



# Bach Flower Essences and Chinese Medicine

*Pablo Noriega*

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## **Bach Flower Essences and Chinese Medicine** Pablo Noriega

A guide to applying the power and wisdom of Chinese Medicine to Bach Flower Therapy

- Includes detailed write-ups about the indications and effects of each of the original 38 Bach flower remedies according to Chinese Medicine
- Explains the relationships between specific emotions, symptoms, and regions of the body according to Chinese Medicine
- Offers a complementary method of Flower Essence evaluation using physical conditions to access the emotions

Bach flower essences provide excellent tools for balancing energetic disturbances generated by emotions. Yet people often have trouble clearly expressing their feelings and emotions, making selection of a specific flower essence difficult. Drawing upon the centuries-old relationships established in Chinese Medicine between emotions and physical disorders, Pablo Noriega shows how to use a person's descriptions of their complaints and chronic conditions combined with Flower-type personality traits to diagnose which flower essence to prescribe in each unique case.

The author includes a full primer on Chinese Medicine, exploring in detail the main principles: Yin and Yang; the Five Elements and their associated Organs; Blood and Energy; the Virtues, the behaviors that can strengthen the Elements; and the Psyche, the energetic spirit of each Organ. He reveals the direct correspondences between specific emotions, symptoms, and regions of the body and how the Flowers help regulate Spirit and work on the emotional foundations of many common chronic disorders.

Providing detailed profiles about each of the original 38 Bach flower remedies according to Chinese Medicine, Noriega explains how to prescribe flower essences for prevention of predisposed conditions, for healing of acute and chronic ailments, and for disorders that arise from stagnant energy and yin-yang imbalances. Offering flower essence therapists new possibilities for evaluation and treatment, this guide also helps Chinese Medicine practitioners incorporate Flower Essences into their practice.

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