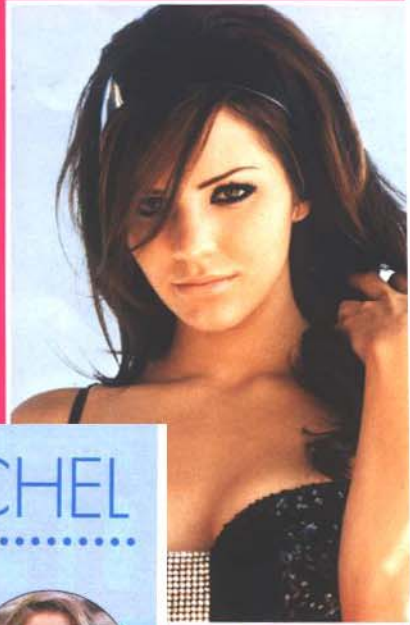


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ASK RACHEL

Our health director answers your top questions



DEAR RACHEL
Celebrities like Jennifer Aniston and Cate Blanchett use Bach Flower Essences. What do they really do?

A. It's true that a lot of stars seem to be using this natural remedy — which is made from diluted flower essences — to treat conditions like stress and low energy. The most popular Bach product right now is called Rescue Remedy, and its combination of flower essences are said to calm nerves and relieve stress. (Jen Aniston reportedly uses it to ease anxiety before movie premieres.) This system of healing, developed more than 70 years ago by a British physician named Dr. Edward Bach, is similar to homeopathy and is now used in 66 countries by millions of people, not just celebs. There is also some research backing it up, and it has no known side effects. If you're looking for a stress reliever, give it a try. You can even get your own flower-essence mixture based on your particular needs (each flower essence aids a specific emotion). For more information or to buy, check out bachquiz.com.

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Jessica date Dane



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July 17, 2006

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