



# Larch Bach Flower Remedy

by  
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# Larch Flower Remedy

Larch is for people who lack confidence in themselves, they expect to fail even before they've tried.

## ***About Larch***

Larch people lack confidence in themselves, they often don't believe they are any good at anything and that they will fail at anything they try so they don't feel there's any point even trying. They will be the person who stands back and lets everyone else have a go because they are sure everyone else will be better than them, not only do they believe they will fail but they also fear failure so much that they are paralysed by the thought of it, they can often feel a sense of despondency and despair.

Larch flower essence can restore confidence and help people to take chances and try, to not be afraid of failure and to manage failure if it does happen. This essence helps the larch person to fully live and take part in their life rather than standing back too scared to even try.

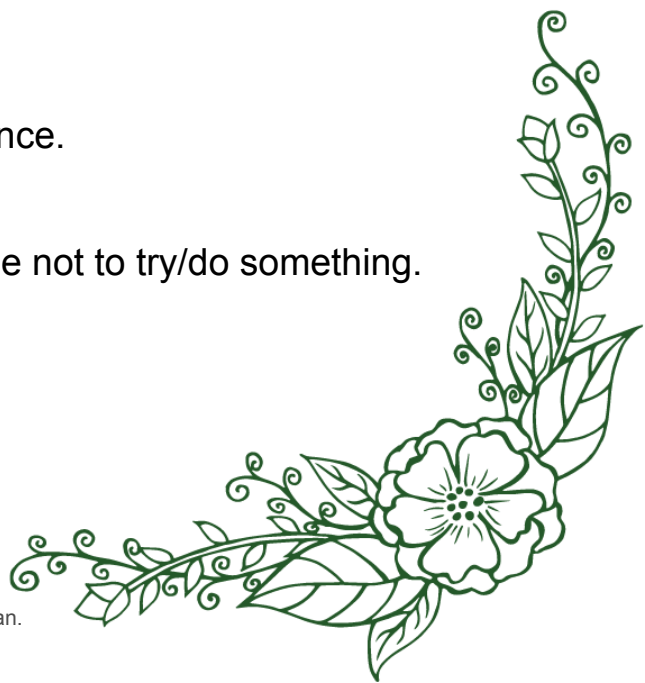
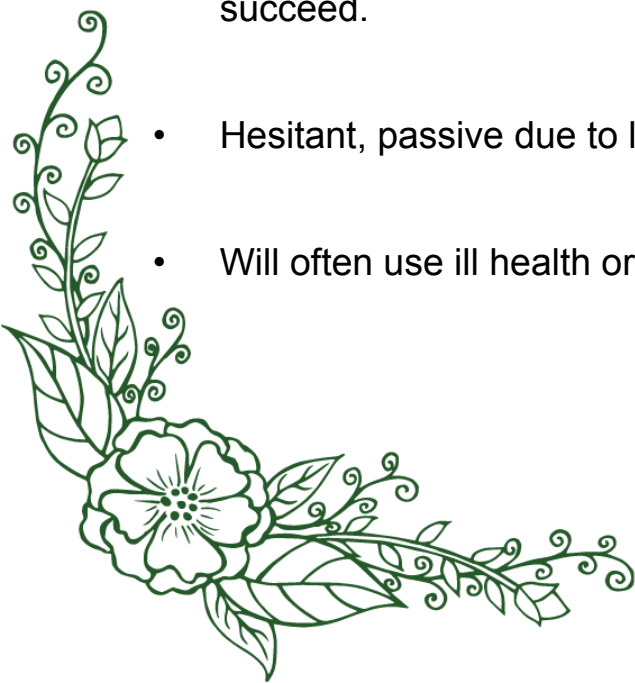


# Signs You May Need Larch

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

## *Larch Key Symptoms*

- Inferiority complex.
- Lacks confidence in own abilities.
- Feels useless.
- Expects to fail even before they start.
- Will often say they are bad at something even if they are very skilled/gifted due to a lack of confidence.
- Often refuses to try due to seeing it as pointless, convincing themselves they will fail or won't be able to do it without even trying.
- Doesn't believe they are capable of succeeding but admires people that do succeed.
- Hesitant, passive due to lack of self-confidence.
- Will often use ill health or injury as an excuse not to try/do something.



## ***How can Larch flower essence help?***

The essence of larch 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.

- Increased self-confidence.
- Increased confidence in skills and abilities.
- Tries new things, even if they think they will not be able to do it.
- Is more realistic when taking on tasks, accepting there may be setbacks but that is part of the process.
- Perseveres when they are finding things hard, able to overcome setbacks.

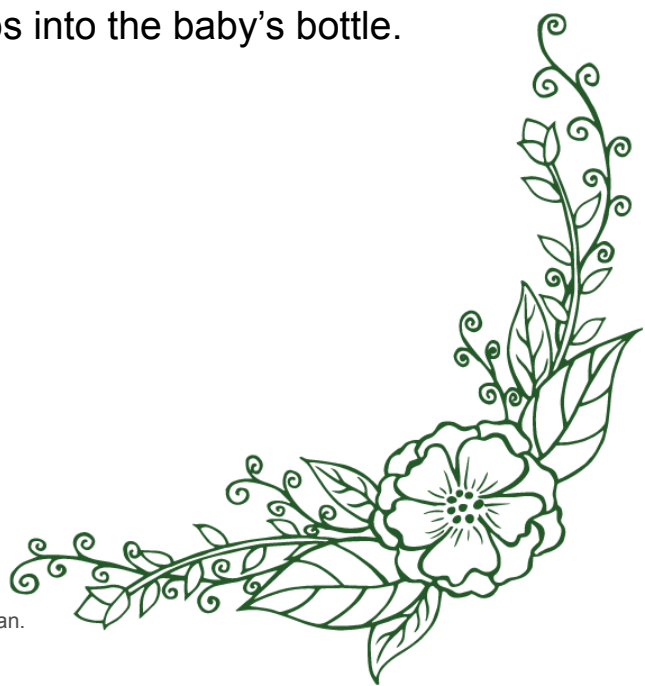
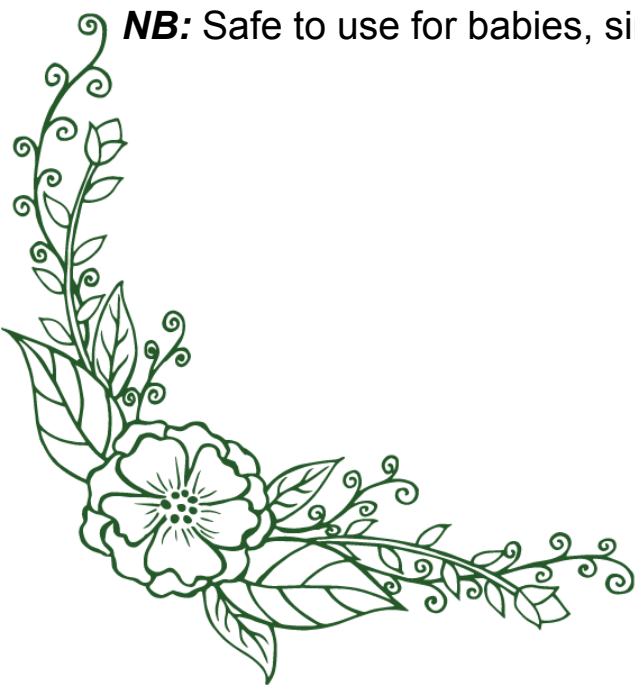


# **Dosages**

## **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.





*The Reformed Bohemian*  
*Health & Well-Being Powered By Nature*



Find out more at

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