

COMBINATION REMEDIES

Rescue Remedy: a combination of *Rock Rose, Cherry Plum, Clematis, Impatiens and Star of Bethlehem*. This is the combination for shock, accidents, grief and trauma and can be purchased as a pre-prepared stock or treatment bottle.

Confidence Remedy: a combination to help with public speaking, exams and other stresses. *Rock Rose, Gentian, Clematis, White Chestnut, Elm and Larch*.

Radiation Remedy: helps with jet lag and adjustment to change with travel. *Cherry Plum, Aspen, Olive, White Chestnut, Walnut, Crab Apple*.

REMEDY INFORMATION

Rescue Remedy Stock Bottle 20ml
Rescue Remedy Stock Bottle 10ml
Individual Stock Bottles 10ml
Full Bach Flower Kit 40 remedies
Empty Mixing Bottles
Rescue Remedy Cream 30gm
Remedies made up: plastic 15ml or 30ml
amber glass 15ml or 30ml

BOOKS TO READ

We carry a wide selection of Bach Flower Books and have listed a few below.

The Twelve Healers – Edward Bach
Heal Thyself – Edward Bach
Illustrated Handbook of the Bach Flower Remedies – Phillip M Chancellor
The Bach Flowers Today – Mark Wells
An Astrological Study of the Bach Flowers - Damian

MISSION STATEMENT

At the Homoeopathic Education Centre we are dedicated to educating the community and allied health professionals in the Art and Science of Homoeopathy. The centre provides access to a comprehensive range of information on homoeopathy and related subjects, education through our range of flyers and books, and remedy kits which can be customised for specific needs. We aim to empower people to take better care of themselves and their families, and to recognise when professional homoeopathic or other medical care is appropriate.

Ultimately educating and instructing people in the use of remedies for themselves or their clients in a home prescribing situation is our focus. We seek to do this by providing workshops, seminars and discussions to meet the needs of the community, and by offering general advice on a one to one basis as required. We also offer Consultations or can direct you to a Homoeopath in your area.

If your specific area of interest is not covered we will endeavour to collate material and write a flyer for your information and assistance. Please let us know how homoeopathy can serve you!

BACH FLOWERS

Dr Bach was an English medical doctor, Homoeopath and healer who developed a set of 38 flower essences, "**The Bach Flower Remedies**", in the 1930's. Bach felt that "disease" is a sign of imbalance in one's emotions, attitudes and life directions. His approach may be summed up in his words.

" treat the patient, not the disease;
the cause, not the effect."

Bach Flower Remedies carry the essential life energies of the flowers, trees etc. from which they are made, their vibratory energy pattern. They act as alchemical catalysts to bring about inner growth and activation of our creative forces.

The remedies are prepared from freshly picked flowers or plant material placed in pure water and infused with the power of the sun. The flowers are then removed and the "mother essence" preserved in brandy.

At the Centre we carry a wide selection of books, posters and information on the remedies and the life of Dr Bach.

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OWEN HOMOEOPATHICS

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Consult the remedy profiles below and choose 5 or 6 remedies which suit the situation. Make a combination of 2 drops of each of your chosen remedies into a 30ml treatment bottle of 90% pure water and 10% brandy. When making up Rescue Remedy use 4 drops of stock in the treatment bottle rather than 2 drops.

The standard dose is 4 drops 4 times daily generally straight under the tongue or added to water and sipped. The remedy can be used more often in acute situations. Try to finish the bottle even once feeling improvement.

If you do not have access to a kit we are able to make your remedy up for you or help you choose what is appropriate.

FEAR

Rock Rose: feelings of extreme terror and panic. Accidents and sudden illnesses with fear.

Mimulus: fear of worldly, physical things like animals, heights, pain, accidents and death.

Cherry Plum: great feeling of losing control. May have suicidal feelings and impulses.

Aspen: unknown vague fears. Unexplainable fears producing anxiety and apprehension.

Red Chestnut: excessive fear and irrational anxiety for others. Anticipate the worst.

FOR THOSE WHO SUFFER UNCERTAINTY

Cerato: not sufficient self-confidence to make decisions. Constantly seek guidance.

Scleranthus: indecision and hesitancy causing distress and imbalance.

Gentian: easily discouraged. Can be depressed and pessimistic.

Gorse: deep depression and hopelessness. Don't believe anything can be done to help.

Hornbeam: feel they don't have the mental or physical strength for daily life. Can't cope.

Wild Oat: as though at the crossroads and unsure of life's path. Strong ambitions but no real calling. Dissatisfaction.

NOT SUFFICIENT INTEREST IN PRESENT CIRCUMSTANCES

Clematis: dreamy, drowsy and disinterested in life. Inattention, daydreaming and escapism.

Honeysuckle: living in the past, absorbed in memories of happy or sad times, or lost opportunities.

Wild Rose: resignation and apathy. Glide through life surrendering without complaint.

Olive: mental and physical exhaustion. Weary of life and lacking strength. No pleasure in life.

White Chestnut: persistent worrying thoughts, which cycle around causing anguish.

Mustard: deep gloom and melancholy.

Chestnut Bud: failure to learn from past experience, repeats the same mistakes.

LONELINESS

Water Violet: quiet, proud and aloof. Peaceful and calm but find it hard to step into life.

Impatiens: quick in thought and action. Frustration and impatience causes tension.

Heather: seek companionship and drain others with their over concern with the self.

OVER-SENSITIVE TO INFLUENCES AND IDEAS

Agrimony: jovial, cheerful and humorous but hide worries and can be tormented and restless.

Centaury: quiet, gentle and over-anxious to serve. Easily influenced and exploited.

Walnut: over-sensitive to change, the remedy gives constancy and protection from outside influences. The link breaker.

Holly: jealousy, envy, revenge and suspicion. Suffer much with no real cause.

FOR DESPONDENCY AND DESPAIR

Larch: lack of confidence, feel inferior and expect failure. This can prevent real effort.

Pine: blame themselves for everything. Guilt and self-doubt. Attach faults to themselves.

Elm: usually very capable but can become overwhelmed and feel inadequate.

Sweet Chestnut: a feeling of deep inner mental anguish like a black hole.

Star of Bethlehem: for physical, mental or emotional shock, accidents and bad news.

Willow: bitterness, resentment and blaming others for their own mistakes.

Oak: strong, brave people fighting under extreme difficulties but becoming worn down.

Crab Apple: the cleansing. A sense of self-condemnation and over-concern with trivia.

OVER-CARE FOR THE WELFARE OF OTHERS

Chicory: demands love and attention from friends and family and wants them nearby.

Vervain: extreme mental energy, anxiety and tenseness. Righteous and can't relax.

Vine: desire to dominate others and can be ruthless and inflexible. Capable and confident.

Beech: to develop tolerance, leniency and understanding of the differences of others. To be less judgmental of themselves as well.

Rock Water: for those who are strict and deny themselves pleasure. Martyrs with high expectations.