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Bach Flower Therapy: Bach's Seven Groups and Their Indications

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ABSTRACT:

Dr. Edward Bach discovered Bach flower Remedies which are prepared from the extracts from the flowers of wild plants, bushes and trees. These days emotional problems are increasing and bach flowers remedies can be used for emotional problems. There are group of Bach flower remedies for different emotional pattern. Dr. Bach believed in the healing negative emotion helps the body heal itself.

Keywords: Bach flower remedies, various emotions.

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