



Wellness Nerds Get Educated

are you a total Wellness Tragic like the BHT staff? Want to learn more and explore the cutting edge science that's changing the frontier of health? We've compiled a collection of resources for your learning joy!

Flower Essences

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- Halberstein, R., DeSantis, L., Sirkin, A., Padron-Fajardo, V., & Ojeda-Vaz, M. (2007). Healing with Bach® flower essences: testing a complementary therapy. *Complementary health practice review*, 12(1), 3-14.
- Howard, J. (2007). Do Bach flower remedies have a role to play in pain control?: A critical analysis investigating therapeutic value beyond the placebo effect, and the potential of Bach flower remedies as a psychological method of pain relief. *Complementary therapies in clinical practice*, 13(3), 174-183.
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- Walach, H., Rilling, C., & Engelke, U. (2001). Efficacy of Bach-flower remedies in test anxiety: a double-blind, placebo-controlled, randomized trial with partial crossover. *Journal of anxiety disorders*, 15(4), 359-366.

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Wellness Nerd Info Sheets are provided by BHT to put health information back in the hands of clients who are ready to be all they can be. Wellness is about wholebody maintenance, not just treating disease.

Book a session to take your Wellness Journey further : admin@braidwoodholistic.com.au



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