



Growing Up With Bach Flower Remedies: A Guide to the Use of the Remedies During Childhood and Adolescence

Judy Howard

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Bach Flower Remedies is a system of natural healing for the relief of negative attitudes and moods which not only hinder one's enjoyment of life, but are regarded as contributory factors in the cause of physical and emotional suffering.

They were discovered during the 1930s by the late Dr. Edward Bach, an eminent physician who devoted his life to the cause and cure of disease.

The result of his life's work were 38 harmless remedies made from nonpoisonous plants and herbs of the countryside, each pertaining to aspects of human nature, personality and states of mind. The Bach Flower Remedies have deservedly earned themselves a reputation of excellence and are now used extensively throughout the world.

Growing Up with Bach Flower Remedies shows how the system of healing can help babies, children and adolescents during the turbulent years of youth. The book takes the reader through all the stages of childhood, including developmental progress, illness, schooling, behavior, puberty, examinations and the various other milestones when emotional support is needed.

Growing Up with Bach Flower Remedies is a book designed for parents, but also makes an excellent source of reference for therapists, teachers, nursery nurses, grand-parents and guardians - anyone who has an active interest in caring for children of all ages.



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