

## History of Dr. Edward Bach and the Flower Remedies

### Lesson 1

Edward Bach was born on September 24<sup>th</sup>, 1886, at Moseley, a village about three miles outside Birmingham in Warwickshire, and was the eldest of a family of two boys and a girl.

To learn the full story of Dr. Bach, including his medical training, how he developed the Bach nosodes in London, how he began his work with the Bach remedies, how he discovered the Bach remedies and his publications you will need to read “The Medical Discoveries of Edward Bach, Physician” by Nora Weeks. This is part of your course material and it would be a good idea to begin reading this fascinating book from cover to cover – it is only 140 pages. Some of the final exam questions and course work will be based on this book.

Below are a few interesting historical photos and a brief summary of Dr. Bach’s life.



1886. Edward Bach was the eldest of three children, two boys and a girl. Moseley, now a suburb of Birmingham, was at that time a village, situated about three miles outside the city.



*Review of the Queen's Own Worcestershire Yeomanry Cavalry Regiment, Kempsey Ham, 1838 - by W. J. Pringle.*

At the age of 16 Bach joins the Worcestershire Yeomanry Cavalry Regiment during the Boer War.

In 1912 he qualifies as a doctor – he had moved from Birmingham University to Royal College London where he qualified with the Conjoint Diploma of MRCS (Member of the Royal Society of Surgeons) and LRCP (Licentiate of the Royal College of Physicians).

On 14<sup>th</sup> January at the Parish Church in Hendon, London he marries Gewndoline Caiger.

### **The Life and Work of Edward Bach**

Dr. Bach grew up in Birmingham. From an early age, Bach showed a keen interest in the human condition. Bach studied medicine in the University College Hospital, London. His biographers state that Bach spent much time by the bedside of his patients contrary to most of his colleagues. Thus he came to sense that the real cause of ill health was their worries and upsets, rather than pure physical illness. Bach was a homeopathic physician. He followed his intuition to understand the relationship between disease and people.

Edward Bach believed as many holistic practitioners do today, that disease is the result of imbalances in the body at the soul level.

Dr. Bach's goal in life was to find a way to heal physical, mental and emotional imbalances.

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1913. On 14 January at the Parish Church of Hendon in Middlesex, Edward Bach marries Gewndoline Caiger

Edward Bach started his career as allopathic (orthodox) doctor. He began working in 1915 at University College Hospital in London specializing in bacteriology. Only two years later he became ill and resigned from his position. After two years of illness, he recovered and then began working at the London Homeopathic Hospital. This is where his interest in holistic methods really accelerated.



In 1915 Dr Bach was in charge of war beds at University College Hospital. At the same time, as well as researching into vaccine therapy at the Bacteriological Department he was also a demonstrator in anatomy

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In March 1919 Bach was appointed Pathologist and Bacteriologist at the London Homoeopathic Hospital. [picture shows the Pathology Laboratory a few years earlier].

Here he works on researching the organisms present in the intestines, classifying them into seven groups, by means of their fermentation action on sugar.

The seven groups of bacilli he named were:

- 1 Proteus
- 2 Dysentery
- 3 Morgan
- 4 Faecalis Alkaligenes
- 5 Coil Mutabile
- 6 Gaertner
- 7 No.7

Vaccines prepared from these groups were found to purify the intestinal tract.

Each patient was tested for the bacterial group predominant in the intestines and either an autogenous or polyvalent nosode given. In the autogenous method a remedy was made of the organism isolated from a particular patient and given either by injection or by mouth. To cover a great number of cases a polyvalent nosode, made from collecting organisms from hundreds of patients then potentizing the whole, was administered.

Through the years, Dr. Bach worked with many patients in hospitals and in his own practice located on Harley Street. Bach was especially influenced by the vitalist tradition in healing. This philosophy holds that the functions of a living organism are derived from a vital principle beyond the mere physio-chemical forces with an emphasis on a stronger relationship to natural cures and herbal medicine.

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Dr. Edward Bach was fascinated by nature and the outdoors. His deep love for nature combined with his goals of helping to heal, inspired him to find qualities in flowers and plants that resembled traits or qualities in human beings.

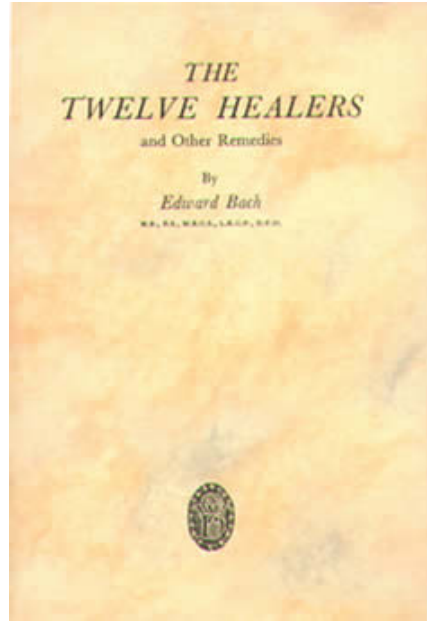
In his first year of working with flowers and patients, he found three plants that he experimented with. He discovered Impatience, Mimulus and later Clematis growing in the countryside of England. He returned to London and tried these different plants with his patients. He found for example, that Impatience helped with irritability and tension. He found that the three flowers helped with different afflictions and this was the beginning of Dr. Bach's Remedies.

In 1929, Bach started to pursue the effects of the extracts of the plants exclusively. He observed every detail of his patients and then searched for plants that matched his patients' needs. His work was guided by intuition and his inner wisdom. He left London and moved to Cromer, Wales. Here he spent all his time with plants, studying every minute detail about them. He would sit with them, receive impressions and study them in depth. Although it may seem surprising to us, Dr. Bach was able to intuitively learn what effects a flower (or plant) could have by this method. This was the very beginning of what we call Plant Signatures or the Doctrine of Signatures. A plant signature is a sort of clue given by the plant in order for humans to be able to select that plant based on their needs. This could be color, odor, shape etc. All clues as to how the plant should be used. It was thought that God had left us a sign, so that we would be able to cure our maladies.

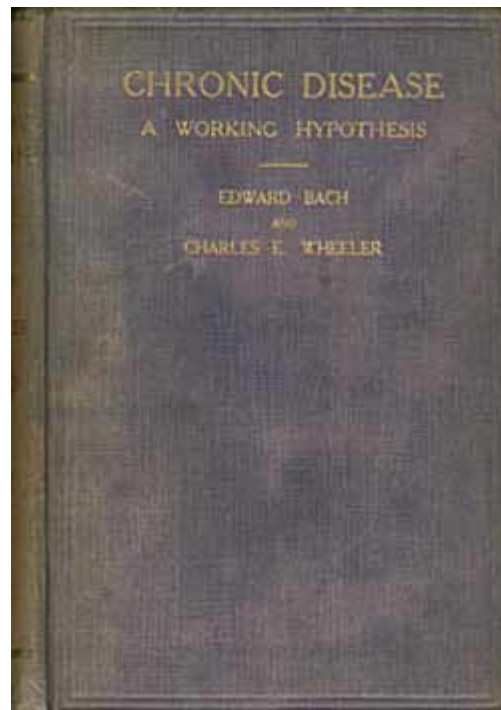
In spring and summer of every year, he searched for his remedies and prepared them. In winter he spent advising those people who came and sought out his help. What is interesting is that Dr. Bach claims that right before he found each remedy, he physically endured each of the malaises the remedies treat and was able to affect a cure based on the remedies he ingested.

By 1932, Bach had 12 of his remedies. The rest were found at Mt. Vernon in Oxfordshire. There, he completed his life work, and died at the relatively young age of 50.

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1936. Bach published 'The Twelve Healers and Other Remedies'. The 38 remedies were placed under the following seven headings: For Fear, For Uncertainty, For Insufficient Interest in Present Circumstances, For Loneliness, For Those Over-sensitive to Influences and Ideas, For Despondency or Despair, For Over-Care for Welfare of Others



Published 'Chronic Disease: A Working Hypothesis', written with Dr CE Wheeler who had assisted him in his research

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Bach was living at 42 Canonbury Square. On 2 May he married Kitty Emmeline Jane Light, then living at 89 Calabria Rd, Islington, about half a mile distant.

Dr. Bach originally created thirty eight remedies. Each essence works to treat a specific ailment. In the next lesson, we ll look at each of these remedies individually.



For the second time in his life Bach became very seriously ill.  
He died during the evening of 27 November 1936.

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**Interesting Historical Books** – these books are available for you to download for FREE – please take advantage of these and read them as part of your coursework as they will give you many insights about the philosophy and development of the Bach Flower Remedies. Simply click on the link to download the .pdf files now.

[Patterns of LifeForce by Julian Barnard](#) - This explanation of life force, thought forms and patterns of behaviour illuminates the action of the Bach Flower remedies and their relationship with health and disease.

[The Twelve Healers and Other Remedies by Edward Bach](#) - First published 1933, revised 1934, this new enlarged edition 1936.

[Free Thyself by Edward Bach](#) – first published in 1932.

[Some Fundamental Considerations of Disease by Edward Bach](#) – first published in 1930 by Homeopathic World.

[Heal Thyself by Edward Bach](#) – first published in 1931 by CW Daniels.

[Some New Remedies and New Uses by Edward Bach](#) – first published in February 1931 in Homeopathic World.

[Wallingfrod Lecture](#) - A public lecture given on Bach's 50th birthday in 1936.

### **Videos to watch:**

[Dr Bach's Medical Career](#)

[Bach Flower Remedies – Journal to Simple Healing](#)

[Bach Flower Remedies – Journal to Simple Healing – Part 2](#)

[Bach Flower Remedies – Journal to Simple Healing – Part 3](#)

[12 Healers vs Type Remedies](#)

[Making Flower Essences – Part 1](#)

[Making Flower Essences – Part 2](#)

[High Vibrations with Flower Essences](#)

[Selecting Remedies for Yourself](#)



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[Rescue Remedy](#)

[What Remedies Do?](#)

[Talking About Dr Bach](#)

[Mixing a Treatment Bottle](#)

[What Happens in a Consultation](#)

[Remedies and Children](#)

[The 12 Healers](#)

[Bach Simplicity](#)

[How to Use Bach Flower Remedies](#)

[Bach Flower Remedies – TV Interview](#)

[Bach Flower Remedy: Agrimony](#)

[Bach Flower Remedies: Centaury](#)

[Bach Flower Remedy: Cerato](#)

[Bach Flower Remedy: Chicory](#)

[Bach Flower Remedy: Clematis](#)

[Bach Flower Remedy: Gentian](#)

[Bach Flower Remedy: Holly](#)

[Bach Flower Remedy: Impatiens](#)

[Bach Flower Remedy: Mimulus](#)

[Bach Flower Remedy: Rock Rose](#)

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[Bach Flower Remedy: Scleranthus](#)

[Bach Flower Remedy: Vervain](#)

[Bach Flower Remedy: Water Violet](#)