



Hornbeam Bach Flower Remedy

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Hornbeam Flower Remedy

Hornbeam is a good essence for people who are struggling with the exhausted mental fatigue that come with the thoughts of a difficult day ahead. It can feel like being stuck in a permanent 'Monday morning' feeling.

About Hornbeam

Hornbeam people often feel a loss of energy and enthusiasm and dread for the day or tasks ahead. They may wake up feeling exhausted even before they have got up, they may feel lethargic and lacking in any desire to get the day started.

Hornbeam flower essence can help to provide the energy and motivation to get on with the tasks at hand and do what needs to be done, even the mundane, ardent tasks.

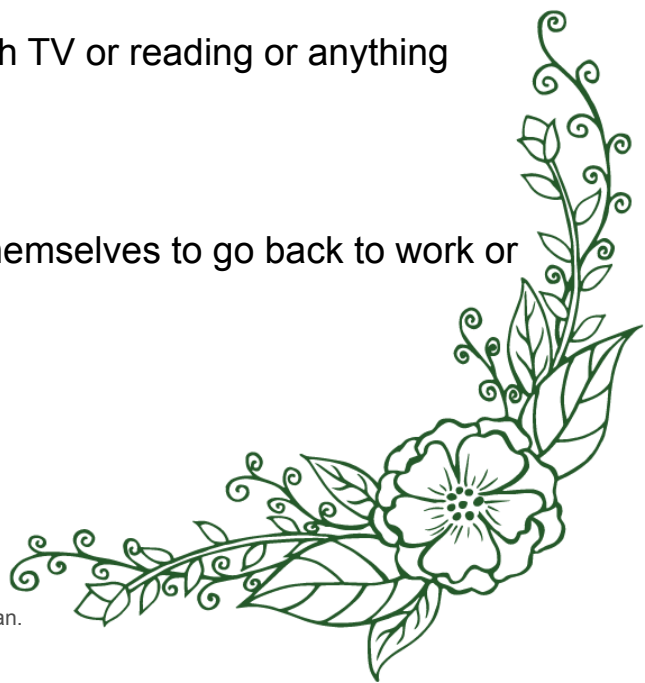
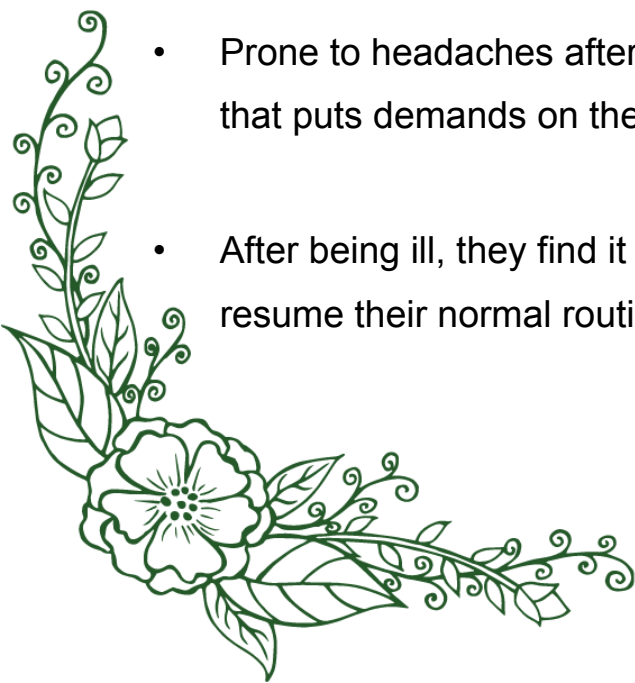


Signs You May Need Hornbeam

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

Hornbeam Key Symptoms

- Fuzzy, headed, hungover feeling due to mental exhaustion.
- Exhausted, tired, lacking in energy even after a good night's sleep.
- Often wakes up feeling more tired than when they went to bed.
- Will likely state they can't start the day without a stimulant such as coffee or tea to get them going.
- Often wakes up feeling that they won't be able to complete the tasks of the day ahead, but once they get going finds the energy.
- Will complain of tired, sore eyes or pressure around the eyes.
- Procrastinates.
- Prone to headaches after watching too much TV or reading or anything that puts demands on their senses.
- After being ill, they find it hard to motivate themselves to go back to work or resume their normal routine.



- Often has a sedentary lifestyle, lacking in exercise so finds life exhausting, be it physically or mentally.
- They can experience degeneration of the joints, muscles and connective tissues.



How can Hornbeam flower essence help?

The essence of Hornbeam 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.

- Feels confident they can cope with the day ahead and get tasks done.
- Clear headed.
- Wakes up energised.
- Regains interest in things in their life, rather than dreading them because of feeling too exhausted or tired.
- Able to cope with stimulation without becoming overloaded and overwhelmed.

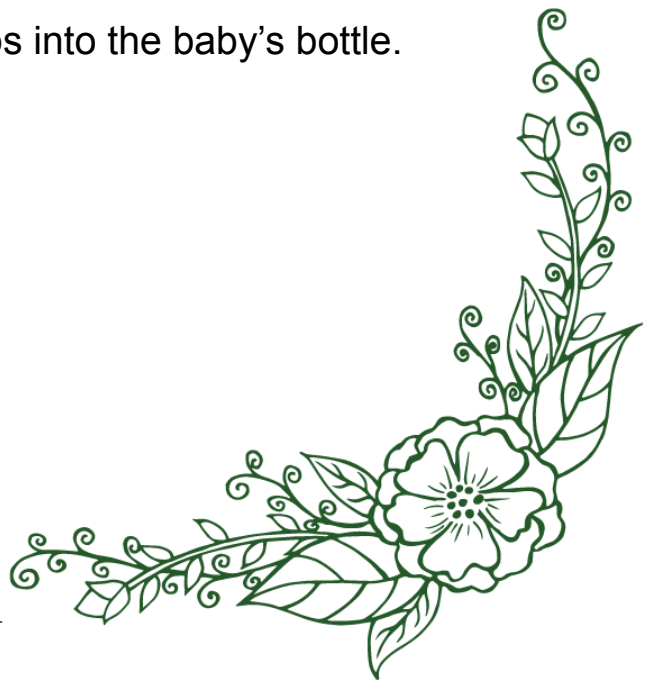


Dosages

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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