

RANDOM HOUSE  BOOKS



Growing Up with Bach Flower Remedies

Judy Howard

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Cover

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Growing Up with Bach Flower Remedies

A GUIDE TO THE USE OF THE REMEDIES
DURING CHILDHOOD AND ADOLESCENCE



by Judy Howard

Index compiled by Lyn Greenwood



SAFFRON WALDEN
THE C.W. DANIEL COMPANY LIMITED

TO
Alexandra Ellen Ball
and
Katharine Penford Rankin



With a big 'thank you' to
the children of Ollerton
and
Mair Gande, my Fieldwork Teacher and friend
who taught me so much

Introduction

BACH FLOWER REMEDIES is a well respected system of healing that has been used world-wide since it was established in 1936. The Remedies are natural, entirely safe and children everywhere have benefited enormously from their effects.

The Remedies were discovered by Dr. Edward Bach, a Harley Street physician of very high regard. Having qualified in 1912, he dedicated his life to searching for a system of healing that would be safe, free from side-effects and simple to use. His research took him into bacteriology, immunology and homoeopathy, but having made a thorough study of human nature during the course of his career, he became increasingly convinced that a new system of healing lay within Nature, a system of healing that would bring about natural equilibrium, and heal the conflict between body, mind and spirit which he strongly believed to be the true cause of physical and mental disharmony, thereby relieving suffering by treating the person rather than the disease, and the cause rather than the effect.

Dr. Bach left his medical work in 1930 and went in search of the healing plants of the countryside. One by one, he discovered 38 harmless remedies, each prepared from a different plant, except for one which is prepared from the water of a natural healing spring. The discovery took him over six years to complete, during which time he suffered a variety of mental states and sometimes physical symptoms to help him in his understanding of the healing properties of each plant. It was, at times, an arduous journey, but one he felt privileged to travel, because it enabled him to give

to mankind what he earnestly wanted to provide - peace of mind, happiness and health.

Each remedy is for a different emotion, mood or personality and because they cover all states of mind, either individually or in combination, the remedies comprise a timeless system that will help everyone, no matter where they live or into which era they have been born. Society and the pace of life changes with time, but human nature remains the same, and it is this - the emotional outlook - for which the remedies are intended.

In 1934, Dr. Bach made his home in the Oxfordshire village of Sotwell, and lived in a small cottage called Mount Vernon where his work has been continued since his death. Just as he knew precisely when his work began and what he had to do, he knew exactly when it was finished, and when the time came, declared his work to be complete, and asked his trusted colleagues and friends, Nora Weeks and Victor Bullen, to ensure that it remained intact as a system of healing in its own right. His wishes have been upheld by the Dr. Bach Centre at Mount Vernon ever since, ensuring that the Bach Flower Remedies are prepared correctly and carefully, and that the work as a whole retains its hall-mark of purity and simplicity.



My background is in nursing. I commenced my general nurse training in 1977, and later trained and qualified as a midwife. That was a wonderful time of my life as it gave me the opportunity to bring several new babies into the world and is a period that will always have a special place in my memory. I then trained and qualified as a Health Visitor in Nottingham and gained valuable experience with babies and young children of all backgrounds and abilities whilst working in the mining village of Ollerton. Having joined the Dr. Edward Bach Centre at Mount Vernon in 1985, I am

privileged to have been taught and guided by my father John Ramsell who worked alongside Dr. Bach's partners, Nora Weeks and Victor Bullen for many years, having been chosen as their successor, and who had a wealth of first hand experience to pass on.

My nursing background and experience as a midwife and Health Visitor, as well as my close involvement with the Bach Flower Remedies has, I hope, enabled me to produce a book that will be of benefit to those with children of their own and anyone else who either works with, looks after or has an active interest in the care of the young.

Each chapter is devoted to a particular period in a child's life, beginning with infancy and ending with young adulthood. Where possible I have referred to "children" rather than "girls and boys", but there are a number of occasions when I have had to resort to the singular and so in many instances have mentioned "him", simply because it would be monotonous and intrusive to the general flow of the book to have to read "him or her" repeatedly. Any reference to "him" or "his", therefore, refers to both girls and boys!

Growth and development is considered, together with the various milestones and stages which potentially - and usually invariably - cause an upheaval of one sort or another. The emphasis, therefore will be on the difficulties associated with growing up because this is when the remedies would be needed the most, but of course there will be just as many good and happy moments, and with the help of the remedies there will be even more!

“A small child has decided to paint the picture of a house in time for a mother’s birthday. In her little mind the house is already painted; she knows what it is to be like down to the very smallest detail, there remains only to put it on paper. To the best of her ability she has put her idea of a house into form. It is a work of art because it is all her very own, every stroke done out of love for her mother, every window, every door painted in with the conviction that it is meant to be there. Even if it looks like a haystack, it is the most perfect house that has ever been painted: it is a success because the little artist has put her whole heart and soul, her whole being into doing of it. This is health, this is success and happiness and true service. Serving through love in perfect freedom in our own way.

If however, someone came along and said ‘why not put a window here, and a door there; and of course the garden path should go this way’, the result in the child will be complete loss of interest in the work; she may become cross, irritated, unhappy, afraid to refuse these suggestions; begin to hate the picture and perhaps tear it up: in fact, according to the type of child, so will be the reaction. The final picture may be a recognisable house, but it is an imperfect one and a failure because it is the interpretation of another’s thoughts, not the child’s. This is disease, the reaction to interference. This is temporary failure and unhappiness: and this occurs when we allow others to interfere with our purpose in life and implant in our minds doubt, or fear, or indifference.”

Edward Bach

The Bach System and How It Relates to Children

DR. BACH'S PHILOSOPHY is based on the principle that if we can be ourselves and do what makes us happy, then we will not only reap the benefits of a fulfilling and rewarding life, but also be governors of our own destiny. The quote above explains how a child's innocence, if left undisturbed, will blossom and generate all the positive aspects of life, but how, in contrast, that uninhibited freedom and true sense of purpose can so easily be sapped or stifled if negativity is allowed to take control. Happiness, therefore, means living our own life, true to our own convictions. Doing what other people tell us to do, or living and working in accordance with someone else's desires, means we live *their* life, not our own, and just like the child who lost interest in her painting, life itself may become dull and uninteresting, and as a result, our health and happiness can so easily suffer.

The Bach Remedies offer a gentle means of relieving negative attitudes, and because they are prepared from flowers and trees, none of which are poisonous, they provide a harmless, non-habit forming system of healing. One may wonder how something so simple can offer such remarkable benefits, but everything in nature has its own special part to play in the great workings of life. There are a great many homoeopathic, herbal and orthodox medicines derived from plants, and the Bach Remedy flowers hold certain, very special, healing properties too.

Some medicines combat physical disorders; the Bach Remedies treat the personality and emotional upset such as impatience, fear and sadness. Dr. Bach believed that negative states such as these, were ultimately responsible for disease, and so treatment of the *underlying* cause, was vital. The Remedies therefore are chosen in accordance with the person's mood and general nature, an approach that gently re-establishes inner equilibrium which gives the body freedom to begin its own natural healing.

I: THE INDICATIONS FOR THE 38 REMEDIES & RESCUE REMEDY

Some remedies describe personalities or character traits. These are the "*type remedies*". Others are descriptive of more general moods and emotions. These are the "*mood remedies*". Some are a mixture of the two. When considering which remedy to choose, always consider the child's natural disposition and choose a remedy that best suits his or her personality - i.e. a "*type*" remedy. It is the "*type remedy*" that is the key to the inner balance because it is the child's individuality that determines the response to potentially stressful situations. In addition, however, remedies for the moods can be added, or taken separately, depending on the particular problems the child is facing or a change in the temperament that is the result of external pressure or of feeling unwell.

You will notice that some of the remedy traits describe positive qualities and attitudes. Remedies are not required all the time and it is not necessary to give a happy, contented child a remedy simply because his or her personality fits a description. The remedies will not alter the child's basic constitution, but instead, bring about a return of equilibrium when a child is upset, unsettled or unwell.

✿ A. TYPE REMEDIES

The remedies in this section are those associated with personality traits. They may, however, be required by *any* child should he or she be in the frame of mind described.

AGRIMONY

The Agrimony child has a sunny and outwardly cheerful disposition – a happy child who laughs and always seems to be in good humour. Because the child hides his feelings behind a facade, it is not obvious that he is distressed. The Agrimony remedy will help such children to release their inner turmoil, share it and let it go. It therefore soothes, brings comfort and a return of the child's natural happiness.

BEECH

Beech children find it hard to be tolerant towards other children. They have an inner belief that *their* way is the *right* way, whether at play, hobbies or at school. Beech children may complain to their parents that another child is not doing something correctly, or may get annoyed with playmates who cannot grasp a certain method. They are not necessarily bad-tempered but may frown on those they consider stupid. As they get older, they may express their intolerance through sarcasm and rebellion. The remedy will help them develop a more sympathetic understanding of others.

CENTAURY

The Centaury child has a placid and generous nature. He finds it hard to stand up for himself and may become the victim of school bullies. At play, Centaury children are happy to share and will show a great deal of care for their toys, playing quietly and non-aggressively. They are “good” children, always doing as they are told.

CERATO

Cerato children are frequently asking “am I doing this right?” because they doubt their judgement. In the classroom they may seek the advice of classmates, copy what they do, or even “cheat” in exams – not because they do not know the answer, but because they want to make sure that their answer is correct. Cerato children can be easily influenced and sometimes misguided because they tend to mimic those they look up to, begin to dress, speak and act like them, and thus risk losing sight of their own personality and identity. The remedy helps these children to know their own mind, to trust in their own beliefs and follow their intuition.

CHICORY

Chicory children are loving and caring and seek similar affection from parents, relatives and friends. They like to see their efforts appreciated and do not like to be ignored. Because of this they have a tendency to “cling”, or try to attract attention by making a fuss if there is a threat to their mother’s (usually) undivided attention. They may display their negative side by selfishly keeping toys to themselves, unwilling to share playthings. At worst they can be manipulative and possessive, but the positive side of their character is that of a guardian, instinctively looking after a younger child like a mother would look after her baby.

CLEMATIS

Clematis children are daydreamers; those who get “lost” in creativity; those with vivid imaginations who become absorbed in play-acting and imaginary games with imaginary friends. It is this artistic side of the Clematis nature that is the positive expression, but at times, this creativity may become blocked due to lack of concentration, future fantasies and a mind that sometimes

wanders aimlessly and blankly. The Clematis remedy helps these children channel their imagination so that instead of being diffused into oblivion, it is a free-flowing, fulfilling expression of the deeply inquisitive and thoughtful Clematis mind.

CRAB APPLE

These children are fussy about detail, and exceptionally neat and tidy, getting upset if toys or clothes are out of order or dirty, and showing a dislike for playing in dirty places. If wet and muddy they will want to be changed into clean clothes immediately. The older Crab Apple child will take care to keep his or her bedroom tidy, fold clothes neatly and so on. Crab Apple children and adults dislike illness intensely and hate being sick, or suffering with upset bowels. The Crab Apple remedy, however, being the cleanser, is important in illness for us all, and not only for those with a Crab Apple nature.

ELM

Elm is the remedy for those who are usually confident but become overwhelmed by an unusual amount of pressure or responsibility. In childhood, this may be when the child, or teenager, is moved into a higher grade. Having scored top marks at one level and so raised to a higher class, he flounders because he feels unable to cope with the more complicated study material and work that is expected of him. Examination times may also create this momentary lack of confidence and when under pressure, can cause panic at the thought of being unable to cope. The Elm remedy helps to revive faith in the child's ability to handle pressure.

HEATHER

Heather children, if they are ill or have suffered an injury, become obsessed with their body and what is wrong with it,

describing every ache and pain in detail. Heather children, like Heather adults, are chatterboxes, but this in itself does not necessarily mean that Heather is the appropriate remedy. Many other remedy types have a lot to say as well. If however, the talkativeness is a factor of self-interest, then Heather would be indicated.

IMPATIENS

The traits of Impatiens children are demonstrated in play and social behaviour. They are easily bored and get annoyed if unable to do something quickly enough. They become agitated if another child is hindering them and “itch” to get hold of a thing and do it themselves. They are excitable and restless children and run around at top speed if something happens to interrupt normal routine (such as visitors coming, having a party, or preparing to go on holiday). At school they are quick minded and are often the first to put up their hand in class, bouncing up and down in their seat eager to demonstrate or provide the answer.

Impatiens babies are restless, irritable, sleep lightly for short periods and may toss and turn in the night.

The remedy is often combined with Vervain as both remedies are indicative of active, highly strung, alert children.

LARCH

Larch children lack self-confidence, and are those who sit quietly in class, for even though they may know the answer, prefer to leave it to someone else to avoid the risk of making a fool of themselves. Larch children fear failure and so would feel far too self-conscious to speak out or take part in a demonstration or sporting activity that has expectations of success. For this reason, Mimulus often complements Larch because as Mimulus is the remedy to ease fear, shyness and nervousness, it assists the Larch child’s search for courage to take that step forward.

MIMULUS

Mimulus is the remedy for fear of people and other known things, so Mimulus children are shy and timid. They tend to blush easily and may be frightened of teachers and older children. The positive side of the Mimulus nature is one of quiet courage, and because they know what it is like to be afraid, to blush and be stuck for words, they develop a depth of understanding for others who are facing similar difficulties.

OAK

Oak children will be the ones who are easily able to shrug things off. If they should become ill they will tend to disregard their ill-health as much as possible and not make a fuss. They are those to whom other children turn, and may become the “agony aunt” (or uncle) of the classroom! They will lead when required, but do not have the bossy or domineering manner of the Vine personality. The Oak prefers to guide, assist and support. The Oak personality is very positive, but has a tendency to overwork and may then become exhausted. It is when the inner strength begins to wane that the remedy is needed.

PINE

Pine children have an apologetic personality, frequently saying “sorry” and worried they have caused some unfortunate event. Pine children immediately blame themselves and feel desperately guilty despite reassurance that they are not to blame. The remedy helps to release the guilty conscience so that they realise that what goes wrong is not necessarily their fault.

RED CHESTNUT

Red Chestnut is a remedy for those who are over anxious about the welfare of others. The Red Chestnut child worries about the welfare of parents, afraid they will have an

accident or that a minor illness will develop into a life-threatening disease. The safety, well-being and happiness of animals, friends and other members of the family are also a source of anxiety, and the Red Chestnut remedy helps put these fears into perspective.

ROCK WATER

Rock Water is the remedy for those who set high standards and are highly self-disciplined. Rock Water children demand perfection in their work and may appear tense in their determination to get everything right. Rock Water children may reprimand themselves if their homework is wrong, and always strive to do better. This is no bad thing, but if it causes mental rigidity, tension, lack of sleep, stress and strain, Rock Water is the remedy to help ease the pressure, and help the child maintain his high standards, but not at the expense of his health and happiness.

SCLERANTHUS

Scleranthus is helpful for any form of imbalance - dilemmas or indecision as well as travel sickness, vertigo and mood swings. The Scleranthus personality is indecisive, hesitant and uncertain. These children find it difficult to make up their minds about what they want to do or where they want to go, and are forever tossing two ideas around in their mind, or missing out on opportunities due to their inability to decide. The remedy helps to steady these fluctuating thoughts and establish more balance and certainty in the mind.

VERVAIN

In the young child, Vervain traits are often demonstrated in over-activity. They, like Impatiens children, tend to get over-excited, but the Vervain excitement is due to eagerness and enthusiasm rather than impatience. These children may complain about the unfair behaviour of

another child but they are unlikely to tell-tales because among the Vervain virtues are honesty and loyalty. They dislike cruelty and will support the victim, whether it be a bullied child or a defenceless animal, and may become angry on such occasions. The Vervain remedy does not remove this protective instinct or take their enthusiastic energy away, but when it causes tension, frustration or restlessness, the remedy re-establishes equilibrium.

VINE

Vine children are strong willed and determined to get their own way! They make good leaders but can be aggressive and order other children around. They “take charge” at school and in their determination to get what they want, may throw a tantrum, stubbornly refusing to “behave”. The remedy helps to replace this negatively charged energy with the positive qualities of the Vine nature.

WALNUT

Childhood represents a series of changes during a short period of rapid growth and development. This remedy helps children to adjust to these periods of change and is useful during the prominent milestones - teething, going to school, puberty etc.

The Walnut *personality* knows what he or she wants to do, knows the correct answer to a question or the way to play a certain game, but whose conviction falters and is swayed when an alternative idea or approach is presented to them. They may then be persuaded to do something they do not really want to do. The remedy provides the necessary protection from these influences to enable them to maintain constancy and go their own way.

WATER VIOLET

Water Violet children have a self assured, self-contained quality, making just a few close friends. Children of this

nature will play happily by themselves and when unwell, dislike attention and prefer to be left quietly alone. They tend to suffer in silence and may become lonely as a result. It is, however, never very easy to read a Water Violet's thoughts as they give little away, and maintain a certain distance between themselves and others, backing off should anyone try to get too close. Consequently one never *really* gets to know a Water Violet fully. There is always something that remains a mystery.

WILD ROSE

Wild Rose children have an "if you can't beat them, join them" attitude and take things very much as they come, accepting what is in store for them without objection. As they grow up, Wild Rose children do not tend to show very much ambition and are not interested in pursuing a demanding career. Instead, they prefer to wait and see what happens, with an attitude of indifference. Their positive quality is a calm and contented approach to life.

✿ B. MOOD REMEDIES

The following list of remedies are those that are descriptive of emotions that may apply to *any* type of individual. By relieving these negative states of mind, they assist the action of the type remedy in re-establishing equilibrium, and are also useful as remedies in their own right for passing moods.

All the remedies, even the type remedies, may be required at any time by any type of person, and so all 38 remedies may be considered as "mood remedies". However, listed below are those that deal solely with a state of mind rather than constitution.

ASPEN

As with many adults, children experience the sensation of "butterflies" in the tummy when, for example, they are

about to visit the dentist or sit an examination. Although the cause of the anxiety may be known - fear of pain or failure for example - and would therefore suggest Mimulus or Larch, there is usually an unknown element to the fear as well - fear of what the dentist *might* do, what the examination paper *might* involve. Aspen is for the sense of apprehension associated with a vague fear of the unknown and sense of uneasiness for no apparent reason.

CHERRY PLUM

This remedy would help children who are hysterical, delirious or have a sudden impulse to do something out of character. It would also be indicated on occasions when a child may suddenly have an outburst of temper and cease to have any apparent self-control. The action of the remedy is to calm the frightened and diverted thoughts, and bring about a more rational state of mind.

CHESTNUT BUD

Chestnut Bud is the remedy for those who do not learn from experience and so make the same mistake over and over again. Childhood is a constant learning period and on the whole, children *do* learn. Sometimes they need to experience things more than once before the message really sinks in, but that is probably true for most of us. If, however, a child goes on repeating the same mistakes, Chestnut Bud will help him appreciate the significance of his experience.

GENTIAN

Gentian is the remedy for those who feel discouraged following a set-back. Children may feel disappointed if they are told they cannot go out to play, or that they are not going to visit "Aunty Pauline" after all, or downhearted because they do not feel well, or depressed because they have lost their favourite toy or broken mum's best vase!

When examination time comes, lower marks than expected may cause intense disappointment, as would being told they are not suitable for the school sports team. Gentian would be indicated on all these occasions and helps children to face similar situations, if and when they occur in the future, more positively.

GORSE

The true Gorse state is not often seen in children because, on the whole, they have such a fresh appetite for life that the hopeless pessimism of Gorse is not often apparent. However, there may be occasions when the remedy is required, perhaps during a major crisis at home or after failed examinations, when they lose the inclination to try again. If a child or young person should lose hope, Gorse is the remedy to help the sparkle re-appear.

HOLLY

Holly is for envy, hatred, suspicion and the desire for revenge. In children it would include spitefulness, bullying, pinching, biting etc., as well as jealousy of other children's friends, toys or family. Holly will help the child, whatever the object of his feelings, to be less "angry" and more able to get along peaceably with other children.

HONEYSUCKLE

This remedy is for those who dwell on the past. Children are generally keen, and focused on what is going on *now*, and so are not likely to become absorbed with thoughts of the past to this extent. There are however, occasions when the remedy is required, for example, if a child suffers a trauma and the memory plays on his or her mind, haunting the sleep. Or if a child has lost a parent or grandparent and the grief causes constant reflection, sometimes trying so hard to remember every detail, that interest in the present slips away. Honeysuckle is also indicated for homesickness

and would therefore help children when they go on a school trip and are parted from their parents or home for a while.

HORNBEAM

This remedy is for procrastination and the kind of weariness that occurs *before* something happens. It is generally the thought of what is about to happen or of what one has to do, that causes this feeling of lethargy; something that may be encountered before school, especially if there is a lesson that day which the child does not like. Children may also feel this way at the thought of doing their homework, washing their hair or having a bath, suddenly overcome with a sense of fatigue and wish to “do it later”. The energy however, miraculously seems to return if a friend should call round and something more interesting is on offer! The remedy helps to provide the strength to face what lies ahead, so that routine and seemingly mundane duties become more of a pleasure than a chore, and activities - even homework! - become interesting rather than monotonous.

MUSTARD

This remedy is for the sort of depression that descends for no particular reason. Usually there is a reason for a child's depression, in which case Gentian might be more appropriate, but sometimes it descends like a dark cloud, as if from nowhere, and is more common during puberty and adolescence than in young children.

OLIVE

This remedy is for tiredness - *genuine* tiredness due to overwork. It may be required at examination time for mental fatigue after an excess amount of study. Tiredness is also likely to occur due to frequent late nights, although the best remedy for *this* is sleep! The remedy can be helpful if the child is recovering from illness, when the

body has naturally become depleted of energy, and can assist during the convalescent period to hasten a return to health.

ROCK ROSE

This remedy is for terror, great fear, something that may cause panic. In childhood the remedy can be particularly helpful for nightmares. There are, however, many occasions when children may become terrified - they may have seen or imagined something or heard a horror story that has frightened them so much that it has created panic and terror. Any occasion when the fear is much greater than nervousness (for which *Mimulus* would be more appropriate), Rock Rose would be helpful.

STAR OF BETHLEHEM

This remedy would be helpful for children who have suffered a shock or bereavement, and feel sad and lonely as a result. Star of Bethlehem would help them to cope with the sadness of their loss. The shock of a fall, accident or of being startled by something are also occasions when Star of Bethlehem would be helpful (but see also Rescue Remedy).

SWEET CHESTNUT

This remedy is for a deep sense of anguish; despair as though life is no longer worthwhile. It is not often that you will see children in the true depths of the Sweet Chestnut state, but it would be a helpful remedy for the occasions when they should feel heartbroken, for example should they lose a pet which has become as loyal and true as any friend, or person whom they love. It would, on occasions such as this, work hand-in-hand with Star of Bethlehem to relieve the grief. It is also helpful during the teenage years when despair is more often experienced. The remedy soothes and comforts and helps the despair to lift so that

something brighter appears on the horizon and shows them that all is not lost.

WHITE CHESTNUT

This remedy is indicated for persistent worrying thoughts which may cause restlessness and sleepless nights. Worry over schoolwork, forthcoming examinations, visiting the dentist, presenting some work in class, the expected backlash having misbehaved... are all occasions when White Chestnut would be helpful.

WILD OAT

This remedy is for those who have ambition and desire to do something worthwhile, but feel lost as to which direction to take. The most likely time young people would need Wild Oat would be when they are required to make a decision about their future and the career they should follow. The remedy helps by clearing the confusion so they can see which way they want to go.

WILLOW

This remedy is for resentment, bitterness and self-pity, and for those who feel life has treated them unfairly. Willow helps those who find it hard to forgive and forget. Children may feel resentful towards parents who have reason not to allow them to go out to play, or towards school-friends for playing a trick or breaking a friendship. The remedy would also help children who sulk when told off, seek sympathy or try to make others feel guilty by bursting into tears. It is for the "huff" and other introspective moods. The action of the remedy is to bring the lighter side of life back into focus, to promote optimism and allow the thoughts to be cast outward rather than inward, thus accepting blame where it is due, being able to say sorry and forgive more readily.

RESCUE REMEDY

This is a combination of five of the 38 remedies. It is intended for emergencies - accidents, alarm, examination nerves and so on, occasions when there is a degree of shock or panic causing a person to feel suddenly shaken and disturbed. It consists of the following:

STAR OF BETHLEHEM - for shock

ROCK ROSE - for terror

CHERRY PLUM - for panic and hysteria

CLEMATIS - for feeling faint or stunned

IMPATIENS - for the agitation and irritation that is so often associated with pain.

Rescue Remedy as a liquid is ideal for situations as described above and would be taken orally to calm the troubled mind. Rescue Remedy Cream is helpful for external trauma such as bumps, bruises, cuts and grazes. It is soothing and helps to promote healing, and also contains CRAB APPLE for its cleansing properties.

Rescue Remedy and its uses specifically in relation to children will be discussed in more detail a little further on in this chapter.

II: SELECTING REMEDIES FOR CHILDREN

The treatment of adults is often considered to be much easier than that of children because adults are, usually, able to express their emotions, describe how they feel, know their personality and the cause of their unhappiness. To help an adult we simply need to sit down and have a two-way conversation - the one needing help opening up and talking freely about his or her feelings, and the other asking the relevant questions to elucidate or clarify the correct remedy or remedies that may be required. It is not possible to have this kind of frank discussion on the same level with very young children, and because of this, the Bach Remedies are sometimes regarded as being of little