

# Flower Essences for Animals

## The Bach Flower Essences

Dr. Edward Bach was a British bacteriologist and homeopath who developed what are known as the Bach flower remedies. After having observed sick animals licking the dew from flowers he concluded that each flower could induce a different emotional state if ingested. His 38 flower essences are prescribed with the goal of re-establishing equilibrium and harmony. The remedies are often prescribed in groups rather than individually with an average dose of four to six drops per cup of water. Please be reminded that these remedies are not meant to take the place of conventional veterinary treatment. The following are some of Bach's recommendations:

**Agrimony:** For the animal that is restless and cannot get comfortable, or the animal that has skin irritations that cause it to chew itself raw, such as allergies, sutures, fleas, and fly bites.

**Aspen:** For animals that scare easily or run and hide because they sense impending danger or harm. Excellent for use during intense storms.

**Beech:** This remedy is useful for animals that are intolerant of children, other animals, a new person in the household, heat or cold. Can be used for picky eaters or animals that constantly whine or bark.

**Chamomile:** A soothing essence used anytime calming is needed. Used for nervous, agitated or impatient animals.

**Centaury:** After an accident or severe illness, Centaury has been known to increase the will to live. It can be used with animals that are submissive or overly attentive.

**Cerato:** For mentally flighty, inattentive animals. This is excellent in aiding with the easily distracted animal at animal shows.

**Cherry Plum:** Best used with animals that become crazed when exposed to new places and situations. Some examples would be animal shows, training classes, and airplanes. The animal that could benefit from Cherry Plum exhibits destructive, high-strung or aggressive behavior, or as anxiety attacks.

**Chestnut Bud:** For animals that have difficulty learning their lessons or for help in breaking bad habits, such as jumping, chewing, and getting into the trash.

**Chicory:** For demanding or overly possessive animals that want to guard their master or young from anything and everything.

**Clematis:** Increases the attention span and the ability to focus and learn. It is used with guard, hunting, and seeing-eye animals. After surgery, it can be used to hasten the recovery of alertness.

**Crab Apple:** Crab Apple is a cleansing remedy that can be used to eliminate bad odors. It can also be used to soothe any open wounds or infections. Emotionally, it is used for the animal that cowers or won't hold its head up in the show ring.

**Elm:** Elm can be used for animals that are overwhelmed easily.

**Gentian:** Gentian can be used for recovery from setbacks of any kind; illness, rehabilitation from surgery, arthritis-type symptoms or delivering stillborn young. It is also suggested for sled dogs that must possess extreme physical endurance.

**Golden Yarrow:** Over-sensitivity to one's social surroundings

**Gorse:** For animals that show signs of hopelessness or refuse to eat after a severe illness or accident (cancer, arthritis, critical injury).

**Heather:** Heather is used for animals that want to be the center of attention. It can be used when the animal is going to be home alone or is going to be confined.

**Holly:** This is used for animals that display a temper or act vicious. Animals that have been abused, neglected, chained or placed in quarantine may benefit from Holly.

**Honeysuckle:** This is considered the chief remedy for homesickness and can be used when animals are going to a new home, being confined or during hospitalization. Honeysuckle can be given to animals that are sulking due to separation from a master or mate, or animals that are verily exhausted from a long whelping or harsh sled race.

**Impatiens:** Any nervous condition and any form of pain can be helped with Impatiens. Animals that experience the shakes or over-excitement can benefit.

**Larch:** Larch is used to increase confidence and is helpful when used in conjunction with competitive events. It also may be used with abused animals.

**Mimulus:** Used to soothe long-term fears, such as a fear of strangers, lightning and thunder, and those that result from abandonment.

**Mustard:** Given to animals with very deep depression, especially when complicated by hormonal changes. It is useful during gestation, if any unusual depression or abnormal behavior is present in the female. Females in season or older animals that have become cranky or difficult may be helped.

**Oak:** Oak is excellent for animals with long chronic illnesses such as cancer. It helps to build the strength needed to combat harsh living conditions or malnutrition. Hard-working animals (sled dogs before a long run) can also benefit.

**Olive:** Used to combat exhaustion. Olive is often given to elderly animals that tire easily.

**Pine:** Pine is used to soothe animals that feel rejected (pound animals, for example) or feel guilty when their master is upset, even though they're not to blame.

**Quaking Grass:** An excellent remedy for integrating new family members. Blending animal families or adding new animals to the pack can be facilitated with this remedy.

**Red Chestnut:** Again, for worriers. Examples are mother animals that worry about their young and animals that worry about where their owners are.

**Rock Rose:** Rock Rose is helpful for any form of terror or panic after an injury, fire, accident, or other terrifying event. It is designed to help build courage and also helps the overly fearful animal. Rock Rose is also a good choice for police dogs.

**Rock Water:** Increases flexibility in joints and muscles. Can also be used for animals that are picky eaters.

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**Scleranthus:** Good for the animal with equilibrium difficulties or neurological confusion from seizures or strokes.

**Self Heal:** This is an excellent, all around support remedy for healing on all levels.

**Star of Bethlehem:** This is useful for all forms of trauma. Use any time comfort is needed.

**Sweet Chestnut:** Excellent for high-strung animals. Helps to prevent burn-out in the show ring or with racing animals. It is used for animals that must be confined to small areas or for any situation that requires endurance.

**Tiger Lily:** Overly aggressive “yang” forces, excessive competition rather than cooperation

**Vervain:** For intense, hyperactive, and high-strung animals that exhibit problems such as pacing, barking, running fences, or chasing cars.

**Vine:** Useful for the animal that thinks it's in charge and tries to rule over other animals and its household.

**Walnut:** Helps during transition periods. Helps the animal to stabilize and adjust to new surroundings or traveling.

**Water Violet:** Used to soothe grief when animals are ill and want to be alone, or when their master or mate dies.

**Wild Oat:** Wild Oat is helpful with animals that are bored and therefore get into trouble by chewing items in the home.

**Wild Rose:** This helps animals remain happy and content when forced to stay in confined quarters or when they have to deal with a younger, feistier animal.

**Willow:** Willow is used to combat resentment. For example, animals that urinate in a specific room or area, that chew up items that belong to the master when left alone, or that ignore the master because they were left at a kennel.

**Yarrow:** Extreme vulnerability to others and to the environment; easily depleted, overly absorbent of negative influences, psychic toxicity

**Rescue Remedy:** The most widely known of the Bach flower remedies, Rescue Remedy (or “emergency drops”) has saved countless lives in emergency situations while awaiting medical attention. It cannot replace medical treatment but it can help to overcome the energetic trauma (anything that depletes energy) that might contribute to further problems.

Situations where Rescue Remedy could be helpful include serious accidents, emotional trauma sometimes resulting in loss of consciousness or severe injury. Fanciers have been known to give it to animals that become extremely stressed by showing and therefore cannot be effectively handled and controlled. Rescue Remedy is composed of five flower remedies: Star of Bethlehem, Rock Rose, Impatiens, Cherry Plum, and Clematis.

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