



Olive Bach
Flower Remedy
by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Olive Flower Remedy

Olive is for those people who have become exhausted, they have depleted all of their energy doing a task and need to recover.

About Olive

Olive people are people who give their all and in doing so have become completely exhausted both mentally and physically and are unable to go on. This can be for people who have been fighting an illness, exhausted by grief or studying for exams for example. They can't push through the fatigue and get back on track, they are completely depleted and have nothing left in reserve.

Olive flower essence helps to revitalise the olive person, helping to restore their energy, strength and vitality.



Signs You May Need Olive

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

Olive Key Symptoms

- Feeling completely exhausted both physically and mentally.
- Feels completely washed out with no reserves left making everything seem like an insurmountable effort will be needed.
- Can follow a period of stress or physical illness, leading to inner tiredness where not only physical and mental energy reserves have been depleted but also psychic energies have also been exhausted.
- Feels the need to sleep all the time but sleep doesn't relieve the exhaustion.



How can Olive flower essence help?

The essence of Olive 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.

- Increased energy levels.
- Feeling energised and able to cope with daily stress.
- Able to cope at times of great stress and demands on time and energy levels without becoming depleted and exhausted.

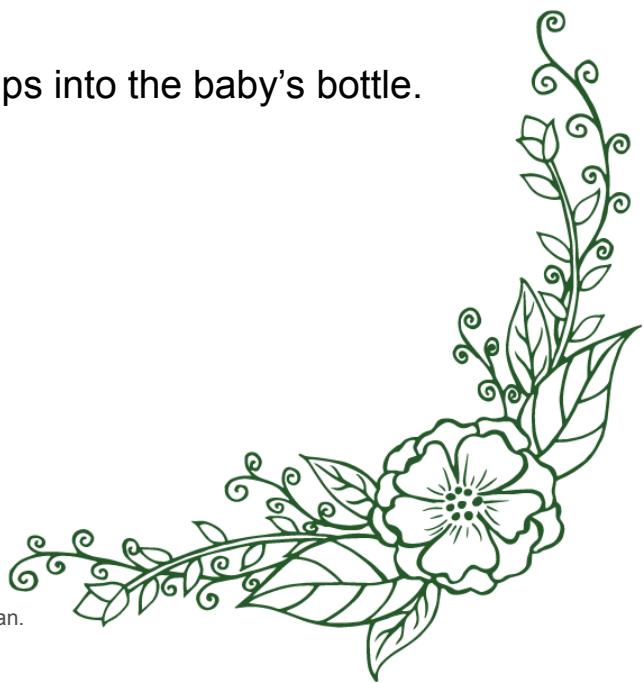


Dosages

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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