



Red Chestnut Bach Flower Remedy

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Red Chestnut Flower Remedy

Red Chestnut is for people who are consumed with an irrational fear of something bad happening to those close to them.

About Red Chestnut

Red Chestnut people are natural worriers but this can easily spiral to become an irrational fear of something terrible happening to the people close to them, they may be consumed with worry that they will have an accident or a minor illness will turn out to be a major illness or disease. They are constantly checking and fussing over their loved ones, which can over time become draining for those close to the Red Chestnut person, they need to be constantly reassured and their constant fussing and checking and rechecking can become overbearing and suffocating.

Red Chestnut flower essence can help to overcome these irrational fears and replace the irrational thinking with calm, logical thinking and the ability to put their fears into perspective. This eases the burden on their relationships and enables them to be caring and nurturing in a positive way without the sense of anxiety overwhelming them.

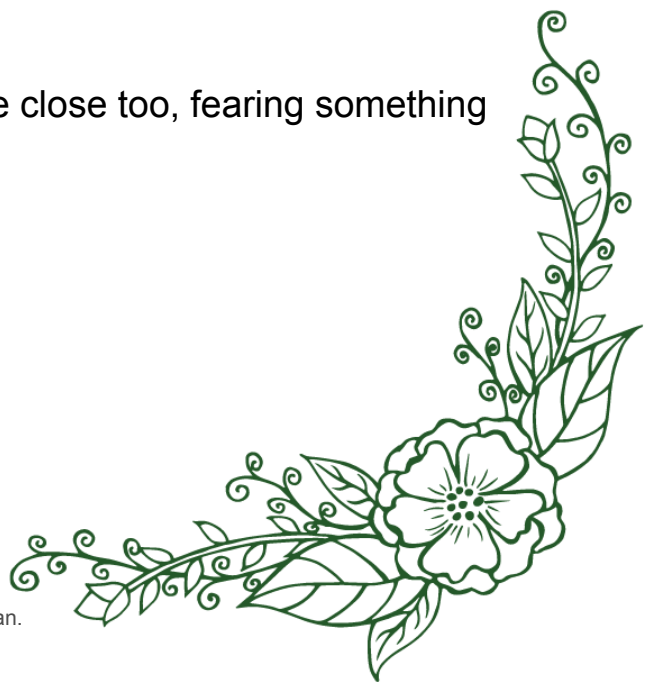
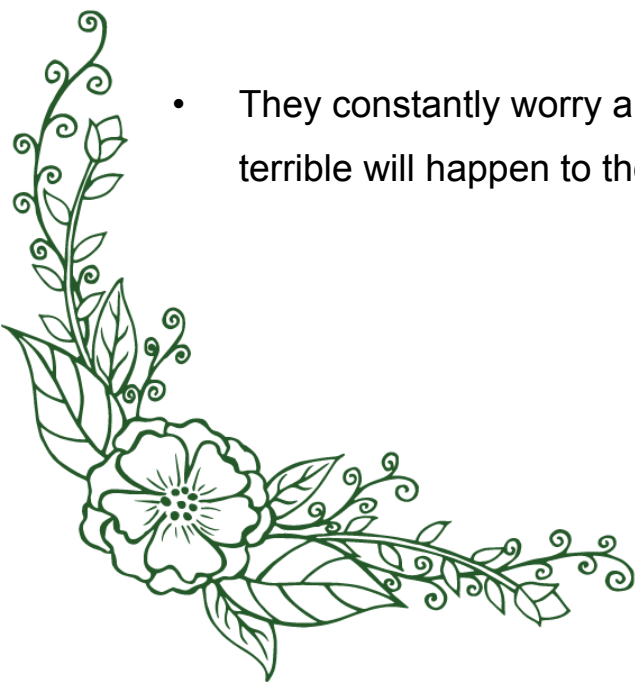


Signs You May Need Red Chestnut

Red Chestnut can be used to restore harmony in people who are experiencing the following symptoms.

Red Chestnut Key Symptoms

- Overwhelming concern and worry for others particularly the safety of those close to them.
- No fear or concern for self.
- Worries and takes on the problems of others.
- Forms great attachment to others, especially close ones.
- Can be overprotective.
- They can put the care of others so high that it can be self-sacrificing.
- Worries over minor details or ailments, for example fear the worst if someone is late or that a minor illness is a sign of a more serious illness.
- They constantly worry about those they are close too, fearing something terrible will happen to them.



How can Red Chestnut flower essence help?

The essence of Red Chestnut 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 cope both mentally and physically in emergencies.
- Stays calm in emergencies.
- Able to provide guidance to others without being overbearing or overprotective.
- Able to have and maintain feelings of stability, security and well-being to others when in difficult situations.

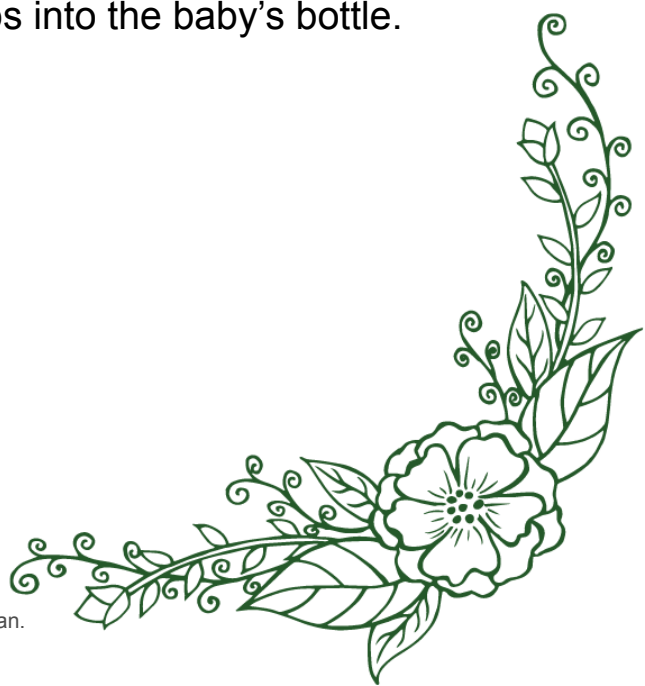


Dosages

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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