

Julian Barnard

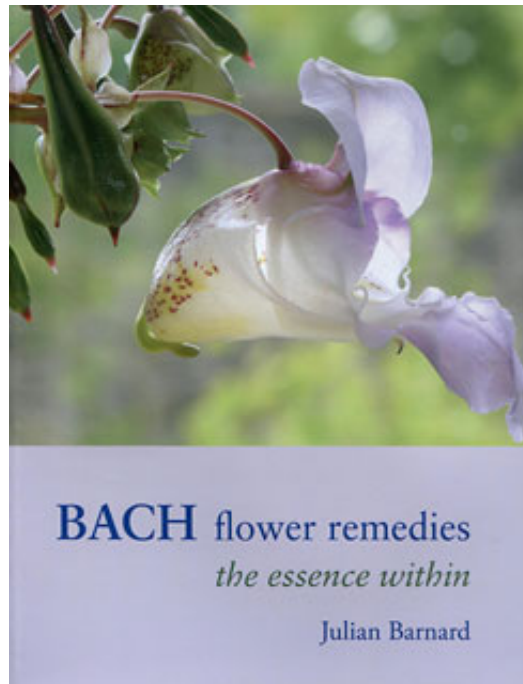
Bach Flower Remedies - The Essence Within

Reading excerpt

[Bach Flower Remedies - The Essence Within](#)

of [Julian Barnard](#)

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Holly

Ilex aquifolium

LOCALITY

Holly grows throughout Britain but it is rather less common in the eastern counties. It grows in thickets and woodland, being seeded by birds.



IDENTIFICATION

Holly is a common evergreen tree or bush growing up to 20m with a smooth, grey bark. It is best recognized by the spiked leaves. These are generally less spiny higher up the tree and in old Hollies spines may be quite absent. The flowers are small, white and four-petalled, tinged with pink and very fragrant.

Trees are either wholly male or female (which is the reason why some trees do not bear fruit). Male flowers are slightly larger with prominent stamens, the female have rudimentary stamens and a large pistil that will be the berry. There are many ornamental Hollies which should not be used.





FLOWERING PERIOD

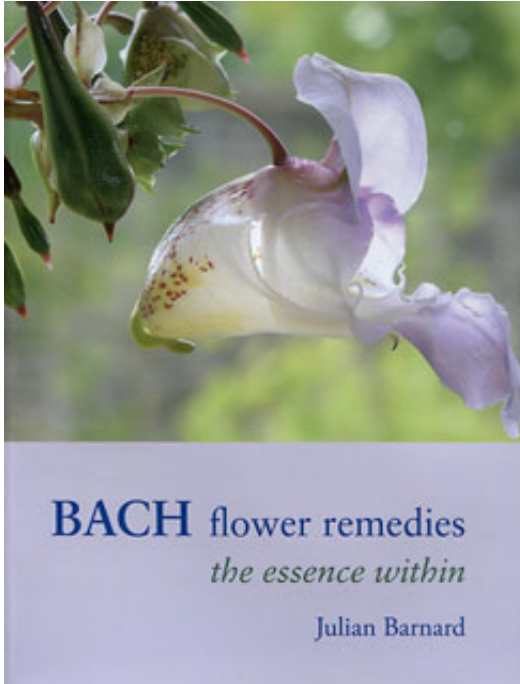
May.



PREPARATION

Holly is prepared by the boiling method (see p.202). The flowering twigs are picked so as to fit the saucepan. Male or female flowers can be used but select from several different trees. The leaves are bulky and get in the way somewhat but a few should be included.





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An Illustrated Guide to the Bach Flower Remedies

208 pages, pb
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