

# Five-Flower Formula™

Dr. Bach's remedy for stress and trauma



**"In my opinion, the Five-Flower Formula™  
packs more 'punch' and acts  
more immediately than Rescue Remedy®."**

Dr. Jonathan Curzon, DC, Curzon Chiropractic Clinic, Perkasie, Pennsylvania

## About the Five-Flower Formula™

The Five-Flower Formula™ is praised throughout the world by health practitioners and lay persons. The formula of five different flower essences — Clematis, Cherry Plum, Impatiens, Rock Rose, and Star of Bethlehem — was developed by Dr. Edward Bach in the 1930s through his own practice and observation. Over the years, it has come to be regarded as a “rescue” combination for its remarkable ability to address emergency and crisis conditions. Prepared in rural England by renowned teacher and naturalist, Julian Barnard of Healing*herbs*™, Ltd., the formula is made according to the original directions of Dr. Bach. True to Bach’s original intentions, it is not prepared or labeled as a homeopathic remedy.

## Indications for Use

- ☆ **Emergency or Crisis** — Calms mental levels of pain, suffering, and confusion – use for the person who is suffering as well as those who are helping.
- ☆ **Recovery from Trauma** — Promotes recovery from trauma, injury or illness, by relieving stress, anxiety and tension.
- ☆ **Baseline Remedy for All Healing** — Stabilizes and calms the mind-body interface, before addressing specific emotions and behavior patterns.
- ☆ **Calms Children** — Use after household accidents, falls, scrapes, or burns, used along with appropriate physical care.
- ☆ **Aids Animals** — To pacify wild or trapped animals, or to help any injured or stressed pet, or when transporting any animal.
- ☆ **Plant Protection** — Use whenever transplanting to reduce shock, or in vases of cut flowers.
- ☆ **Prevention** — Use before known stressful situations such as visits to the dentist, preparation for surgery, labor and delivery, travel or moving.
- ☆ **Post-Trauma** — Use for post-traumatic stress of any kind, including surgery, war, rape, natural disaster, or loss of one’s loved ones or home.

## Practical Suggestions for Use

### Storage and Access

It is important that you store Five-Flower Formula™ in several places for immediate access during emergencies: purse or briefcase, glove compartment of each vehicle, medicine chest, bathrooms, and kitchen.

### Dosage

Five-Flower Formula™ is sold at the level of stock concentration. The stock level will keep indefinitely. It is best to store it at this level so that it will be potent for immediate use in emergency situations. Stock concentrate can be taken directly under the tongue, or applied to pulse points. The stock concentrate can also be diluted in a spoonful of water, or several drops can be put in a half-glass of water and sipped slowly. A **dosage bottle** can be made by adding 2-3 drops of stock to a one-ounce bottle filled 3/4 full with fresh spring water and topped off with brandy as a preservative. Use the convenient **spray bottle** for immediate application directly into the mouth.

### Emergency Administration

If you are assisting someone who is unable to drink, you can rub some of the concentrate on the lips and on the pulse points of the body. Alternatively, you can spray or mist the formula on the lips and over the whole body by using the **spray bottle**.

### Topical Application

The Five-Flower Formula™ is very effective when applied topically in a creme base. Use a neutral creme which is easily absorbed. (Wide mouthed jars of FES Self-Heal Creme™ are designed for such use.) Add 10 drops of Five-Flower Formula™ per ounce (20 drops for 1.7-ounce / 50 gram jar). Stir clockwise and counter-clockwise for about one minute. This creme is highly beneficial for many emergency situations and can be made and stored along with the concentrate for future emergency use, or it can be made as needed for situations which arise.

## Five-Flower Formula™ for Animals

The stock should be diluted into water for very small animals such as birds. One method of application is to use the **spray bottle** to mist the formula on the mouth and on other parts of the body. The formula can be added to the drinking water, provided a fresh batch is made once or twice a day. (The remedy will lose potency when exposed to air for several hours.)

## Five-Flower Formula™ for Plants

Add 10-15 drops of stock concentrate to a large watering can and water after transplanting. Add proportionately more to a large backpack sprayer dedicated to vibrational remedies and spray around the entire periphery of the plant or community of plants needing help. Add 1-6 drops of concentrate (depending on the size of the vase) to the water for fresh cut flowers.

## Intended Use

Five-Flower Formula™ is not a substitute for qualified emergency care or medical or psychiatric intervention. For example, it can be used to help someone who is injured and is en route to the hospital, but it does not replace appropriate medical care or examination following any major injury or accident. Similarly, the Five-Flower Formula™ may be very helpful in alleviating acute emotional stress following a devastating experience, but it not intended to replace other forms of mental health counseling and care.

## Herbal Supplement Status

Five-Flower Formula™ is a herbal supplement and is not intended to diagnose, treat, cure or prevent any disease. This product and the statements made in this brochure have not been evaluated by the Food and Drug Administration (FDA).

**Calms Animals:** *I used Five-Flower Formula™ to calm a cat who was having seizures. Three drops under the tongue at onset of the seizure and Five-Flower Formula™ made the symptoms disappear right away.*

Judy Anderson, La Porte, Texas

## Profiles of the Five-Flowers

### Rock Rose

*Helianthemum nummularium*

The botanical name of this plant derives from Helios, the Greek God of the Sun. It is an apt name for this bright yellow flower, which grows as a low spreading shrubby plant in dry, rocky soils. The yellow flowers of the Rock Rose evoke a strong force of solar light which literally comes right into the “rocks” of the earth.



It is used for extreme conditions of terror or fear. Its role within the Five-Flower Formula™ is to bring stabilization and calm, particularly by helping to anchor light, or an inner force of sun-radiance, that darkens during extreme states of fear or panic.

**Revitalized Plants:** *“We recently transplanted our green beans . . . . A few days later, we got hit with a late-winter storm — high winds, hail, sleet, low temperatures. I filled a 26-oz. plastic spray bottle with tap water and added 2-3 droppersful of the Five-Flower Formula™ and gave the beans a good shower. . . . within two days the beans were back up, healthy and growing again!”*

Nancy O'Brien, Virginia Beach, Virginia

**Stopped a Child’s Tantrum:** *“I was working one day in my herb store when my three-year-old daughter decided to throw a temper tantrum. Casually, with my customers watching, I placed a couple of drops of Five-Flower Formula™ into the palm of my hands and rubbed this on the top of my daughter’s head. Instantly, my daughter wanted to be picked up and she laid her head down on my shoulder without uttering a word. Her tantrum stopped immediately.”*

Lynda Baker, Long Beach, Mississippi

**Clematis** *Clematis vitalba*

This woody perennial grows as a twisting vine, producing creamy white flowers and silver-white feathery seed heads. This plant exudes a quality of dreamy, "other-worldliness," and is indicated for amorphous states of awareness lacking in clarity and fully awake consciousness. The Clematis helps to draw one's consciousness back into the body and into present time during episodes of extreme stress.



**Better Results with Five-Flower Formula™:** *"I had one customer tell me that she switched from Rescue Remedy® to Five-Flower Formula™. She believed that the Rescue Remedy® had stopped working, and she said that she got great results from Five-Flower Formula™. I think that this is probably due to the positive energy that goes into the whole FES line."*  
J.D., Wild Oats, Fort Collins, CO

**Lower Price:** *"I have used Rescue Remedy® in the past. I tried Five-Flower Formula™ and, in my opinion, it works more quickly. I love the lower price."*  
Marsha Wicklund, Santa Maria, CA

**More Potent:** *"Recently, I brought your line into our store, and tried the Five-Flower Formula™. It seems to me to be more potent than the Rescue Remedy®. My customers tell me that they have noticed the same thing."*  
Karen, Bumble Bee Health Foods, Mountain View, CA

**Better Quality:** *"My patients and my customers are of the opinion that the Five-Flower Formula™ is a better quality essence than the Bach Rescue Remedy®. They tell me that they get better and quicker results."*  
Rebecca Dawn, New Dawn Wellness, Kodiak, AK

*Rescue Remedy® is a trademark of Bach Flower Remedies, Ltd.*

**Impatiens** *Impatiens glandulifera*

This special species of Impatiens is native to the Himalayas and differs considerably from common nursery varieties. The mauve and magenta flowers are deeply invaginated; in fact the five petals are fused to form a “helmet.” In contrast to the flower, the seed pods are fat, pointed, and explode and scatter with considerable force. The Impatiens prefers damp, shady conditions and especially likes to grow along streams. This plant integrates force and vitality with containment and interiorization. As its old folk name of Impatiens suggests, it is used to balance and soothe those who suffer from intense irritability, impulsivity, or hastiness. The Impatiens flower helps us to “breathe with” time, rather than to fight it. It is used in the Five-Flower Formula™ to retain calm and reduce reactivity to outer circumstances.



**Healingherbs™ are genuine Bach Remedies:**

*“Julian Barnard has been a close friend and colleague of mine for over seventeen years. He has devoted his life to studying and teaching about the work of Edward Bach. The Healingherbs™ are genuine Bach remedies, prepared according to the original methods... These essences are prepared with great care, love, and integrity to ensure perfection through simplicity, and to achieve the miracle of Nature’s Healing, which is everyone’s birthright. The Healingherbs™ are my own personal choice, and I wholeheartedly give them my recommendation and support.”*

The late Nickie Murray, former Director of the Bach Centre in England

**Cherry Plum** *Prunus cerasifera*

The Cherry Plum is a member of an impressive family of plants called the Rosaceae, comprised of roses, berries, related shrubs, and many fruit-bearing trees. All members of this plant family are distinguished by intense earth forces, and the Cherry Plum is no exception. It grows to the height of a small tree, with a ragged head and many suckers, and sometimes has thorns. By contrast, the flowers are pure white with pink



tinges and yellow stamens, and have a most delicate aroma. The Cherry Plum is beneficial for states of extreme tension, characterized by a fear of losing control. This over-straining and tightening of one’s “psychic grip” on reality creates profound stress. The pure white flowers of the Cherry Plum bring a sense of inner peace and stillness, easing the contraction felt in the body and mind during times of panic and emergency.

**Helps with Traumatic Situations:** *“My primary focus as a counselor is to help women who have experienced domestic violence, rape, or sexual abuse. I find the Five-Flower Formula™ to be an invaluable beginning point in the therapeutic journey.”* C.S., New York, NY

**Calms Babies:** *“A baby was wailing and crying in my store... I asked the mother if I could try Five-Flower Formula™ on the baby. ... I rubbed drops from the stock bottle on the soles of the baby’s feet and also a bit on the crown. Within a minute or two, the baby calmed right down, even cooing! Needless to say, this impromptu demonstration became an instant selling tool!”*

Joan Darcy, Healing Waters and Sacred Spaces, Portland, OR

**Star of Bethlehem** *Ornithogalum umbellatum*

This six-pointed star-like flower is the crowning touch of the Five-Flower Formula™. A member of the lily family of plants, this small flower shines with pure whiteness and perfect geometry. It imparts a deep spiritual equilibrium, in which all the parts of the Self are in perfect harmony. The Star of Bethlehem helps us to



regain deep composure, to remember again who we really are, and to act from the knowledge of our divine and sacred Self. Any crisis or experience of suffering — no matter how devastating — is an opportunity for mastering the trials of life. Star of Bethlehem points us to a deeper sense of acceptance and understanding of our experience from a spiritual perspective.

**Soothes Terrified Animals:** *"I have used the Five-Flower Formula™ with great success with an abused cat who had an absolute terror of car trips. He went from being an absolutely terrified screaming cat to almost completely calm within 30 seconds of administration. I've also used Five-Flower Formula™ in many tragic situations (deaths, etc.) and noted a profound grounding and centering effect on myself and others."* S. Hasler, Co-owner, Living Earth Herbs, Eugene, OR

**Stabilizes Animals During Travel:** *"I have raised and sold puppies for 25 years. I have tried all sorts of remedies for motion sickness with puppies. I have never seen anything help with motion sickness like Five-Flower Formula™. I recently purchased a few puppies in Sacramento, and flew them back home to Illinois. This was a 4-1/2 hour plane ride. Not one of the puppies experienced nausea. It worked wonderfully. All they did was sleep all the way through the flight. Amazing."*

Kelly Levon, Wauconda, IL

## FES Donation of Five-Flower Formula™ Helps Animal Rescue Service

Flower Essence Services has an active donation program for natural and humanitarian disasters, disadvantaged populations, and animal rescue services. In August, 2000, FES donated flower essences to Wildkind, the wildlife rehabilitation facility of the Larimer County Humane Society in Fort Collins, Colorado. The animals received daily doses of Five-Flower Formula™, and other essences according to their emotional needs. The following are two typical cases using Five-Flower Formula™ and other flower essences.

Animal Protection and Control officers took custody of a 6-year-old neutered mixed breed male dog whose owner had recently died. The officers found the dog was cowering in a corner and snapping or biting at anyone who approached it. **Five-Flower Formula™** was diluted in water and squirted at the dog in the mouth/nose area. Within five minutes, the dog became approachable. The officer was able to collar and leash him and lead him into the van.



Oscar, an adult female African Gray parrot was brought to Wildkind by her owner. Oscar had picked most of her feathers and had obviously not been receiving enough attention.



Oscar was given one dose of Walnut diluted in water to assist her in coping with the loss of her owner. She was misted with **Five-Flower Formula™** and water at least twice

daily. She was also given Red Clover diluted in her water, as needed, when she became agitated or stressed with her surroundings. Sarah Breuilly, the Wildkind coordinator, reported, "Oscar has ceased feather picking and has adjusted to her new owner very well."

## Scientific Studies with the Five-Flower Formula™

Two double-blind placebo studies of Five-Flower Formula™ show significant calming and de-stressing results as shown by EMG (muscular activity) and EEG (brain wave activity) measurements.

### **Five-Flower Formula™ reduces stress reaction:**

Dr. Jeffrey Cram studied the use of Five-Flower Formula™ by subjects in an induced stress situation — a mental arithmetic exercise. In the test group of 24 subjects, those using the flower remedy were found to have a significantly reduced level of reactivity, as measured by muscular activity (EMG) at spinal locations corresponding to the heart and throat chakras. The study followed strict double-blind procedures with a placebo control group.

This study was published in Volume 11, Number 1 (year 2000) of *Subtle Energies and Energy Medicine*, a peer-reviewed journal of the International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM).

### **Five-Flower Formula™ and Yarrow Special Formula (now known as Yarrow Environmental Solution™) reduce environmental sensitivity:**

Dr. Cram conducted a double-blind scientific study with Five-Flower Formula™ and Yarrow Special Formula in which subjects were exposed to an intense environmental stimulus — strong, unshielded fluorescent lights. Those taking either flower essence formula showed far less reactivity to the lights as measured by the beta wave brain activity at the frontal lobes, and by muscle activity in the heart region. This study was published in *California Biofeedback* Vol. 18, No. 1, Spring, 2002.

These articles are also available online at the Flower Essence Society website at [www.flowersociety.org/scientific.htm](http://www.flowersociety.org/scientific.htm).



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Written by Patricia Kaminski  
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Certified **Biodynamic®** by the Demeter Association and  
made with **Organic** and wild-harvest ingredients  
certified by Stellar Certification Services.

"I have been using Five-Flower Formula™ compresses for my clients after cosmetic surgery. Four drops of the Five-Flower Formula™ straight from the stock bottle on a small compress applied to the face, speeds healing in more than twice the time of normal healing."

Nancy LaPozina, RN, Raleigh, North Carolina



**Five-Flower Formula™ & Healingherbs™**

**Ask for them by name!**



**Biodynamic®**  
Made with Organic  
and Wild-Harvested Ingredients



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