



# Cherry Plum Bach Flower Remedy

by  
*The Reformed Bohemian*



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# Cherry Plum Flower Remedy

Cherry Plum is for people who are impulsive and fear they will lose control and do something they will regret

## ***About Cherry Plum***

Those in need of Cherry Plum essences are people who fear they are losing their minds and are scared of doing something impulsive that will harm themselves or others, they may experience suicidal thoughts or who suffer with depression and anxiety and have long dark spells. They can struggle to contain their emotions, leading to outbursts, appearing irrational, full of uncontrolled rage or hysteria.

Cherry Plum flower essence helps people experiencing these feelings to regain control of their emotions and reduce the risk of impulsive, harmful thoughts and behaviours.



# Signs You May Need Cherry Plum

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

## *Cherry Plum Key Symptoms*

- Fear of losing control.
- Emotional outbursts of either rage or hysteria.
- Fear of losing your mind.
- Fear of harming themselves or others.
- Feeling desperate and no longer being able to cope.
- Intrusive irrational thoughts to do things they wouldn't normally do.
- Afraid of their own thoughts.
- May have suicidal thoughts.



## ***How can Cherry Plum flower essence help?***

The essence of Cherry Plum, 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 control emotions and rationalise thoughts.
- Finds and connects to internal strength to overcome difficult feelings.
- Able to cope with difficult feelings both mentally and physically without harming themselves or others.



# **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)







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*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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