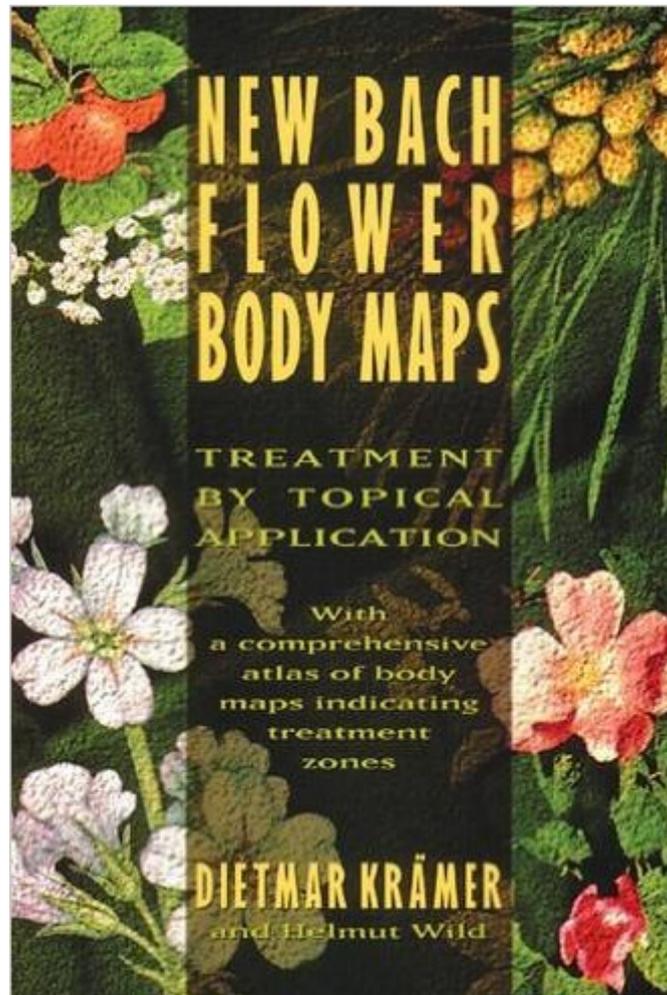


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New Bach Flower Body Maps: Treatment By Topical Application



Synopsis

Dietmar Kramer, one of Germany's most innovative practitioners of Bach Flower Therapy, has developed powerful new therapeutic applications that remain true to Edward Bach's wish for simplicity and ease of use. *New Bach Flower Body Maps* details Kramer's unique system of diagnosis, in which 242 areas of the body are correlated with each Bach Flower Remedy, and are mapped out in diagrams indicating the relationship between remedy and body zone. By reading the body maps, one can treat both physical symptoms and their emotional causes more directly. Physical ailments are relieved when the flower essences are applied to the skin, and underlying emotional problems improve more rapidly after topical treatment than after taking the drops orally. Preventive treatments are also possible using the body maps. The author demonstrates that the effectiveness of the flower remedies is greatly increased when they are applied in the form of compresses or ointments. Kramer's procedures are illustrated by many case studies which confirm the effectiveness of this significant new extension of Bach Flower Therapy. Bach Flower Remedies are also used in beauty therapy. Many practical examples illustrate the use of Bach Flowers in skin care.

Book Information

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Customer Reviews

Healers have long known about the effectiveness of the Bach Flower Remedies, which are usually ingested. Dietmar Kramer, a licensed naturopath, has experimented successfully with applying the remedies directly on the skin. The remedies don't work if simply applied indiscriminately. Kramer

and his associates have developed detailed body maps indicating where to apply which remedies for best results. *New Bach Flower Body Maps* presents the results of their research, a companion to his earlier volume, *New Bach Flower Therapies*. It includes clear and concise diagrams of the 242 areas of the body where the remedies should be applied, along with simple instructions for making compresses and lotions. Kramer wrote both volumes because "new therapeutic consequences, resulting from our practical work with the patient and an intuitive approach, have opened entirely new possibilities for Bach Flower Therapy in both diagnosis and application." Flower Therapy is based on the premise that negative emotional states manifest as physical illnesses. The Flower remedies are a non-invasive way to treat the underlying causes of disease. Therapists in the past have relied on extensive patient interviews to determine which remedy to use. Kramer's research is groundbreaking, in that he's discovered that "every Bach Flower remedy is related to an area on the surface of the body. Negative moods lead to a change in the energetic structure of these places, which often is accompanied by pain and disturbing sensations in the physical body." His body maps clearly show the recommended Flower remedy for each part of the body.

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