



Beech Bach Flower Remedy

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Beech Flower Remedy

Beech helps restore balance for arrogant, critical people who always find fault in others, no matter what they do.

About Beech

People who are in need of Beech flower essence are often overly critical of others and lack tolerance and empathy. Often having high standards and a level of perfection that other people find hard to live up to, yet Beech people often find it hard to understand why people can't live up to their expectations or worse may even disagree with the Beeches way of doing things or think they have a better way, which infuriates the Beech person. They can appear calm and patient on the surface but be secretly seething inside.

Beech Flower Essence can help increase tolerance and empathy for others and to be less critical of others. It helps the Beech person to be able to accept that others may do things differently and have different skills so may struggle with things they find easy.

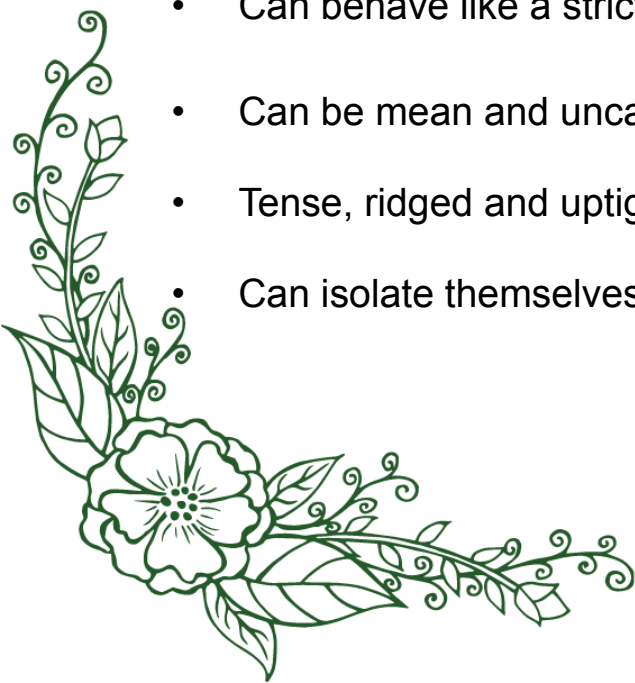


Signs You May Need Beech

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

Beech Key Symptoms

- May be seething under the surface.
- Critical of others.
- Unable to show tolerance or understanding of others weaknesses seeing them as inconveniences or inadequacies.
- Arrogant.
- Lacks understanding or acceptance of the views or situations of others.
- Harsh judgement of others, often only seeing their flaws and faults.
- Unable to put themselves in another person's shoes.
- Only sees the negatives.
- Cannot see that not everyone has the same set of circumstances, advantages or potential.
- Can behave like a strict head teacher.
- Can be mean and uncaring.
- Tense, ridged and uptight.
- Can isolate themselves from colleagues.



How can Beech flower essence help?

The essence of Beech can help to release the energy block and allow their natural energy to flow freely. People will notice this through changes in their behaviour and feelings.

- Nicer and kinder to the people around them.
- Increased tolerance, recognising and appreciating diversity.
- Increased ability to understand different patterns of human behaviour and individual development to get the best of people.
- Can see the beauty and value of others, even with their imperfections, finally understanding that everyone has their own standard of behaviour which whilst different to their own may be just as valid.



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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