



Gorse Bach Flower Remedy

by
The Reformed Bohemian



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Gorse Flower Remedy

Gorse helps people who feel defeated by a situation or circumstances and see no point in trying anymore.

About Gorse

Gorse people feel a sense of despair and hopelessness and have reached the point of completely giving up as they see no point in bothering or trying anymore as nothing they or anyone else can do will change the outcome or do any good. Gorse people feel a sense of despondency and futility.

Gorse flower essence can help the Gorse person regain the strength to overcome difficulties and replace pessimism with optimism and hope. It helps restore the belief in possibilities and solutions to problems and helps to dispel feelings of hopelessness.



Signs You May Need Gorse

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

Gorse Key Symptoms

- Utter despair and hopelessness.
- Depressed and has given up hope.
- Feels like there's no point going on, that nothing more can be done.
- Has no energy to try, even though close ones may persuade them to try more treatment options, they go along with it because they have no energy to argue and feel it's pointless anyway.
- Minor setbacks are perceived as being the end of the world and evidence of the hopelessness of the situation.
- Often looks pale with dark circles under eyes.
- Has had a long term chronic illness either now or in the past.



How can Gorse flower essence help?

The essence of Gorse 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.

- Believes in things will work out in the end.
- Starts to believe in the possibilities in life.
- Understands that everyone has their struggles and that it's ok to find things difficult but that these difficulties can be overcome and this is all part of the healing process.
- Accepts that there is always hope even if it's not obvious in the moment.



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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