



Impatiens Bach Flower Remedy

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Impatiens Flower Remedy

Impatiens is for the fidgets amongst us, the people always in a rush, impatient and prone to irritability. Impatiens people are ways in a hurry and wants things done yesterday.

About Impatiens

The Impatiens person is the type of person who is always in a rush, wanting things done yesterday. They can't abide waiting for anything and get irritated by anything or anyone that slows them down. They get frustrated when things don't move fast enough, they are fidgets who can't sit still and are always on the go. They can be exhausting to be around because they always want to be moving or doing something and expect everyone around them to keep up with them, this can lead to loneliness as their behaviour can inadvertently push people away.

Impatiens flower essence helps the impatiens person to slow down and enjoy life. It helps the impatiens to live life at a normal pace instead of rushing from place to place, thing to thing. They can relax and enjoy the moment and where they have to wait, whether it's in a queue or for another person instead of getting frustrated and impatient they are able to stay in the moment and be calm.

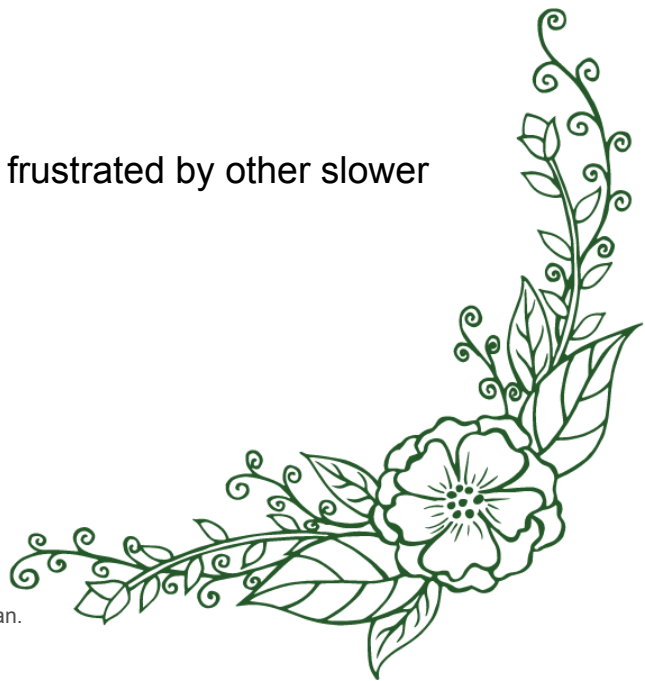
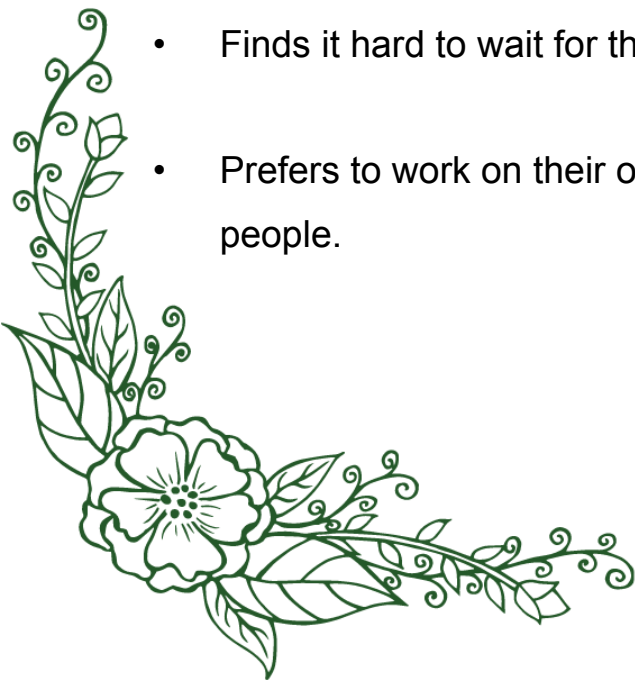


Signs You May Need Impatiens

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

Impatiens Key Symptoms

- Impatient.
- Irritable, prone to overreact or make rash decisions.
- Gets easily frustrated by people who are going too slow, as they perceive it.
- They tend to be spontaneous and active.
- They can finish people's sentences due to impatience and wanting to hurry things along.
- Experiences tension, such as headaches due to overactive mental activity.
- Can be accident prone.
- Finds it hard to wait for things.
- Prefers to work on their own as they get too frustrated by other slower people.



- Often takes over tasks due to frustration that things are being done fast enough.
- Can be short tempered, but anger passes quickly.
- Can experience a sudden loss of energy or sudden hunger due to burning all energy reserves by rushing around.
- Can suffer from nervous indigestion and hot flashes.



How can Impatiens flower essence help?

The essence of Impatiens 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.

- Patient and able to slow down.
- Shows empathy and understanding of others.
- Quick thinking and acting.
- Independent.
- Above average ability.
- Uses their skills and ability to benefit others not just themselves.

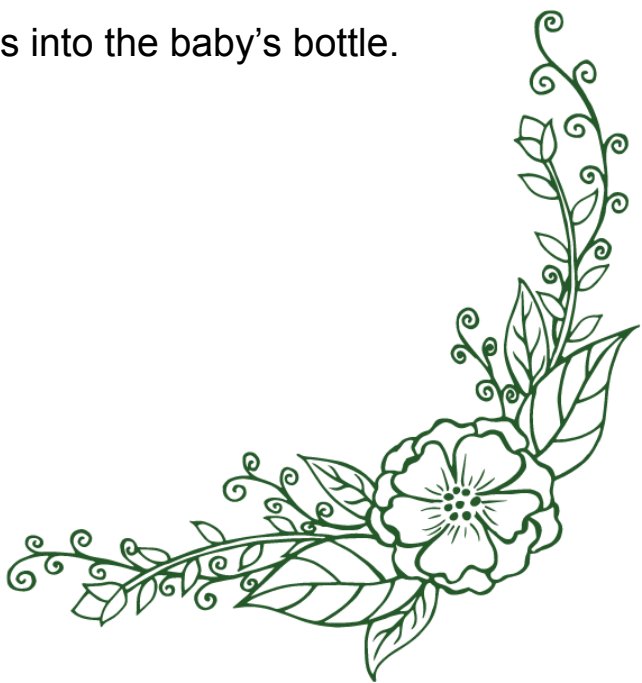


Dosages

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





The Reformed Bohemian
Health & Well-Being Powered By Nature



Find out more at

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