

10 hard-hitting facts about Bach flower remedies

Fact #1

Edward Bach made up his claims from thin air, they have no scientific basis whatsoever.

Fact #2

Bach flower remedies are incompatible with the fundamentals of physics, chemistry, biochemistry, biology, pharmacy and medicine.

Fact #3

Bach flower remedies are NOT naturopathy, but an esoteric concept.

Fact #4

Through their „special vibrations“, Bach flower essences are said to harmonise the „patient's own vibration“ with the „cosmic energy field“ and thus heal the illness.

Fact #5

Edward Bach assigned the individual plants to their areas of action completely intuitively..

Fact #6

Bach flower remedies, both as drops and as globules, are not classified as medicines but als dietary supplements in Germany.

Fact #7

Bach flower remedies are categorized by science as a „potent sham treatment“.

Fact #8

To prepare the mother tincture of Bach flower remedies „vibrations“ and „energies“ of the plants are transferred to water.

This water is mixed 1:1 with alcohol.

Fact #9

The original tincture is repeatedly dilluted with alcohol to a ratio of 1:240.

This is the „essence“ being sold.

Fact #10

Bach also invented a motto for each plant essence to enhance its effect.