



Elm Bach
Flower Remedy
by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Elm Flower Remedy

Elm is used for people who are feeling overwhelmed by their responsibilities. It's also a good remedy for people who are experiencing temporary feelings of inadequacy.

About Elm

Elm people have likely reached a stage where they are struggling to cope with the pressure of their responsibilities, these could be personal or professional responsibilities. Elm people are capable of managing their responsibilities normally but have become worn out and vulnerable due to more and more responsibility being placed on them and these going on longer or becoming more than they feel they can cope with, they may be experiencing feelings of despair and despondency as they become overwhelmed by their burdens.

Elm flower essence can help calm the mind and restore confidence in the ability to manage responsibilities and give people the strength to push forward.

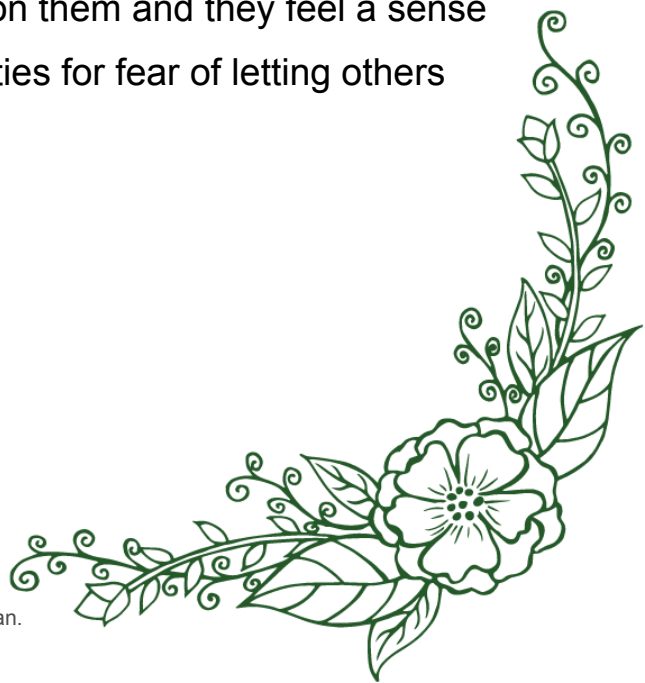
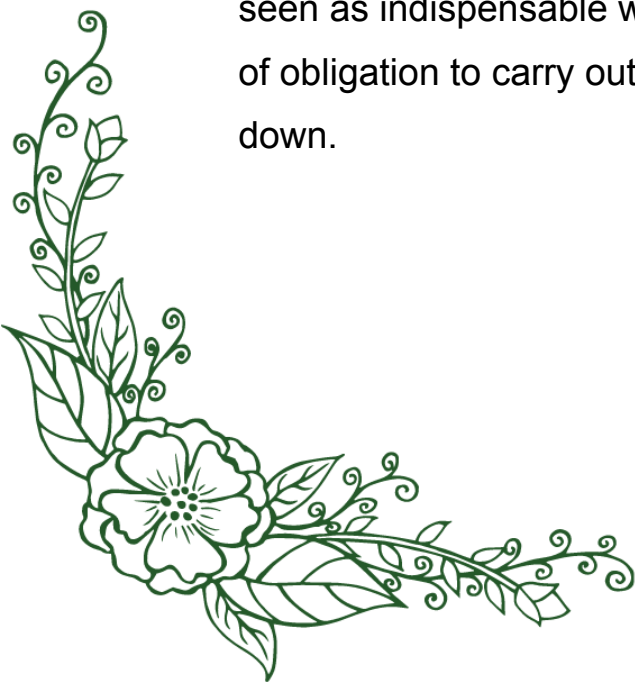


Signs You May Need Elm

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

Elm Key Symptoms

- Overwhelmed by responsibilities or tasks.
- Feels they can't keep up and worry they are going to fall behind.
- Takes on too much work and tasks and feel overwhelmed.
- Temporary feeling of inadequacy.
- Feels they don't have the strength or energy to do everything they want or have to do.
- Temporary feeling of exhaustion due to over exerting themselves to keep at the top of their game.
- They feel they have got themselves into a situation where they are now seen as indispensable with others relying on them and they feel a sense of obligation to carry out these responsibilities for fear of letting others down.



- Usually a strong, capable self-confident person but occasionally succumbs to feelings of exhaustion and despair but this is usually only a temporary state that they pull themselves back from.



How can Elm flower essence help?

The essence of Elm 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.

- Above average ability/skills/talents.
- Possesses great potential but is inherently altruistic.
- Has a personal sense of responsibility.
- Self-assured and confident.
- A natural leader who inspires others.
- Reliable and able to see problems for what they are and find solutions to overcome them.
- Positive and believe that things will work out in the end.
- Willing to take on difficult tasks.



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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