



Star of Bethlehem Bach Flower Remedy

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Star of Bethlehem Flower Remedy

Star of Bethlehem is used to treat the shock or distress that can be felt after hearing bad news or witnessing an accident or other shocking event.

About Star of Bethlehem

Star of Bethlehem is used to treat shock and distress and feelings of despondency or despair caused by the trauma of an accident or distressing news such as the loss of a loved one or serious illness.

Star of Bethlehem flower essence soothes and calms people in extreme emotional distress and people who are numb from shock whose emotions have become blocked.



Signs You May Need Star of Bethlehem

Star of Bethlehem can be used to restore harmony in people who are experiencing the following symptoms:

Star of Bethlehem Key Symptoms

- Feels sad and unhappy.
- Unable to recover from bad news, accidents or other disappointments, these may date back to childhood and may be deep in the unconscious mind.
- The trauma could be physical, emotional, mental or psychic and may be experienced with the same intensity where it was a recent trauma or historic.
- Unable to be soothed or comforted despite comfort and reassurance being available.
- May have an interest in magic and mysticism.
- May have a history of drug abuse.



How can Star of Bethlehem flower essence help?

The essence of Star of Bethlehem 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 recover quickly from stressful situations.
- Possesses inner strength.
- Clear thinking.
- Able to cope with change.

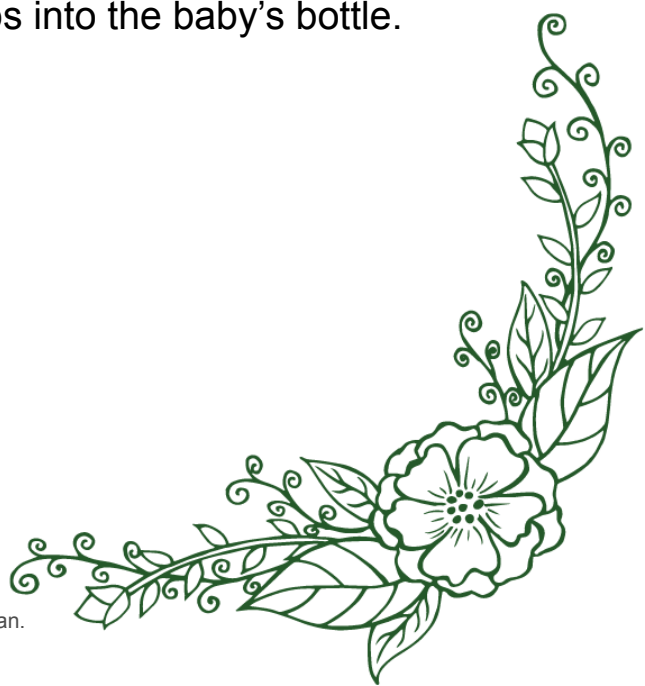


Dosages

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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