

## **BACH FLOWER REMEDIES Grainne Warner**

“Good health is harmony, rhythm, when we think positively, constructively, happily. Ill health is when we think negatively, unhappily, destructively.” Nora Weeks – Dr. Bach Centre.

The 38 Bach Flower Remedies are a system of natural healing developed in the 1930's by Dr. Edward Bach for the relief of negative attitudes and moods which hinder our enjoyment of life and are regarded as contributory factors in the cause of physical and emotional suffering.

By observing our moods and emotions and through consultation with a Bach Consultant, we can identify that state or mixture of states which is present and so take the required remedies to gently bring ourselves back to centre and free ourselves from our suffering. The Bach remedies are a complete system in themselves and can also act as a supportive therapy with other forms of treatment. They are very gentle in their action and can be taken by all ages.

Gráinne has trained as a Bach Flower Consultant over a number of years with the Bach Foundation and she adheres to their code of practise.

[www.bachcentre.com](http://www.bachcentre.com)