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Featuring: Bach Flower Essences

Flower Power

When it comes to emotional eating, triggers vary from person to person. Whether the root cause is fatigue, depression, stress, or another strong emotion, the end result is usually the same: eating too much of what's nearly always the wrong thing. "We may start out feeling a bit hungry, but when our eating is emotionally driven, we soon become robotic. Mindless eating ensues as we scan our kitchen. We are on a mission, and anything digestible is fair game," says Denise Lamothe, PhD and author of *The Taming of the Chew* (Penguin, 2002). "Fortunately, we can regain control of our need to mindlessly devour what our bodies don't really need." Enter **Bach Flower Essences**, developed seventy-five years ago by British physician Dr. Edward Bach. The completely natural remedies, acquired from flowering botanicals, are one possible method of achieving that control. The new Bach Emotional Eating Support Kit contains three separate remedies that target the emotions that commonly lead to overeating. Free of side effects, these particular essences—Cherry Plum, Crab Apple, and Chestnut Bud—address specific issues, including control, self-image, and negative behavior patterns. The remedies can be diluted in a glass of water and sipped, or rubbed onto the ears, temples, and wrists. The kit is widely available at natural foods stores, or by ordering online. For more information, visit www.bachremedies.com



—Debra Bokur

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