



Walnut Bach Flower Remedy

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Walnut Flower Remedy

Walnut is for people who have a hard time adjusting to change, whether that's a new job, moving house or getting a divorce.

About Walnut

Walnut people are people who like the status quo to remain the same, they have trouble dealing with change and struggle to let go of things or people even when these are holding them back, have no purpose in their lives or are just plain hurtful. They cling on to things and resist change for as long as possible and find change emotionally very distressing and can stay in a distressed state for a long time unable to accept or adjust to the new circumstances. They may, for example, not be able to accept a close one's terminal illness or old age and may make it hard for the dying person to let go of guilt and worry for the walnut person.

Walnut flower essence helps the walnut person to break the emotional ties they have to a place, relationship or situation and adjust to the new situation or way of being. It can help people to adjust to change and manage their emotions as they move forward. It can help a dying person to come to terms with dying.

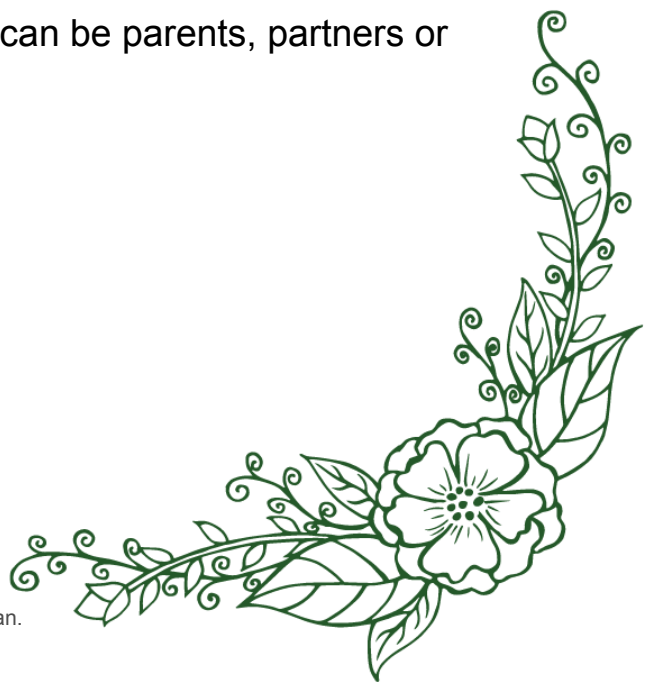
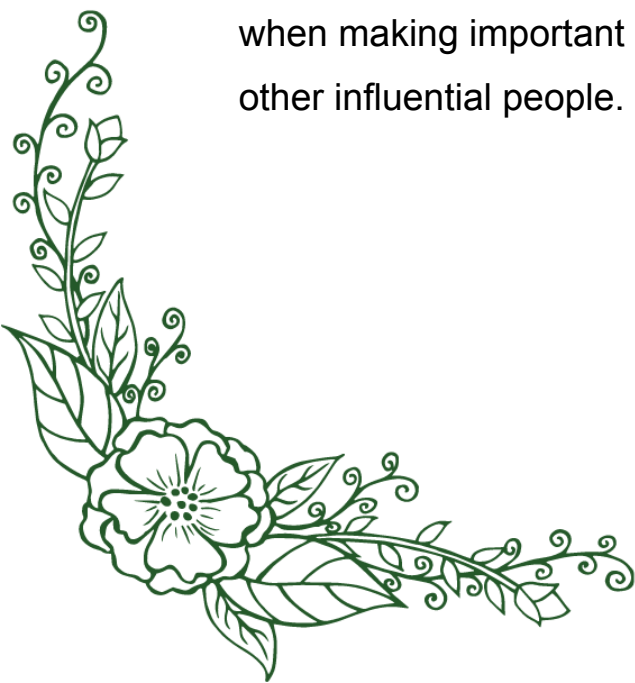


Signs You May Need Walnut

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

Walnut Key Symptoms

- Having a hard time adjusting to major life transitions such as divorce, retirement, moving to a new town or a change of occupation.
- A sudden or unexpected change forcing a person to re-evaluate their whole life.
- Has made a major decision with regards to life but is still in the transition stage and just wants it over with.
- Usually feels self- assured but feels unsure of the new situation.
- Wants to move on from a restricted situation but hasn't managed to do this.
- Is finding it hard to break free of dominating personalities in their lives when making important life choices, these can be parents, partners or other influential people.



- Wants to be free of confusion and doubts about changes.
- Finds it hard to break free from a relationship that although over, the partner is still exerting their influence.
- Experiencing a major change in physical health such as menopause, pregnancy, puberty or chronic or terminal illness.



How can Walnut flower essence help?

The essence of Walnut 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.

- Is able to move on from the past, including past relationships that no longer serve them.
- Is able to be true to themselves regardless of the will or influence of others.
- Recognises the law of change and the need to flow with this instead of resisting change.
- Able to follow their own goals, despite circumstances pushing them in other directions.
- Open to new experiences without resistance and trying to hold on to the past.



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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