

## **From Vaccines and Nosodes to Flower Remedies**

Bach flower remedies are very familiar to me. I have used them on a regular basis over the last thirty years. I take stock of what challenges of soul accompany my life at a given moment, and what soul moods I'm experiencing or am likely to face in order to prepare a formula. Most of the time the flowers give me a quiet assurance and ability to face my challenges with equanimity. At special times I can see how my feelings undergo quick changes for the best, and/or situations of conflict dissolve in a short time. In special instances I notice physiological reactions of intense fatigue that acts like a cleansing over the space of one or two day at most, sometimes accompanied with production of mucus, coughing or sneezing; occasionally, I experience vivid dreams. These reactions are not unusual as we will see towards the end of this heading.

This exploration is a continuation of work previously done in looking at Dr. Bach's scientific perspective. The present inquiry will focus on the link that Dr. Bach established between illness and soul moods. This will be a natural step for looking at illnesses and soul shocks in the work of Dr. Hamer immediately after.

We will first recapture the important transition that led Dr. Bach to work with flowers versus the more traditional leaves and roots of herbal and homeopathic remedies, and to the so-called sun method and boiling method rather than homeopathic potentization. The link between "soul mood" and illness will lead us to the realization of the beneficial role of illness.

Dr. Edward Bach was born in 1886 and completed his mission in the brief span of fifty years. What was most notable about his career was the trajectory that brought him from conventional medicine to vaccines, and from these to homeopathy and to the flower remedies.

Bach's early work focused on intestinal toxicity and chronic illnesses such as rheumatisms, arthritis, and headaches. His premise lay in understanding the bacterial populations of groups of individuals, whose numbers and relationships he sought to modify. His intent derived from the observation that the number of the same bacteria present in healthy individuals are far higher in individuals affected by chronic illnesses. The vaccines he developed from these bacteria produced unexpectedly good results in treating the conditions. Bach also noticed that injections were most effective when successive ones

were given after the effects of a previous injection wore off, not unlike what is predicated in much of homeopathy. In this fashion he could administer vaccines at intervals of various weeks, months, or up to a year.

The success of the vaccines is testified by their wide adoption by the medical body. The findings were recorded in the Proceedings of the Royal Society of Medicine for the year 1920.<sup>1</sup> Even so Dr. Bach knew that not all diseases would be successfully treated by the vaccines.<sup>2</sup> He also wanted to go beyond the injection method with its accompanying skin reaction. And he pondered the fact that Samuel Hahnemann, the father of homeopathy, had not used germs but plants.

A next step forward toward homeopathy was taken when Bach elaborated a way to administer the vaccines orally—what he called the “nosodes”—avoiding local reactions and side effects. Bach classified the variety of organisms present in the intestines into seven groups according to how they ferment sugar. These are the following: Proteus, Dysentery, Morgan, Faecalis Alkaligenes, Coli Mutabile, Gaerter and the one simply called #7. Bach prepared the ground for reaching this conclusion by collecting organisms from hundreds of patients who had the same prevalent intestinal flora. The final insight, as recorded by Nora Weeks, a close collaborator, came to Bach at a 1928 banquet.<sup>3</sup> Here he saw that in all individuals present he could recognize seven types, and by the end of the dinner Bach surmised that the prevalence of each of the types of microorganisms corresponded to a personality type. After testing his insight, Bach realized that no matter the condition of the individual, the particular type of bacteria remains constant. He was thus converging toward the important realization of the need of treating the patient, not the illness.

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<sup>1</sup> A paper entitled “An Effective Method of Combating Intestinal Toxaemia” was published in *Medical World* in March 1928 and another also in *Medical World* in January 1920 (Nora Weeks, *The Medical Discoveries of Edward Bach Physician* p. 35).

<sup>2</sup> Hahnemann, referring to the chronic diseases, had discovered that there were one or more of three poisons—syphilis, sycosis, and psora—which needed to be eliminated before a cure of chronic disease could be effective. The first two poisons had been recognized. Little was known about the third one. Bach came to the conclusion that intestinal toxaemia was identical to Hahnemann’s “psora.” This also explains why the vaccines could not cure beyond the illnesses due to psora. Nora Weeks, *The Medical Discoveries of Edward Bach Physician*, 28, 35.

<sup>3</sup> As quoted by Judy Howard and John Ramsell, eds., *The Original Writings of Edward Bach: Compiled from the Archives of the Dr. Edward Bach Healing Trust Mount Vernon, Sotwell*, 34.

In 1929 Bach started looking for plants that would replace the nosodes. He was trying to address a problem that he only expressed in intuitive fashion. He perceived that classical plant products, when potentized, presented a “positive polarity” and that the nosodes of bacteria were of a “negative polarity.”<sup>4</sup> He argued that the question of reversed polarity is what allows a plant that is a poison to become a remedy when it is prepared homeopathically.

In an article read to the British Homeopathic Society in November 1928 and reprinted in the *British Homeopathic Journal* in January 1929, Bach first addressed the question of the appropriateness of using the organisms associated with the disease, and prophetically anticipated his discovery of the so-called sun-method thus:

I wish it were possible that we could present to you seven herbs instead of seven groups of bacteria, because there always seems to be some reluctance in the minds of many to use anything associated with disease in the treatment of pathological conditions. . . . Perhaps at some future date *a new form of potentizing* may be discovered, which will be capable of reversing the polarity of the simple elements and plants, but until that time comes we have no alternative [than using the nosodes].<sup>5</sup>  
(emphasis added)

He further referred to the researches he was conducting with plants that never appeared as flower essences, but concluded that he could not obtain the results he hoped for because of the problem of polarity.

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<sup>4</sup> Judy Howard and John Ramsell, *The Original Writings of Edward Bach*, 32.

<sup>5</sup> Judy Howard and John Ramsell, *The Original Writings of Edward Bach*, 32.