



Gentian Bach Flower Remedy

*by
The Reformed Bohemian*



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Find out more at www.reformedbohemian.com



Gentian Flower Remedy

Gentian helps to foster feelings of perseverance when faced with disappointment, uncertainty or discouragement.

About Gentian

Gentian people can fall into depression or a negative mindset if they encounter setbacks or receive bad news. Gentian people have often lost faith that things will work out, they can be pessimistic and always think things will fail even before they've tried. They are uncertain about the situation and can be easily discouraged or disappointed by setbacks. For pessimism and despair in the face of set-backs to physical health.

Gentian flower essence can help ward off negative feelings and lift the Gentian person's spirits and give them the strength to persevere despite setbacks or disappointments.



Signs You May Need Gentian

Gentian flower essence can be used to restore harmony in people who are experiencing the following symptoms:

Gentian Key Symptoms

- Has insight into feelings of depression.
- Can be pessimistic and sceptical.
- Easily discouraged and dejected.
- Can appear to enjoy being negative and pessimistic.
- Lacks confidence which can lead to self-doubt and uncertainty.
- Voices doubts and uncertainty.
- Temporary setbacks can be perceived as being bigger than they are in reality.



How can Gentian flower essence help?

The essence of Gentian 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.

- Belief that problems and setbacks are only temporary and can be overcome.
- Accepts that as long as you try your best, that's all that really matters regardless of the outcome.
- Can cope with conflict without losing confidence.
- Maintains confidence even in difficult circumstances.
- Has the sense that they are able to see the light at the end of the tunnel.



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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