



Scleranthus Bach Flower Remedy

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Scleranthus Flower Remedy

Scleranthus is for people who have mood swings and are indecisive.

About Scleranthus

Scleranthus people are people who are locked into uncertainty and indecision, they don't trust themselves to make the right decision and doubt themselves. No matter which decision they choose they always feel they made the wrong one. They have frequent mood swings which makes it difficult for people to be around them. They are often quiet people who struggle to work through their problems on their own but refuse to ask for help.

Scleranthus flower essence helps to replace indecisiveness with clear, logical thinking. It helps to restore trust in your own mind and decision making processes so the Scleranthus person is able to make decisions. It also helps to balance emotions, levelling out mood swings and making them easier to be around.



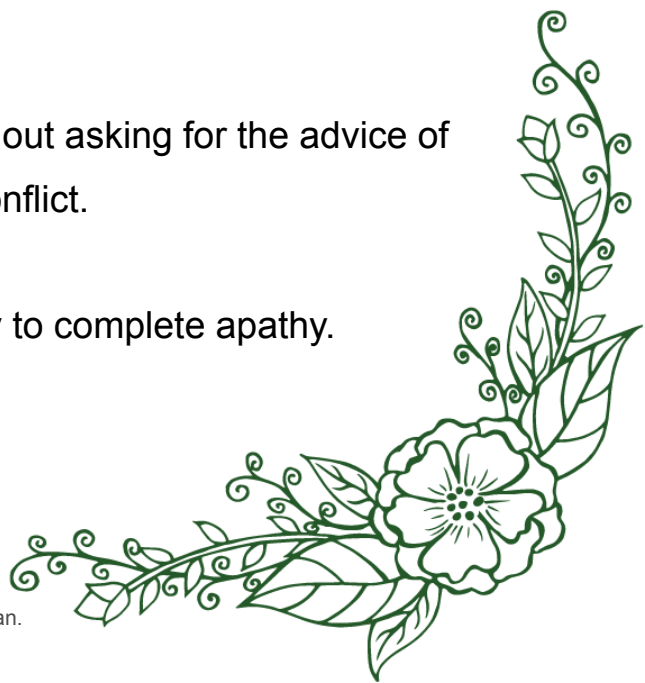
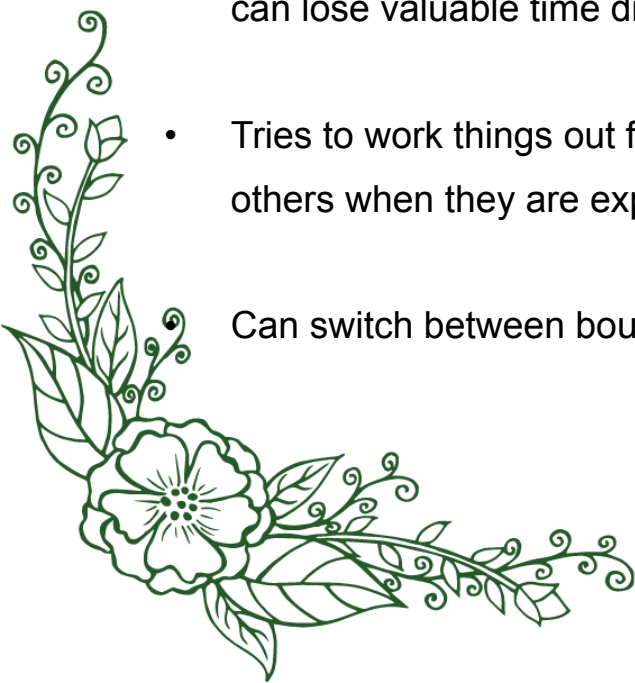
Signs You May Need Scleranthus

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

Scleranthus Key Symptoms

- Indecisive.
- Erratic and lacking inner balance.
- Erratic moods, changing from one minute to the next, crying one minute, laughing the next.
- Comes across as unreliable due to mood fluctuations.
- Unable to focus, jumping from in and out of conversations and changing the topic intermittently.
- Can seem unbalanced may say they feel like they are having a nervous breakdown.
- Indecision leads to missed opportunities both personally and professionally, can lose valuable time dithering.
- Tries to work things out for themselves without asking for the advice of others when they are experiencing inner conflict.

Can switch between bouts of frantic activity to complete apathy.



How can Scleranthus flower essence help?

The essence of Scleranthus 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.

- Indecision is replaced by the ability to make instant decisions.
- Have good concentration and determination to get things done.
- Is able to maintain inner balance in any situation.
- Versatile and flexible approach to life.
- They have a calming effect on others due to being able to centre themselves in times of stress.

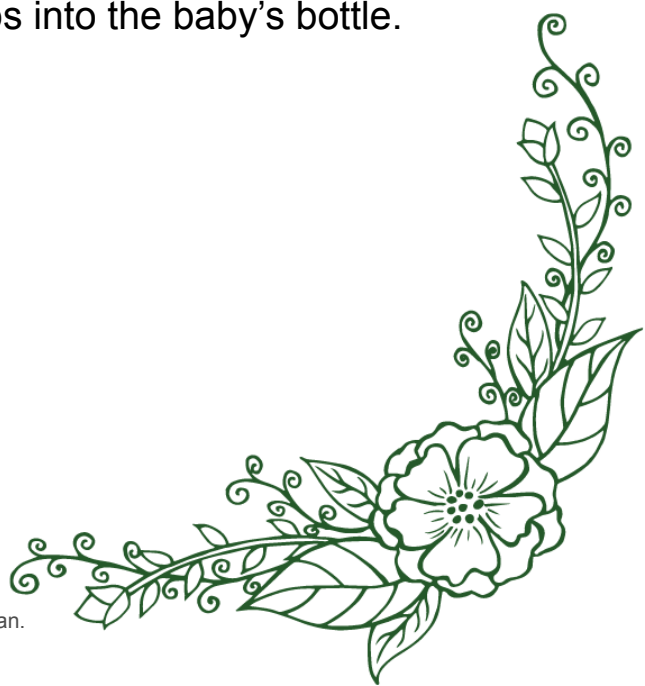


Dosages

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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