

# Bach Flowers for Animals

By Jan Greenberg

Bach Flower Essences were developed in Europe the 1930's by Dr. Edward Bach and are now used worldwide. Dr. Bach was a medical doctor who believed that when one's personality characteristics were treated, rather than just the physical symptoms of disease, true healing occurred. He dedicated his life to the discovery of a system of healing that would transcend physical symptoms and address the mental and emotional roots of disease. Mental and emotional imbalances can create undesirable conditions, and by taking the appropriate flower essence, one can restore balance gently and subtly on an emotional and physical level. He then found that he could correlate specific emotional imbalances to the healing properties of different flowers, plants, shrubs and trees. He could then create an infusion in spring water and then used alcohol as a preservative. There are thirty-eight original Bach Flower Essences.

I have studied Bach Flower Essences and Homeopathy extensively for over ten years at an educational center, Learn Homeopathy Now, located in my hometown in Encinitas, California. Throughout the years, I have particularly enjoyed working with animals. Because their emotions are so pure, the essences work quickly and effectively. I have distributed hundreds of remedies with great success.

Here is just a sample of what their owners are saying:

"I just wanted to let you know I took Mugzy, my 'wild child' to the vet yesterday for his annual office visit. I drove to a new vet an hour away as he had a *very bad experience* at a prior vet. I started giving him the flower essence in the morning and frequently on the trip over and while waiting, which was a lengthy process. He was much calmer and quieter than usual. It helped ....I'm so glad!! He's now a much happier dog!"

"That Mimulus, Rock Rose, and Star of Bethlehem elixir you made up for Sheffield's thunderstorm and fireworks fears has worked **WONDERS!** Thank you so much!! It has worked so well that now, as a result of using it, he seems less stressed even without it."

"I must say that I was a bit skeptical at first. After having success with a combination made up for Thunderstorms, I've continued to use the essences for a variety of issues. The latest being that my bitch used to get really nervous when new people come over to see her puppies. I started giving her the Five-Flower Formula before people would come over (as that is what I had on hand). I've seen a big difference in Ruby since taking the remedy. She is much more comfortable and accepting with newcomers around her and her babies. She also uses better judgment, and now if she has had too much, she just breaks eye contact and walks calmly away."

## Common remedies for animals:

- Rescue Remedy, also called Five-Flower Formula by Flower Essence Services (FES) – a must have! For any kind of shock, trauma, pre and post surgery. If you only purchase one remedy, make it Rescue Remedy (or Five-Flower Formula)

Contains five different remedies which are:

1. Cherry Plum – for fear of losing control of mind, body or emotions
2. Clematis – for dreamy, absentminded, inattentive, mental escape, lack of interest, avoiding circumstance by withdrawing
3. Impatiens – for irritability, impatience, nervous tension and frustration
4. Rock Rose – for panic, terror, good for emergency situations
5. Star of Bethlehem – for comfort, good after an emotional upset, accident or past trauma



*Sam & Casey  
bred by Carole Osselaer  
owned by Jan Greenberg*



- Aspen – for unknown fears, a nervous or fearful animal
- Beech – for no tolerance for another animal, person, situation
- Chestnut Bud – for use during training, not repeating the same mistakes, learning right from wrong
- Chicory – for being overly affectionate, separation anxiety
- Crab Apple – for skin issues, insect bites, not feeling clean, consistent licking or chewing on themselves
- Elm – for being overwhelmed, over stimulated
- Heather – for barking, self absorbed, self-concerned
- Holly – for jealousy, anger, hate
- Honeysuckle – for homesickness, loss of a person, or another close animal
- Impatiens – for impatience and irritability
- Larch – for lack of confidence, insecurity
- Mimulus – for known fears of any type (certain noises, vets, etc)
- Red Chestnut – for over-concern and worry for others (livestock, people; great for our English Shepherds)
- Rock Rose – for panic, terror, good for emergency situations
- Star of Bethlehem – for comfort from an emotional or physical ordeal, good for comfort, after an emotional upset, accident or past trauma
- Vine – for the bossy animal, aggression
- Walnut – for change, transition

In many situations more than one flower essence is needed. Here are some examples of common Bach Flower remedy combinations. It is important to remember that each animal has his or her own distinct personality and will oftentimes benefit most from a combination bottle made to address their particular issues. However, many times one bottle can accommodate multiple animals. It is also believed that many times an animal that is close to you can mirror your own issues or illnesses.

#### **Combinations for common problems/situations**

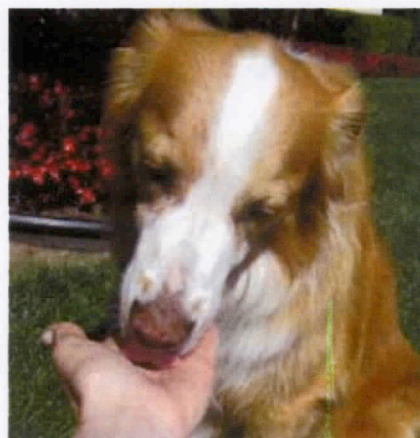
- T-Storms/fireworks – Mimulus, Rock Rose, Star of Bethlehem
- Jealousy – Holly, Star of Bethlehem, Walnut
- Separation anxiety – Honeysuckle, Star of Bethlehem, White Chestnut
- New puppy/animal in house – Impatiens, Holly, Walnut,
- Puppies leaving Mom (and for Mom also, and even you!) – Elm, Honeysuckle, Star of Bethlehem, Walnut
- Loss of a pet – Honeysuckle, Star of Beth, Walnut,
- Rescued animals – Elm, Honeysuckle, Mimulus, Star of Bethlehem, Walnut, Rescue Remedy

#### **Flower Essence Remedies – ideas to administer for animals**

Along with putting a few drops directly in the mouth or under the tongue (which is quite difficult in animals), there are some additional administering instructions:

You can also:

- add 5-6 drops into their water bowl as it won't affect other animals at all that don't need it
- sometimes I'll put a few drops on a cookie
- rub a few drops into their ear
- put some drops on her bed
- let her smell it
- rub a few drops into her gums
- put on their pads of their feet and they will lick it off
- rub a few drops onto her forehead
- add a few drops into a small mist bottle filled with water and spray onto pet beds/area
- OR, if you use it for a treat, they may lick it off your palm as my kids do
- be creative...



*Sam demonstrating the proper way to take her "medicine."*

Bach Flower essences can safely be used alone or in conjunction with other types of treatment. You can use them individually or mix them in a combination bottle. You can put the flower essence drops into a water bowl that different animals drink out of, and they will not have any effect on those that do not need them.

Some dogs may find them too strong orally unless diluted. To make a combination bottle, simply add one dropper of each remedy desired into a clean dropper bottle (or you can use a spray bottle) with pure water. You can either add a little alcohol (brandy, vodka or whiskey works well), or glycerin. If you are going to be using the entire bottle within a short period of time, you don't have to add alcohol or glycerin. Just keep the bottle in the fridge. Personally, I have not used the glycerin and do like to use alcohol as I usually don't use the entire bottle right away (except for acute situations).

**\*\*Note** – Bach Flower Essences (in small brown bottles with beige labels) are available at most health food stores along with FES (Flower Essence Services – smaller brown bottles with light blue labels). FES calls their Rescue Remedy 'Five-Flower Formula'. Both use the original formulas, however, FES has other essences available besides the original 38 Bach remedies. FES also does much ongoing research and donates to practitioners for dispensing during and after disasters (thank you FES!).

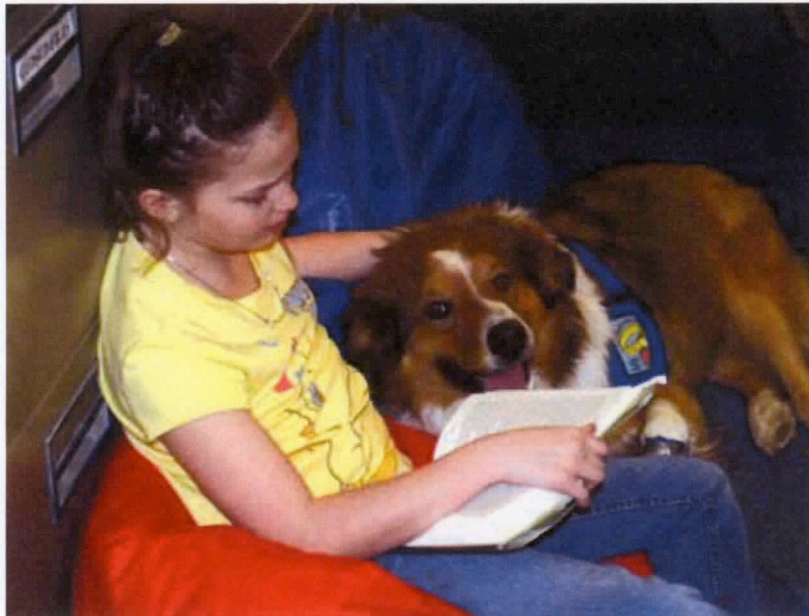
For more information, you can contact either myself at [Jan@djg.us](mailto:Jan@djg.us) or Learn Homeopathy Now at [www.learnhomeopathynow.com](http://www.learnhomeopathynow.com).

**Resources:**

Learn Homeopathy Now - [www.learnhomeopathynow.com](http://www.learnhomeopathynow.com) (in the process of creating a DVD for long distance learning)

FES - <http://www.fesflowers.com/>

Bach Flower - <http://www.bachflower.com/>



Lucas, owned by Carol Greet, has taken on a new sideline in addition to his work on the ranch.

Lucas is a reading therapy dog for the 3<sup>rd</sup> and 4<sup>th</sup> grade at Ten Sleep School. Three children read out loud to Lucas for 20 minutes while they are petting him. Lucas is enjoying his time spent with these children and loves to visit with other students along the way. Needless to say, the 3<sup>rd</sup> and 4<sup>th</sup> grade are the envy of the rest of the school!