



# Crab Apple Bach Flower Remedy

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



# Crab Apple Flower Remedy

Crab Apple flower essence is known as the cleansing remedy and is for those who experience shame or experience feelings of self-disgust about an illness or condition.

## ***About Crab Apple***

The Crab Apple person often feels a great sense of despair and despondency with overwhelming feelings of being unclean or dirty, they may experience a strong compulsion to wash or clean obsessively over and over again, being convinced of some contamination or germs. They can be obsessive about hygiene washing repeatedly, changing clothes frequently and being overly house-proud. They can feel revulsion about eating, natural bodily functions, sickness, germs or sex seeing all as dirty.

Crab Apple flower essence can help to relieve some of the feeling and reduce the obsessive, compulsive behaviours that go with them. It can help restore a sense of being clean and ease feelings of self-disgust and shame.

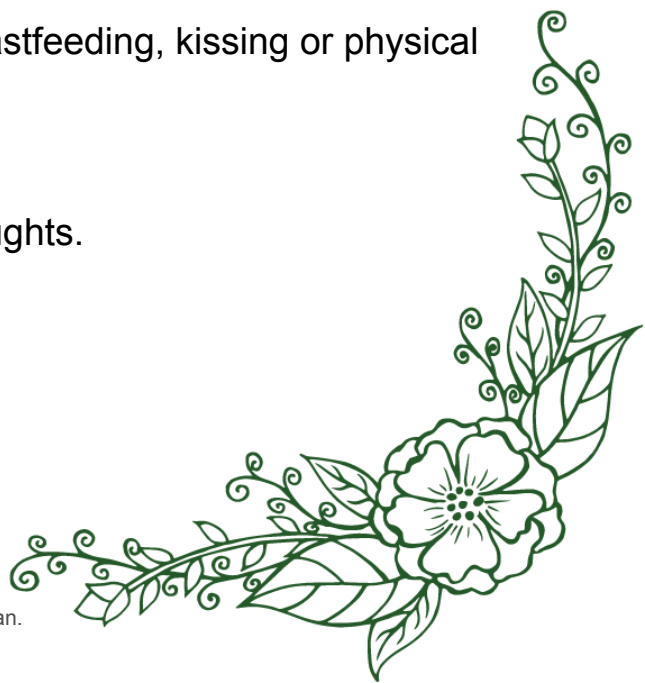
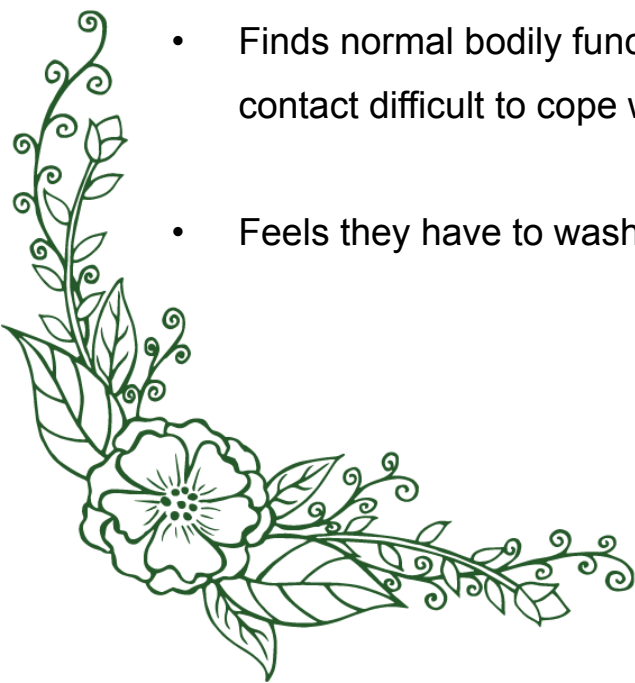


# Signs You May Need Crab Apple

Crab Apple flower essence can be used to restore harmony in people who are experiencing the following symptoms:

## *Crab Apple Key Symptoms*

- Feels unclean, infected or contaminated.
- Anxiety from all forms of dirt, insects, danger of bacteria etc.
- Compulsive need for things to be clean.
- Obsessive cleaning.
- Experiences feelings of disgust and revulsion at things such as sweating, spots, skin rashes or eruptions.
- Afraid that foods may be bad, afraid of dirty toilets, wrong drugs, environmental pollution etc.
- Self-disgust, including negative thoughts.
- Finds normal bodily functions such as breastfeeding, kissing or physical contact difficult to cope with.
- Feels they have to wash away impure thoughts.



- Feels as if they have sinned.
- Have an overemphasis of the principles of purity, not just in the physical sense but also of the soul and spirit.
- Gets stuck on details and loses sight of the bigger picture and can become obsessed with the minor details.
- Overly harsh on themselves for slight transgressions.
- Everything has to be perfect and in its place.
- They need order in all areas of their life and finds it hard to cope with anything that disturbs this order.
- Can suffer with nervous or chronic coughs, colds with nasal discharge.



## ***How can Crab Apple flower essence help?***

The essence of Crab Apple 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.

- Is able to get a sense of perspective
- Little things no longer upset or unbalance their composure.
- Able to recognise unresolved issues and can resolve them.
- No longer feels self-disgust.
- No longer punishes themselves for being 'unclean'.
- No longer has obsessive or compulsive cleaning behaviours.
- No longer fears germs, dirt or being unclean.
- Is able to accept people without fearing they are contaminated.



# ***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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