

Cerato
Doubt your own ability to judge situations

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Cerato



Dilute two drops of productname in a glass of water and sip at intervals. Replenish as neccessary

For multiple use, add two drops of productname to a 30ml mixing bottle (you may combine up to seven remedies in this bottle), top up with mineral water and take four drops at least four times a day.

If neccessary, the Bach™ Original Flower Remedies can be dropped neat onto the tongue, or rubbed onto the lips, behind the ears, or on the temples and wrists.

You can take *Bach Original Flower Remedies* as often as you want. If you are in a mood or a bit of a crisis, you only may need one dose, but if you've been feeling the same way for some time you can take them as long as you need to.

The Bach Flower Remedies

Agrimony
Aspen
Beech
Centaury
Cerato
Cherry Plum
Chestnut Bud
Chicory
Clematis
Crab Apple
Elm
Gentian
Gorse
Heather
Holly
Honeysuckle
Hornbeam
Impatiens
Larch
Mimulus
Mustard
Oak
Olive
Pine
Red Chestnut
Rescue" Remedy
Rescue" Remedy Spray
Rock Rose
Rock Rose

Rock Water
Scleranthus
Star of Bethlehem
Sweet Chestnut
Vervain
Vine
Walnut
Water Violet
White Chestnut
Wild Oat
Wild Rose
Willow

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