

**PRESCRIBE FOR YOURSELF**



**Bach Flower Essences**

**How to use the Bach Flower Essence Walnut to breeze (or at least ease) through life's more difficult periods of change.**

by Alicia Sirkin, BFRP

Late summer is a time of transitions getting back from vacation, going back to school, returning to a busy life. Sometimes everything seems to hit at once and we can feel positively overwhelmed. This transitional season can be like a microcosm of the larger transitions of our life changes in marital status, career, age, health, and so on that can overwhelm us, leaving us feeling emotionally unable to effectively deal with our situation.

What to do? Thousands of people rely on the Bach Flower Essence remedy Walnut to gently but effectively change their emotional state and smooth out these rocky times of change.

Bach Flower Essences (BFE) are a type of non-invasive therapy that uses natural homeopathically-prepared liquids to gently shift negative emotions, attitudes, and personality traits into positive ones. They come in the form of liquids, dispensed from small 10-ml stock concentrate dropper bottles. They are taken internally by mouth, or externally on pulse points. They are non-toxic, non-addictive, have no side effects, and can be used without professional guidance.

There are 38 different single flower essences that can help not only people who feel overwhelmed, but also those who are depressed, angry, resentful, fearful, tired, lonely, or insecure. By combining up to seven essences at once, you can positively affect 211,000,000 states of mind! I have seen people feeling fearful utilize specific flower essences to enhance courage to face difficulties without fear; people who feel hopeless turn around and look optimistically into the future; and insecure people lose self-doubt and bolster their self-confidence. I have worked with BFEs for thirteen years, and their consistently effective results inspired me to become a practitioner.

**The Origin of BFE**

Dr. Edward Bach was a British physician, immunologist, bacteriologist, and re- searcher. A pioneer in the field of body/ mind medicine, he became dedicated to the discovery of a natural, safe, and gentle system of self-healing that dealt with the underlying causes of disease. His quest continued into the early 1930s, when he discovered the healing power of flowers.

Leaving his lucrative conventional medical practice on Harley Street in London, Dr. Bach spent years searching the countryside of Wales for non-poisonous healing plants. He would sit for hours studying a single plant, learning all he could about its habits, form, and personality. Intuitively, he sensed that dewdrops from certain plants might contain specific healing properties of that plant. He hypothesized that the sun's heat could activate and instill the plant's healing attributes within the dewdrops.

He started by experimenting on himself. His senses were so highly developed that by simply holding the petal of a flower in his hand or placing it on his tongue, his body would feel the effects of the flower's qualities. This formed the basis for his testing on others.

### **How does it work?**

Although licensed health professionals have proven Bach Flower Essences effective for nearly 70 years, no one knows how they actually work. Dr. J. Herbert Fill, M.D., a psychiatrist and former New York City Commissioner of Mental Health, has used flower essences almost exclusively over tranquilizers and psychotropic drugs. He suggests the essences may act upon neurotransmitters in the brain. Elisabeth Wiley, a psychotherapist and nationally-known BFE practitioner and educator, thinks that flower essence bioenergetic frequencies repair imbalances in the human energy field. No matter how the essences work, the results are undeniable.

Are the essences merely a placebo? Probably no more than other healing treatments, because animals and infants benefit as much as children and adults. In fact, animals and children are often particularly sensitive to the benefits of flower essences and commonly experience faster results.

Bach Flower Essences complement all other healing therapies. They even seem to make other modalities work better. The reason for this is that they work on the mental and emotional side of the problem while other modalities are working with the physical. Today, Bach Flower Essences are sold in 66 countries and have been accepted for sale by the FDA in the U.S.

### **Walnut is recommended if...**

You or your loved ones are changing:

Jobs  
Homes  
Cities, States, Countries  
Organizations  
Financial institutions  
Computers  
Schools  
Cars  
Relationships  
Religion

You are transitioning through:

Marriage  
Divorce  
New baby  
Teething  
Puberty  
PMS  
Menopause  
Bereavement  
Aging  
Illness

### **The Benefits of Walnut**

Walnut is the Bach Flower Essence used specifically for times of transition. It is the largest-selling single flower essence in the U.S. Walnut breaks links to the past, allowing us to move forward with ease, restoring equilibrium and comfort. It further provides protection from the negativity of others.

I had one client, an attorney named Harold. He had returned to work after a dream trip to Alaska only to discover that his firm had moved him from a quiet office with a spectacular view, to an interior one near the noisy elevator. Four months later, he was still having trouble adjusting to the change. Additionally, he found himself in the unaccustomed role of a single man, having just severed a long-term relationship. We used Walnut to help free him from his attachments both to the old office and to the old relationship. This allowed him to reorient himself comfortably in his newfound surroundings and situation.

In another recent case, Sharon, a successful and talented interior designer, was distressed several months after switching computer software programs to manage her accounts. Initially, her operations came to a virtual standstill while she fumbled through the new system. Within days

after taking Walnut, Sharon benefited from its ability to smooth transition, and was completely at ease.

### **Taking Bach Flower Essences Yourself**

Life is continual change, but some periods are more abrupt and traumatic. If you are going through one of the difficult transitions listed in the chart above, you can easily use the flower essence Walnut yourself to ease the process. Simply follow the standard stock bottle dosage and preparation instructions below. The international authority on the essences is the Bach Centre in England, where they originate. They recommend that the essences be used consistently a minimum of four times a day to achieve the desired results.

### **How to Use Single Bach Flower Essences - Directly from 20-ml Stock Concentrate Bottles (sold over the counter)**

By mouth or on pulse points (inside of wrists, temples, behind ears, etc.):  
2 drops each time constitutes a complete dose; 4 doses (times) a day, minimum (3 times a day may not work!)

In a little water:

2 drops each time (a dose) in a small amount of water, and drink

For quicker action:

2 drops in 6 to 8 ounces of liquid

Sip at frequent intervals throughout the day (each sip is considered a complete dose)

### **Combining Essences**

If there are other feelings and states of mind along with your difficult transition, you can add the appropriate flowers to the Walnut and take the resulting combination formula. It is possible to combine drops from as many as seven different essences into a new one-ounce dropper bottle, called a personal formula (see method below).

### **To Combine a Personal Formula:**

- Start with a sterilized, empty one-ounce dropper bottle.
- Fill to the shoulder with bottled spring water.
- Add 2 drops of each indicated flower essence from the stock bottles (use up to 7 different essences).
- Add 1 teaspoon of brandy as a preservative (or apple cider vinegar or vegetable glycerin).
- Take 4 drops of this formula 4 times a day or more, internally by mouth or externally on pulse points.

Since many of us lead complex lives, individualized combination personal formulas can be of great benefit. For example, if you were feeling sad, confused, guilty, resentful, overwhelmed, impatient, and hypercritical at the same time, you would combine the essences indicated for these emotional states within one bottle in order to get relief on many levels at once.

My clients often report that flower essences have become their best friends, lending a helping hand, whenever distress occurs to restore tranquility. I would have to agree.

### **Products, Educational Seminars, and Information**

Flower Essences, one-ounce treatment bottles, and books can be purchased through my

office, The Sirkin Creative Living Center, at better health food stores and specialty retail stores. I offer 10% discount on flower essences. There will be a nominal shipping charge.

**For additional information, contact:**

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Alicia Sirkin, BFRP, is a Bach Flower Essence Practitioner, Holistic Health Educator, Therapeutic Touch Practitioner, and nationally published author and speaker. She holds a place on the international register of practitioners, which is maintained by the Dr. Edward Bach Foundation. She maintains The Sirkin Creative Living Center, LLC, and a private practice with offices in Miami, Florida and Aspen, Colorado.

Ms. Sirkin presents seminars and workshops on Bach Flower Essences to both consumers and professionals and is available for private phone consultation sessions to develop personalized formulas for specific needs.

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