



Oak Bach Flower Remedy

by
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Find out more at www.reformedbohemian.com



Oak Flower Remedy

Oak is for people who carry on even when they feel they can't and can become run down and ill because of this.

About Oak

Oak people are the solid, reliable, dependable people that just keep pushing forward despite the situation, they keep going even when their mind and body are screaming at them to stop and take a break. Oak people are fighters and don't like to be beaten by a situation, even when they become ill they will just grit their teeth and push on through until eventually they completely burn out and have nothing left to give even if they try, they can become angry and frustrated at themselves and feel a sense of despondency in their situation, often feeling that this is just the way it is and you just have to get on with it and make the best of it.

Oak flower essence can help to push back on feelings of despondency in things changing and helps the oak person to rest when their body and mind needs to take a break without guilt or shame enabling can help them to come back from these breaks, stronger, more full of life and with renewed energy and vitality.

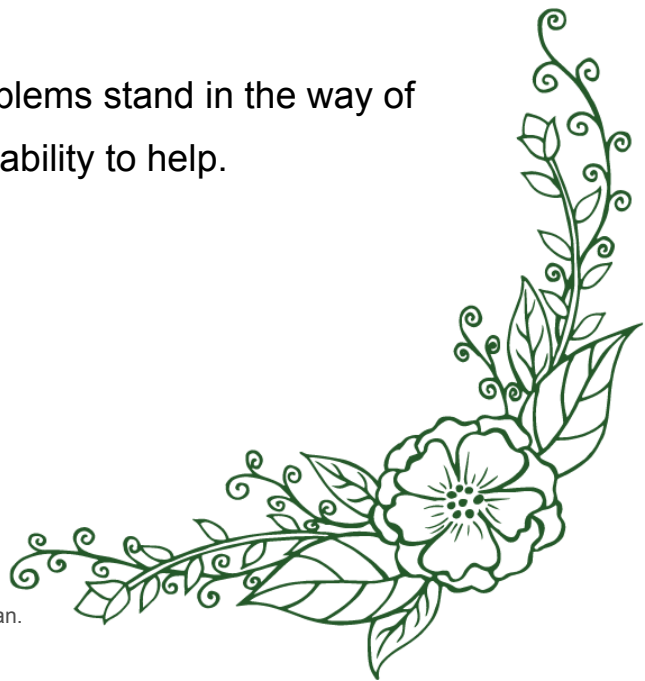
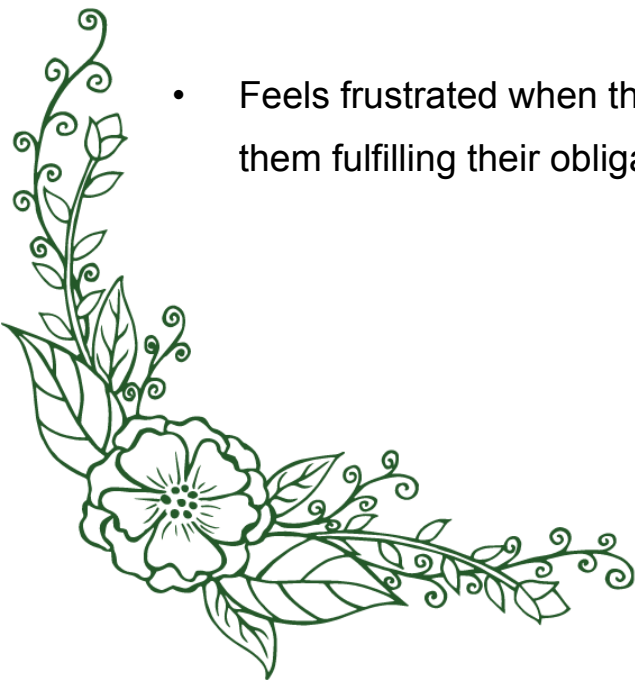


Signs You May Need Oak

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

Oak Key Symptoms

- Dutiful, reliable, stable, just gets on with the job at hand.
- Tends to overwork and as a result can become depressed and despondent.
- Never complains even when completely exhausted.
- Possesses unlimited patience and endurance.
- Never gives up, fights on against the odds, never giving up or losing hope.
- Feels a sense of duty to carry on.
- Helps to carry the burden of others even in light of their own troubles.
- Feels frustrated when their own health problems stand in the way of them fulfilling their obligations or limit their ability to help.



- They fail to heed to the natural impulse to rest, pushing through tiredness.
- Doesn't let others see any sign of tiredness or weakness.



How can Oak flower essence help?

The essence of Oak 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.

- Overcome life's challenges with courage, dignity and persistence.
- Able to cope with stress well.
- Possess great endurance, reliability and common sense.



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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