



Bach flower remedies

- Bach flower remedies (BFRs) are liquid plant essences which affect your emotions. A range of 38 remedies plus Rescue remedy, a universal stress reliever, is available in health stores with booklets on how to use them appropriately. It is not known how BFRs work, although there are some similarities with homeopathy, and, unlike drugs, they do not work chemically, but are thought to be a form of gentle energy medicine.
- BFRs appear safe in pregnancy, but are preserved in brandy, so avoid them if you have moral objections to alcohol, problems controlling alcohol intake or are suffering from liver disease. If you have a mental or psychological condition, use the remedies only on the advice of a qualified practitioner, as BFRs can sometimes uncover concealed feelings, for which you may need professional counselling. If, after taking Bach flower remedies for some time, you still feel emotionally unwell, consult your midwife for further help.
- Rescue remedy, which is a combination of five of the 38 remedies, can be useful in times of stress in pregnancy, for example, having blood taken in the antenatal clinic, or for panic in labour, especially as you near the second stage. Take 4 drops neat on your tongue, add to a glass of water to sip, or rub into your wrists or temples.



Bach flower remedies summary

| Remedy | Useful if you |
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| Agrimony | feel miserable but put on a “brave” face, always cover up your inner feelings with a smile or a joke |
| Aspen | feel frightened but don’t know why; you may have just a general feeling of fear |
| Beech | are critical, a perfectionist, often try to tell people what they should do |
| Centaurly | are not able to say “no” – take on too much and easily become overburdened |
| Cerrato | constantly seek reassurance, tell lots of people about your worries or problems |
| Cherry plum | feel angry, fear you’ll lose control, dislike the lack of control which being pregnant may have on you |
| Chestnut bud | fail to learn from previous experiences |
| Chicory | are overprotective towards others, including your family |
| Clematis | are absent-minded, easily bored, live in a day-dream world |
| Crab apple | feel unclean, have a poor body image, especially after delivery |
| Elm | feel overwhelmed by work and responsibility |
| Gentian | are depressed, pessimistic, especially after a setback |
| Gorse | feel despairing, discouraged, distraught |
| Heather | are completely self-absorbed, have to keep talking about how you feel |
| Holly | feel “hard done by” or victimised |
| Honeysuckle | have feelings of nostalgia, live in past memories, constantly referring to previous events |
| Hornbeam | experience that “Monday morning feeling”, don’t feel able to “get up and go” |
| Impatiens | are impatient, snappy and irritable eg similar to premenstrual tension |
| Larch | lack self-confidence, doubt your own abilities, wonder if you will make a good mother |
| Mimulus | fear something specific, eg pain of labour |
| Mustard | are depressed, gloomy for no known reason |
| Oak | feel exhausted, overwhelmed by responsibility when you are usually the one everyone depends on |
| Olive | are physically and mentally exhausted, weary – good in labour |

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| Pine | feel guilty or apologetic |
| Red chestnut | worry excessively about anything |
| Rock rose | feel terrified, panic, suffer nightmares |
| Rock water | are a perfectionist, strong-willed |
| Scleranthus | are unable to make decisions, eg whether or not to have specialist antenatal tests |
| Star of Bethlehem | are shocked after a major trauma or bereavement |
| Sweet chestnut | feel complete despair, unbearable unhappiness |
| Vervain | have pushed yourself too far |
| Vine | are determined, tend to try to control people |
| Walnut | need help to adapt to the changes in your life, especially with a new baby, stopping work to become a mother, etc |
| Water violet | are a shy, private person, isolated |
| White chestnut | experience unwanted thoughts going round your head |
| Wild oat | need help to make changes in direction |
| Wild rose | tend to drift, need some "grounding" |
| Willow | are full of self-pity, resentment or bitterness |

For more information on Bach flower remedies in pregnancy and childbirth, telephone **0906 400 6227** (calls charged at £1.50 per minute, from a BT landline; calls from mobiles and other networks may vary)

Always inform your midwife if you are taking Bach flower remedies during pregnancy, labour or when breastfeeding