



Heather Bach Flower Remedy

by
The Reformed Bohemian



Table of Contents

1. About Heather flower remedy	3
2. Signs you may need Heather.....	4
3. How can Heather essence help.....	6
4. Dosages.....	7
5. Side effects.....	8
6. About the Reformed Bohemian.....	9

Find out more at www.reformedbohemian.com



Heather Flower Remedy

Heather is used to restore balance in people who have become self-absorbed and only interested in themselves.

About Heather

Heather people are inherently lonely people who in their desperation for friendship become so self-absorbed and caught up in their own dramas that they talk endlessly about themselves and their troubles, telling anyone that will listen in great detail showing no interest in the other person, even if the other person does manage to engage in a conversation about themselves, the heather person will find a way to make this about them. This can make them come across as boring and selfish causing people to avoid or shun them which leads to them becoming more and more lonely and unhappy.

Heather flower essence can help the Heather person to become more outward thinking, taking an interest in others and less on themselves, it can lead to a healthier perspective on life and in turn they can build friendships and reduce any feelings of loneliness.

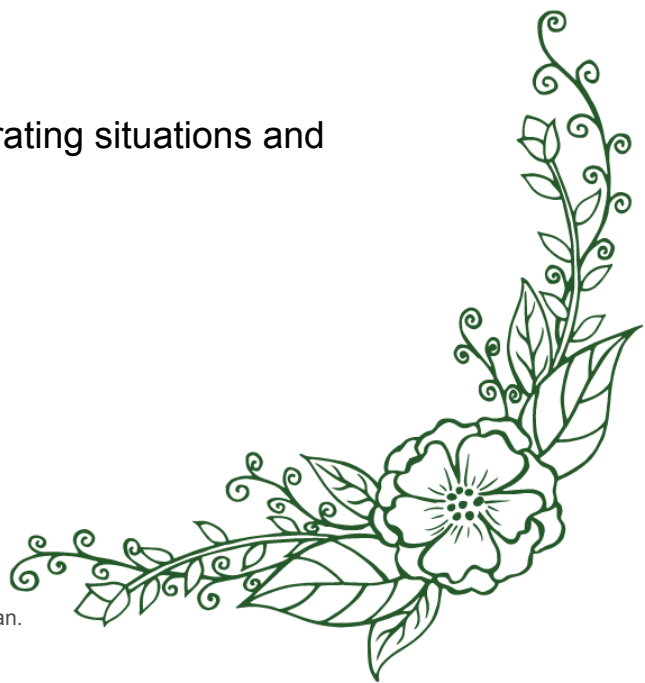
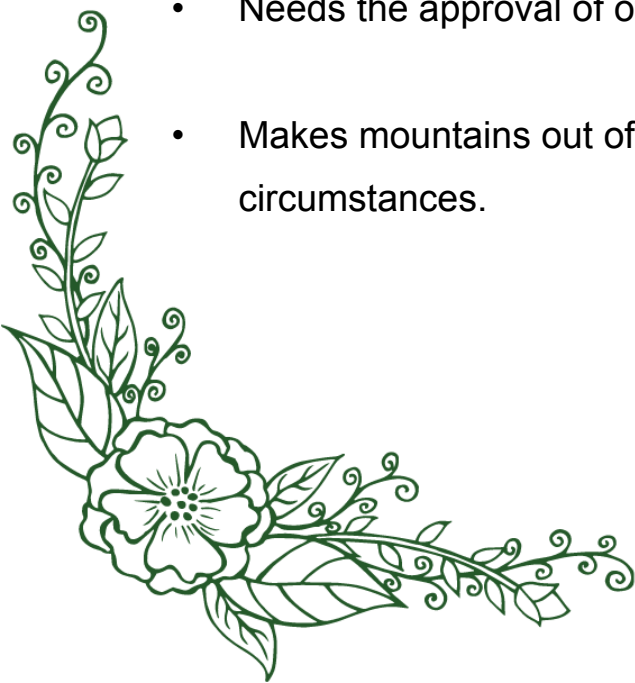


Signs You May Need Heather

Heather can be used to restore harmony in people who are experiencing the following symptoms:

Heather Key Symptoms

- Self-centred and obsessed with their own problems.
- Can't be alone, needs an audience.
- Poor listener, talking over people and taking over conversations to talk about themselves.
- Can be a hypochondriac.
- Needs to be the centre of attention at all times.
- Attaches themselves to others, comes across as needy.
- Others may find their constant chatter and attention seeking draining.
- Needs the approval of others.
- Makes mountains out of molehills, exaggerating situations and circumstances.



- May not have had much attention as a child or come from a home where there was a lack of emotional warmth and as such now craves this as an adult.



How can Heather flower essence help?

The essence of Heather can help to release the energy block and allow the natural energy to flow freely. People will notice this through changes in their behaviour and feelings.

- Able to consider the needs of others.
- Is no longer self-absorbed and self-centred.
- Is a good listener and able to show interest in others without needing to take over or steal the spotlight?
- Is able to show empathy to others.
- Is comfortable in their own company.



Dosages

Drops

- 4 drops x 4 times per day preferable on an empty stomach.
- Using a dropper to put the drops straight on or under the tongue.
- Hold in the mouth for a few seconds before swallowing for maximum benefit.
- Try not to let the dropper touch the tongue as this will transfer digestive enzymes back into the bottle.
- If the symptoms are particularly acute you can increase the dosage to 4 drops every 10 – 30 minutes until you notice the symptoms improving.
- Can be taken as often as it feels necessary but a minimum of 4 times per day to start feeling the benefits.
- Alternatively, in acute cases you can add 2 drops to a drink, such as water or juice and sip frequently refilling as needed.

NB: Safe to use for babies, simply add the drops into the baby's bottle.



Side Effects

It's very rare for flower remedies to have any side effects, however in rare cases people can experience what is known as 'aggravation', this is simply that the original symptoms are temporarily intensified and you may feel worse for a short period of time before you start to notice benefits.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian
Health & Well-Being Powered By Nature



Find out more at

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