



I Fiori di Bach (Italian Edition)

Daphne & Cloe

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I fiori di Bach - o rimedi floreali di Bach - sono una medicina alternativa ideata dal medico britannico Edward Bach. E' ormai risaputo che i nostri stati emotivi hanno una profonda influenza sul nostro benessere e sulla nostra salute. Uno stato emotivo alterato che si ripete ogni giorno crea delle vere e proprie disfunzioni del nostro organismo. Il 90% delle cause delle malattie dell'uomo proviene da piani che si trovano al di là di quello fisico, ed è su questi piani che i sintomi cominciano a manifestarsi, prima che il corpo fisico mostri qualche disturbo. I Fiori di Bach riequilibrano le emozioni. Si rivolgono solo ed esclusivamente a come reagiamo emotivamente alle vicissitudini, alle esperienze e ai problemi nelle nostre giornate. Donano una grande serenità e pace, coraggio o forza, aiutano a sentirci nel pieno delle nostre possibilità. Possono essere utili a fronte di una malattia, non dal punto di visto fisico ma proprio come sostegno dell'umore. La persona è vista come un individuo completo dove le emozioni sono un punto cardine, e non solo come corpo fisico con dei sintomi. Bisogna quindi analizzare lo stato emozionale e non i sintomi fisici, in base a questo si trovano i rimedi adatti. Infatti soggetti con identici problemi fisici, reagiscano e vivono con emozioni e sentimenti differenti. I Fiori di Bach non aiutano a reprimere gli atteggiamenti negativi, ma li trasformano nel loro lato positivo. Bach ha così suddiviso i 38 fiori dai quali si traggono i rimedi. I primissimi fiori scoperti da Bach furono i cosiddetti "12 Guaritori", che il medico gallese iniziò prontamente a sperimentare prima su se stesso e poi sui suoi pazienti; gli altri 26 vennero scoperti poco tempo dopo, divisi in "7 Aiuti" e "19 Assistenti".

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