



Resource Remedy

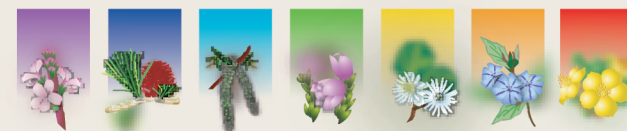
It is a blend of five flowers that, according to Dr. Bach, are related to the effects of shock and trauma as follows:

- *Star of Bethlehem*: sense of impotence
- *Rock Rose*: terror and fright
- *Cherry Plum*: lack of self-control
- *Impatiens*: agitation
- *Clematis*: fainting sensation.

Appropriate resources are needed to cope with strong emotional events of our everyday life: stress before flying by airplane, accidents, stressful conditions due to bad news, stress before an interview, before speaking in front of an audience, dental phobia, before blood sampling or injections, for children's fit of tears and fear, for excitement of one's wedding day...



GUNA S.p.a.
Via Palmanova, 71 - 20132 MILAN - ITALY
tel. +39 02 280181 - fax +39 02 28018449
www.gunainc.com - e-mail: export@guna.it
www.gunainternational.com



Fiori
di
Bach
GUNA

Bringing Harmony to your Emotions



Dr. Bach's
Original Method

What are Bach Flowers?

A positive, joyful and satisfying approach is an essential requirement for well-being. This has been shown by recent research studies on the different connections between emotions and the immune system.



A mental well-being is helpful to get the necessary resources to express one's skills satisfactorily and to support one's beloved.

- **Bach Flowers** are wildflowers that were discovered in the Thirties by Dr. Edward Bach, a famous English doctor, well-known bacteriologist, researcher and homeopath who sensed their affinity to specific emotional conditions.
- **Bach Flowers** include 38 flowers (actually there are 36 flower varieties besides the chestnut bud and the spring water from sources known for their particular properties).
- Dr. Bach conceived a method to extract and dilute the flower essence that contains the **Flower vital principle** which, according to his view, is capable of bringing back altered emotional conditions to balance and harmony.
- Each single remedy corresponds to a certain emotional state. When this emotional state is in harmony, it allows you to develop, recover and express your vital resources as well as your inherent adaptation abilities. These remedies can be taken alone or mixed together to get an ideal combination according to any individual condition.
- If you get more self-conscious you can keep your emotional control and improve your life quality.

GUNA Bach Flowers are prepared with top quality Mother Essences coming from Great Britain (UK) and certified by the British Association of Flower Essence Producers (BAFEP). They are produced strictly according to Dr. Bach's Traditional Method and original instructions, with organic brandy. Guna Bach Flowers are prepared in a stock concentration according to Dr. Bach's original instructions.

| FEAR, ANXIETY AND PANIC | | |
|---|---------------------|--------------------------------|
| Disharmony | Bach Flower | Positive Virtue |
| Terror, paralyzing fear, panic situations | Rock Rose | Survival / Heroism |
| Fear of known things (spiders, fly, darkness...). Shyness | Mimulus | Safeguard / Courage |
| Fear of losing control | Cherry Plum | Instinctiveness / Self-control |
| Indefinite, unexplainable fears, bad feelings, foreboding | Aspen | Receptivity / Grounding |
| Anxiety and over-care for the beloved ones | Red Chestnut | 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 | Cerato | Comparison / Certainty |
| Indecision between two or more alternatives, uncertainty | Scleranthus | Integration / Decision |
| Easy discouragement, hesitation, wavering | Gentian | Thinking over / Confidence |
| Despair, surrender, pessimism | Gorse | Welcoming / Hope |
| Monday morning tiredness, doubt about having the capacity to face the day's duties | Hornbeam | Consolidation / Vigor |
| Uncertainty on the way to follow, unsatisfaction of one's lifestyle, inability to realize oneself | Wild Oat | Experience / Direction |

| INSUFFICIENT INTEREST IN PRESENT CIRCUMSTANCES | | |
|---|-----------------------|------------------------|
| Disharmony | Bach Flower | Positive Virtue |
| Daydreaming, lack of interest in the present | Clematis | Creativity / Presence |
| One lives in the past, nostalgia | Honeysuckle | Memory / Overcoming |
| Apathy, resignation, few is done to improve the situation | Wild Rose | Adaptation / Vitality |
| Mental and physical tiredness, breakdown, lack of resources, burn out | Olive | Rest / Regeneration |
| Brooding over, repetitive thoughts and obsessive worries. | White Chestnut | Concentration / Peace |
| Melancholy, depression inexplicably coming and going | Mustard | Introspection / Joy |
| Difficulty in learning from experience, repetition of the same mistakes | Chestnut Bud | Spontaneity / Learning |

| LONELINESS | | |
|--|---------------------|-------------------------|
| Disharmony | Bach Flower | Positive Virtue |
| Orientation to loneliness, pride, discretion | Water Violet | Independence / Humility |
| Fear of being alone, excessive talkativeness | Heather | Sociability / Empathy |
| Impatience, hurry, easy nervousness | Impatiens | Dynamism / Patience |

| OVER-SENSITIVITY TO INFLUENCES AND IDEAS | | |
|--|-----------------|----------------------------|
| Disharmony | Bach Flower | Positive Virtue |
| Hidden problems and troubles behind a merry behaviour | Agrimony | Harmony / Openness |
| Difficulty to say no, anxious desire to please others | Centaury | Generosity / Assertiveness |
| Important changes in life, need of protection from external influences | Walnut | Sensitivity / Freedom |
| Extreme jealousy, envy, suspicion | Holly | Awareness / Love |

| DESPONDENCY OR DESPAIR | | |
|--|--------------------------|------------------------------|
| Disharmony | Bach Flower | Positive value |
| Lack of confidence in oneself, feelings of inferiority | Larch | Prudence / Daring |
| Guilt feeling, blaming oneself for others' mistakes | Pine | Responsibility / Forgiveness |
| Poor consideration of oneself, sense of interior dirtiness, despise of one's own physical aspect | Crab Apple | Purity / Acceptance |
| Deep despair, unbearable suffering | Sweet Chestnut | Metamorphosis / Rebirth |
| Temporary depression, feeling of responsibility overload | Elm | Dimension / Determination |
| Shock situations, also referring to the past, scare, traumatic events | Star of Bethlehem | Elaboration / Resolution |
| Excessive feeling of duty, incapacity to let oneself go | Oak | Perseverance / Flexibility |
| Grievance and self-pity | Willow | Reactivity / Comprehension |

| OVER-CARE FOR WELFARE OF OTHERS | | |
|--|-------------------|---------------------------|
| Disharmony | Bach Flower | Positive Virtue |
| Hyper-possessiveness, excessive attachment to the beloved ones, expecting that they comply with ones' values | Chicory | Lovingness / Autonomy |
| Excessive enthusiasm, fanaticism, desire to convert others to her/his own point of view | Vervain | Passion / Moderation |
| Strong will, tendency to dominate and inflexibility | Vine | Charisma / Service |
| Intolerance and criticism towards others | Beech | Perfectionism / Tolerance |
| Inflexibility towards oneself, strictness of principles, tendency to set too high objectives | Rock Water | Discipline / Malleability |

| DISTRESS OR EMOTIONAL EMERGENCY | | |
|--|------------------------|-------------------------|
| Disharmony | Ready Mix | Positive Virtue |
| Situations of strong distress as well as physical or psychological emergency | Resource Remedy | Adaptation / Overcoming |

