Bach Flower Remedies for
Women
40+
THE CHALLENGES
AND OPPORTUNITIES
OF MENOPAUSE

SUSANNE LØFGREN
Bach Flower Remedies for

Women 40+

– the challenges and opportunities of menopause

SUSANNE LØFGREN

casu.dk
Table of Contents

5 Index
9 Foreword
11 How to Use the Book
13 The General Theory of the book:
   Body, Mind and Soul
15 – A short Introduction to Traditional Chinese Medicine
17 Diet and Hormones, Mia Damhus
27 Bach Flower Remedies are Unique for
   Balancing the Mind
31 – How are Bach Flower Remedies prepared,
   and how should they be used?
34 A brief presentation of the 38 Bach Flower Remedies
   and Rescue Remedy*
   * There are several remedy makers in the world and there are different
     brand names for Dr. Bach’s crisis formula and his emergency cream.
     Personally I only have experience with Rescue Remedy and
     Rescue Cream and that is the reason why these names are referred
     to in the book.
34 – The Keywords of the Remedies
Female Types – What type of gorgeous flower are you?

Agrimony Woman
Beech Woman
Centaury Woman
Cerato Woman
Chicory Woman
Clematis Woman
Crab Apple Woman
Elm Woman
Heather Woman
Impatiens Woman
Larch Woman
Mimusulus Woman
Oak Woman
Pine Woman
Red Chestnut Woman
Rock Water Woman
Scleranthus Woman
Vervain Woman
Vine Woman
Water Violet Woman
Wild Rose Woman

List of Possible Problems during Menopause

A Holistic View of Menopause

Yin and Yang
The Soul
What can Woman in Menopause use these Philosophies for?

Literature and Links

About the Author
How to Use the Book

This book is full of possibilities. You can read it from start to finish and let it inspire you and/or you can look up the most common problems associated with menopause in the list on p.103 where you will find a number of suggestions.

The physical discomforts associated with menopause and the ensuing years are described in several places in the book. This book is not a traditional ‘medical’ book and it does not provide an in depth account of the physiological aspects of menopause since there is plenty of information to be found on that topic on numerous science-related sites on the internet.

The problematic aspects in terms of lack of energy that one can encounter at the age of 40 and over are described several places in the book. I touch on how Traditional Chinese Medicine (TCM) views menopause because I find that particular theory especially useful.

A good part of the book deals with how the psyche may influence us after the age of 40.

In connection with that, the section on Bach’s Flower Remedies for mental discomforts during menopause and the time thereafter may prove not only useful but a real eye-opener. I have worked with these wonderful
flower remedies since 1982 and have experience in knowing how they can help, among others, women.

There may be a purpose behind the suffering, also during menopause. The Soul, the Higher Self, influences your mind and it may be very interesting for you to read about the spiritual aspects of humans. You will be able to find a specific section in this book dealing with that topic and you can find inspiration in the entire section dealing with Bach Flower Remedies.

The book will show you possibilities that are simple and efficient. How much you would like to use them in your life is entirely up to you. Sometimes we are prepared for a sudden, major transition, other times we must take small steps.

The book is an invitation to do something about the discomforts for which you don’t have the energy and which you shouldn’t have to live with.

*Happy Travels!*
Often, when we use words and expressions like ‘hormones’ and ‘hormonal imbalances’, what we are implicitly referring to are sex hormones. That is also the topic of this entire book. But sex hormones are a part of the entire hormonal system in the body, just like violins in a symphony orchestra.

They are capable of playing alone, but then it wouldn’t be a symphony. In this chapter you will first get some ‘hormone schooling’ in which the concepts will be dealt with in depth and sex hormones seen in a broader context. And, of course, you will be given concrete tools to help restore your own unique hormonal balance.

Hormone School

The word hormone comes from the Greek word hormao, which means something that irritates, stimulates and initiates things. In present day language, hormones are chemicals that carry information. They are released from cells somewhere in the body and circulate in the blood to the rest of the body as information about a condition or an alteration. Many different cells receive this new information. They themselves will alter the nature of their own activity by either accelerating or slowing down their own pace or respond in some other way to the changes which the hormone is the informant of.
The Centaury Woman

She is the quiet, gentle type who tends to keep in the background. She rarely says no to anyone and you can always get her to do the things you don’t feel like doing yourself.
It can sometimes be difficult to respect her because she does not respect herself. At times she will collapse because of all the things she cannot say no to doing which ultimately tires her out and saddens her.

She tends to think, ‘I want to help and if I don’t who will?’
She has a guilty conscience if she says no.

People may tease her by nicknaming her ‘Cinderella’ because she is so helpful and allows herself to be used by others.

Challenges for the Centaury Woman
• You struggle to say no and therefore allow yourself to be taken advantage of.
• Your willpower is not always strong.
• You easily feel guilty.
• You do not respect your own limits and that makes you tired and sad.

The Gift of Being a Centaury Woman
• You are a gentle and helpful person.
• You are unselfish.
• By working with the Centaury Remedy, you will better be able to distinguish between who will need your help and who is perfectly capable of helping themselves.
• Although you want to ‘serve’, you respect yourself so much that you allow yourself the peace and quiet you need to recharge.

Your Spiritual Quality
The energy you bring with you is: Serving others unselfishly/ the ability to give from your heart.
• **Willow** can be used when you are bitter over a harsh childhood. Anger and bitterness are natural feelings when you have been betrayed. Many of the feelings you will experience are the pent up emotions of the child and they must have space. If you do not wish to spend more time and energy on being bitter on the ones who betrayed you, you can use Willow. By working with this remedy for a while you also learn to take responsibility for creating the life you wish to have in the future. You go from being a ‘victim’ to being ‘a mistress of your own house’.

**Children, Move Away from Home**

Some women experience a crisis when their children move away from home. Perhaps one doesn’t know what to do with one’s life when there is no one to care for anymore.

Perhaps one is confronted with the fact that it is a long time since one has done something good for oneself or been a ‘romantic partner’.

Others find it liberating to have time for themselves again. None of the reactions are ‘wrong’ but here is some help for the one who finds the transition difficult.

• **Chicory** is a good choice for letting go of one’s children and allowing them to set forth into adult life. The Chicory type is the mother-hen who is also a very loving family person. It is only natural that letting go of her baby chicks is hard. By using the remedy you learn to accept the situation and perhaps see the possibilities for helping others who need the goodness of your heart.

• **Walnut** can be used to adjust to new phases in life. It makes the transition easier.

• **Star of Bethlehem** is for the grief you experience when ‘losing’ someone/something. It consoles you.

• **Wild Oat** can help us find a deeper meaning with our life. You sense and discover that there are other tasks that provide a sense of purpose. It can be used to choose between the possibilities that arise when you are no longer going to be a mother to anyone. Should we stay/relocate? Should I work more? Should I stay in my current job?
Dryness of the Vagina

Up to 40% of women in menopause risk getting dry mucous membranes in the vagina and may therefore experience having a burning sensation and pain during intercourse. This is primarily caused by a decrease in estrogen. Others have experienced periods of having dry mucous membranes before they started menopause in which case the problem may derive from sexual problems or something else.

Normally gynaecologists recommend a hormonal suppository for dry mucous membranes and if this can save one’s sex life perhaps it is a good choice.

However, there are other alternatives.

You could, for example, use a special organic lubricant in the vagina. The Danish sexologist Maj Wismann has reminded women that pelvic floor exercises and being sexually active in a different way than through intercourse can ‘get the juices flowing’.

Since dryness presumably also means not being sexually active enough, I recommend reading p. 163 on Lack of Desire for Sex.

The healthy vagina contains lots of lactic acid bacteria that keep the vagina moist and clean. However, there are many things that can can potentially threaten this environment.

Ordinary soap and rinsing the area too thoroughly too often may dry the mucous membrane and alter the vagina’s normal balance.

Some women experience that chlorine increases dryness in the vagina.

This is what you can do to keep the area clean:

- Use mild intimate hygiene soaps or just lukewarm water for intimate hygiene.
- Knickers made of cotton ensures that the skin is able to breathe properly. ‘Granny knickers’ in cotton may not be so terribly sexy but you may have to drop wearing chic lingerie for part of the day if you have problems with your mucous membrane or have a tendency for discharge.
- Panty liners, which may be necessary for some women, should be breathable and without perfume. Panty liners without chemicals are recommendable.
What Energies Are We Being Controlled by?
In order to understand just a little bit of who we really are and what controls us, I will first describe the two great energies Yin and Yang.

Then I will try to explain what the Soul means for our lives.

Let’s start in China!

Yin og Yang

According to Chinese philosophy, everything in the universe consists of masculine (Yang) and feminine (Yin) energy.

Yin represents the earth (Mother Earth) and is symbolized by the dark colour in the Yin/Yang symbol. Yin stands for darkness and cold.

Yin is also the passive, that is, that which is receiving, is intuitive and intimate.

Yang represents the sun, the light and that which is active.

The Yin/Yang symbol indicates that both Yin and Yang share parts of the same qualities with one another which is symbolized by the light dot in the dark area and the black dot in the light area, for the energies are not static but are in constant motion and development.

Yin and Yang seek one another, supplement one another and are not one another’s opposites. Nothing is only black and white!

Yin and Yang in Humans

All people contain Yin and Yang. Women will naturally possess more Yin, that is, feminine energy, but women differ and some women are more prone to being Yang than others. Men have mostly Yang energy but some men can be more Yin than other men.

There is nothing significant in this other than that we are all different. But the fact that the energies are dynamic and in constant motion indicates that nothing ever stagnates.

I once read this Chinese quote somewhere: ‘The field of tension between two opposites is where life (Qi) is created’.

The World is Primarily Controlled by Yang Energies

From my experience, the world has for many years been controlled by