



I Fiori Californiani (Italian Edition)

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La Floriterapia Californiana si basa sugli stessi principi della Floriterapia di Bach con la differenza che le essenze utilizzate sono quelle dei fiori che nascono spontaneamente alle pendici della Sierra Nevada, in California, in una zona ancora non contaminata direttamente dall'inquinamento. I rimedi californiani sono molti di più di quelli di Bach (103 contro i 38 classici rimedi di Bach), ma la differenza maggiore sta nella loro estrema specificità e attualità; rispetto ai fiori di Bach, quelli californiani lavorano su problematiche specifiche più moderne e attuali e che al tempo in cui Bach è vissuto non erano così preponderanti o non se ne parlava ancora come oggi: l'anoressia e la bulimia, i disturbi sessuali, le malattie derivate dall'inquinamento ambientale. Di solito, infatti, i rimedi floreali che sono succeduti a quelli di Bach hanno un campo d'azione più circoscritto, mirato, quindi più sintomatico. Le essenze dei fiori californiani sono state create alla fine degli anni '70 da un gruppo di ricercatori guidato da Patricia Kaminski e Richard Kats, fondatori della Flower Essence Society (FES) la distributrice di queste essenze. La ricerca che ha portato a individuare i rimedi si avvale di conoscenze medico-olistiche, psicologiche, botaniche, in particolare viene molto osservata la pianta, l'ambiente in cui si sviluppa, e il modo in cui la pianta si rapporta all'ambiente, in questo modo è possibile coglierne le sottili sfumature che aiuteranno poi a precisarne l'utilizzo.

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