

## Flower power

“Bach flower remedies are made from natural flower essences and can help with a range of different emotions relating to fear,” explains Bach Practitioner Alex Bacon.

**ROCK ROSE** can help you when you experience terror or fright and you feel frozen and unable to move or think clearly.

**MIMULUS** can help when you feel fearful of something you can name – such as spiders, being alone, losing your job, illness etc. Also, when you feel shy or nervous of telling others how you feel.

**CHERRY PLUM** can help you when you fear that your mind is being over-strained; you feel like you are going to explode or do irrational things and are afraid of losing control.

**ASPEN** can help when you feel fearful but you cannot tell what you are afraid of.

**RED CHESTNUT** can help if you fear that bad things will happen to your loved ones.

Place two drops of your chosen remedy in a glass of water and drink at intervals. Repeat four times a day. You can buy the remedies in Boots or your local pharmacy or healthfood store and they cost £6.25 each. Find out more at [bachremedies.co.uk](http://bachremedies.co.uk)