



Holly Bach Flower Remedy

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Holly Flower Remedy

Holly is useful for people who are experiencing destructive, negative emotions such as jealousy, anger, hatred and revenge.

About Holly

Holly people often experience feelings of resentment and being unloved and are experiencing negative, destructive emotions which can lead to outbursts of anger and rage often without warning. Older Holly people may feel Jealous of younger people who have their lives before them while their life is or has passed them by.

Holly flower essence can be used to help restore peace in all relationships which need healing and can help those Holly people who need to forgive others to find peace. It helps to replace destructive, negative emotions with forgiveness and peace.



Signs You May Need Holly

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

Holly Key Symptoms

- Feelings of Jealousy, distrust and revenge.
- Suspicious of others, feels others are trying to deceive them.
- Has frequent misunderstandings or fallings out with others.
- Feelings are easily hurt and is overly sensitive to real or imagined slights.
- Feelings of hatred, malice and envy.
- Hard hearted.
- Unhappy, discontent with life and frustrated but isn't always sure why.
- Can experience feelings of rage, anger, violent outbursts that may become physical expression (common in children).



How can Holly flower essence help?

The essence of Holly 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.

- Able to live in harmony with others.
- Has an inner sense of peace.
- Able to take pleasure in the achievements and successes of others without feeling jealous or envious, even if they are going through difficult times they can still feel happy for others.

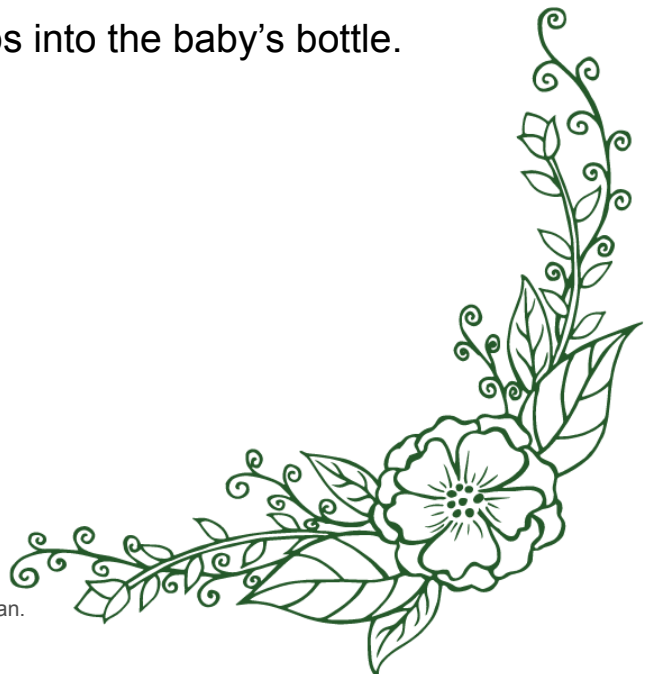


Dosages

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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