



Clematis Bach Flower Remedy

*by
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Table of Contents

1. About Clematis flower remedy	3
2. Signs you may need Clematis.....	4
3. How can Clematis flower essence help.....	6
4. Dosages.....	7
5. Side effects.....	8
6. About the Reformed Bohemian.....	9

Find out more at www.reformedbohemian.com



Clematis Flower Remedy

Clematis flower essence is for the creative dreamer who tends to live more in their daydreams than in the real world.

About Clematis

The Clematis person is the day dreamer, lost in their own dream world, often with no real interest in the present moment or the real world, they can come across as being absent-minded or indifferent to the world around them. People can often feel the clematis person isn't listening to them or paying attention to what needs to be attended to in the present moment. Clematis people are often creative, artistic people, they can get lost in their art, creative world or imagination. When they get ill they seemingly take little or no steps towards getting well again, some may even look forward to death, hoping to be reunited with lost loved ones.

Clematis flower essence can help to ground people in the present, helping them to live more in reality and less in their imagination and feel fulfilment in the present moment.

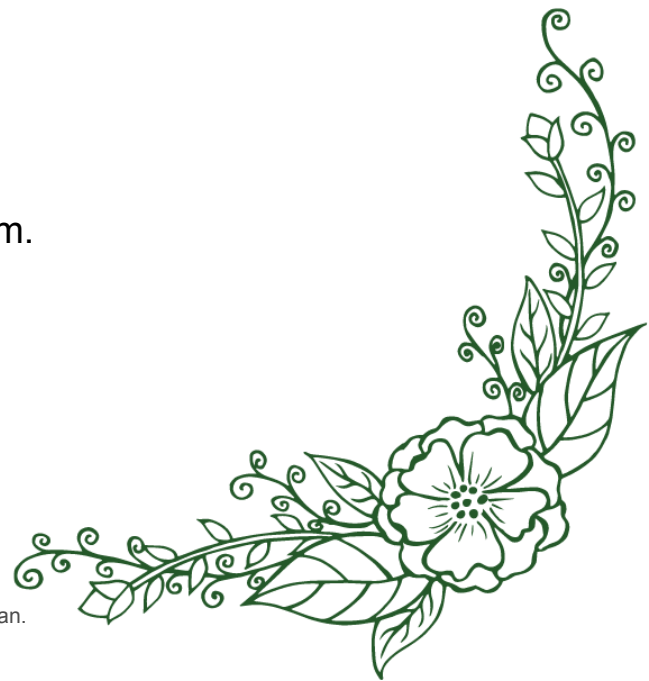
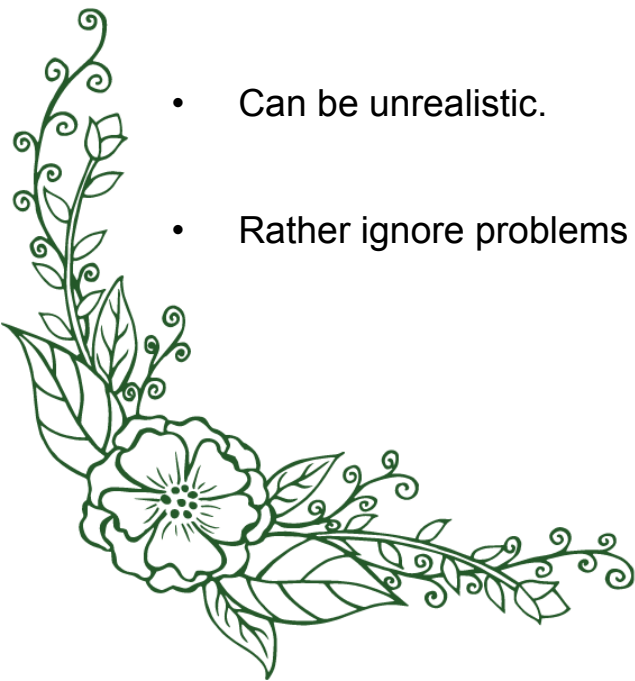


Signs You May Need Clematis

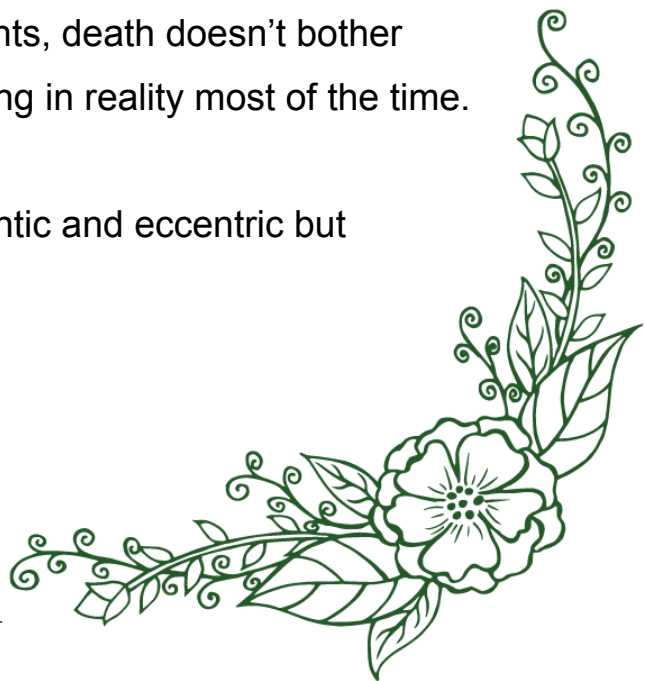
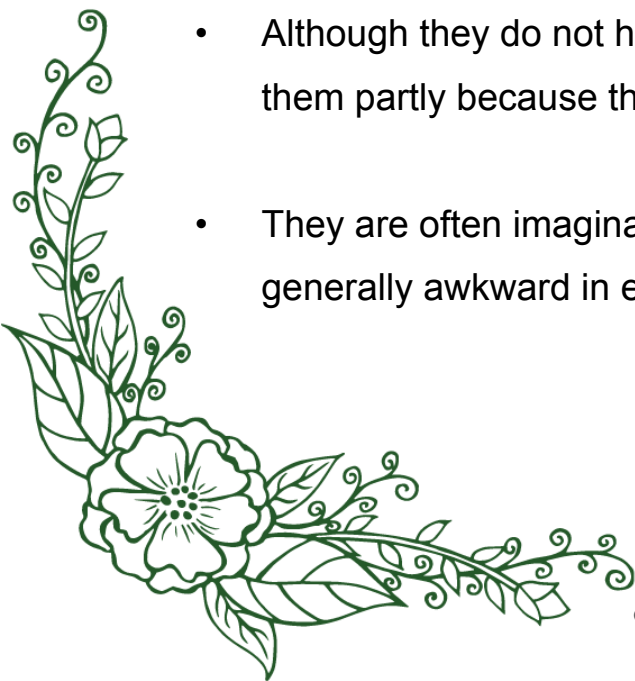
Clematis flower essence can be used to restore harmony in people who are experiencing the following symptoms:

Clematis Key Symptoms

- Lost in own thoughts.
- Daydreamer.
- Pays little attention to what is going on around them.
- Absentmindedness.
- Scatter-brained.
- Often appears slightly confused with the world around them as if they've just woken up.
- Prefers their own fantasy world to reality.
- Idealistic.
- Can be unrealistic.
- Rather ignore problems than deal with them.



- Acts indifferently to good and bad news.
- Lacking in emotions as not fully present in the moment.
- Often appears clumsy due to not being fully aware of surroundings.
- Sleeps a lot.
- Can experience a floating sensation or not really with it.
- Often pale and lacking in vitality.
- Can have cold hands or feet and can have a 'fuzzy' head.
- Poor memory due to no interest in the world around them.
- Can have poor vision or hearing due to senses being more attuned to their internal world than the external world.
- Can seem to have no interest in recovery when ill.
- Low self-preservation instinct.
- Although they do not have suicidal thoughts, death doesn't bother them partly because they are not fully living in reality most of the time.
- They are often imaginative, artistic, romantic and eccentric but generally awkward in everyday life.



How can Clematis flower essence help?

The essence of Clematis 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.

- Have a sense of purpose to their creative endeavours, taking on a career in the creative arts such as a writer, actor, musician, artist etc.
- Is able to bring into balance both worlds, reality and their fantasy world so they are able to tap into their imagination and enjoy their fantasy world whilst still being able to function and be part of the real world.
- Has interests and can find meaning in the real world.



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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