtiness, despise of one's own physical aspect	<b>Crab Apple</b>	Purity / Acceptance
Deep despair, unbearable suffering	<b>Sweet Chestnut</b>	Metamorphosis / Rebirth
Temporary depression, feeling of responsibility overload	<b>Elm</b>	Dimension / Determination
Shock situations, also referring to the past, scare, traumatic events	<b>Star of Bethlehem</b>	Elaboration / Resolution
Excessive feeling of duty, incapacity to let oneself go	<b>Oak</b>	Perseverance / Flexibility
Grievance and self-pity	<b>Willow</b>	Reactivity / Comprehension
OVER-CARE FOR WELFARE OF OTHERS		
Disharmony	Bach Flower	Positive Virtue
Hyper-possessiveness, excessive attachment to one's beloved, expecting them to comply with one's own values	<b>Chicory</b>	Lovingness / Autonomy
Excessive enthusiasm, fanaticism, desire to convert others to her/his own point of view	<b>Vervain</b>	Passion / Moderation
Strong will, tendency to dominate and inflexibility	<b>Vine</b>	Charisma / Service
Intolerance and criticism towards others	<b>Beech</b>	Perfectionism / Tolerance
Inflexibility towards oneself, strictness of principles, tendency to set too high objectives	<b>Rock Water</b>	Discipline / Malleability
DISTRESS OR EMOTIONAL EMERGENCY		
Disharmony	Ready Mix	Positive Virtue
Situations of strong distress as well as physical or mental emergency	<b>Resource Remedy</b>	Adaptation / Overcoming