

Flower Power! Flower essences can have a powerful impact on the emotional health of you and your family.

By Amy Cohen

Flower essences took me from potentially falling apart to having the strength and confidence to make very critical, life and death decisions for a man I loved very much, my father. It was 2004 and I was at the hospital, having just flown in from New Jersey to Florida after getting the "call" that my father had a heart attack. He was playing poker with his buddies at his condo's clubhouse one night when ...boom....he had a heart attack and stopped breathing for about two minutes.

Over the course of the next five weeks, I was dealing with five different doctors all of whom seemed to have different recommendations based on their own experience with their patients. And, although I understand about the science of the sickness, I began to feel that the doctors did not have an understanding of our own vital force, balance, our unique inner workings and how each of us are individuals and there is more than "just science" to be considered.

At the same time in my own life, I had just sold my home and had to be out in two months. Of course, I had not yet found a new house and was then flying back and forth from New Jersey to Florida to find a home and get my kids in a new school, keep my home in balance, and aiding my father in his recovery.

I called my homeopath for help. I was losing it, big-time. Too many doctors, too many decisions and too many hours in the hospital left me scared, alone, dealing with insomnia, and breaking down. My homeopath suggested a flower essence that she would make me that would be tailor-made to what I am going through and she would send it overnight! It sounded ridiculous to me (where's the Xanax?!), but she sent it anyway.

All I can tell you is I woke up the morning after using the flower essence, went to the hospital, gathered my father's doctors, asked many questions, and made the necessary decisions on my own with confidence and feeling well-informed. I was able to make clear, rational and life changing decisions. I was no longer allowing myself to be pushed around or dictated to by what some



Amy Cohen and her father Milton Yoskowitz celebrate life and the virtues of the Bach Flower Essences

doctors felt I should do. The best feeling was the knowledge that I was doing the right thing for everyone.

WOW! What a difference! For me, it was time to investigate the 38 flower essences, how they came about, and how they help. Years later, I am a Registered Bach Flower Practitioner and have spread the word to many people.

I have watched children use flower essences and go from being extremely shy to smiling and confident. I have also seen the flower essence help children with their night terrors. I am using it more and more for children diagnosed with some form of Attention Deficit Disorder by their doctors or for moms who feel they themselves, or their children, cannot stay on focus. It works beautifully for sibling rivalry which can help induce a more calm, warm and happy household!

For adults, I have used the flower essences regularly to help deal with the stresses of work, parenthood, feelings of being overwhelmed and the many changes

we go through in our lifetime. I go to it regularly to help people dealing with grief or divorce, as well as when one is anguished, apathetic or depressed. Flower Essence is right for the teenager who makes poor decisions or needs a boost of confidence in themselves, the over concerned mom who worries too much about things she cannot control, for the person filled with rage or the person that just needs a push to get them going on their future. I have not seen it fail yet!

There are seven basic groups of Bach Flowers that are classified according to what emotional ailments they target. The emotions addressed by the Bach flowers are fear, uncertainty, insufficient interest in present circumstances, loneliness, over-sensitivity to influences and ideas, despondency or despair and over-care for welfare of others.

The appropriate wild flowers are infused into natural spring water and hand produced exclusively in England. The liquid is taken in very small doses by dropping it into drinking water or directly on absorbent areas of the skin, like behind the ears or the underside of the wrist. The net effect is that the flower essences restore our balance. When equilibrium returns to the body, peace and happiness often come with it and the body can also once again heal itself.

British physician Dr. Edward Bach saw disease as the end stage, final physical manifestation of emotional unhappiness and imbalance, meaning if you heal emotionally, you heal physically. Through his research, he believed that at the heart of all distress and disease, was an imbalance in our emotional outlook. He did not like the healing methods used by doctors at the time. He looked to nature for a remedy and developed 38 different flower essences to heal all emotional ailments. The flowers and formulas have remained unchanged since Dr. Bach developed them in the 1930's. The flowers work equally as well in animals as they do in people.

So, not only did the flower essences help me get through a critical time in my life (and I still use them regularly), but I used it to help my father get the peace he needed to get through his.


All of these results are possible simply by using what the earth has given us, without any chemicals. In our world of drugs, many of us are searching for a new way to treat ourselves and our kids without the harsh side effects. This may certainly be the place to start!

Amy Cohen is a Registered Bach Flower Practitioner living in NJ. She can be reached at 732-895-0494 with any questions or for a free telephone consultation.

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