



# Wild Oat Bach Flower Remedy

by

*The Reformed Bohemian*



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# Wild Oak Flower Remedy

Wild Oat is for people who are unsure of what they want to do with their life and feel they are just drifting aimlessly along with no sense of purpose.

## ***About Wild Oak***

Wild Oat people are people who feel they are wasting their lives as others seem to have found their purpose in life and are getting on and moving forward. Wild Oat people feel lost and like they have no sense of purpose and don't know what to do with their life. They often have ambitions to do well and have the talent, skills and intellect to do well but they can't seem to settle on one thing and can flit from thing to thing without feeling they have found their niche, they start to feel dissatisfied with life as they see all their peers settling down and finding their purpose while they are just drifting aimlessly.

Wild Oat essence helps the Wild Oat person to find their way in life, to find their purpose and clear away any lingering uncertainty in the way ahead.

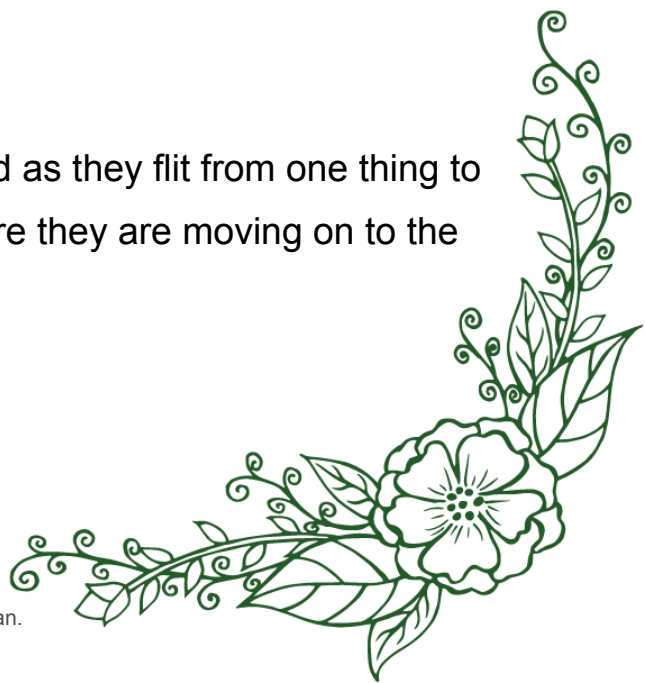
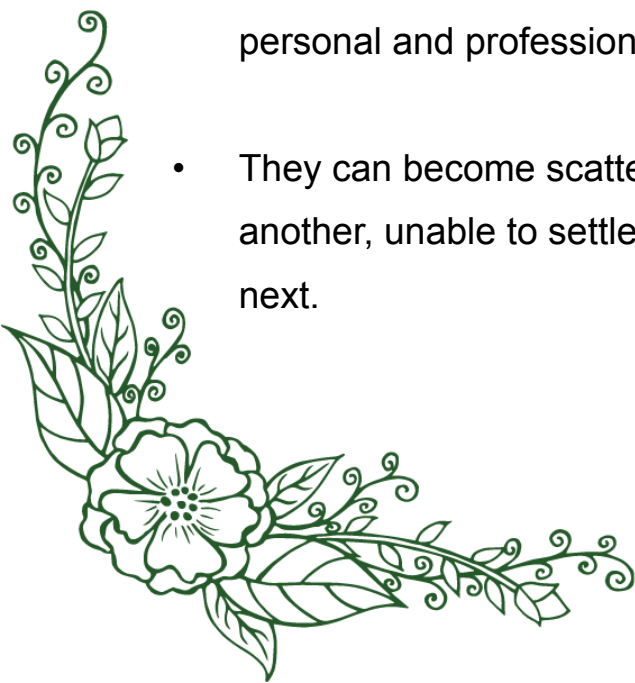


# Signs You May Need Wild Oak

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

## ***Wild Oak Key Symptoms***

- Has ambitions but no sense of direction, no sense of what their mission in life is leading to dissatisfaction and boredom in current circumstances.
- Has lots of gifts, skills and talents and tries out many new things but hasn't found that 'thing' that really excites them leaving them feeling despondent and as if they are in limbo.
- Finds it depressing and frustrating that things don't seem as clear cut for them as it does for others who have found their calling.
- Has many unchanneled talents and abilities, unable to commit to any of them unconsciously becoming stuck in a cycle of unsatisfactory situations.
- Has trouble finding their place, where they fit in, this can be in both their personal and professional life.
- They can become scattered and unfocused as they flit from one thing to another, unable to settle on one thing before they are moving on to the next.



## ***How can Wild Oak flower essence help?***

The essence of Wild Oat 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 recognise their potential and develop it.
- Despite having a wide range of talents they are able to harness these and see each thing they start through to the end, completing the task before moving on to the next one, leaving them with a sense of fulfilment and achievement.
- Can do several jobs at the same time doing them equally well.
- Has a clear sense of self and ambitions and doesn't allow themselves to get distracted.

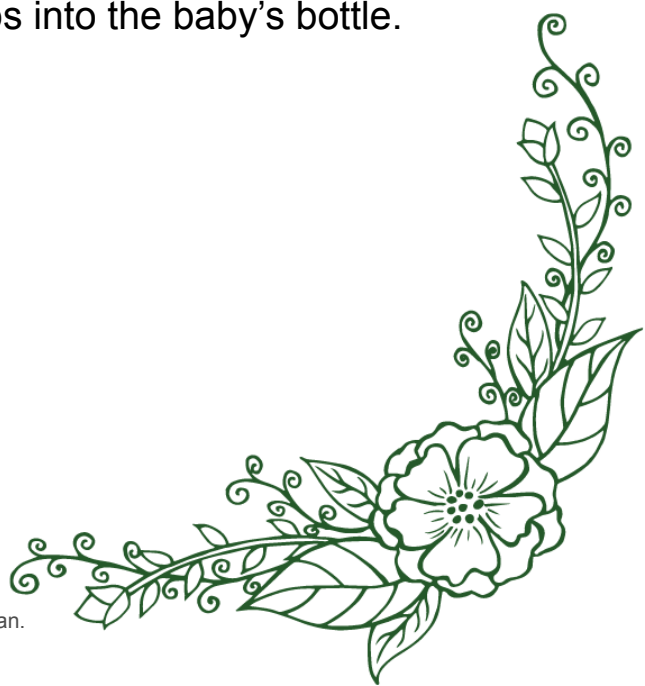


# ***Dosages***

## ***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

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