



Bach Flower Therapy: Theory and Practice

By Mechthild Scheffer

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The first contemporary study of Bach's techniques by one of Europe's leading practitioners.

More than 50 years ago, English physician Dr. Edward Bach grew disenchanted with orthodox medicine as he came to understand that many physical complaints have a strong psychosomatic element. Over many years of study, he discovered 38 flower remedies that act on the disharmony within the patient and pave the way toward recovery. *Bach Flower Therapy* describes the remedies in such a way that patients taking them will gain deeper insight into the remedies underlying psychological concepts, thereby enhancing the potential for self-healing.

Intended for practitioners and lay readers alike, the book includes lists of symptoms to facilitate diagnosis.

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Editorial Review

Review

"Scheffer describes the flower remedies in such a way that a patient will gain deeper insight into the remedy's underlying psychological concept. Also included are chapters on remedies in practice and experiences in treatment." (*Health Foods Business*)

Language Notes

Text: English (translation)

Original Language: German

About the Author

The official representative of the Edward Bach Centers in Germany, Austria, and Switzerland, Mechthild Scheffer has decades of practice as a naturopath in her native Germany. She has published several books on Bach flower remedies including *Mastering Bach Flower Therapy*.

Users Review

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