

WILDFLOWERS HEALING HARLEM:

Study Shows Promise in Stress Relief

By Louis C. Young

A "revolution" is occurring among physicians and other health care professionals nationally, and a Harlem-based psychiatrist is on the leading edge of this movement.

Dr. John L. Bolling, a Howard University medical school graduate, former assistant professor and chief resident in psychiatry at New York University's Bellevue Medical Center, recently conducted clinical studies with patients using 38 different preparations made from natural wildflowers.

Bolling, a specialist in behavioral and drug abuse problems, tested preparations of wildflowers known as the Bach Remedies for their stress reducing properties. Forty of Dr. Bolling's patients participated in the study. Each was given a mixture of up to seven Bach Remedies, to treat their emotional and psychological stress and negative states of mind. After a three to six month period, "Eighty percent of the group," states Bolling, "experienced significant improvement in their attitude towards themselves and others and in their ability to handle stressful situations more easily."

Although other treatment approaches, for example; hypnosis, meditation, insight counseling, and relaxation exercises, were used simultaneously, Bolling is convinced the "Bach Remedies played a significant role in the end results." Twenty percent of the group tested in the study had been resistant to treatment prior to the study. But with the inclusion of Bach Remedies this group "made dramatic improvements," states Bolling.

One particularly difficult case involved a woman in her early thirties suffering from poor self-image, lack of confidence, and deep depression. She regularly considered taking her life, and all of Dr. Bolling's formal therapies failed to give her relief. However, one week after taking a mixture of several Bach Remedies, "She dramatically improved," states Bolling. "She lost her suicidal urges and became more outgoing and confident."

Originally discovered in the early 1930's by a prominent British physician named Edward Bach, Bach Remedies have been used worldwide for over fifty years by physicians and other health care professionals for their safe and gentle effectiveness in reducing emotional and psychological stress.

Bach wrote: "All emotional, psychological, and physical disorders grow out of a conflict between our personality and our soul...for when we are out of harmony within, disease is the inevitable result."

Dr. Bolling fully agrees with Bach's philosophy. "When the personality and higher spiritual self is aligned and balanced the body's highest healing energies are released."

"The importance of this inner harmony," states Bolling, "has been



Dr. John L. Bolling

overlooked in traditional medical models. Standard medical practice misses the real healing power that lies within the person's higher self."

Bolling further contends that approaches that take in the patient's emotional, psychological, and spiritual well-being are especially relevant to the needs and heritage of people of African descent, and represent the future direction of medicine as a whole. Dr. Bolling is encouraged by the healing power that the Bach Flower Remedies have demonstrated in his clinical study. His preliminary findings indicate that these preparations might be an important tool in regenerating the emotional and mental well-

being of people in Harlems across the country.

Several notable Afro-Americans have already successfully used Bach Remedies. They include Susan Taylor, editor of Essence magazine; Romare Bearden, internationally renowned artist; Joe Seneca, actor, who starred in the Broadway show Ma Rainey's Black Bottom, and more recently in the movie Crossroads; Barbara Conrad, internationally acclaimed opera singer; Dick Gregory, health and human rights activist; and Dr. Alvenia Fulton, pioneer in natural healing therapies.

Leslie J. Kaslof, a nationally known medical researcher, author, and authority on the healing properties of plants, is excited about Dr. Bolling's pioneering study. "When this study is complete and properly documented," states Kaslof "the results may indicate a possible solution to inner-city stress as well as behavioral and drug problems among our young adults." For Kaslof, Bolling's clinical study is an important sign among many that we have begun moving from a pharmacological system of chemical drug use and abuse to a more natural non-interventive non-addictive approach based on strengthening the body's own immune response."

Strengthening our own immune system through emotional mental control and mastery is essentially what Dr. Bolling and other physicians are researching and what Bach Remedies have been shown effective in aiding many to achieve.

Bolling plans to publish the results of his study later this year after all the data is more fully analyzed. "However, you don't need a physician to benefit from Bach Remedies" states Bolling. "The value of these preparations is that they're natural, safe, gentle acting, and relatively easy to use especially within the family unit to help stabilize emotional stresses, as a preventive health measure."

Furthermore, States Bolling, "The Black community needs to know about remedies like Bach's that are in harmony with our culture and traditions."

Many health food stores and pharmacies carry these preparations. If there is difficulty locating the Bach Remedies in your area or for additional free information, you can contact the U.S. import agent: Ellon Bach USA, PO Box 320-L, Woodmere, NY 11598.

Reflecting on his work, Bolling is hopeful that more health care providers in the Black community will join him in moving away from the over use of chemical drugs toward more natural approaches like Bach Remedies. Also by treating the patient as a whole, considering their physical, emotional and spiritual well-being, may be just what is needed to bring about a positive revolution in the health crisis within Black America.

Help Prevent Child Abuse

Parents Anonymous, a child abuse prevention program of Waverly Childrens Home, is accepting applications for volunteer parent specialists.

Training will be provided at no cost to qualified applicants who wish to share their parenting experience and problem solving skills on the 24 hour parent Helpline or as Child Care Specialists for one of Parents Anonymous weekly parent support groups.

With the help of dedicated volunteers and generous contributors, Parents Anonymous has five parent support groups meeting in the metro area. Volunteer Child Care Specialists provide care and activities for children whose parents attend the group to gain support and learn valuable parenting skills.

The 24 hour Parent Helpline is staffed by trained volunteers who work an 8 hour shift each week from their home, providing support, information and referrals to parents who call with questions about parenting issues, or who wish to join a group. It is the belief of Parents Anonymous that prevention is the best cure for child abuse. If you would like to take this opportunity to share the skills and experience you have with other families, either on the Helpline or with the children, call Sue Kaastad or Debi McFeron at 238-8819.

YWCA Day Camp Has Openings!!

Looking for a place for your child this summer that is fun, exciting, educational and well supervised? Enroll today in the YWCA Summer Day Camp!

Youth, ages 5½ to 12, can explore, learn about the community and develop communication and leadership skills.

Weekly camp sessions run through September 4. Arrival time is from 7:30 - 9:00 a.m. and departure time is from 4 - 5:30 p.m.

Camp activities include games and singing, in-city field trips, bus trips, swimming and overnight campouts.

Registration is now open. Please call 223-6281, ext. 235, for the Registration and Health History form.

S.E. Cleveland Avenue Road Closure

S.E. Cleveland Avenue (S.E. Division Street to E. Powell Blvd.) will be closed to through traffic, July 20, 1987, to September 1, 1987, for sewer construction.

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