



# Chestnut Bud Bach Flower Remedy

by  
*The Reformed Bohemian*



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Find out more at [www.reformedbohemian.com](http://www.reformedbohemian.com)



# Chestnut Bud Flower Remedy

Chestnut Bud is the flower essence for people who find themselves making the same mistakes over and over again, never learning the lessons from these mistakes.

## ***About Chestnut Bud***

Chestnut Bud flower essence is for those people who struggle to learn from their mistakes, often repeating the same mistake over and over again even when they know they are doing it. Think about the person that is commonly heard saying ‘why do I keep...’ “I can’t believe I did x again” This can be in any area of their lives, from relationships, weight loss/gain, finances. Cherry Plum people may recognise they are continually stuck in a loop repeating the same mistake or they may be oblivious to it.

Chestnut Bud helps people to learn from mistakes and break free of the cycle of repeating the same patterns of behaviour over and over.

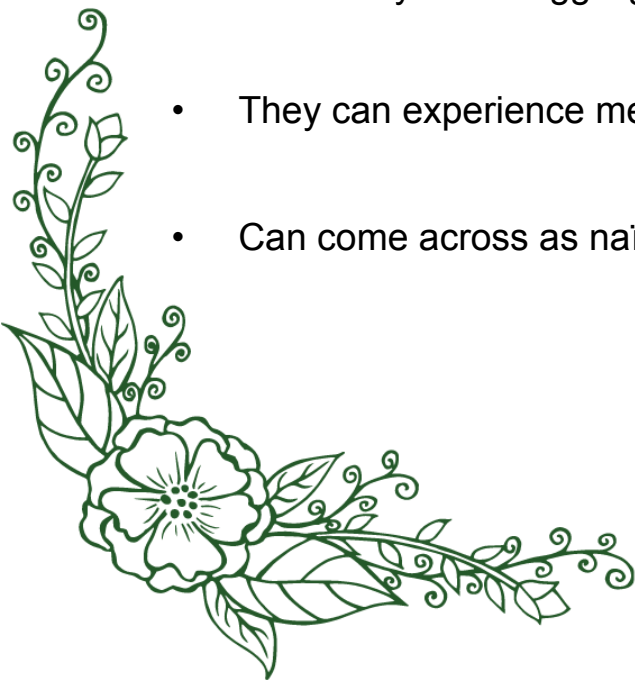


# Signs You May Need Chestnut Bud

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

## *Chestnut Bud Key Symptoms*

- Making the same mistakes over and over again, never learning the lessons from the previous time.
- Tries to block out and forget negative experiences as quickly as possible, avoids reflecting on these experiences so never understands what went wrong.
- Can seem flighty or indifferent to others as they bounce from mistake to mistake, never taking the time to assess or look too deeply into the situation.
- Tends to rush headlong into new situations be that relationships/ friendships/jobs etc rather than letting past situations have any real impact on them.
- They don't look to others to learn from those who are more successful in areas they are struggling in.
- They can experience mental blocks.
- Can come across as naïve, inattentive or awkward.



- They can have recurrent bouts of illness at particular times but may not make the connection or recognise the pattern of illness for example they may experience migraines every time they have to go to a certain place/ event/situation.



## ***How can Chestnut Bud flower essence help?***

The essence of Chestnut Bud 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 see and recognise their mistakes.
- More mentally aware, able to learn by watching others.
- Mental blocks are removed and able to learn from experiences.
- They are living in the present and can see where things are going wrong in the moment and able to take steps to make changes to change the outcome.
- Getting the best out of life, seeing every experience as a chance to learn and grow.



# **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](http://www.reformedbohemian.com)





*The Reformed Bohemian*  
*Health & Well-Being Powered By Nature*



Find out more at

[www.reformedbohemian.com](http://www.reformedbohemian.com)

email: [hello@reformedbohemian.com](mailto:hello@reformedbohemian.com)

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