



# Agrimony Bach Flower Remedy

by  
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Find out more at [www.reformedbohemian.com](http://www.reformedbohemian.com)



# Agrimony Flower Remedy

Helps people who put on a brave face to others even when they're struggling and finding it hard to manage.

## ***About Agrimony***

Agrimony is a flower essence used to help people who hide their feelings behind a brave face and a cheerful smile. People in need of Agrimony often don't want people to know they are not coping or are experiencing mental distress.

Those who are in need of Agrimony are in a constant state of trying to conceal their inner turmoil from others behind a mask of carefree cheerfulness.

Agrimony can help people in this state to regain their normal bright happy personality and to remove the mask they have been wearing. Instead of brushing aside worries behind a light hearted remark, they are able to admit how they are feeling. Agrimony can help bring inner calm and bring about a sense of positive perspective and help them to be able share their worries and burdens in order to overcome them.



# Signs You May Need Agrimony

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

## *Agrimony Key Symptoms*

- Often sociable or on the move in order to forget their troubles and avoid thinking and dealing with their problems.
- Looks for ways to escape their worries, this can be through negative behaviours such as risk taking, over reliance of substances such as drugs or alcohol, compulsive shopping etc.
- Likes to keep the peace and avoid causing upsets as this causes them more mental distress.
- To this end they will often do things 'to keep the peace' they will often make sacrifices or over compromise in order to maintain a peaceful equilibrium both internally and in their relationships to avoid confrontation.
- They hid their own inner turmoil or distress behind a mask, often being over cheerful and light hearted. People will often refer to them as 'always smiling'.
- Being overly concerned with keeping up appearances and making a good impression.



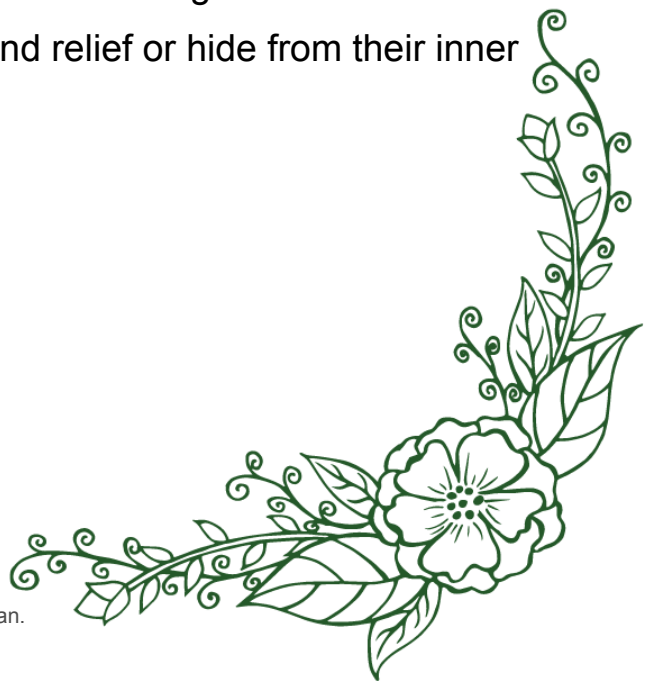
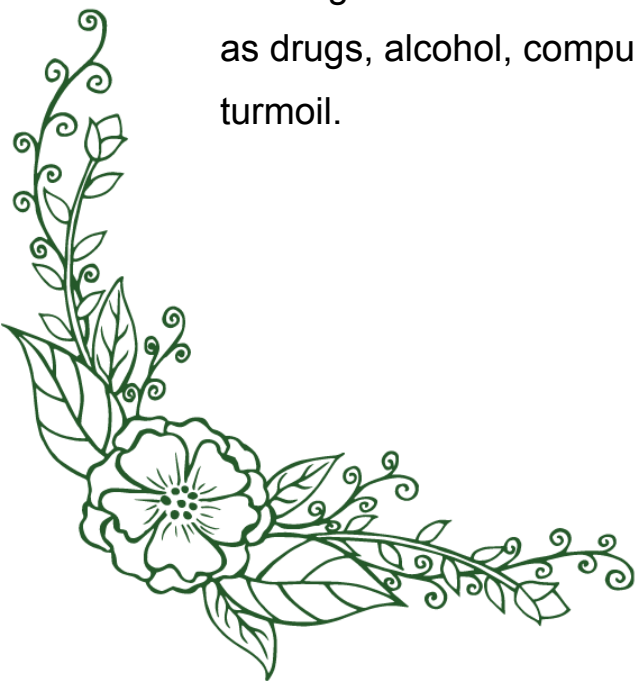
- They will often minimise their problems or just not speak about them, often not even admitting them if the subject is brought up by others. For example if someone is overburdened with high debts and a group of friends is talking about being in debt and how they're managing this, they will stay silent instead of using it as an opportunity to disclose their own difficulties and perhaps get help and support to manage this.



# How can Agrimony flower essence help?

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

- Being able to share their problems and talk about them in a constructive, positive way, enabling them to accept help and support and to find solutions to problems.
- More able to look at their situation clearly and objectively without becoming overwhelmed.
- More able to recognise and manage conflict and become more even tempered and objective.
- Instead of having to put on a cheerful face while feeling inner turmoil, they will be able smile and feel inner happiness.
- Able to laugh and see the funny side of their troubles rather than being overwhelmed and tortured by them.
- No longer feel the need to resort to harmful or risk taking behaviours such as drugs, alcohol, compulsive shopping to find relief or hide from their inner turmoil.

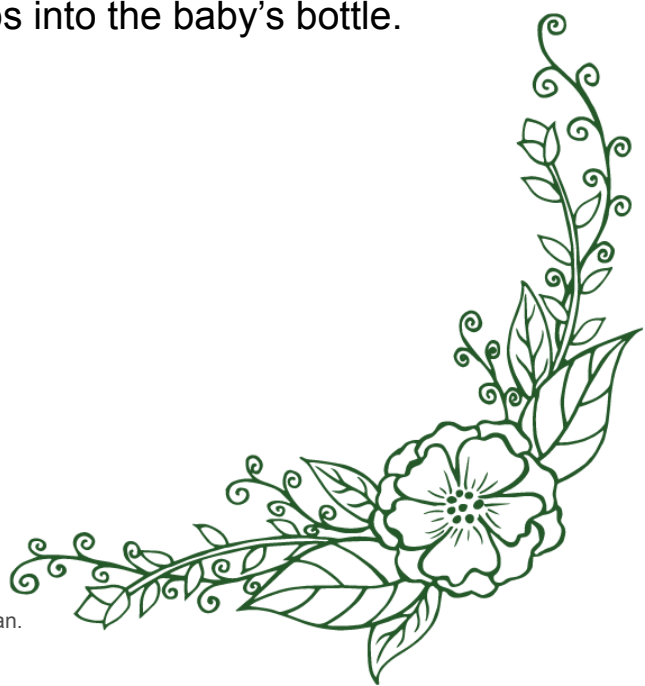


# Dosages

## *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](http://www.reformedbohemian.com)





*The Reformed Bohemian*  
*Health & Well-Being Powered By Nature*



Find out more at

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