



# **New Bach Flower Therapies: Healing the Emotional and Spiritual Causes of Illness**

*Dietmar Krämer*

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**New Bach Flower Therapies: Healing the Emotional and Spiritual Causes of Illness** Dietmar Krämer  
Dietmar Kramer, a practicing naturopath, has discovered a new approach to diagnosis and treatment with Bach Flower Remedies. *New Bach Flower Therapies* traces the relationships between the thirty-eight flowers in an unprecedented way. "Outer" flowers treat acute, more superficial problems, while "inner" flowers address the deep-rooted conflicts that are the source of surface symptoms. Kramer arranges the inner and outer flowers into twelve "tracks," which can be used as models for therapeutic sequences. By illustrating each track with characteristic case studies, the author shows how varying motives and causes can lead to the same symptom, yet require individualized treatment.

Kramer's work is among the few new therapeutic applications to build upon Edward Bach's work of sixty years ago and remain in tune with his wish for simplicity and ease of use.

Diagnostic aids facilitate the correct choice of suitable remedies, including a detailed questionnaire, which allows the therapist to make the most of the patient interview.

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