



Centauray Bach Flower Remedy

by

The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Centaury Flower Remedy

Centaury is the perfect flower remedy for people who find it hard to say no to others.

About Centaury

Centaury people are best described as those who find it hard to say no to others, they back down and give into others, even if it is to their own detriment, they often find it hard to stand up for themselves and can come across as a bit of a doormat, letting others walk all over them and take advantage of their kind nature they are easily dominated and manipulated by stronger characters. Centaury people are always keen to help others and hate to think they've let someone down.

Centaury people often become exhausted and depleted by constantly giving and backing down. They can start to have feelings of self-loathing and hate themselves for being so weak, they recognise they are being treated more like servants at other people's beck and call rather than having people's respect.

Centaury gives strength in these situations and helps people to stand up for themselves and re-address the balance and restore feelings of self-respect whilst remaining their gentle ways.

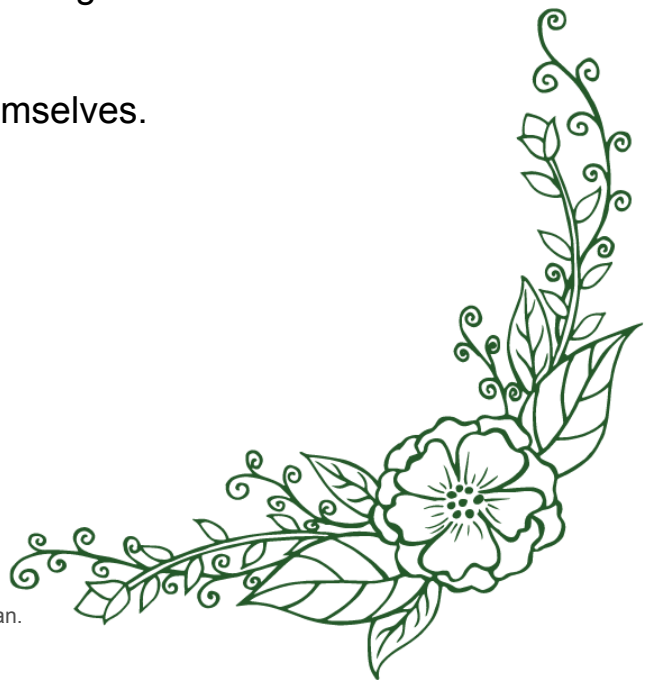
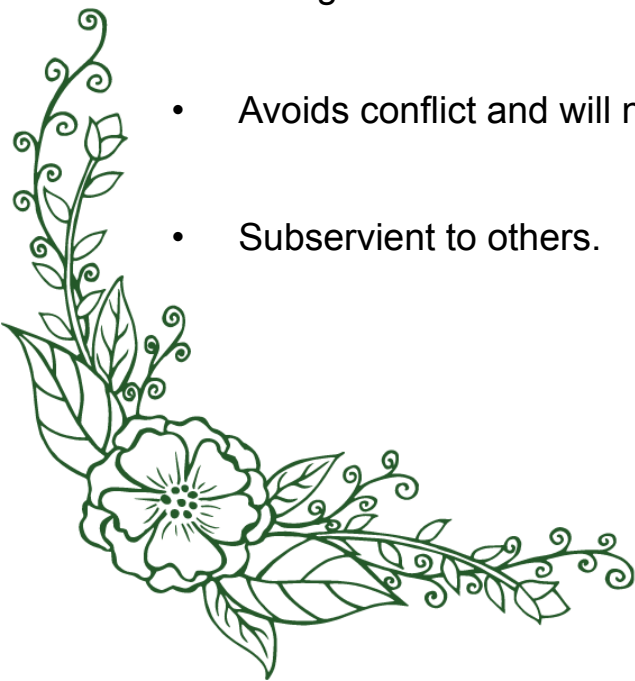


Signs You May Need Centaury

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

Centaury Key Symptoms

- Passive and weak willed.
- Easily led.
- Easily dominated and manipulated by stronger characters.
- Gives into others wishes rather than following their own.
- Easy going nature.
- Easily exploited, can't say no.
- Individuality is not well developed.
- Can become tired, exhausted and worn out.
- Can give more of themselves that they have to give.
- Avoids conflict and will not stand up for themselves.
- Subservient to others.



- Good natured and easily persuaded.
- Can end up being a martyr.
- Slave rather than conscious helper.
- Can be described as being under the thumb of another be that partner, parent, boss or even child.



How can Centaury flower essence help?

The essence of Centaury 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.

- Still helpful to others but can say no if they need to.
- Able to live their life as they want to instead of simply going along with others.
- Has a healthy sense of their own identity and able to stand up for themselves instead of being subservient to stronger characters.
- Gives of themselves wisely and unobtrusively without martyring themselves.



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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