



Using Bach Flower remedies in pregnancy

Bach flower remedies (BFRs) are liquid plant essences thought to have a positive effect on emotions. 38 remedies plus Rescue remedy are available in health stores. It's not known exactly how BFRs work but they are a form of energy medicine so they don't work chemically & won't interfere with drugs. No research has been done to test safety but BFRs appear to be safe in pregnancy. They're preserved in brandy so avoid them if you have moral objections or health reasons to avoid alcohol. If you have mental health problems consult a qualified BFR practitioner: remedies can reveal hidden feelings for which you may require professional counselling.

Booklets are available in health stores to help you decide the most appropriate remedy for your particular feelings. You can use up to 5 remedies together, taking 2 drops of each in water, up to 4 times a day. However if your emotional wellbeing is no better after taking the remedies for 2 weeks consult your midwife or doctor for further help. Examples of useful remedies include mimulus for fear of labour, scleranthus if you have to make decisions about special tests in pregnancy, impatiens if you feel irritable (also good for premenstrual tension!), olive for tiredness, walnut to help you adapt to your changing role as a mother, crab apple if your blood loss after the birth makes you feel unclean.

Rescue Remedy is good for stress, anxiety, fear, panic and hysteria. Take 4 drops neat on your tongue, as required. You may find it useful just before having blood taken or an internal examination in the antenatal clinic. If you feel generally stressed during pregnancy, take Rescue Remedy regularly to keep you calm. Try some if you wake up at night with vivid dreams. When you go into labour it will ease some of your fears (& help stop your partner from panicking!). Put 4 drops in a glass of water & keep it by you during labour to sip – it's particularly good in the transition period at the end of the first stage of labour, just before your baby is actually born.

Always inform your midwife if you are taking Bach flower remedies or using other complementary therapies during pregnancy, labour or when breastfeeding