



# Sweet Chestnut Bach Flower Remedy

by  
*The Reformed Bohemian*



# Table of Contents

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

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



# Sweet Chestnut Flower Remedy

Sweet Chestnut is for people who have reached a point of utter despair and hopelessness and can't see a light at the end of the tunnel.

## ***About Sweet Chestnut***

Sweet Chestnut people have reached a state of utter despair, they've lost all hope and can't see any solution to their problems. They are in extreme emotional distress, feeling lost and heartbroken and that no one can help them. There's no light at the end of the tunnel, just more heartbreak.

Sweet Chestnut flower essence helps to ease emotional distress and gives people the inner strength to lift them out of the darkness and move into a place of hope.

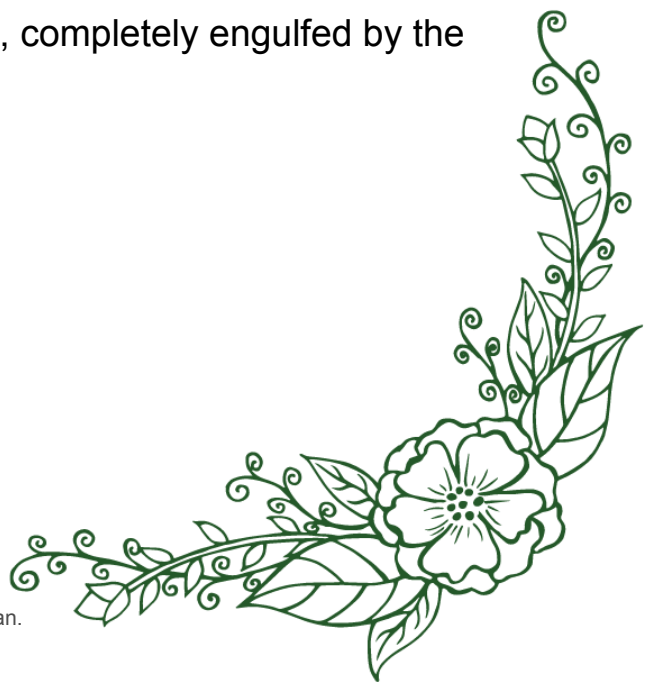


# Signs You May Need Sweet Chestnut

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

## *Sweet Chestnut Key Symptoms*

- Feelings of absolute dejection, utter despair and feeling completely lost inside.
- Experiencing a 'dark night of the soul' moment, where all hope has gone but keeps it inside, not allowing others to see the despair.
- Fears breaking down in front of others.
- Feels like they have reached the end of their tether.
- Feels like there is nowhere to turn, of complete hopelessness but no feelings or thoughts of taking their own life.
- Feeling of total isolation and emptiness.
- Can't see for the wood for the trees feeling, completely engulfed by the chaos around them.



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

The essence of Red Chestnut 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 cope both mentally and physically in emergencies.
- Stays calm in emergencies.
- Able to provide guidance to others without being overbearing or overprotective.
- Able to have and maintain feelings of stability, security and well-being to others when in difficult situations.

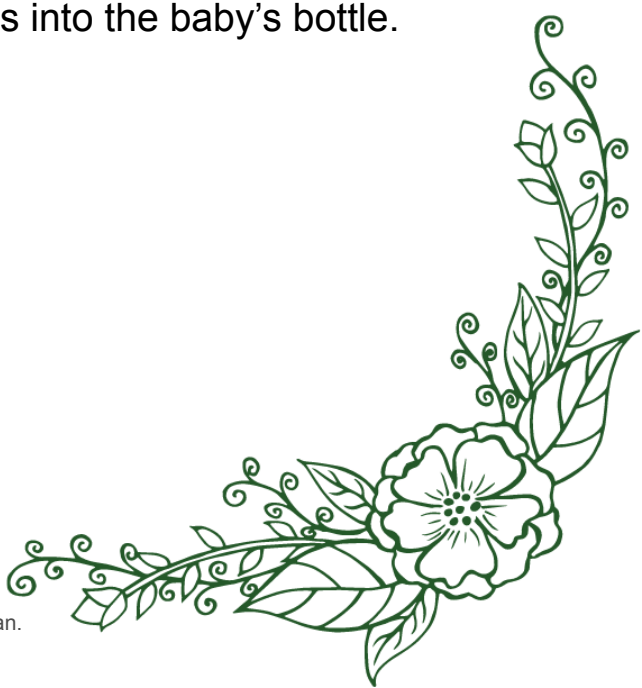


# ***Dosages***

## ***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)

©2020 The Reformed Bohemian. All rights reserved.

No part of this publication may be reproduced in whole or in part, or stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission of the author.

The information in this ebook is for educational purposes only. The information within this ebook is not intended as a substitute for the advice provided by your physician or other medical professional. If you have or suspect that you have a serious health problem, promptly contact your health care provider. Always consult with a health care practitioner before using any herbal remedy or food,

