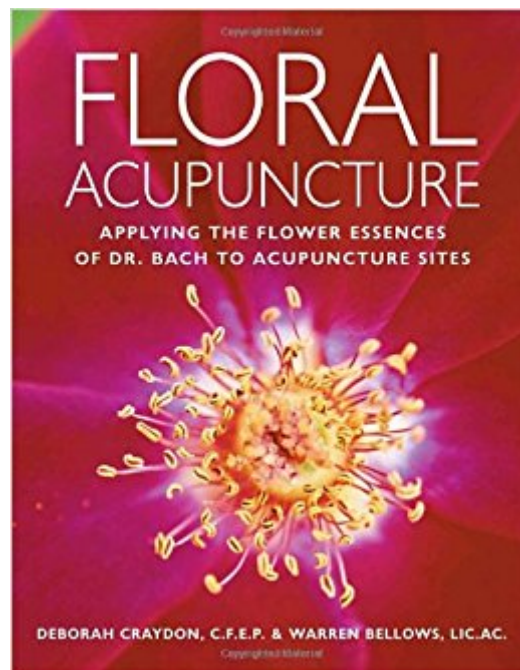




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# Floral Acupuncture: Applying The Flower Essences Of Dr. Bach To Acupuncture Sites



## Synopsis

Certified flower essence practitioner Deborah Craydon and licensed acupuncturist Warren Bellows combine their expertise to present an innovative and highly effective holistic method to treat body, mind, and spirit. By applying flower essences (in place of needles) to acupuncture points, it is possible to stimulate the movement of energy (chi), starting a powerful healing process. Filled with full-color photography, this practical manual, suitable for both professional and home use, includes treatments for common ailments, such as depression, anxiety, and loneliness. The authors also explain the theory behind this technique and provide general instructions for application of flower essence tinctures, creating a comprehensive view of this exciting new form of alternative healing. The first guidebook to show how to apply the flower essences of Dr. Bach to acupuncture points for treatment of emotional and physical conditions, such as depression, anxiety, neck and shoulder pain, and headaches; without the use of needles. Bach flower essences can be purchased in most health food stores and homeopathic pharmacies and are safe for use on children, pregnant women, the elderly, and pets. Includes more than 50 full-color instructional photographs.

## Book Information

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## Customer Reviews

“Being familiar with both the Bach flower repertoire and Chinese medicine for over 30 years, I find this research both provocative and engaging.”  
—Leon Hammer, M.D., author of Chinese Pulse Diagnosis

Inside you'll find: \* the theory behind this technique \* instructions for self-diagnosis \* specific instructions for application, depending on the ailment or condition you're treating

I will be interning in a pain clinic where patients have experienced both physical and non-physical trauma; some patients are needle sensitive and I am exploring alternative and complementary options (in addition to acupressure). While there is a combination in the back of the book that seems to suggest a potential general approach, a lot of the recommendations are 1:1 for FE points, so that makes it impractical for such a purpose, particularly since they would require varying degrees of dilution. I've only skimmed through, so I will comment further once I've read it more thoroughly and played with practical application. I have great appreciation for the 5E approach. However, for my purposes this feels a little clunky for a student using public transportation since it could require carrying 20+ flower essences. I'm definitely not going to have access to gold needles in a community clinic...That being said, it appears to be an intriguing approach and overlay to the 5E approach, so for people who want to play with both systems and who don't mind investing in a collection of flower essences, I'd still say give it a shot. I am probably going to play with 2 or 3 key points/FE to see how they work and go from there. Having experienced excellent results from 5E acupuncture treatment I am honestly a little skeptical about trying to enhance it. However, as an alternative to needling I can see where this approach might be helpful. So while this doesn't appear to fit my needs at this particular point in time, I'm keeping an open mind.

Combining acupuncture with flower essences is the epitome of energy medicine. Concise information on each aspect with the how to information included for an easy read and simple look-up. If not using Dr. Bach essences, then there are Flower Essences of North America - FES actually. I believe in using your natural support from as close to where you live as possible, but that is just me. I used the flower essences with acupuncture combination for breast cancer issues, clearing energy and calming fears.

This is a great book. I have had a lot of good results from using the essences with the acupressure sites. It really changes my energy for the day.

A beautiful book. Beautifully written and illustrated, with a clear and easy to understand text. Accessible for both professional and non professionals looking to enhance work with the energy vibrational systems. Addresses emotional and spiritual growth issues.

Lovely, informative and simple.

I really enjoyed reading this book. It has given me a new way of taking flower essences. For those who are alcohol sensitive can try applying flower essences topically at their specified acupuncture points.

The protocols in this book really work! Acupuncturists should integrate flower essences into their skill set and individuals can follow the guidelines on their own. Many thanks for your discoveries!

This method of flower essence use is so easy and effective. I really like this book for clear instructions on how and why to use the Essence remedies for everyday issues.

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