

# Bach Flower Remedy as a Health Care System

## Aspects and Implications for Health Education

MARUMURA Iyo

Graduate School of Science for Human Services, Ritsumeikan University

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Bach Flower Remedy is a healing system which acts quietly on various feelings, such as insecurity, anger, and fear, and brings about peace and balance of the mind (Tomizawa, 2003). This was developed by British doctor, bacteriologist, pathologist and homeopath Edward Bach in 1936.

In this study, I examined how individuals changed and what meaning there was for them in learning the humanistic and health basis of the Bach Flower Remedy from the viewpoint health care.

I carried out hour-long non-structured interviews of four participants (m=2, f=2). They passed through Bach international educational program level1, wrestled deliberately with their own problems, and actually use the Bach Flower Remedy.

I examined the basis of the following issues suggested by their narratives: (1) fundamental problems , (2) beliefs , (3) episodes , (4) new beliefs , (5) opinions about Bach's humanistic, treatment and health view and opinions about the Flower Remedy , and (6) implications for the health of body and soul and implications for their life after having learned the Bach Flower Remedy.

As a result, their narratives suggested aspects of Bach Flower Remedy as a health care system, and implications for health education.

They realized problems they had had for a long time, and they faced those problems seriously. They live now, and try to live with new positive thoughts and beliefs in the future.