



Secrets of Bach Flower Remedies (Paperback)

By Jeremy Harwood

The Ivy Press, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. The essences of wild-grown flowers, pioneered by Dr. Edward Bach for their innate remedial properties, provide an important holistic therapy for the safe healing and balancing of mind, body, and spirit. Secrets of Bach Flower Remedies is a comprehensive guide to Bach's basic twelve healers - the plants that formed the basis of his observations - and the further twenty-six remedies that he went on to discover. From what to expect in a professional consultation, to a complete flower-by-flower directory, this accessible guide will teach you how to utilise these safe and simple remedies, gently return you to good health, and enable your emotions to flow freely and positively once more.

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