



The Bach Flower Gardener

Stefan Ball

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People all over the world know of the system of 38 flower remedies discovered by Dr. Bach. It is a system so gentle that remedies can be given even to new-born babies with perfect safety. It does not react with other medicines, so that therapists who specialize in other treatments often use it as a complement to their main techniques. Its focus on the emotions makes it a natural partner to the more physically- orientated approaches of most orthodox and non-orthodox medical traditions. And above all it is effective - which is why the use of this system has spread via personal recommendation and word of mouth from one small corner of Oxfordshire to more than 66 countries around the world.

It is somewhat less well known that the remedies can be used just as effectively to help plants.

Drawing on the experiences of practitioners and correspondents from around the world the author shows just how the remedies can raise the vibrations of plants with the most wonderful results. Readers will come to see the remedies as vital aids to holistic gardening - as essential as any mulch or compost.

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