

Lose weight with Bach Flower Remedies Posted on July 8, 2010 by Lynne Rourke

Summer is here and our clothes are lighter but if we carry extra weight then it can be hard to feel good in summer clothes. If you find that you are covering up or avoiding going to the pool, why not allow the remedies to help you lose weight and feel more confident?

Weight loss programs often fail because of the way our mind and emotions sabotage our best intentions. The remedies work to stop negative thought processes and self-limiting beliefs and replace them with positive and liberating states of mind. If emotional eating is a problem for you then Bach Flower Remedies will make all the difference to your weight loss success.

Some remedies that help with weight loss are:

Agrimony - if you find yourself comfort eating to stay happy and to stop thinking about your problems or uncomfortable feelings. It will get rid of your inner restlessness and replace it with inner calm and happiness. You won't need chocolate, cake or pizza to make you feel good any more!

Chestnut Bud – if you are a yo-yo dieter. When you don't learn from the past and keep repeating the same mistakes (like reaching for that chocolate bar!) then this is a remedy for you. It will help you to break your bad eating habits and learn from your past experience.

Centaury – to help you say 'no' to food you can't resist or to 'kind' friends who offer a piece of cake to go with your coffee! If you don't like hurting people's feelings and eat to please others then Centaury will really help you. It will allow you develop your will and stay true to what you want for yourself. Saying no will become easy and you will get a good sense of who you are and what you want for your life.

Cherry Plum – if you have cravings and feel you will go mad without cake, beer, bread (my personal favourites!)... or whatever it is that you long for. It calms you down, takes away the obsessive thoughts and gives you emotional composure.

Crab Apple – if you have poor body image and become obsessed with the details of diets. It will cleanse you and help you to rid your body of toxins and your mind of toxic thoughts. You will feel relaxed about yourself and relaxed about food.

Gentian – if you are easily set back and become despondent if something goes wrong. Maybe you doubt your ability to lose weight or you give up if you don't have a good weight loss straight away. It will give you faith that things will work out well, keep you feeling positive and you will be able to deal with obstacles as they arise.

Holly – if you eat because you are angry, jealous or have deep hurts from the past. Holly will heal your hurts and help you to forgive, move on and know love again.

Hornbeam – if motivation is your problem then Hornbeam will help. If even the thought of attempting to lose weight makes you feel tired or if you procrastinate and put off starting a diet or exercise regime then you need Hornbeam. It will give you energy and motivation.

Impatiens – if you are impatient and can't wait to get to your target weight. Maybe your weight loss isn't fast enough for you so you start a different diet or try the next new diet craze, then that one isn't working as quickly as you thought it would so you try something else. Impatiens helps you to be calm, relaxed and patient and allow things to take their natural course.

Larch - if you lack confidence in your ability to lose weight and have low self-esteem. It helps if you think that you can't exercise or can't lose weight or if you fear that you will fail to reach your target weight. If you have any self-limiting beliefs, Larch will help you to focus on your abilities and go for it!

Mimulus – if you feel anxious about food and are frightened about eating certain foods or have phobias about food. Mimulus also helps if you are shy and nervous about joining a slimming club. It will give you composure and help you to step forward fearlessly.

Pine – if you feel guilty about food and beat yourself up if you eat something you believe is 'wrong' or if you feel guilty if you leave food on your plate or reject food that someone has prepared for you. Pine helps you to lighten up on yourself. It stops you from judging yourself too harshly or feeling you don't deserve to be slim. It sets you free from feelings of guilt, unworthiness and self-reproach. Pine helps you to accept yourself, respect yourself and love yourself.

Rock Water – if you are totally rigid in your diet and follow a very strict self-imposed regime with no joy, pleasure or flexibility. It will help you to get a bit of balance and flexibility into your life so that you can enjoy life, enjoy food and get a sense of perspective.

Walnut – if you easily get distracted by other people and lose your focus. It will help to keep you on your path and stick to your diet and exercise plan. You won't bother if people tease you about your diet. It will help you to break free from old addictions to food and make it easier to cope with changes in your lifestyle.

Choose the remedies that most match the way you feel towards food, diet and exercise. You can mix up to 7 remedies together.