



## Bach® Flower Remedies Guide to a Happy Pet

<i><b>Indication</b></i>	<i><b>Bach Remedy</b></i>	<i><b>Outcome</b></i>
Vague or unaccountable fears. Appearing agitated for no apparent reason	<b>Aspen</b>	Provides a sense of security and fearlessness so they may face challenges and difficulties more easily.
Intolerance toward animals, people, events and situations;	<b>Beech</b>	More tolerant of other animals and people.
A loss of self-control, violently scratching itself	<b>Cherry Plum</b>	A self-controlled animal
Repeated unsuccessful behavior patterns, doesn't learn from past mistakes	<b>Chestnut Bud</b>	Allows the animal to learn from experience so it can move on in life and not repeat the same mistakes.
Possessive in nature, very territorial. Manipulatively loving to keep control.	<b>Chicory</b>	A more unselfish, self-assured, loving animal.
No apparent interest in the world around them: animals who sleep all the time, have trouble paying attention, or seem to live more in a dream than in the present.	<b>Clematis</b>	Enables the animal to develop a more lively interest in the world around them and enjoy and participate in life.
Obsessive cleanliness, fastidiousness; excessive grooming.	<b>Crab Apple</b>	An animal that is more relaxed, accepting itself and its imperfections.
Overwhelmed by a sense of responsibility from a temporary circumstance: abandoning their litter	<b>Elm</b>	Restores confidence, positive outlook and coping capabilities in the animal.
Despondency due to a setback; eg; not going for a walk as usual creates lethargy and sadness	<b>Gentian</b>	Restores optimism (May also need Honeysuckle)
Overly concerned with companionship. Constant barking	<b>Heather</b>	A pet that does not need to be the center of attention..
Jealousy of other animals or a new baby in the home. Angry growling, hissing, barking, snapping or unprovoked attacks.	<b>Holly</b>	An animal that is more compassionate and willing to share with other animals.
Homesickness or over-attachment to the past	<b>Honeysuckle</b>	Animals become self-assured, adjust to its new home or environment. (May also need Walnut)
Lethargy or lack of enthusiasm to go anywhere, but once engaged in an activity or game is fully involved	<b>Hornbeam</b>	Restores vitality, enthusiasm, and spontaneity. (May also need Wild Rose)
Impatient and seeming to have boundless energy; can't wait to go for walk or rushes ahead	<b>Impatiens</b>	Animals become more patient
Lack of self-confidence or avoiding situations where they have to perform	<b>Larch</b>	Boosts self-esteem, confidence and determination.
For fears ; afraid of lightening, visits to the vet. May shake or shiver when confronted. Shy and timid animals.	<b>Mimulus</b>	Animals become more confident and courageous, can enjoy life without fear.
Exhaustion, fatigue due to over work: for working animals or those involved in racing, competitive events or shows.	<b>Olive</b>	A restoration of strength and vitality. (Always ensure proper nutrition as well)
Terror, panic-stricken: body trembling, cowers or runs away	<b>Rock Rose</b>	Restores courage and calmness.
Animals who can't make up their mind; any swinging behavior pattern (eats/doesn't, sleeps a lot/no sleep)	<b>Scleranthus</b>	Results in a more decisive and balanced animal.
Abused, mistreated in the past. Trauma or shock.	<b>Star of Bethlehem</b>	Neutralizes the effects of shock or trauma.
Enthusiastic, always want to be involved, high strung	<b>Vervain</b>	Assists animals to be more calm and able to relax.
Authoritative, dominant even over their owners	<b>Vine</b>	Allows animal to be determined not domineering
For any period of change	<b>Walnut</b>	Helps the animal ease into its new surroundings or situation.
Unfriendly, stand-offish: do not invite or welcome cuddles, petting or obvious affection.	<b>Water Violet</b>	Produces a companionable and sociable animal.
Loss of sense of direction or purpose; especially good for working or show animals who are being retired.	<b>Wild Oat</b>	Restores ambition and sense of purpose for the animal. (May also need Walnut)
Lack of energy, enthusiasm: submissive and disinterested	<b>Wild Rose</b>	Creates a lively interest in life.
Stressful situations: visits to the vet, being left alone, adapting to new surroundings. Fear of loud noises. Excessive barking or hissing.	<b>Rescue Remedy</b>	Immediate calming effect.

*\*The Bach Flower Essences will not change the inherent temperament of a particular breed or animal, but will help to bring them into balance. We also recommend consulting a Bach Foundation Registered Practitioner or animal behaviorist.*



**Dosage Information:** The simplest method of use is to *add 2 drops* of each *Bach Flower Essence* to your pet's drinking water or food. You can also apply directly into the animal's mouth, nose, ears, lips, or pads of the paw. Since many animal behaviors are long-standing, you may also mix a treatment bottle. Fill a 30 ml bottle with spring water and add 2 drops of each remedy (4 drops if Rescue Remedy). You can combine up to 7 remedies. Give 4 times a day, 4 drops each time.

## Aggressive Behaviors

- Mimulus aggression due to fear (Note: often animal aggression is caused by fear,; see also Aspen, Cherry Plum)
- Holly mean, jealous
- Vine bossy, dominant
- Star of Bethlehem aggressive due to abuse in the past

*(Note: for severe aggression issues, consult an animal behaviorist)*

## Abused Animals

- Star of Bethlehem suffered abuse in the past
- Honeysuckle to recover from memories of the past

## Barking

- Heather for attention due to loneliness
- Chicory to become center of attention
- Holly aggressive, mean
- Vine to protect territory
- Vervain yappy, hi-strung, enthusiastic dogs
- Aspen barking for no apparent reason or at no one

## Grooming excessively

- Crab Apple overriding desire for cleanliness and the obsessive behavior
- Cherry Plum excessive grooming to the point of self-injury (loss of control)
- Agrimony suffering under a calm and content exterior

## Separation

- Walnut to adjust to new environment
- Rescue Remedy stress and anxiety when left alone
- Mimulus fear of being deserted
- Larch - lacks confidence

## Training

- Rescue Remedy to defuse stressful situations
- Vervain over enthusiastic
- Clematis to help increase attention
- Larch lacks confidence
- Mimulus if shy, fearful

## Urination/spraying

- Mimulus fear of unfamiliar scents or territory
- Chicory territorial
- Larch lacks confidence
- Walnut when it occurs during a period of transition
- Rescue Remedy anxiety and stress