



Honeysuckle Bach Flower Remedy

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Honeysuckle Flower Remedy

Honeysuckle helps people who are stuck in the past unable to move on to start living in the present moment.

About Honeysuckle

Honeysuckle people have no interest in the present because they are living in the past even if the past was sad and brings up unhappy memories. They may replay past mistakes or regrets, wishing they had been different. They may remember happy experiences from the past and wish they could be back in those past memories, experiencing happier times once more. The Honeysuckle person may struggle with getting older and yearn for their lost youth.

Honeysuckle flower essence helps to bring the honeysuckle person back to the present moment and to enjoy and find joy in the present, it helps to be able to remember the past but without it being intrusive or preventing it from taking over the joy and happiness of the present.

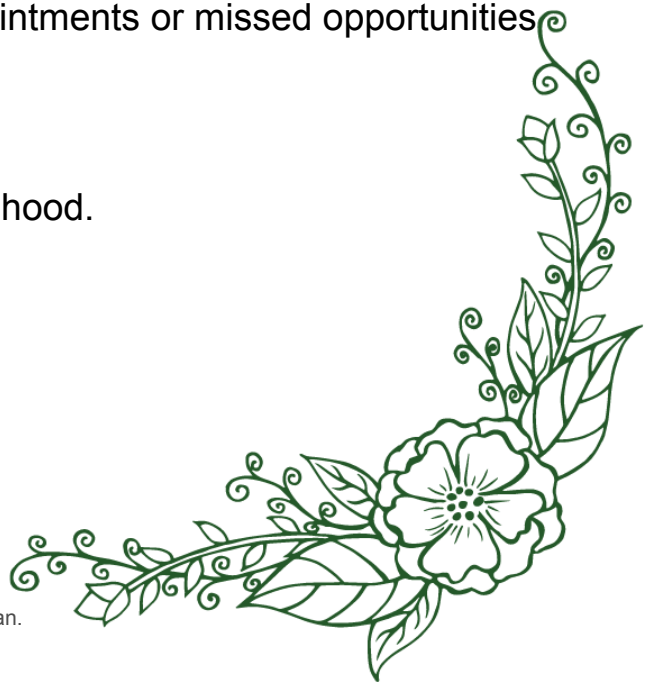
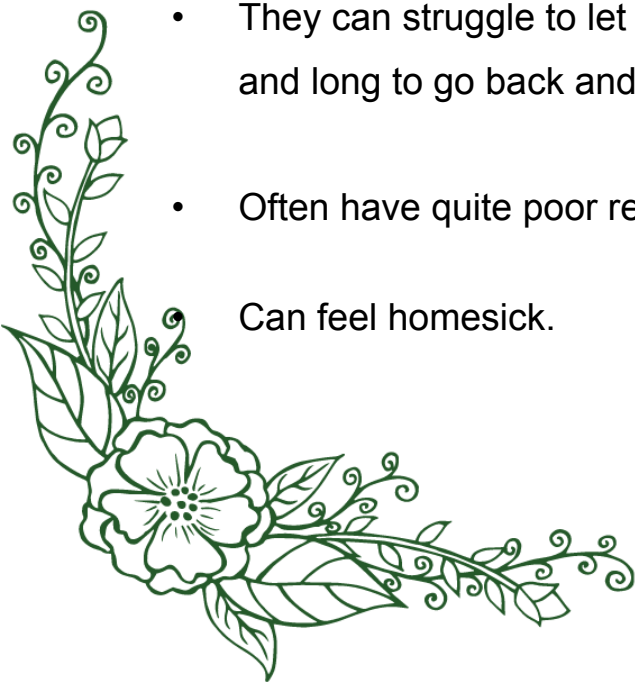


Signs You May Need Honeysuckle

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

Honeysuckle Key Symptoms

- Can't let go of certain events from the past.
 - Holds on to regrets from the past.
 - Can't fully live in the present as they are so focused on the past.
 - Talks about the past repeatedly, replaying events and conversations in their minds.
 - See's the past through rose coloured glasses, often talking about the 'good old days' or 'back in my day'.
 - Finds it hard to let go of people from the past, whether this is a literal loss through bereavement or old friends or relationships which have ended or people have moved away.
 - They can struggle to let go of past disappointments or missed opportunities and long to go back and start again.
 - Often have quite poor recollections of childhood.
- Can feel homesick.



How can Honeysuckle flower essence help?

The essence of Honeysuckle 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 learn from the past but not cling on to it in an unhealthy way.
- Has a healthy relationship with the past, but is very much living in the present.
- Able to cherish memories of the past without becoming fixated on past regrets.
- May take an interest in maintaining history, such as having an interest in genealogy, historian or archaeology.

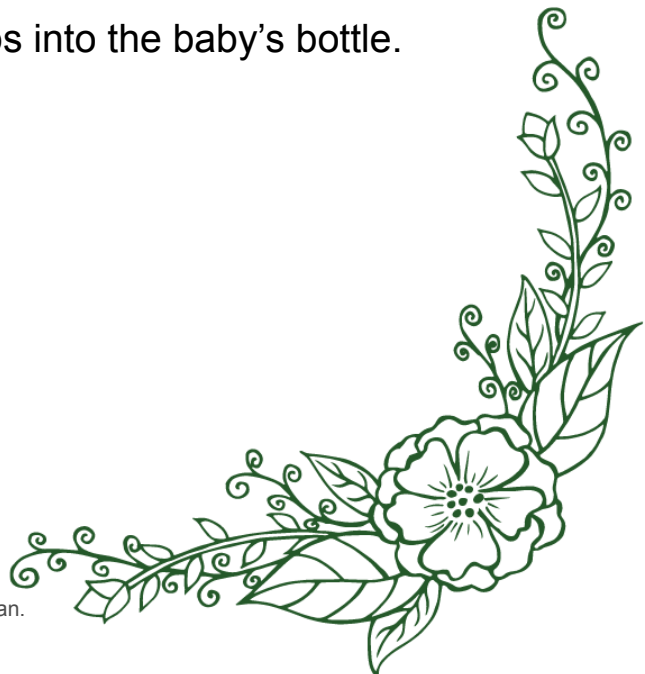


Dosages

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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