

New Book Proves Edward Bach's Flower Remedies Are More Relevant Than Ever, 80 Years After Edward Bach's Death

Grande Prairie, Alberta—In her 30-year-career as a clinical herbal therapist, Gudrun Penselin has helped thousands of people to become healthier physically, spiritually and mentally. And no matter what combination of therapy she has used—reflexology, herbal medicine, light and color therapy, iridology, sclerology, energy medicine—she has also employed the same Bach Flower remedies developed by iconic British Dr. Edward Bach. Bach, who died 80 years ago, would be 130 on Sept. 24.

Now Penselin hopes to reach even more people with the release of her new book “Healing Spirituality: A Practical Guide to Understanding and Working with Bach Flowers” (October 2016). A follow-up to “Bach Flowers Unfolding,” a deck of cards for each of the 38 flower essences Bach developed, Penselin wrote the new book with Bach's spiritual help. She says, “I have created this work under Dr. Bach's spiritual guidance as well as through direct intuitive communication with the spirit of Bach Flowers.”

Penselin can answer such questions as:

- Why are Bach's remedies more important than ever?
- What was his controversial relationship with the medical community?
- Under what circumstances are Bach Flowers useful?
- Which Bach Flower remedy has helped her the most?
- What is Bach's greatest legacy?

Praise for Healing Spirituality

“Among all natural healing modalities, flower remedies often deserve more modern recognition for their gentle and sensuous qualities, as they provide a safe and effective treatment option that is largely free of hazardous side effects. Gudrun Penselin has created a comprehensive and insightful work on the inherent healing qualities of Bach flowers.”

– **Steven K. H. Aung, M.D.**, Clinical Professor, University of Alberta

“Healing Spirituality is a loving exploration of the magnificent findings of Dr. Bach. Through decades of research, clinical practice, as well as intuitive guidance Gudrun has brought together a comprehensive handbook that is an inspiring blend of her contemporary approach, Dr. Bach's original work and accessible how-to use materials. ...This is no doubt the most significant compendium I have had the pleasure to read.”

– **Paula Marie Skalne**k, Clinical Herbal Therapist

About the Author

Gudrun Penselin holds master's degrees in education and physical education. She is a Clinical Herbal Therapist, Certified Reflexologist, Bach Flower practitioner, Certified Iridologist, and Sclerologist. She maintains a successful clinical practice in Grande Prairie, Alberta, Canada, facilitates workshops and is a featured guest on international radio shows.

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