



Bach® Flower Remedies for Animals

| <i>Indication</i> | <i>Bach Remedy</i> | <i>Outcome</i> |
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| Vague or unaccountable fears. Appearing agitated for no apparent reason | Aspen | Provides a sense of security and fearlessness so they may face challenges and difficulties more easily. |
| Intolerance toward animals, people, events and situations; | Beech | More tolerant of other animals and people. |
| A loss of self-control, violently scratching itself | Cherry Plum | A self-controlled animal |
| Repeated unsuccessful behavior patterns, doesn't learn from past mistakes | Chestnut Bud | 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. | Chicory | 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. | Clematis | 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. | Crab Apple | An animal that is more relaxed, accepting itself and its imperfections. |
| Overwhelmed by a sense of responsibility from a temporary circumstance: abandoning their litter | Elm | 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 | Gentian | Restores optimism (May also need Honeysuckle) |
| Overly concerned with companionship. Constant barking | Heather | 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. | Holly | An animal that is more compassionate and willing to share with other animals. |
| Homesickness or over-attachment to the past | Honeysuckle | 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 | Hornbeam | 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 | Impatiens | Animals become more patient |
| Lack of self-confidence or avoiding situations where they have to perform | Larch | 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. | Mimulus | 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. | Olive | A restoration of strength and vitality. (Always ensure proper nutrition as well) |
| Terror, panic-stricken: body trembling, cowers or runs away | Rock Rose | Restores courage and calmness. |
| Animals who can't make up their mind; any swinging behavior pattern (eats/doesn't, sleeps a lot/no sleep) | Scleranthus | Results in a more decisive and balanced animal. |
| Abused, mistreated in the past. Trauma or shock. | Star of Bethlehem | Neutralizes the effects of shock or trauma. |
| Enthusiastic, always want to be involved, high strung | Vervain | Assists animals to be more calm and able to relax. |
| Authoritative, dominant even over their owners | Vine | Allows animal to be determined not domineering |
| For any period of change | Walnut | Helps the animal ease into its new surroundings or situation. |
| Unfriendly, stand-offish: do not invite or welcome cuddles, petting or obvious affection. | Water Violet | Produces a companionable and sociable animal. |
| Loss of sense of direction or purpose; especially good for working or show animals who are being retired. | Wild Oat | Restores ambition and sense of purpose for the animal. (May also need Walnut) |
| Lack of energy, enthusiasm: submissive and disinterested | Wild Rose | 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. | Rescue Remedy | 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.*

www.DirectlyFromNature.com

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

Learn more about the Bach Flower Essences at BachFlower.com