

# Edward Bach

## Heal Thyself: An Explanation of the Real Cause and Cure of Disease

Reading excerpt

[Heal Thyself: An Explanation of the Real Cause and Cure of Disease](#)  
of [Edward Bach](#)

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# *Foreword*

DR. BACH is well known for his genuine mix of humble spirituality and down-to-earth understanding, and his simple philosophy has been a source of great inspiration and comfort to many people. *Heal Thyself* has aroused much interest which in turn has prompted certain questions about particular aspects of the book.

In the final paragraph we are urged to unite with "that great band of the White Brotherhood". Some people have expressed concern that Dr. Bach was a racist. We would like to make it absolutely clear that the use of the term had nothing whatsoever to do with skin colour or race or religion. In fact, Dr. Bach found every form of racism abhorrent. Quite simply, he used the word "white" to mean something light, bright, clean and fresh in origin, and he regarded everyone of like mind as being part of a common band or "brotherhood".

In Chapter 3 Dr. Bach directly links physical symptoms to negative emotions. However, it is important to note that he wrote *Heal Thyself* at

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the very beginning of his discoveries. He later abandoned the idea that physical afflictions were a guide to underlying emotions, as clearly expressed in *The Twelve Healers & Other Remedies*: "The mind being the most delicate and sensitive part of the body, shows the onset and the course of disease much more definitely than the body, so that the outlook of mind is chosen as the guide as to which remedy or remedies are necessary. Take no notice of the disease, think only of the outlook on life of the one in distress."

We hope this has helped allay any misunderstanding, but most of all, we hope you enjoy the book and find your thoughts and perspective on life enriched as a result.

Happy reading and best wishes,  
The Bach Centre and  
The Dr. Edward Bach Healing Trust.



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[Heal Thyself: An Explanation of the Real Cause and Cure of Disease](#)

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