# Guide to the remedies

Each of the 38 remedies discovered by Dr Bach is directed at a particular characteristic or emotional state. To select the remedies you need, think about the sort of person you are and the way you are feeling. For more information on each remedy in this list click the relevant link. It might help to read some case studies first to see how they work.

Agrimony - mental torture behind a cheerful face
Aspen - fear of unknown things
Beech - intolerance
Centaury - the inability to say 'no'
Cerato - lack of trust in one's own decisions
Cherry Plum - fear of the mind giving way
Chestnut Bud - failure to learn from mistakes
Chicory - selfish, possessive love
Clematis - dreaming of the future without working in the present
Crab Apple - the cleansing remedy, also for self-hatred
Elm - overwhelmed by responsibility
Gentian - discouragement after a setback
Gorse - hopelessness and despair
Heather - self-centredness and self-concern
Holly - hatred, envy and jealousy
Honeysuckle - living in the past
Hornbeam - tiredness at the thought of doing something
Impatiens - impatience
Larch - lack of confidence
Mimulus - fear of known things
Mustard - deep gloom for no reason
Oak - the plodder who keeps going past the point of exhaustion
Olive - exhaustion following mental or physical effort
Pine - guilt
Red Chestnut - over-concern for the welfare of loved ones
Rock Rose - terror and fright
Rock Water - self-denial, rigidity and self-repression
Scleranthus - inability to choose between alternatives
Star of Bethlehem - shock
Sweet Chestnut - Extreme mental anguish, when everything has been tried and there is no light left
Vervain - over-enthusiasm
Vine - dominance and inflexibility
Walnut - protection from change and unwanted influences
Water Violet - quiet self-reliance leading to isolation
White Chestnut - unwanted thoughts and mental arguments
Wild Oat - uncertainty over one's direction in life
Wild Rose - drifting, resignation, apathy
Willow - self-pity and resentment

The original system also includes an emergency combination remedy. Other pre-mixed combinations are offered by many remedy producers, but they tend to be ineffective because they are not chosen individually. To get help selecting remedies contact a local Bach Foundation Registered Practitioner.