

Bach Flower Essences for Pregnancy, Birth & Post-Partum



A Complementary Approach for Mothers-to-be and New Mothers

Bach Flower Essences are particularly useful because they are associated with the awareness of our emotions – which can be up, down, here, there and everywhere during this time! During pregnancy, birth and the post-partum period all kinds of emotions can come to the fore and it can be a struggle with numerous changes to cope with.

Read on to learn more about how Bach Flower Essences can help support you.....

Pregnancy



Emotions & Corresponding Essences

Walnut - The flower essence associated with adjusting to change

White Chestnut – For persisting or worrying thoughts that keep you awake (insomnia) – this is the flower essence which has been added to 'Rescue Remedy Sleep'

Impatiens - The flower essence for irritability or you need to have everything done, and done now!

Elm – For feeling overwhelmed by everything (e.g. planning the nursery, shopping for baby, leaving work)

Beech - The flower essence you would consider if everyone else's irritating habits are bothering you

Crab Apple – Not all women feel like they 'glow' during their pregnancy, and for some, the natural changes in appearance and shape can make you feel down. Crab Apple is the flower essence that can help us to accept these changes, as well as become more confident in how others view us too.

Mimulus – The flower essence you would consider if you have a known, specific fear (for example: birth). As the birth gets closer, it is normal to feel nervous and Mimulus is the flower essence specifically for fears around your upcoming birth.

** Flower Essences sold in stores are preserved in alcohol. During pregnancy please dilute them to reduce the amount of alcohol to trace levels (see how to take flower essence handout on website page). Consult your primary healthcare provider if you have any concerns.

Birth



Star of Bethlehem – The flower essence to consider if your birth has been traumatic in any way (emotionally/physically) – good for birthing partners too!

Larch – The flower essence for when you are lacking confidence in your ability to birth – to help regain conviction again

Gentian – For serious doubt and despondency when labour slows down & feelings of discouragement sit on the surface – this flower essence will help renew optimism

Olive – For a lengthy and tiring labour, Olive will help relieve mental and emotional exhaustion



Sweet Chestnut – For when you feel you have reached your limit and can't go on (think requesting pain relief), Sweet Chestnut is the flower essence to help regain your inner strength

Rescue Remedy – Also known as the crisis formula, Rescue Remedy is a combination of 5 individual flower essences (Impatiens, Star of Bethlehem, Cherry Plum, Rock Rose and Clematis). This is the remedy to use if you are fearful, confused or even feel terror. Rescue Remedy will help support you to face the situation with a better frame of mind. It helps to reduce your fear, nervousness and to restore balance

Post -Partum



Rescue Cream (with added crab apple) – Applied topically as a multi-purpose skin salve for external application. Moisturises rough, dry skin – can be used on face, hands and body (e.g. cracked nipples, nappy rash)

Star of Bethlehem – This flower essence will help to neutralize any shock which may have occurred during the birth

Walnut – For a mum, partner and children that may feel a new baby has turned their house upside down – Walnut is the flower essence for times of adjustment and change. Walnut is also good for protection against outside influences (e.g. unwanted advice and several different opinions)

Elm – Is for people who are usually 'very capable' but simply feel they can't cope when there are new, extra demands placed on them (mum & partner). For helping build confidence with getting breastfeeding established

Olive- For exhaustion and tiredness to the point of tears and all reserves of strength have run out

Crab Apple – For accepting one's physical self, especially adapting to breastfeeding (great for first time mothers)

Gentian – When things don't go as planned or life with a new baby is not what you expected, Gentian is the flower essence to help ease such feelings

***Disclaimer:** The information, including but not limited to, text, graphics, images and other material contained in this information handout are for informational purposes only. The purpose of this handout is to promote broad consumer understanding and knowledge of various holistic health & Birth support topics. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read in this information handout.*