

# Cornelia Richardson-Boedler

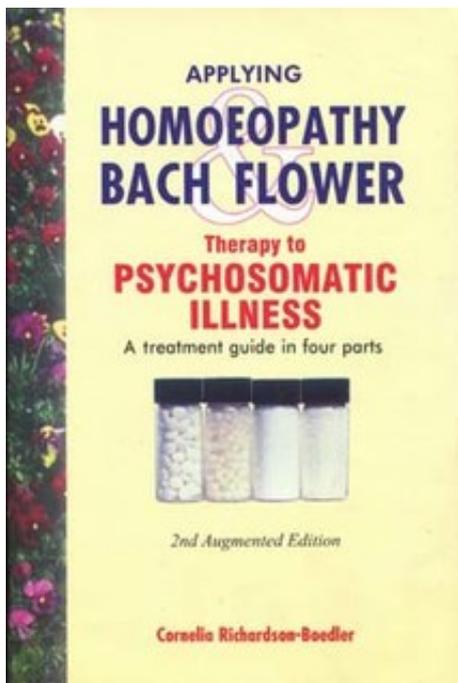
## Applying Homoeopathic Bach Flower - Therapy to Psychosomatic Illness

### Leseprobe

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von [Cornelia Richardson-Boedler](#)

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# INTRODUCTION

THE PSYCHE, formative for the organism, spreads any discord to the physical body, upsetting its delicate balance and function. Long-persisted-in psychological imbalances, particularly, leave a deep mark on the body.

Psychosomatic medicine has developed from the close observation of detrimental mental/emotional effects on the body. These effects have been clearly demonstrated and categorized into several groups of diseases termed according to the physical expression of symptoms.

Parallel to these efforts, the English physician Edward Bach (1886-1936) realized that the mind and emotions are responsible for the formation of chronic diseases in general, excepting those conditions arising from accidents, or old age, or degenerative defects. His goal was to identify the various mental/emotional states experienced by man and to find remedies that would address the imbalances. These remedies, by lifting the mind/emotions, would prevent the development of physical side effects and propel physical cure in case if physical symptoms had manifested. This undertaking, unparalleled in medicine, led Bach along a fascinating road of discovery, closely interwoven with the soul of man and the medicinal storehouse of nature.

The thirty-eight Bach Remedies, prescribed according to

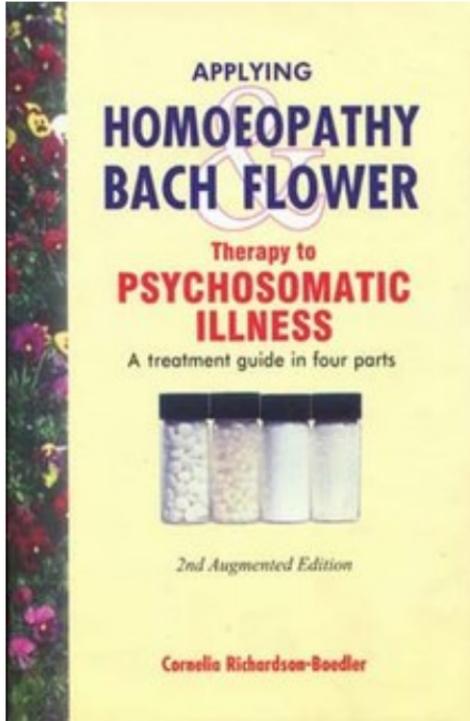
mental/ emotional indications, have been proven to have far-reaching healing effect in mind/ emotions and also the body, and they are well suited for treatment of psychosomatic complaints. Other than psychiatric medicines, which attempt to heal mental/emotional dynamics by chemically altering the physiological processes, the Bach Remedies work according to homoeopathic principles, influencing the totality of the person through subtle, vibrational, or energy-related effects<sup>1</sup>. By reaching the inner core, the seat of the trouble, healing effects radiate through all levels of the human being, the chemical/physiological level as well. Classical homoeopathic medicine, discovered and developed by the physician Samuel Hahnemann (1755-1843) in the eighteenth century, can be added to the treatment to achieve further deep-reaching holistic cure, specifically also on the physical plane. These remedies, indicated according to the totality of mental/emotional and physical symptoms, work somewhat differently from the Bach Remedies, but both are considered homoeopathic healers.<sup>2</sup>

This book uses the medical model of psychosomatic disorders and provides a treatment guide to the application of holistic medicines to these classified diseases. More specifically, it guides to the use of Bach Remedies and homoeopathic remedies in the treatment of psychosomatic disease. In years of medical research, the various manifestations of psychosomatic disorders have been observed and categorized; the goal was to link certain physical disorders to a definite psychic causation. Patients were observed according to these conditions; certain, traits of disease and certain disease expressions and their psychological concomitants crystallized.

This book also contains a keynote materia medica of the Bach Remedies that includes a list of complementary

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homoeopathic remedies mirroring the mental/emotional dynamic of each specific Bach Remedy. In addition, related therapies utilizing the Bach Remedies' plants will be noted. A Bach Remedy repertory concludes this work, presenting with an inbuilt structure that is to guide to the achievement of psychological health. Part 4 provides an additional dimension by analyzing and comparing the homoeopathic, allopathic, herbal, and Bach Flower healing systems. These systems effects on the human body and, correspondingly, their pharmacological origins are being highlighted. By use of the Doctrine of Signatures, an exploration of the entire Bach. Healing System as well as of several homoeopathic remedies is given, and each remedy addressed is interpreted according to its natural symbolism. •

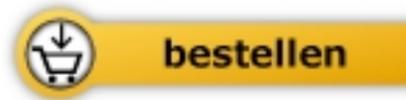


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A Treatment guide in four parts

766 Seiten, geb.



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