

# Resource Remedy



## Resource Remedy

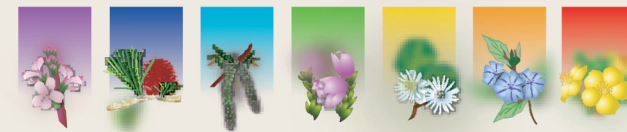
It is a blend of five flowers that, according to Dr. Bach, are related to the effects of shock and trauma as follows:

- *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 emotional states during pregnancy: fear of childbirth, which creates anxiety; difficulty falling asleep and calming down; to reduce fear and agitation and maintain control of the situation during labour. Furthermore, the birth of a child is an important change for any mother and child from a physical and emotional viewpoint. Also in this case, it is important to rely upon one's own resources to overcome the trauma of "separation". A valid support is also useful to a child who shows a particularly emotional behaviour due to stressful or shocking events.



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Fiori  
di  
Bach



Flower remedies for  
the wellbeing of  
mothers, future mothers  
and children



Dr. Bach's  
Original Method

# Pregnancy, Labour and Delivery

Nine months are the time needed for a baby to open his/her eyes to the world. This is also a period of time when a future mother has to deal with new emotions and sensations. Any changes brought about by pregnancy do not only have an impact on the body but also on emotions. A sense of responsibility, inadequacy or a fear of facing a radical change of life may influence a mother's psychological balance.

In Dr. Bach's opinion, Bach Flowers support a person's natural capacity to rebalance and harmonize the disharmonies of personality, emotional or mood disorders. Just like the ups and downs that are typical of such a sensitive period. If your practitioner agrees, you could find the following information interesting on how to use Bach Flowers before, during and after pregnancy.



	PREGNANCY	LABOUR	AFTER DELIVERY
MUSTARD	You suffer from recurrent attacks of melancholy or depression		You feel moody, depressed and overwhelmed
WALNUT	Find difficulty adapting to your body and everyday life changes		The shift to motherhood is difficult to you
OLIVE	You feel tired of carrying that burden	You feel physically and mentally exhausted	You feel that your energy level is depleted
IMPATIENTS	You are more and more anxious as you want time to pass quickly and you feel impatient and frustrated	Labour lasts longer than expected	
ELM		Your endurance has been sorely tested and you do not feel up to overcome a certain situation	
Resource Remedy	If delivery frightens you , you have difficulty getting asleep, you feel anxious or "scared"	If you are afraid or you feel agitated and think you are not able to deal with the situation	To live the "separation" from your baby at your best

# Children

Children are like sponges. They quickly absorb any stimuli from their family or from the external environment, they work them through and react on the basis of their personal bent as they grow. As children can be easily influenced and are extremely sensitive, parents should carefully consider if through their behaviour they are unconsciously passing their own anxiety and their lack of self-confidence on to their children. In Dr. Bach's opinion, Bach Flowers enhance one's personal and inner abilities to rebalance and harmonize the disharmonies of personality, emotional distress or mood disorders. Just like that emotional distress that children show in certain critical moments of their development (lack of self-confidence, relationship difficulties, children who cry over nothing, hyperactivity...) or due to stress or shocking events (scare or fear). All this is also useful to parents who want to restore their own positive balance within the sphere of communication and social relationships. Along with your paediatrician, you could find the following information interesting to identify the Bach Flowers best suited to your child.

	HABITS AND BEHAVIOUR	SOCIAL DEVELOPMENT AND TEMPERAMENT	FAMILY RELATIONS
MIMULUS	Child who is afraid of being alone, of the dark, of monsters, or something else	S/he is shy and blushes, s/he is not proactive, s/he tends to remain isolated	S/he is shy, tends to become withdrawn, s/he is not much talkative.
VERVAIN	S/he is overexcited, unable to calm down or fall asleep	S/he tends to predominate within a group for excessive enthusiasm or fanaticism	Excessive enthusiasm, s/he tends to impose her/his viewpoint and interests
LARCH	Lack of self-confidence, s/he is easily put off and gives in	S/he is not willing to meet new friends or visit new places	S/he does not react to goads, s/he hesitates and procrastinates
HEATHER	S/he often cries as s/he feels neglected, s/he always needs attention, tends to become intrusive	S/he refuses to share her/his toys with the other children, and s/he is rather talkative	S/he is shows an excessive attachment to her/his mother, s/he continuously seeks her/his parents' attention
WALNUT	During teething time or when s/he is hypersensitive towards any changes (nursery school, school, etc.)	S/he is easily influenced by others, s/he is hypersensitive to changes	S/he is has no adaptability and is not able to be alone
Resource Remedy	When s/he is stressed due to: accidents, medical or dental examination, fright, burst of weeping	S/he has difficult social relations: separation from her/his bosom buddy, first school day, anxiety for a class test...	S/he is stressed due to squabbles between her/his parents or their separation. If s/he is jealous for her/his sibling's birth

# What are Bach Flowers

- Bach Flowers include **38 flower and plant remedies** (actually there are 36 flower varieties besides the chestnut bud and the spring water from sources known for their special properties) that are used as natural aids in situations of emotional discomfort according to the insight of Dr. Edward Bach, who lived in Great Britain in the early years of last century.



- Each single remedy corresponds to a certain emotional state as perceived by Dr. Bach's extraordinary sensitivity. He first understood that if a person takes one or more essences according to her/his mood, s/he can restore his/her inner balance and therefore maintain and regain an optimal state of physical and mental health.



Dr. Edward Bach



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 strictly produced with organic brandy according to Dr. Bach's Traditional Method and original instructions. Guna Bach Flowers are prepared in a stock concentration according to Dr. Bach's original instructions.