



Mimulus Bach Flower Remedy

by
The Reformed Bohemian



© 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100

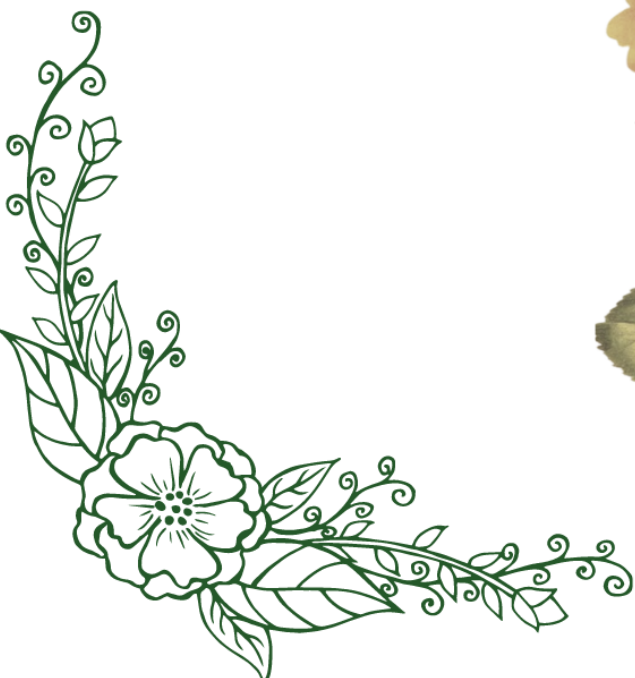


Table of Contents

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

Find out more at www.reformedbohemian.com



Mimulus Flower Remedy

Mimulus is good for people who are in a constant state of fear, often of unknown things, such as fear of becoming ill or traveling or being alone.

About Mimulus

Mimulus people have an irrational fear of unknown things but often specific things, this can be something such as flying or being alone to things such as becoming ill and being convinced they are going to get a debilitating or life threatening illness and have a profound fear of death. They are often shy, nervous people that feel awkward in social situations and may suffer with social anxiety particularly around people they don't know.

Mimulus flower essence can help people to manage these fears and to confront and overcome these feelings of fear so they're no longer being controlled by these fears. It also helps to overcome the shyness and social anxiety that mimulus people struggle with.

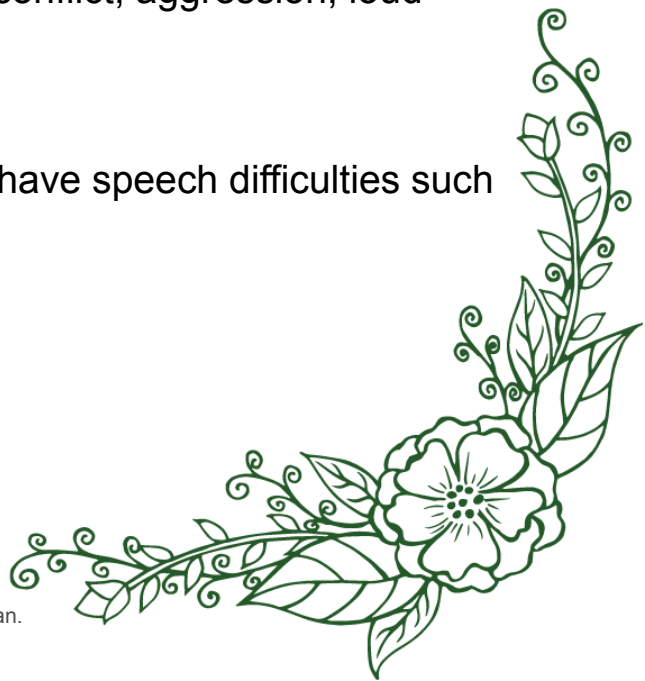
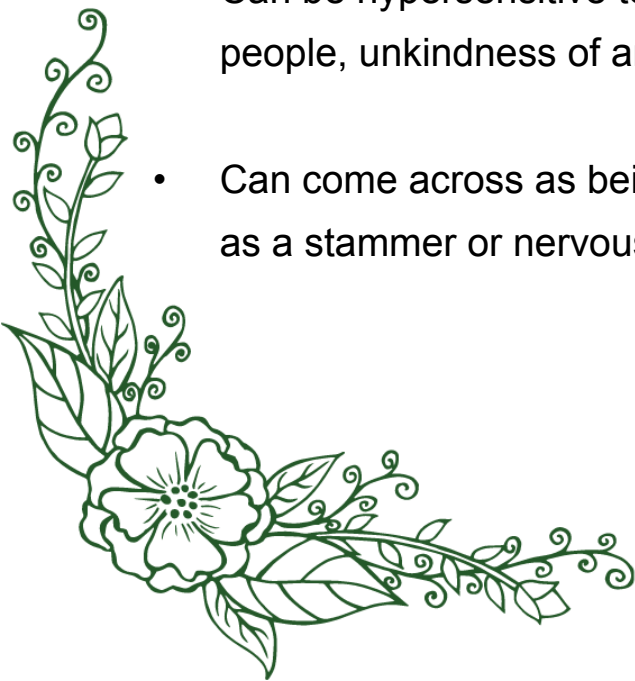


Signs You May Need Mimulus

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

Mimulus Key Symptoms

- Shy, timid, reserved.
- Blushes easily.
- Physically sensitive.
- Afraid of the world.
- Finds life overwhelming and frightening but keeps fears to themselves.
- Has anxieties and phobias such as fear of the dark, getting ill or pain, specific fears of getting cancer, death, accidents, losing people close to them, fear of the future or more tangible things such as dogs, spiders, mice etc.
- Can be hypersensitive to the cold, noise, conflict, aggression, loud people, unkindness of any kind.
- Can come across as being nervous, may have speech difficulties such as a stammer or nervous laughter.



- They may be afraid to be alone yet shy and nervous around others.
- Can become ill when faced with things they find frightening or overwhelming.
- Recovery from illness or injury can be hampered by being overcautious, not wanting to cause further pain or illness.



How can Mimulus flower essence help?

The essence of Mimulus 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.

- Can manage anxieties and phobias so they are no longer held prisoner by them.
- Although they remain sensitive, they are able to face the world and are no longer held back by shyness and nervousness.
- Has inner strength and courage to deal with situations they once found frightening.
- Has an understanding and empathy for others in a similar situation and is able to support them through their own experience.



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

www.reformedbohemian.com

email: 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,

