



Bach flower remedies for the Caring Professional

Taking Remedies

2 drops from the stock bottle (4 if Crisis Formula). Take neat or add to a glass of water and sip. Alternatively, prepare a personal blend.

Preparing a personal remedy blend

1) Select your remedies

Choose between 1 and 7 remedies for your personal blend.

If you feel like you need all 38....PRIORITIZE! Decide what you would like to work on now, what your most pressing need/s may be.

(Remember that if you include the pre-mixed crisis combination in a mixing bottle, although this is a combination of 5 remedies, it counts as one remedy and not five.)

You may find a free Questionnaire at

www.bachflowereducation.com/bach_flower_remedy_questionnaire.html

2) Prepare your bottle

Fill the mixing bottle to the shoulder with spring water. Add 2 drops of each chosen stock remedy (4 drops for the crisis/Rescue formula) into the bottle.

No preservative is required. However, if you are in a warm climate or have a personal preference, you may add one teaspoon of brandy or apple cider vinegar or vegetable glycerin.



3) Take your remedies - Dosage

At least 4 times per day, take 4 drops per dose.

Try to spread your doses evenly throughout the day.

(Meals, beverages, toothpaste, etc do not interfere with the remedies.)

Your formula may be taken as often as desired; 4 x per day is the minimum dose.

Your blend will last approximately 2.5 to 3 weeks if taken 4x per day.