



Bach flower tracks and skin zones

An interview to Dietmar Krämer

Bach flower tracks and skin zones

Lucerne, June 4, 2013 – Dietmar Krämer has made a decisive contribution to the development of Bach flower therapy. For example, his discovery of Bach flower skin zones makes it possible to treat physical ailments directly with flowers. And since he discovered the flower tracks, it has also been possible to treat chronic ailments with Bach flowers.

Dietmar, what is so extraordinary about Bach flowers?

It's the simplicity of the therapy. Dr. Bach's main concern was to make the therapy as simple as possible. He once said: "I want to make it so simple that when I'm hungry, I go into the garden and pick some salad. When I feel scared, I take a dose of Mimulus." Another advantage is that flower essences are harmless. They are completely non-toxic, have no side effects, and there is no risk of harm even if the dosage is incorrect. Furthermore, Bach flowers are completely hypoallergenic. They cannot cause violent reactions or initial aggravations, as is possible with other therapies, such as homeopathy. For this reason, this gentle form of therapy is particularly suitable for treating children and highly recommended for newborns, especially since they respond very well to the flowers. Pets can also be treated with this method.

What is special about your Bach flower therapy?

Dr. Bach lived only one year after finding the last flower essence. Due to his short life span, he was unable to discover all the connections between Bach flowers. Therefore, he only treated acute disorders and stopped administering further remedies once the physical symptoms disappeared. However, in the treatment of chronic disorders, flower mixtures are now administered for much longer periods, and for the reasons mentioned above, Dr. Bach was no longer able to observe the reactions.

So you filled this gap, so to speak?

Yes, and one aspect of the "New Bach flowers therapies" that I developed is precisely the treatment of chronic disorders. Such treatments were only made possible by the discovery of the relationships between the flowers. Thanks to a special evaluation and hierarchy, it is therefore possible to systematically move from superficial symptoms to the deeper causes and resolve the problems in their entirety. Thanks to this system, the therapy is very simple even in chronic cases and can be easily controlled by the therapist.

Is there another aspect?

The second and probably most important aspect of the "new therapies" are the psychic reflex zones that I have discovered, now widely known as "Bach flower skin zones." These 243 zones cover the entire surface of the body and are very easy to locate. In case of physical disorders, the necessary Bach flowers can be identified directly from the body. The local application of Bach flowers in the form of compresses or creams is often more effective than other therapies. But even negative moods dissipate much more quickly with the involvement of the skin zones than with the mere intake of the flowers in the form of drops. In this way, it is possible to accelerate the success of treatment with Bach flowers or, in cases that have been resistant to therapy so far, to initiate it for the first time.

You don't just talk about flowers, but also about tracks. What are they?

With prolonged intake of certain Bach flowers, it can be observed that, although the negative mood for which the flower essence is taken improves, at the same time a completely different mood worsens. It can therefore happen that, by taking the Bach flower Centaury, the patient is able to distinguish themselves better, but their feelings of guilt become more obvious. This shows that one state develops from the other. Centaury (inability to say no) is followed by Holly (aggressive distinction) and finally Pine (feelings of guilt).

How does this affect therapy?

Well, for therapy, this means that negative moods are treated in reverse order to their appearance, i.e., Pine is administered first, then Holly, and only at the end Centaury, because otherwise the ability to distinguish oneself can reinforce anger and guilt. However, this only applies to chronic cases, when the flowers are administered for more than four weeks. Only in this case does the track effect occur, in which taking deeper flowers reinforces the symptoms of the more superficial flowers. Since Dr. Bach only treated acute cases, he was unable to observe this effect. Each of these tracks is related to one of the acupuncture meridians. This allows acupuncture diagnostics to be used as Bach flower diagnostics. A very simple application is the Chinese meridian clock. If physical or psychological symptoms manifest themselves at a certain time of day, this is a direct indication of the corresponding Bach flower series. Of the three flowers in question, from the conversation with the patient.

In your Bach flower therapy, there are not only essences, but also ointments, oils, and stones. Is it really still Edward Bach?

Dr. Bach very often used flowers for physical ailments externally in the form of compresses, which today has unfortunately fallen into oblivion. For example, in the case of a sprained ankle, Bach had the swollen area repeatedly wrapped with a cloth soaked in Bach flowers until the symptoms disappeared. In the case of acute symptoms, this makes sense, but in the case of chronic problems, it is too complicated.

In what sense?

Who is willing to apply a compress three times a day for 15 minutes, for a period ranging from four to six weeks? Using the flowers in a cream instead simplifies this form of application. The integration of essential oils and precious stones into the treatment of Bach flower skin zones was the logical next step for me, after practice had shown that the effect of the flowers sometimes left something to be desired. In several years of work, I determined in approximately 20,000 individual tests the correspondences of Bach flowers to other therapeutic levels. The stones and essential oils found correspond 100% to Bach flowers in their indications and effects. In addition, I have developed sensitive tests for skin zones, which allow us to determine whether the Bach flower, the corresponding gemstone, or the essential oil is more suitable in this case. The effect of the entire therapy can thus be significantly improved. I do not see these additions as a contradiction to Dr. Bach, but as a further development of his method, since I work on the skin zones of Bach flowers according to the same negative symptoms of mood on which Bach flowers are also based.

For which indications is Bach flower therapy indicated?

The field of application is very broad: all psychosomatic disorders and all psychological problems, either as a supplement to psychotherapy or, in milder cases, as an alternative. Since modern medicine assumes that 90% of all disorders are psychosomatic in origin, it makes perfect sense to use Bach flower therapy as a basic therapy, supplemented by phytotherapy, symbiosis, and body therapies such as reflexology, shiatsu, or craniosacral therapy.

Who is this training suitable for?

The training is suitable for anyone interested in a gentle treatment method that is free of side effects and effective at the same time.

What personal requirements do you need to have to become a good Bach flower therapist?

The same requirements as for all other naturopathic therapies. No additional skills are required, as the tools for practicing Bach flower therapy can be learned during the seminars.

How did you come across Bach flowers? What was your first experience with Bach flowers?

During my training as a naturopath, I dealt with a wide variety of therapies and eventually specialized in those that proved to be most effective. Back then, 30 years ago, I used Bach flowers as a complementary therapy to other methods such as classical homeopathy, acupuncture, neural therapy, and ozone-oxygen therapy. I wasn't completely convinced by the effect of Bach flowers at that time.

What finally convinced you?

It was the discovery of skin zones. Now it was possible to treat physical disorders directly with Bach flowers. The new method proved to be even more effective and longer lasting than procaine and ozone injections in many indications, such as muscle tension, back and joint problems. What surprised me most was that the effect lasted longer than other methods. The same was true for acupuncture treatments. Many patients returned after a year or a year and a half wanting a new series of treatments, as the therapeutic success of the last treatments had lasted "so long." Patients I had treated with Bach flowers returned years later for completely different complaints. When I asked for clarification, it emerged that the therapeutic success had lasted until then.

Thank you very much for the interview.

In over 300 courses, Dietmar Krämer has trained thousands of beginners and therapists in his new methods; since 2013, he has been back in Switzerland, working exclusively at HPS in Lucerne.

Dietmar's Krämer website: <https://www.sanfte-therapien.de>

Dietmar's Krämer books

<https://www.sanfte-therapien.de/en/foreign-language-editions.html>

http://www.hpsl.ch/index.php?&active=f_498

