

Remedies for Christmas

Christmas is supposed to be the season of love and goodwill. Statistics show, however, that there are more family conflicts and emotional outbursts over the Christmas holidays than at any other time.

Whether your problem is getting along with your family, or having to get along without them, there is a remedy in the Bach system that could help you.

- Try Willow if you feel sorry for yourself because you are the only one who isn't having a good time.
- Try Impatiens if Christmas is a whirl of last-minute shopping and hectic preparations, so that you have little time for actually sharing it with anyone.
- Try Beech if Auntie Elsie's eating habits and taste in television irritate you beyond measure.
- Try Olive if the preparations for Christmas leave you too tired to enjoy it.
- ... and try Hornbeam if just thinking about Christmas is enough to make you want to crawl back into bed until the new year.

If you know some people who need some remedies this Christmas, point them to the Bach Centre web site www.bachcentre.com where there is lots of help on which remedies to select and how to take them.

NOTES:

1. Bach flower remedies are a complementary medicine that helps resolve imbalanced emotional states, which can in turn lead to improvements in general health.
2. The Bach Centre web site www.bachcentre.com contains background information on Dr Bach and the Bach Centre's work, and – via the training pages - information on courses.
3. Bach flower remedies were discovered in the 1920s and 1930s by Dr Edward Bach, a Harley Street consultant and bacteriologist.
4. The Bach Centre was Dr Bach's home and workplace from 1934 to his death in 1936.