NATF311
Session Seven

Overcare for Other’s Welfare
Stress/Emergencies: Rescue Remedy
Over Concern

- These people may lose sight of their limits and instead of an innocent kind of helping and attention, they may offer love with conditions.

- The offer of love and affection, help or self-sacrifice is genuine, however they expect that it will be returned in kindness.

- The over concern is due to the strong need of love.
# Bach Flower Remedies

<table>
<thead>
<tr>
<th>Flower Essence</th>
<th>Primary Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rock Water</td>
<td>Very strict in their way of living. Deny themselves life's joys &amp; pleasures because it may interfere with their work. They wish to be well &amp; strong &amp; active and will do anything which they believe will keep them so. They hope to be examples to others to follow</td>
</tr>
<tr>
<td>Beech</td>
<td>For those who feel they need to see more good and beauty in all that surrounds them. Annoyed at small habits, mannerisms, idiosyncrasies &amp; gestures of others. Exactness.</td>
</tr>
<tr>
<td>Vine</td>
<td>Can be tyrannical &amp; dictatorial. Enjoys power over others - is hard, cruel &amp; without compassion. A parent dominating the home with iron discipline</td>
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# Bach Flower Remedies

<table>
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<tr>
<th>Flower Essence</th>
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<tr>
<td>Vervain</td>
<td>Will forces action beyond physical strength; highly strung; fanatical; perfectionists; sensitive to injustice; mind always ahead; inclined to tackle too many jobs at the same time</td>
</tr>
<tr>
<td>Chicory</td>
<td>Easily feel hurt &amp; offended &amp; rejected; Require others to confirm their high sense of value; Selfish; deceitful; strong willed; talkative; irritable; enjoys arguments</td>
</tr>
<tr>
<td>Rescue Remedy</td>
<td>For stressful situations, emergencies or accidents.</td>
</tr>
</tbody>
</table>
Rock Water

Source: “Black Mountain, water flows from the heart of a massive rock structure. The water flows from the sacred Well of St. Thomas, associated not with the Biblical St. Thomas, but a local healer who helped the villagers with these vibrant waters in his ministry.”

Photo credit: http://www.flowersociety.org/julianbarnardsoc.htm
## Rock Water

### Therapeutic Actions

<table>
<thead>
<tr>
<th>Key Words</th>
<th>Inflexible</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Self denial</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Negative Indications</th>
<th>Rigid obsession with ideals</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Self repression</td>
</tr>
<tr>
<td></td>
<td>Hard taskmaster</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Positive Outcomes</th>
<th>Hold high ideals with flexible mind.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Willing to change mind if convinced of greater truth.</td>
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<tr>
<td></td>
<td>Adaptability; flow with life.</td>
</tr>
</tbody>
</table>

(Bach Center, 2007; Chancellor, 1995; Scheffer, 1988; Wells, 2002)
# Rockwater

## Therapeutic Indications

| Clinical Application/Uses | Obsessive and rigid adherence to diet/exercise programmes, work routines, spiritual disciplines. Sacrifice and deny desires/feelings. Thinking ruled by fixed ideas and dogma (religion, morality, politics etc.). Like to set example of self-perfection. Self-righteous martyrdom. Overconscientious and overworked – never satisfied with achievements. Self-sacrificing, denying and disappointed if they do not meet their own high ideals. |

(Bach Center, 2007; Chancellor, 1995; Scheffer, 1988; Wells, 2002)
Beech

*Fagus sylvatica*

# Beech

<table>
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<tr>
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(Bach Center, 2007; Chancellor, 1995; Scheffer, 1988; Wells, 2002)
### Beech

#### Therapeutic Indications

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<tr>
<th>Clinical Application/Users</th>
<th>Irritability that comes with intolerance of shortcomings, unable to make allowances</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Hard to see good in others, strong sense of superiority</td>
</tr>
<tr>
<td></td>
<td>Judgmental perfectionist, arrogant and irritated by mannerisms or habits of others</td>
</tr>
<tr>
<td></td>
<td>Convinced always right, everyone else is wrong</td>
</tr>
<tr>
<td></td>
<td>Sense of self shattered by surrounding influences – better defined personal boundaries can change definition of truth making us less judgmental of others</td>
</tr>
<tr>
<td></td>
<td>Sensitive to physical or emotional negative environment</td>
</tr>
</tbody>
</table>

(Bach Center, 2007; Chancellor, 1995; Scheffer, 1988; Wells, 2002)
Vine

Vitis vinifera

## Vine

### Therapeutic Actions

| Key Words         | Assertive  
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Inflexible</td>
</tr>
</tbody>
</table>
| **Negative Indications** | Dominate and bully  
|                   | Aggressive pride  
|                   | Ruthlessly greedy for power  
| **Positive Outcomes** | Determination without domination  
|                   | Encourage and guide without controlling  
|                   | Inspire with unshakeable confidence and certainty  

(Bach Center, 2007; Chancellor, 1995; Scheffer, 1988; Wells, 2002)
# Vine

## Therapeutic Indications

<table>
<thead>
<tr>
<th>Clinical Application/ Uses</th>
<th>Know better than everyone and put others down. Override wishes and opinions, demanding and expecting absolute obedience.</th>
</tr>
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<tr>
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<td>Strong, assertive, decisive and self-sufficient – their way is successful, impose it on everyone.</td>
</tr>
<tr>
<td></td>
<td>Step over others to increase stature.</td>
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</tbody>
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(Bach Center, 2007; Chancellor, 1995; Scheffer, 1988; Wells, 2002)
Vervain

Verbena officinalis

Photo credit: liveonearth.livejournal.com/658767.html
# Vervain

## Therapeutic Actions

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<thead>
<tr>
<th>Key Words</th>
<th>Convert everyone’s way of thinking.</th>
</tr>
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<tbody>
<tr>
<td><strong>Negative Indications</strong></td>
<td><strong>Fixed principles and ideas</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Confident right, rarely change</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Highly strung, tense, over-achieving</strong></td>
</tr>
<tr>
<td><strong>Positive Outcomes</strong></td>
<td><strong>Calm, wise, tolerant, relaxed</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Accepts validity of other spiritual paths</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Teach best what we need to learn ourselves</strong></td>
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(Bach Center, 2007; Chancellor, 1995; Scheffer, 1988; Wells, 2002)
# Vervain

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<td>Strong willed with strong views – confident always right.</td>
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<td>Mind races ahead, take on too much work. Inclined to tackle too many jobs at the same time.</td>
</tr>
<tr>
<td></td>
<td>Will forces action beyond physical strength.</td>
</tr>
<tr>
<td></td>
<td>Distorted retelling of ‘Truth’ – claim to have all answers.</td>
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<tr>
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<td>Sensitive to injustice and dedicated to causes. Alienate potential allies due to fanatical over-enthusiasm.</td>
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(Bach Center, 2007; Chancellor, 1995; Scheffer, 1988; Wells, 2002)
Chicory

*Cichorium intybus*

# Chicory

## Therapeutic Actions

<table>
<thead>
<tr>
<th>Key Words</th>
<th>Possessive Over-protective</th>
</tr>
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<tbody>
<tr>
<td>Negative Indications</td>
<td>Conditional love Care of others is self-centered and manipulative Feelings of powerlessness</td>
</tr>
<tr>
<td>Positive Outcomes</td>
<td>Selfless care &amp; concern for others Unconditional love Fulfilled and self-assures – sense innate capabilities</td>
</tr>
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(Bach Center, 2007; Chancellor, 1995; Scheffer, 1988; Wells, 2002)
### Chicory

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<td>‘Mothering’ nature who’s natural care and concern for welfare of others becomes selfishly motivated, causing possessiveness and desire to manipulate, control and organise the lives of others. Strong-willed and expect others to conform to their values. Critical, interfering, nagging, talkative, opinionated, argumentative. Difficult to give without expecting something in return. Demand constant attention and service as duty. Self-pitying, easily offended. Feign illness to gain attention. Sibling rivalry – habitual sulking and manipulation.</td>
</tr>
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(Bach Center, 2007; Chancellor, 1995; Scheffer, 1988; Wells, 2002)
Rescue Remedy

Rescue Remedy

- For stressful situations, emergencies or accidents.
- Contains 5 remedies:
  - Star of Bethlehem
  - Rock Rose
  - Impatiens
  - Cherry Plum
  - Clematis

What are these individual remedies used for?
Rescue Remedy

- Star of Bethlehem for shock
- Rock Rose for terror and panic
- Impatiens for mental stress and tension
- Cherry Plum for desperation
- Clematis for the bemused, faraway, out of body feeling which often precedes fainting or loss of consciousness.

(Bach Center, 2007; Chancellor, 1995; Scheffer, 1988; Wells, 2002)
Rescue Remedy

 Dosage:
 o Add 4 drops of the Stock concentrate Rescue Remedy to a tumbler of water. The patient should sip this frequently, and as they grow calmer, at intervals of 15 minutes, and then half hour according to the condition.

 o If the patient is unable to sip water, or if he is unconscious, rub it on the lips, on the gums, behind the ears and on the wrists.

(Bach Center, 2007; Chancellor, 1995; Scheffer, 1988; Wells, 2002)
Rescue Remedy

- The Rescue Remedy can also be applied to external injuries.

- It can be used to bathe a painful area

- It can be used as a cold compress or a hot fomentation

- Use it for emergency, great sorrow, sudden bad news, after an accident.

(Bach Center, 2007; Chancellor, 1995; Scheffer, 1988; Wells, 2002)
Rescue Remedy

- The Rescue Remedy has no ill effects yet it is quite capable of saving a human life pending the arrival of a qualified physician.

- In a major emergency, the Rescue Remedy is a potent first aid-measure; it cannot supplant skilled medical treatment and it was not designed to do so.

  (Chancellor, 2000)
Tutorial
Case Study

- Veronica, 27 presents with high blood pressure. Her GP has told her that if she cannot get her BP down within the next six months he will place her on medication.

- Veronica does not want this to happen and is willing to ‘do anything’ to ensure she doesn’t have to ‘pop pills’ for the rest of her life.

- She refuses to take any medication but will consider short term natural supplementation as long as it is not in pill form.
Case Study

- Veronica has had high BP on and off for two years now.

- She is 170cm and 51kg.

- Her diet is very strict. For breakfast she eats ½ cup oatmeal in hot water with six berries. Lunch and dinner is grilled chicken breast with broccoli and one carrot or salad – baby spinach leaves, grated 1/3 carrot, raw red onion slices and two cherry tomatoes.
Case Study

- Her exercise regime consists of four x 2 hour cardio workouts, three x 1 hour weight training sessions and two x 1 hour swimming sessions per week. She is not training for any sporting event.

- Veronica’s mother has high blood pressure (currently on medical treatment which stabilises the BP but it is still high) and anxiety. Her father had a heart attack two and a half years ago, at the age of 54 and suffers from bouts of depression. She finds herself helping her parents with their health problems a great deal, “but they don’t listen to me even though they know I’m right.”
Case Study

- When you ask further questions regarding stressors you discover your client feels highly stressed the majority of the time.

- “I was promoted two and a half years ago to a role where I simply do not have enough time to get all the work done that I need to do each day. My boss doesn’t understand the pressure I am put under and my team members are incompetent so I have to do most of the work if I want it done correctly.”
Case Study

- Veronica has battled an eating disorder for the past 12 years. She tells you she feels most happy when she denies herself things such as food or time to rest as she feels validated in her own strength.

- Her past psychotherapy sessions have highlighted that she tends to rely on her eating disorder to relieve her stress when she feels other areas of her life are ‘out of control’ such as work or relationships.
Case Study

- She no longer has a psychotherapist that she sees so you enquire into her support networks. “Well I have lived with my partner for two and a half years now but they are fairly useless when it comes to most things.

- I am constantly helping them through all aspects of their life. They are always messing things up, they have no self-discipline and they act like a child most of the time. If I didn’t look after them I’m fairly sure they would be homeless. They need me to constantly fix things.”
Case Study

- She does not talk to her parents about her eating disorder as they are generally over-bearing and unhelpful.

- She does not talk to friends or family about it for fear they will think she is weak. She likes to portray the life of someone who has their life on track and of being immensely happy.
Case Study

- Veronica reluctantly discloses that she has had a recent history of panic attacks at work for the past one and a half years. They have recently gotten worse and she would like something to stop them as they ‘show weakness’.

- The panic attacks have led to an increasing intolerance and anger towards herself and towards her work situation which she feels is the main contributor. More recently this has led to an official written warning regarding her attitude from her boss. She has not discussed the panic attacks with her boss.
Remedy

- Create a timeline for this patient with reference to the therapeutic order.

- Considering the entire range of Bach flower remedies, prescribe an appropriate flower essence prescription for the patient’s regular panic attacks. How would you suggest the patient take this?
Remedy

- Create an appropriate flower essence prescription for Veronica to address her presenting complaints. Include prescription amounts, flower essences and why they are appropriate, and dosage method.

- Explain to Veronica what you have prescribed and how they will help.
References

Australian Bush Flowers Essences (ABFE), ND, Ian White


Barnao V and K, 1997, Australian Flower Essences for the 21st, Australasian Flower Essences Academy, Perth, Western Australia


Cassel, I 2008, God’s Handiwork: The Doctrine of Signatures, Idaho Observer,
http://www.proliberty.com/observer/20080704.htm viewed 04/12/13


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Gurudas, 1989, Flower Essences and Vibrational Healing, Cassandra Press
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Myss C, 1997, Why people don’t heal and how they can, Bantam Books, Sydney
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