



# Flowers That Heal: How To Use Flower Essences

*Patricia Kaminski*

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## **Flowers That Heal: How To Use Flower Essences** Patricia Kaminski

This is an introductory guide to the healing properties of flower essences, with an emphasis on self-reliance and on methods and tools that encourage self-healing. Healing with flowers has many ancient and universal antecedents. But it was Dr Edward Bach, a medical doctor and homeopath, who formulated a precise system for healing with flowers, emphasising that we must 'treat the person, not the disease'. Patricia Kaminski extends Edward Bach's work to include North American flower essences. She illumines the unique features of flower essence healing and outlines a step-by-step programme for choosing flower essences and using them in a wide spectrum of practical situations. Based on two decades of experience as a practitioner, teacher and researcher of flower essence therapy, she discusses many case examples and highlights key essences and formulas for body-soul healing. The book includes beautiful full colour and botanical illustrations, along with an appendix of over 130 commonly used flower essences, helpful addresses and further reading recommendations. Concise, authoritative and informative, 'Flowers that Heal' will be welcomed by everyone who is interested in drug-free alternatives to healing for themselves, their family and their friends.

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