



News

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FLOWER POWER PROVES A BLOOMING GOOD REMEDY FOR TEMPER TANTRUMS

Flower essence remedies have a significant effect on reducing temper tantrums among children, a study at the University of Plymouth has revealed.

Researchers found that 73 per cent of parents of children with moderate to severe temper tantrums experienced some benefit after giving them the Bach Flower essence remedy.

Parents reported 42 per cent fewer tantrums and the study also found that when a child did have a tantrum, use of the remedy resulted in a reduction in other symptoms commonly associated with such an episode.

There was 30 per cent less screaming, 24 per cent less whining, 35 per cent less kicking and hitting, 21 per cent less crying and breath holding fell by 14 per cent.

Michael Hyland, Professor of Health Psychology, who led the research, said these early findings were very encouraging and prove that most parents with children prone to tantrums could see benefits from using the remedies.

“We have been researching the benefits of these remedies for a number of years now and have already proved its effectiveness for adults,” said Professor Hyland.

“These findings suggest that they are equally of benefit to young children in tackling what can be a very distressing and extremely stressful condition for parents.”

Professor Hyland and postgraduate research student Ben Whalley have been monitoring 38 children aged between two and five. The children have been taking a remedy in tiny pill form consisting of the essence of alder, magnolia, sweet chestnut

and orange light, a new formulation specifically designed for youngsters with tantrums. The tablets are taken twice each day and also throughout the day, as and when parents feel it is required.

Bach flower essences are increasingly popular as a remedy for common ailments, including depression, anxiety, and fatigue, but now it would appear that it has a very positive effect on tantrums.

Ben Whalley said: ***“We are seeing a significant improvement in a large number of the children tested, particularly in terms of screaming and kicking and hitting which has been greatly reduced in percentage terms.*”**

“We have also found that children are much calmer in general since they started taking the remedy.”

Serious temper tantrums affect up to 25% of children, and can make life extremely difficult for parents. Warning signs for serious tantrums include kicking and hitting, breath holding and children lying down on the floor, as well as the more common screaming and crying.

These tantrums tend to last for longer than five minutes, but in the worst cases can go on as long as an hour.

Another study on Bach flower essences just published in the journal Psychosomatic Research found that about 50% of the population reported some benefit and that the mechanism was likely to be more complex than previously thought.

Professor Hyland said ***“The response to flower essences seems to be due to several mechanisms that are working in parallel. It isn’t only a placebo in the sense of an effect due to expectancy, though expectancy is involved.*”**

“It also seems to be the case that if flower essences ‘feel right’, they are more likely to produce benefit.”

To sign up for the trial, visit <http://www.holistichealthresearch.org.uk> and follow the links.

ENDS

Notes to Editors

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About the University of Plymouth

The University of Plymouth is consistently ranked as one of the top five modern universities in the UK and is a national leader for teaching excellence. This achievement has helped it to secure an extra £33 million in funding over the next five years. It has a record nine National Teaching Fellowships* and demonstrates research of both national and international excellence.

With around 30,000 students (including those who study at partner FE colleges within the University of Plymouth Colleges faculty) it is one of the largest universities in the UK - and proud to retain its reputation for friendliness. With a track record of 'widening participation', business partnerships and vocational courses, it has a high rate of graduate employment and is committed to improving the student experience, demonstrated by significant investment in new facilities. For further information go to www.plymouth.ac.uk.

**Including two with the Peninsula Medical School*