



# Distress Remedy

## Flower Essence Blend for Emotional Shock and Physical Trauma

Since Edward Bach pioneered the use of homeopathic preparations made from flowers for treatment of emotional illness, thousands of people have found flower remedies beneficial in the healing process. Edward Bach's best selling flower essence is a blend of five remedies called Rescue Remedy. Thousands of people have found this blend helpful for times of trauma, easing both physical and emotional shock.

Distress Remedy is a blend of the same five flowers found in Rescue Remedy, plus four additional flower remedies, which increase the remedies' ability to ease both physical and emotional trauma. Distress Remedy can be taken during any period of physical or emotional stress. It is a great remedy to use when people are in emotional shock from accidents, death, divorce, arguments or depressing world events. It helps clear the head and heart, restoring a sense of calm and inner peace.

Distress Remedy can also be applied topically and/or taken internally to speed up healing in actual physical injury. It will reduce the swelling and pain in bruises, abrasions, sprains and other minor injuries that do not involve bleeding. It can be applied directly to affected areas or diluted in water in a spray bottle to "mist" larger areas of injury.

The following flower remedies contribute their healing properties to Distress Remedy

*Arnica montana* (Leopards Bane) was named "the fall herb" by the Germans because of its amazing capacity to quickly heal bruises. It rapidly reduces swelling in sprains, strains, fractures and other injuries. The flower essence also helps with disassociation during times of trauma. It helps a person reconnect with their sense of well-being and recover from deep-seated shock.

*Helianthemum nummularium* (Rock Rose) helps a person overcome deep fears, including terror or panic, during times of stress. It helps restore inner peace and tranquility in the face of challenges and accidents. It is also useful for people who fear death or annihilation of the self. A durable plant living in dry, rocky soils, it helps one overcome rocky experiences.

*Calendula officinalis* (Garden Marigold) is used homeopathically to heal cuts, cracked skin, seeping wounds, sores and burns. The flower essence promotes human warmth and receptivity in communication, helping to heal the effects of cutting and sharp words, and to soften aggressive and antagonistic communication. It helps one be more receptive to others in communication and provide the "soft answer" that turns away wrath.

*Atropa belladonna* (Nightshade) isn't used much as an herbal remedy, except by professional herbalists, because it is poisonous. However, it is a very safe and is frequently employed in homeo-

pathic remedies. As a homeopathic it is used primarily to reduce pain, inflammation and irritability.

*Symphytum officinale* (Comfrey) has long been used as an herb to promote the healing of sprains, fractures and other injuries. The flower essence brings the sufferer greater capacity to release the negative experience of injury and direct the healing process.

*Impatiens glandulifera* (Impatiens), as suggested by its name, helps a person have greater patience and acceptance of life circumstances. It helps ease feelings of frustration, tension, anger, irritation and intolerance. It helps them "go with the flow" of what life is bringing to them.

*Clematis vitalba* (Traveler's Joy) brings stability to the injured person. When coping with disaster, there is a tendency to mentally and emotionally escape. This climbing vine helps the victim cling to reality and cope with pain or grief. It brings a focused presence and helps ground impractical ideas and ease the tendency to daydream.

*Ornithogalum umbellatum* (Star of Bethlehem) is the comforter essence. A member of the lily family, it brings soothing and healing qualities to situations of shock or trauma. For sufferers who act defeated, quiet, and slow, this white flower brings energy, inner power and mental clarity.

*Prunus cerasifer* (Cherry Plum) helps overcome deep stress and fear, especially the fear of losing control or having a nervous breakdown. For those who are desperate and may consider suicide, this bright white flower will bring power and encouragement. It helps with spiritual trust and surrender.

### Using Distress Remedy

Whenever shock or trauma occur, try taking 10 to 15 drops of Distress Remedy under the tongue every 10-15 minutes, until relief is experienced. You can also add 10-15 drops to a glass of water and sip slowly. Distress Remedy may be applied topically to minor injuries. When using topically, you can apply the remedy straight or dilute in water (10-15 drops per pint) and mist the injured area using a spray bottle. The remedy is not only helpful for the injured person, but also for those who may have witnessed the injury. For serious injuries, seek appropriate medical assistance.

### Selected References

Flower Essence Repertory by Patricia Kaminski and Richard Katz  
Flower Remedies Handbook by Donna Cunningham  
The Healing Herbs of Edward Bach by Julian and Martine Barnard  
Bach Flower Therapy by Mechthild Scheffer

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