



# Wild Rose Bach Flower Remedy

by

*The Reformed Bohemian*



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# Wild Rose Flower Remedy

Wild Rose for the person with complete apathy for life, no ambition, no goals and no motivation.

## ***About Wild Rose***

Wild Rose is the person who has no get up and go, they have no ambition, no goals, motivation or drive. They would be quite happy staying at home in front of the tv day after day. They have little interest in the world around them or in being part of the external world. They evoke frustration and anger in close ones who nag and pester them to get a job or get friends but they just shrug it off. A Wild Rose person may have suffered a loss or bereavement and have been unable to move on from the loss.

Wild Rose flower essence helps to restore interest in life, it lifts feelings of apathy and resignation. It can also lift the apathy in life caused by a loss such a bereavement and help people to see joy in life after loss.

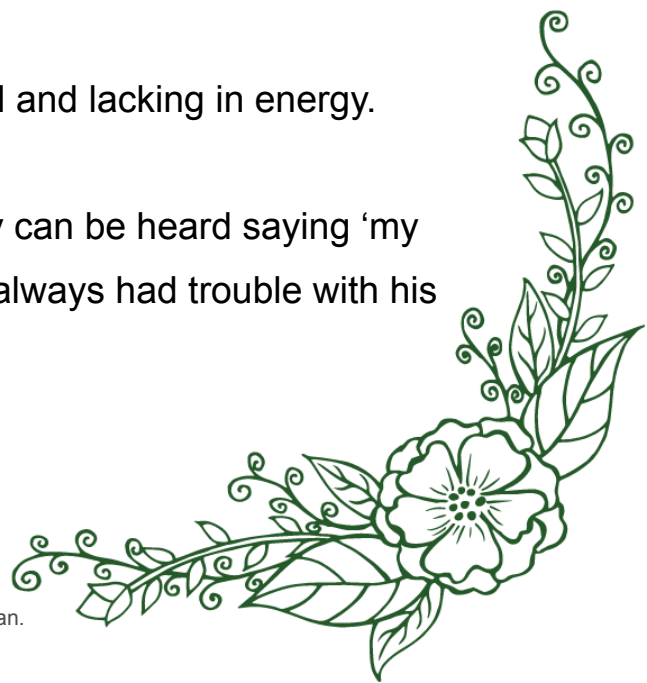
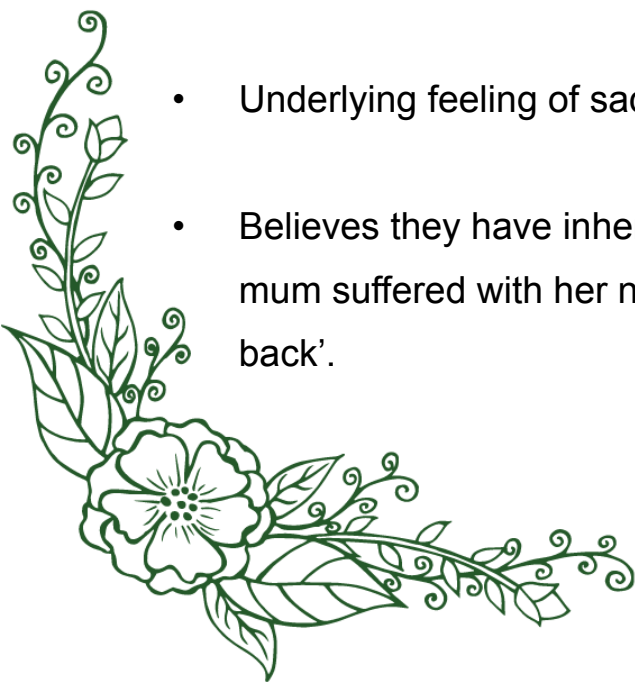


# Signs You May Need Wild Rose

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

## *Wild Rose Key Symptoms*

- Finds it difficult to adjust to transition through normal life periods.
- Wants to follow their own ambitions but feels unable to resist powerful influences.
- Feels in heart of hearts that although not hopeless they will not succeed.
- Has given up trying to make positive changes in their life.
- Accepts own fate, accepting an unhappy marriage, job, illness etc.
- Feels no joy or pleasure in life and lacks motivation to change this.
- Feels bored of life, like life has passed them by and they are now indifferent to the life they are living but doesn't complain about it as they have come to see this as normal.
- Underlying feeling of sadness, always tired and lacking in energy.
- Believes they have inherited ill health, they can be heard saying 'my mum suffered with her nerves' or 'my dad always had trouble with his back'.



## ***How can Wild Rose flower essence help?***

The essence of Wild Rose 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.

- Renewed interest in life.
- Able to cope with everyday life without it becoming a crippling routine.
- Recognises the importance of consciously changing their negative mental attitude.
- Can follow internal laws to live a happy life.
- Has a sense of inner freedom and flexibility.

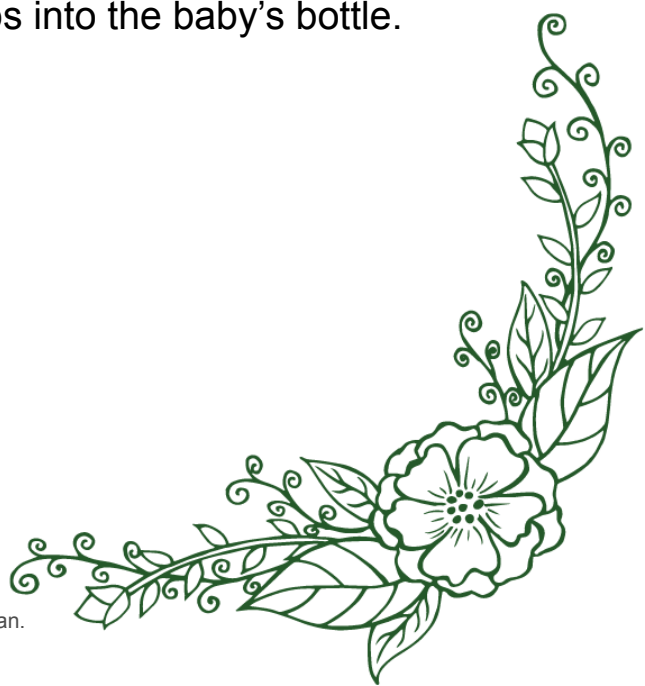


# ***Dosages***

## ***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](http://www.reformedbohemian.com)







*The Reformed Bohemian*  
*Health & Well-Being Powered By Nature*



Find out more at

[www.reformedbohemian.com](http://www.reformedbohemian.com)

email: [hello@reformedbohemian.com](mailto:hello@reformedbohemian.com)

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