

FACT SHEET

Bach Flower Remedies

Bach Flower Remedies are based on the work carried out by the visionary Dr Edward Bach in the 1930s. He believed that our individual personalities and the way we see ourselves and the world around us could be causative factors in illness and disease. He recognised the link between mind, body and soul, and worked towards bringing peace to the emotional and mental self in order to facilitate physical healing. Having been inspired by his work as a Homeopathic practitioner, Dr Bach set out to discover remedies that were not reliant on the products of disease and were purer in their nature. In 1930, he left his Harley Street practice in London and dedicated his later years to researching and developing the Flower Remedies.

Some of the emotions that a Flower Remedy may help to address include:

- Abuse, neglect or abandonment
- Surgical treatment – before and after
- Grief – the loss of a companion, be it human or animal
- Fear – loud noises, vet visits, crowds
- Hyperactivity – excessive or unnecessary activity
- Aggressiveness – towards other dogs and humans
- Jealousy – towards siblings, other members of the household
- Possessiveness – with toys, food
- Environmental changes – moving home, going into kennels

Although the Flower Remedies do not treat physical complaints directly, many conditions are worsened through the stress associated with the disease, and it is this stress that the remedies counteract, thus hastening in the physical recovery. Although useful when treating conditions, the Flower Remedies are not a substitute for veterinary attention and all forms of depression or ill-health should first be diagnosed by your veterinary practitioner. Once a condition has been established, the most useful tinctures may be selected and administered.

Administration

The remedies are easy to use as they can be administered in the food or drinking water, or licked from the back of the hand, though they are not particularly pleasant to taste. *Never administer directly onto the tongue as the tincture dropper is glass and may be easily bitten and swallowed, also the dropper may become contaminated.* Putting the drops on your hand and then patting the head of the animal can also work well as can spraying the room/pet carrier/litter tray. Avoid putting it directly onto any skin as it may cause irritation.

You may mix up to 6 remedies to obtain the desired effect; add 2 drops of each remedy to 30ml of water (4 drops if Rescue Remedy). Should you wish to preserve the tincture, add up to 20% alcohol, Brandy and Vodka work well but whether your pet will enjoy them as much as you do is another matter. The usual dosage is 4 drops of each remedy, four times a day, or 8 drops of each remedy twice a day, whichever works best for you and your pet.

The emotional state and its associated flower essence:

Fear

Cherry Plum- loss of control
Rock Rose- terror, panic
Red Chestnut- worry about others
Aspen- vague fear, sense of impending doom
Mimulus- timid, specific fears, untreatable illness

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Loneliness

Heather- needy, clingy, 'chatty'

Impatiens- impatience, irritability, nervous energy, pain

Water Violet- grief, loner, reclusive

Uncertainty

Cerato- inattentive, distracted easily

Gorse- hopelessness, critical injury

Gentian- 'light at the end of the tunnel', hope, convalescence

Hornbeam- mental lethargy

Scleranthus- imbalance, neurological problems

Wild Oat- bored, un-useful

Lack of Interest

Wild Rose- apathy, passive resignation

White Chestnut- repetitive thoughts

Olive- physical exhaustion

Mustard- depression, gloom, moody

Honeysuckle- grief, homesick, lack of energy

Clematis- consciousness, focus, post-operative

Chestnut Bud- break a habit, learn first time

Despondancy and Despair

Willow

Sweet Chestnut- despair, at wits' end

Star of Bethlehem- mental, physical or emotional trauma, rescued animals

Pine- perfection, guilt, rejection, abused

Oak- chronic exhaustion, forever overworked, loss of control

Larch- low self-confidence

Elm- easily overwhelmed

Crab Apple- cleansing, infections, toxins

Oversensitivity

Agrimony- denial, hiding emotions, allergies, physical irritants.

Centaury- meek, timid, picked on or bullied

Holly- anger, jealousy, unappreciated, abandoned, neglected

Walnut- transition, protection, over-sensitive to environment

Overcare for Others

Vine- control, domination

Vervain- fanatic, hyperactive, over-enthusiasm

Rock Water- inflexible, stiff, arthritic

Chicory- possessive, clingy

Beech- intolerance, allergies

And not forgetting Rescue Remedy – a blend of 5 flower essences (considered as 1 remedy when mixing tincture) for any acute trauma or stress.

Further reading

'Bach Flower Remedies for Animals', Stefan Ball and Judy Howard

Web site: www.bachcentre.com

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