



Vervain Bach Flower Remedy

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Vervain Flower Remedy

Vervain is for people who are consumed by a sense of justice and injustice and take up causes to the point of becoming fanatical.

About Vervain

Vervain people are overly concerned with the welfare of others, even for people they have never met, they could watch something on the news happening in another country and could be so outraged by an injustice they become involved in campaigns for example. They often have a strong sense of right and wrong and expend a lot of energy trying to convert others to their way of thinking.

Vervain people can take on many issues, the environment, conservation, politics, religion, the homeless and can become fanatical about their chosen cause pushing themselves too hard they burn out and their over enthusiasm and pushy ways can fracture relationships.

Vervain flower essence can help the Vervain person to slow down and whilst still maintaining their passion for whichever cause they are fighting they do not become so fanatical as to alienate themselves from those around them and can still give valid and useful contributions to their causes while still having other interests in their lives and taking time out to relax and enjoy life.

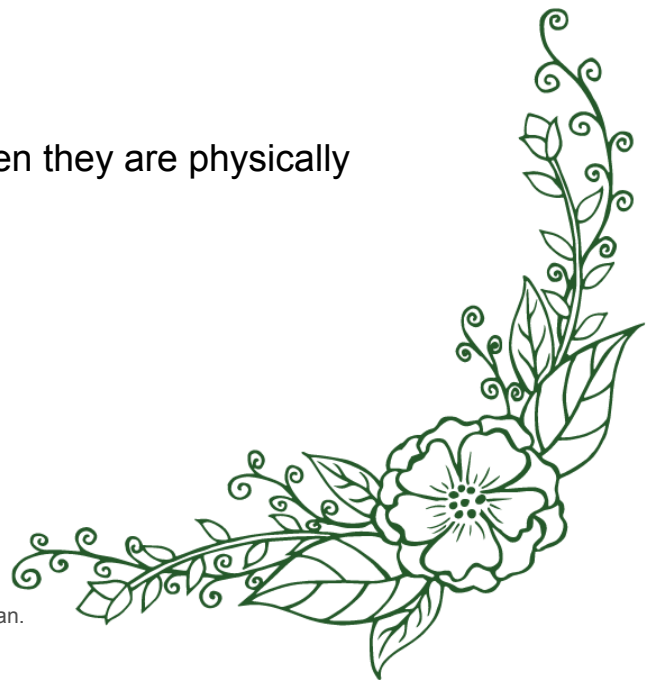
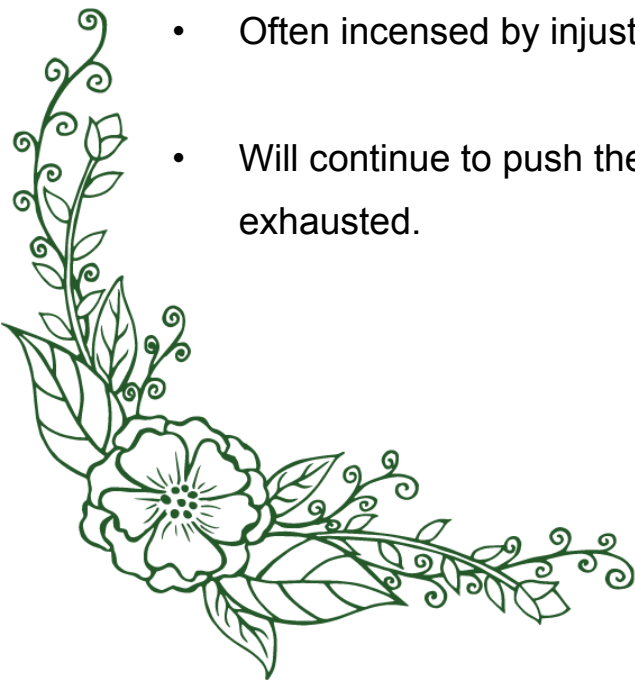


Signs You May Need Vervain

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

Vervain Key Symptoms

- Can be over enthusiastic about an idea or a cause and wants others to join in their endeavours, tries to convert them to their thinking.
- Has strict principles and rarely sways from these.
- Can come across as intense, impulsive, idealistic and throws all of their energies into their mission.
- Prepared to make sacrifices and take risks to achieve goals.
- Can be fanatical and highly strung.
- Can come on too strong and over does things, exhausting others in the process.
- Often incensed by injustices.
- Will continue to push themselves even when they are physically exhausted.



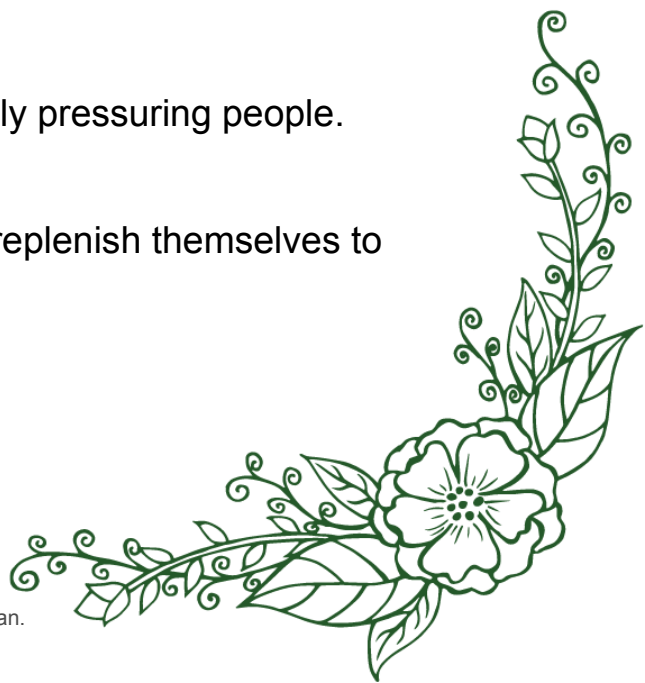
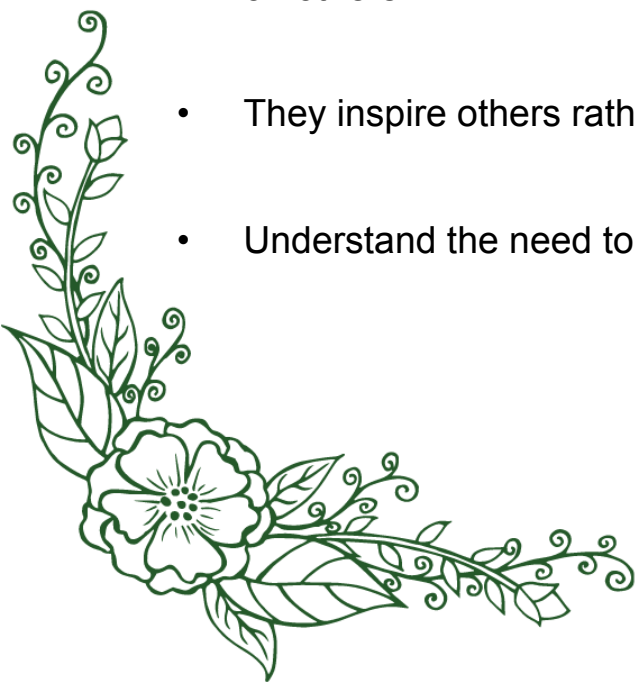
- As their energy becomes depleted they can become irritable and live on their nerves, particularly when things are not progressing as well or as fast as they had expected.
- Due to living on their nerves and working to the point of physical exhaustion they can push themselves to breaking point.
- They can be totally wired and find it hard to relax, suffering from muscle tension and headaches.
- They tend to be wiry, types who speak and move quickly.
- Children in this state can be hyperactive and refuse to go to bed at night and may have trouble falling and staying asleep.



How can Vervain flower essence help?

The essence of Vervain 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 use their energy wisely and effectively, retaining passion but without becoming fanatical.
- Able to stand up for their ideas but allow others not to agree with them and have their own ideas without feeling the need to convert them to their way of thinking.
- Is open to the possibility that his view/opinion is not only not the only one but others may have a good point in theirs and can change instead of sticking rigidly believing their own view is the right and only view/opinion/way.
- Can see things in a wider perspective instead of becoming blinkered by their own views.
- They see the benefits of working side by side instead of forcing their will on others
- They inspire others rather than dogmatically pressuring people.
- Understand the need to take a break and replenish themselves to



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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