



Mustard Bach Flower Remedy

by

The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Mustard Flower Remedy

Mustard is for people who experience black depressions that come out of nowhere with no specific cause that comes on suddenly, like a curtain being pulled down.

About Mustard

Mustard people often say they feel like a black cloud has just come over them as they enter a period of deep depression. These periods of depression come on all of a sudden with no or little warning for no apparent reason which is hard for those close to them to understand or deal with. People will often expect them to just snap out of it and find it hard to empathise with them as there isn't a defined reason for the depression. They may have a happy home life, good job and no real worries to explain their depression yet they feel powerless to shake it off. Their depression can lift as quickly as it came on, with no real change of circumstance.

Mustard flower essence can help the dark clouds to move on, relieving the feelings of depression and allowing the mustard person to start to enjoy life again.



Signs You May Need Mustard

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

Mustard Key Symptoms

- Periods of dark feelings, a black cloud engulfing them, depression which begins suddenly for seemingly no reason and ends just as suddenly.
- Can't make sense or understand why they are feeling like this as it doesn't reflect their life, when asked what is wrong they don't have an answer and find it hard to explain.
- Unable to overcome the feelings of darkness even though they are able to rationalise that there is no reason for feeling that way.
- They feel excluded from normal life.
- Unable to put a cheerful face on or hide depression from others.
- Becomes completely introverted, lost in their depression with no energy for anything else.



- Come to dread these dark periods as they know they are out of their control and nothing will lift them out of it until the mood passes in its own time, so experience a sense of powerlessness.
- They may have repressed anger at a situation or person that they may not be aware of which may be a contributing factor for these feelings.



How can Mustard flower essence help?

The essence of Mustard 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.

- Inner peace.
- Able to acknowledge feelings and enter into them for example watching a sad film or listening to sad music without feeling overwhelmed by the feelings and emotions.
- Emotional stability through both good and bad days.



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

www.reformedbohemian.com

email: hello@reformedbohemian.com

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