



Rock Rose Bach Flower Remedy

by
The Reformed Bohemian



Table of Contents

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

Find out more at www.reformedbohemian.com



Rock Rose Flower Remedy

Rock Rose is for people who have nightmares and experience panic, fear and anxiety. It is good for people who have experienced trauma from an accident or incident.

About Rock Rose

Rock Rose people are anxious people who experience feelings of fear, panic and sheer terror, this can be because of some trauma, whether physical or emotional from an accident or event that has left them traumatised. It can be a rational fear or an irrational fear, including phobias such as a fear of spiders. Rock Rose people can have a physical reaction to fear such as nightmares or sweating due to their panic and anxiety.

Rock Rose flower essence helps to relieve the feelings of fear and anxiety and can restore calm and balanced emotions. It can help relieve nightmares and ease the anxiety nightmares may bring about going to bed.



Signs You May Need Rock Rose

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

Rock Rose Key Symptoms

- State of acute fear or panic.
- Out of mind with fear, can't see, hear or speak.
- Running on nervous energy.
- Panic stricken, blind fear.
- Feelings as if their heart has stopped due to sheer terror.
- Panic attacks.
- Nightmares especially in children.



How can Rock Rose flower essence help?

The essence of Rock Rose 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.

- Possess almost superhuman powers in emergencies or crisis situations.
- Acts of heroism.
- Does things to benefit others regardless of risks to themselves.
- Potential Following Transformation



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

www.reformedbohemian.com

email: hello@reformedbohemian.com

©2020 The Reformed Bohemian. All rights reserved.

No part of this publication may be reproduced in whole or in part, or stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission of the author.

The information in this ebook is for educational purposes only. The information within this ebook is not intended as a substitute for the advice provided by your physician or other medical professional. If you have or suspect that you have a serious health problem, promptly contact your health care provider. Always consult with a health care practitioner before using any herbal remedy or food,

