



Chiropractic Applied Kinesiology Vitamins Herbs  
Homeopathy Health Education Classes

**BOZEMAN WELLNESS CENTER**

Dr. Philip Cameron, DC

Chiropractic Physician  
Professional Applied Kinesiologist

## BACH FLOWER INSTRUCTIONS (see back of handout also)

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10 drops/dose to be taken 3x/day on a clear palate at least 10 minutes away from food. Can also be used additionally throughout the day as needed, as often as every 15 minutes with acute emotional flare up.



Tap on the "X" 30-60 seconds while holding Bach flower under the tongue to help de-charge the emotion.

Bach flower and tapping work best together but each work individually also. Take Bach flower even if you are in a situation where you cannot tap. If you forget your Bach flower you can tap anytime to help de-charge the emotion.