



# Chicory Bach Flower Remedy

by  
*The Reformed Bohemian*



# Table of Contents

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

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



# Chicory Flower Remedy

Chicory is used for people who are over possessive, they may martyr themselves in their attempts to protect and take care of those close to them.

## ***About Chicory***

Chicory is used for people who are over possessive, they may martyr themselves because of their need to over protect and take care of those close to them but this could feel more stifling and controlling to the other person leading to them rejecting or pushing the chicory person away leaving them feeling rejected and under-appreciated. The chicory person is loving and kind and is at their happiest when they feel needed by others but can be easily hurt when their caring actions are not appreciated by others causing feelings of rejection which can lead to possessiveness in their attempt to hold onto people who are pulling away from them.

Chicory flower essence can help a chicory person to release the need to be needed by others and to love and care for others unconditionally without the need to be 'rewarded' for this with attention and affection.

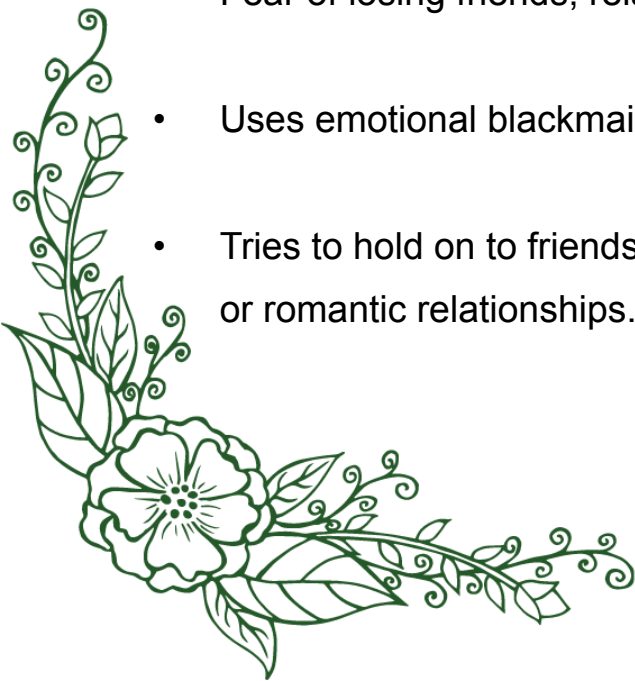


# Signs You May Need Chicory

Chicory flower essence can be used to restore harmony in people who are experiencing the following symptoms:

## *Chicory Key Symptoms*

- Constant interfering.
- Secretly manipulating others or situations.
- Possessiveness.
- Selfishness, conditional behaviour 'I love you if you do...'
- Self-pitying behaviour if they are rejected/pushed away.
- Demanding of others attention and affection.
- Domineering.
- Can be egotistical.
- Fear of losing friends, relationships, possessions.
- Uses emotional blackmail.
- Tries to hold on to friends/relationships long past their time eg mother/child or romantic relationships.



- Has to be surrounded by close ones, needs to know what's going on in everyone's lives and has to have a say/opinion on it.
- Finds it hard to let go of things or forgive and forget.
- Reminds others of the things they've done for them, keeps a record and never lets people forget.
- Feels easily slighted or hurt by others.
- May fake illness to gain attention or sympathy.
- Feels angry or a sense of being wronged if they don't get their own way, playing the martyr, feels others are ungrateful.
- Forces good deeds onto others even if others haven't asked for it and then feels owed for it.



## ***How can Chicory flower essence help?***

The essence of Chicory 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 give without expecting or needing anything in return.
- Able to give security and a sense of protection to others without feeling owed.
- Warm, kind and sensitive to others without needing to own or possess.
- Secure in themselves.



# **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

[www.reformedbohemian.com](http://www.reformedbohemian.com)

email: [hello@reformedbohemian.com](mailto: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,

