



White Chestnut Bach Flower Remedy

by
The Reformed Bohemian



Table of Contents

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

Find out more at www.reformedbohemian.com



White Chestnut Flower Remedy

White Chestnut for the over-thinkers, who lie in bed at night unable to stop the thoughts going round in their heads.

About White Chestnut

White Chestnut people are the over-thinkers, the people who torment themselves with thoughts of what if? Why did I? Why didn't I? Why did they/he/she etc. They can't shake off intrusive, unwanted thoughts, they just go around and around causing sleepless nights which leaves them waking up in the morning feeling exhausted. They become irritable and make mistakes due to lack of sleep and being preoccupied with these thoughts that just won't switch off. This can affect physical and emotional well-being.

White Chestnut Flower essence helps to bring peace of mind and stops the intrusive, unwanted thoughts from taking hold. Calm, rational thinking replaces the overthinking and sleep is restored aiding physical and emotional recovery.

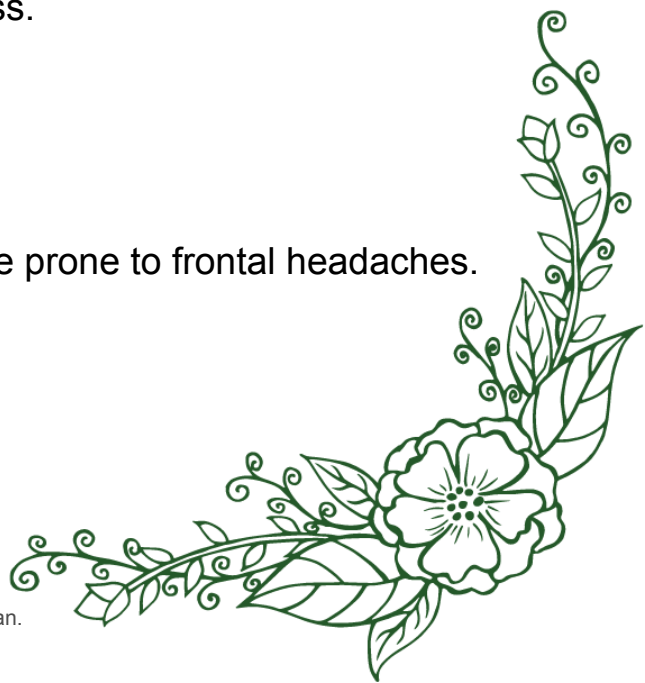
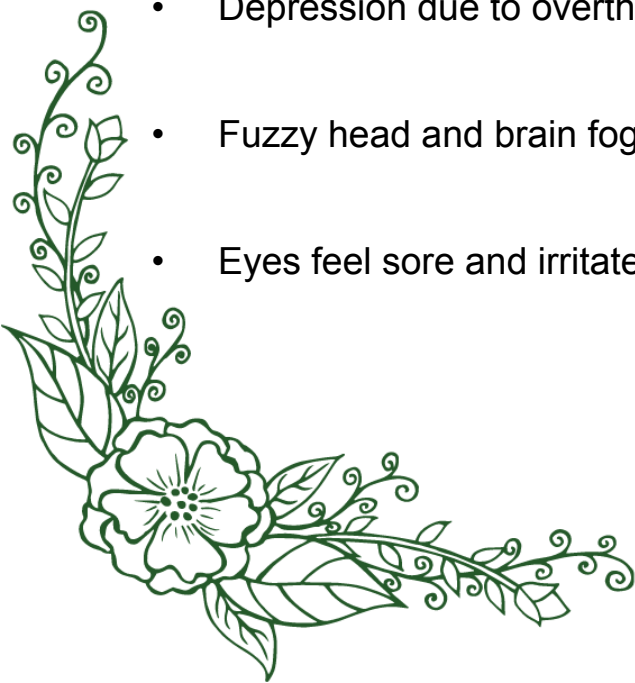


Signs You May Need White Chestnut

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

White Chestnut Key Symptoms

- Can turn off intrusive, unwanted thoughts that keep going round in their head.
- Constant mental chatter, replaying conversations and events over and over.
- Overthinking and mental hyperactivity.
- Lacks concentration or focus in everyday life.
- Can't sleep due to racing thoughts.
- Wakes up exhausted due to broken sleep.
- Over time they become sleep deprived due to constantly disturbed sleep, either not able to drop off to sleep due to overthinking or thoughts waking them up during the night.
- Depression due to overthinking and tiredness.
- Fuzzy head and brain fog.
- Eyes feel sore and irritated, and may also be prone to frontal headaches.



How can White Chestnut flower essence help?

The essence of White 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 control intrusive thoughts.
- Balanced state of mind.
- Clear head enables working through problems and finding solutions.
- Calm mind leading to clarity of thought.
- Able to control thoughts and stop mind racing particularly at night enabling a good night's sleep.

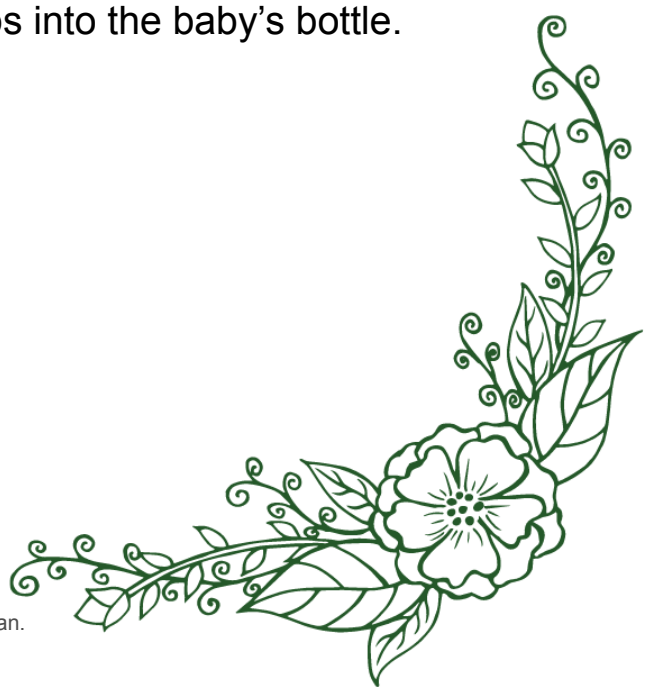


Dosages

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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