



Cerato Bach Flower Remedy

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Cerato Flower Remedy

Cerato is for people who feel they can't trust their own judgement and instead are always asking for others opinions because they are full of self-doubt.

About Cerato

Cerato is the perfect essential oil for those who have lost their confidence when making decisions and instead always defer to others. Cerato people often feel in a state of constant uncertainty, no longer feel they can trust their own judgment, you will hear a Cerato person using phrases such as "What would you do if you were me?" or ' What do you think I should do?" If they do make a decision they will doubt themselves almost immediately and will anxiously seek out others for reassurance and advice. They can be seen as needy and indecisive by others, who can also become frustrated when advice isn't taken and then the Cerato person misses out or takes advice and regrets taking it because the outcome wasn't what they wanted and then say ' I knew I should have/shouldn't have".

Cerato helps to rebuild the trust in the person's own judgement, they can make decisions on their own, without the guidance of others.

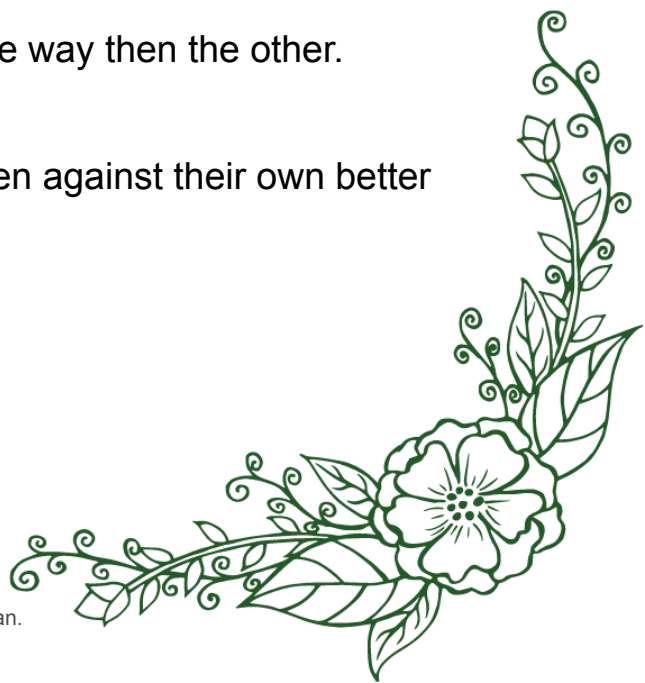
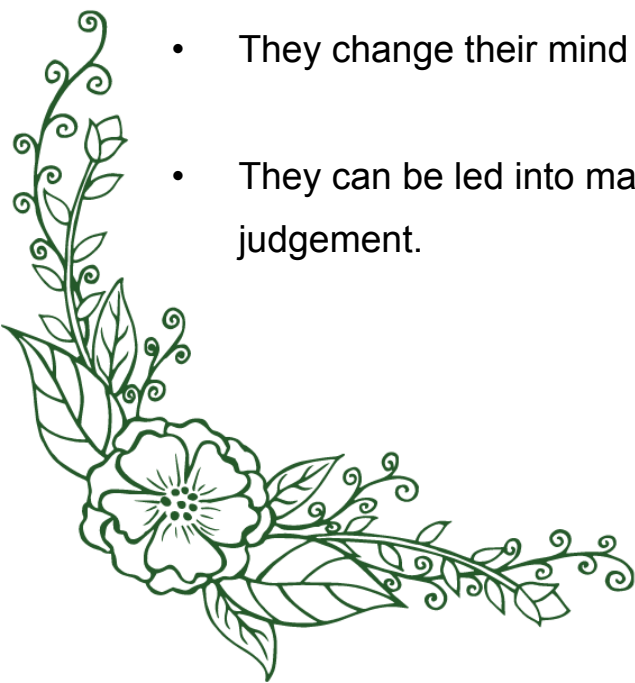


Signs You May Need Cerato

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

Cerato Key Symptoms

- Indecisive.
- Always worried they will make the wrong decision.
- Doesn't trust their own judgement.
- Constantly asking for others advice and opinions.
- Frustrates others by constantly asking questions.
- Wants to know everything before they can make a decision but even when they know everything and have researched thoroughly they still don't feel able to make a decision.
- Once they have made a decision they can be thrown into a spiral of doubt by the slightest comment.
- They change their mind often, swinging one way then the other.
- They can be led into making a decision even against their own better judgement.



- Constantly seeking the approval of others.
- Although they seek others opinions they doubt those opinions and will go to multiple people asking the same thing over and over.
- Poor concentration.
- They can come across as weak and needy.



How can Cerato flower essence help?

The essence of Cerato 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.

- Able to get the relevant information to make a decision and act on it.
- Trusts own inner voice and stands by a decision once they've made it.
- Is able to look at options rationally and make decisions based on reason and logic rather than having to endlessly seek others opinions.
- Happy to share knowledge.
- Is able to make decisions and not to over analyse and overthink the situation.



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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