



the Bach Original Flower Remedies

Guide to pregnancy, childbirth and after

Planning for a new baby is a lot of work. There are things to buy and things to arrange. In the rush it's easy to forget to take proper care of the most important people in our babies' lives – us.

Taking care of ourselves is vital at a time when our bodies are changing and our babies growing. It's normal to feel tired at times, or just out of sorts, and mostly we get over it and get on. Sometimes, though, we need a little help.

In the 1920s and 30s a noted homeopath and bacteriologist called Dr Edward Bach discovered a way of providing that help – a complete system of 38 flower remedies that can help us rediscover the positive side of ourselves. Dr Bach's remedies can help us live emotionally healthy lives. Whatever is in our way – anxiety, despondency, uncertainty – finds a solution in the *Bach Original Flower Remedies*.

Before the birth

Here are some *Bach Original Flower Remedies* to help you get the most out of your pregnancy.

- You may feel unsettled if pregnancy represents a big change in your life. This is an indication for **Walnut**.
- Maybe you are going for a scan and feel anxious that everything will be all right with the baby. Anxiety that the welfare of somebody else is an indication for **Red Chestnut**.
- If your thoughts won't leave you alone, and you would give anything for a quiet mind, try **White Chestnut**.
- Working through your pregnancy may leave you short of rest and tired. The *Bach Original Flower Remedy* for this is **Olive**.
- Perhaps you feel tired even after resting and taking things easy. Try **Hornbeam** to recover your get-up-and-go.

- Sometimes the time seems to drag – if only the baby would come tomorrow! – and you may feel irritable and impatient. This is an indication for **Impatiens**.
- Sometimes physical changes leave us not liking the way we look. **Crab Apple** helps us see the physical changes clearly so we won't get things out of proportion.

See "Taking your remedies" for ideas on how to take the remedies you have chosen.

During the birth

We all imagine the perfect birth – whether it's a birthing pool or a quiet room with some classical music in the background. It's a comfort though to be prepared for anything, so take your *Bach Original Flower Remedies* with you to help you stay in the moment.

- It's normal to feel apprehensive when you think about going into labour. The remedy for everyday fears – of contractions, say, or of having to have a Caesarean – is **Mimulus**.
- Those anxieties that come without any reason – in other words you don't know what is making you anxious – need a different remedy, **Aspen**.
- Giving birth is another time of change, so again **Walnut** will help if you feel not quite yourself because of what is happening to you.
- However well prepared we are labour itself can come as something of a shock. **Star of Bethlehem** is a good remedy to assist us at this time.

Above all others, one remedy comes into its own at this time: *Rescue™ Remedy*. *Rescue Remedy* is a mix of remedies specially chosen to help at times of everyday crisis. It contains five *Bach Original Flower Remedies* for shock, terror, agitation, loss of control, and feelings of faintness, so it's an ideal one-stop solution to take with you into the labour room.

Rescue Remedy Spray is a convenient way to take measured doses of *Rescue Remedy*.

Early days as new mum

Congratulations! You are now a mother! It should be a lovely time, and usually is, but as ever life sometimes makes things difficult. Whatever gets in your way remember the *Bach Original Flower Remedies* have a way of helping.

- Tired out by 3am feeds and nappy changes? **Olive** is the remedy for this kind of tiredness.
- Not sure you can be a mother? Sometimes we doubt our abilities and it's easier to stand back and let other people deal with things. **Larch** is a good remedy when we feel we don't have the skills we need.
- Too many things to cope with? When everything comes at once try some **Elm** to put you back in control.
- Is your baby really all right? If you feel too anxious about his welfare to enjoy this time try some **Red Chestnut** to reassure you.
- Baby blues*? If you find yourself taking small setbacks to heart, try **Gentian**. If there haven't been any setbacks but you still feel down, take **Mustard**.
- Still struggling to adapt to a new way of life? **Walnut**, once again, is the remedy for times of change.

Breast-feeding is a particular issue for many new mothers. Some mothers aren't able to breast-feed, and it's important not to let any problem with this overshadow your time with your new baby. **Pine** is a good remedy to take if you feel unhappy with yourself over this.

If you are breast-feeding you might find *Rescue Cream* a great help for dealing with sore and cracked nipples. The cream contains an extra remedy, **Crab Apple**, known as the cleansing remedy. *Rescue Cream* is a fantastic way to rescue yourself from the outside in.

* A mild form of baby blues reflects natural changes as your hormone levels return to pre-pregnancy levels. If you feel very unhappy talk to a health care professional who will be able to listen and help.

Response Form

To find out more about the *Bach Original Flower Remedies* go online to www.bachremedies.com or send this form to:
Bach Original Flower Remedies, Nelsons, Nelsons House,
 83 Parkside, London SW19 5LP.

Have you heard about *Bach Original Flower Remedies* before?

Yes No

If Yes, who first told you about *Bach Original Flower Remedies*?

Friends
 Family
 Bach Foundation Registered Practitioner
 Another complementary health practitioner
 please tell us what other therapies were offered:

Talk, course or class

A website – please name the site if possible:

Book

A *Bach Original Flower Remedies* stockist

A magazine, publication, listing or advert – name the source if possible:

Other – please tell us more:

Which were the first remedies you used?

Rescue Remedy Spray *Rescue Remedy Drops*

Rescue Cream

Single *Bach Original Flower Remedy* – please specify which one:

Would you recommend *Bach Original Flower Remedies* to a friend?

Yes No

Where would you normally buy *Bach Original Flower Remedies*?

Pharmacy
 Health food store
 Practitioner

How many different remedies have you used?

1-3 7-16 All of them
 3-7 16+

P.T.O.

Response Form

Which of the following best describes you?

- I believe that we are all responsible for our own destinies and I am prepared to make an effort to learn how to care for my body and my emotions.
- I don't spend a lot of time thinking about my emotions, but I know that there are issues in my life I'd like to sort out.
- I believe orthodox medicine causes a great deal of suffering and I am actively looking for an alternative.
- I am interested in new products and I believe that natural products are often better, and often worth paying a little more for.
- I believe that the natural world has a wisdom from which we can benefit, and however much we get caught up in the material world, I value things which help us stay in touch with our true selves.
- I am open-minded and interested in new products and treatments, and I have a preference for natural and holistic approaches.
- None of the above sentences are really true for me.

Title:

Name:

Address:

Postcode:

Email:

Daytime telephone:

Occupation:

Age:

- 18-24 25-34 35-44 45-54 55+

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- Please tick the box if you do NOT wish to receive further information as outlined above.

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Taking your remedies

TAKE YOUR *Bach Original Flower Remedies* AS OFTEN AS YOU NEED TO

- Choose the remedies to match the way you feel. Try to use no more than seven at a time.
- Always use two drops at a time of each single remedy, and four drops at a time of *Rescue Remedy*.
- For everyday use, add your drops to a glass of water and sip at intervals.
- For longer-term use, add your drops to a 30ml dropper bottle*, top up with mineral water and take four drops at least four times a day.
- For immediate use, take your drops undiluted direct from the stock bottle and repeat as necessary.
- Applying the remedies externally on the lips, temples or pulse points is effective and allows for first-aid use. To keep cool during pregnancy and labour, add your remedies to a little cold water and make a cold compress for your forehead.
- Add drops to an ordinary-sized bottle of mineral water if that is more convenient.
- When giving remedies to babies and small children dilute in cooled boiled water and/or apply the remedies externally.

*30ml dropper bottles can be bought ready-to-use from your *Bach Original Flower Remedies* stockist.

Bach Original Flower Remedies are wonderfully safe. Nevertheless, the stock remedies are preserved in 27% alcohol, so we recommend that mums dilute them before using them on themselves or on their children. Pregnant and new mums are always advised to seek medical advice before using *Bach Original Flower Remedies* or any other health product.

Going further

There are 38 *Bach Original Flower Remedies* in all. If you need help with an emotion not covered in this leaflet fill in the response form to get information on the full range.

The Dr Edward Bach Foundation maintains a register of practitioners who work with Dr Bach's system. For more information see the Bach Centre's website www.bachcentre.com.

*Bach*TM
ORIGINAL
FLOWER REMEDIES

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www.bachremedies.com

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Pregnancy and Childbirth

with
BACH ORIGINAL FLOWER REMEDIES