

Self-help for Your Child's Mind and Moods with Bach Flower Essences®

By Alicia Sirkin, B.F.R.P.

Is your child on an emotional roller coaster? Emotional imbalances, the ups and downs of growing up, can be a daily challenge for both you and your child. When your child is not operating from the positive aspects of his or her emotions and personality, behavior and learning often suffer.

A safe and natural way to ease your child along this bumpy ride is to use Bach Flower Essences. Gentle and without side effects, these essences can help shift negative moods, attitudes and personality traits to positive ones, restoring harmony and balance to your child's mind and moods.

Shyness, low self-esteem, fears, hyperactivity, aggressions and other unwanted states familiar to childhood can be alleviated with specific flower essences. As many as six or seven different single flower essences are combined at once for a multidimensional healing effect. Emotional imbalances, unwanted behaviors and bad habits can become a thing of the past.

Bach Flower Essences are not indicated for physical problems and are therefore unlike homeopathic remedies. The essences can be of great value, however, if emotional imbalances underlie or surround physical problems.

SELECTING THE RIGHT ESSENCES

When your child is fearful, consider the flower essences "**Mimulus**" and "**Rock Rose**." Indicated for fear of known things, Mimulus restores the courage to face worries without fear. The shy, timid child who easily blushes can benefit from Mimulus, which addresses all known fears, for example: fear of the dark, insects, other people, the teacher, unfamiliar circumstances, airplane travel, speaking out in class and animals. When the Mimulus fear turns into panic and terror, such as during nightmares, Rock Rose is then indicated. Rock Rose may be used when bedwetting is caused by fears, some of which may be unexpressed.

If your child sits in class quietly, preferring to let others speak up with the answer rather than risk making a foolish mistake, the "**Larch**" essence would be indicated. Larch restores the self-confidence to one who fears failure.

"**Crab Apple**," the "cleansing" essence, helps the child who is fussy and obsessed with neatness; or hates the way he or she looks. This type of child may become distressed when dirty, or when

toys, clothes or personal belongings are soiled or messed up. Crab Apple reduces obsessions, improves self-esteem and self-image, and restores self-acceptance.

A child diagnosed with hyperactivity or ADHD who is tense, overenthusiastic, restless and frustrated might benefit from the essence "**Vervain**," which tends to restore equilibrium and helps relax the tension. The "**Impatiens**" essence is used to slow a child's rapid pace when slow moving events or people create irritability and frustration.

The "**Chicory**" flower essence personality type tries to control and manipulate their loved ones. Children who often "cling" to their parents and seem too "needy" of love and attention may be helped with Chicory. This essence restores the ability to love selflessly and be comfortable within, feeling worthy of love.

For the bully, aggression and intimidation is addressed with "**Vine**," the essence to calm a domineering nature. If anger, revenge, jealousy or spite is behind the bullying behavior, then "**Holly**" should be considered to release underlying angry emotions.

Properly chosen essences can seem to "take the edge off" problematic behavior. For example, when a child throws a tantrum and won't stop, giving him or her a glass of water or juice containing 4 drops of Rescue Remedy, the emergency stress formula, to sip on frequently will soon calm them down, restoring peace and quiet.

Alternately, the drops can be taken directly from the bottle every three to five minutes until calm is restored. Rescue Remedy comes in both liquid and cream form and is helpful after accidents, bumps, burns and bruises as well as to calm tantrums, inappropriate outbursts and emotional upsets.

Discovered and created in the 1930's by British physician and scientist, Dr. Edward Bach, all thirty-eight single flower essences, including Rescue Remedy, are approved for sale in the U.S. by the FDA. The Bach Essences are prepared from non-poisonous wildflowers, making them completely safe for humans and pets. No animal products or animal sources are used.

HOW TO TAKE FLOWER ESSENCES

The essences, most commonly taken internally by mouth, can also be taken externally by rubbing onto pulse points (e.g. the inside of the wrists, temples, behind the ears) with equal results. Since Bach Flower Essences contain a small amount of alcohol as a preservative, children and alcohol-sensitive individuals may prefer the external application.

Careful attention to the selection of the correct essences and proper dosage recommendations can make the difference between successful results and no relief at all. Although Dr. Bach designed the system to be one of self-help, working with a qualified Bach Foundation Registered Practitioner takes the guesswork out of the selection process, especially if you are new to the Bach Flower healing system.

Sold worldwide, you can find the essences in better health food stores or online at www.nelsons.net.

-- New Living Magazine, Fall 2000