

# Flower Remedy Therapy for Pets

By Angela Garner (DipFEA)

**D**r Edward Bach (1886-1936) is the most widely-recognised pioneer of flower remedies. Dr Bach, who worked as a Harley Street physician, became acutely aware of the impact a person's emotional and psychological state had on their overall well-being and constitution. He spent his latter years researching and establishing a safe, gentle and totally natural method of healing, using flower remedies to rebalance specific negative states of mind. These later became known as the Bach Flower Remedies.

## Flower remedies for animals

More recent times have seen further research and development of flower remedies, including their effective use with animals. It is thought that flower remedies help to restore psychological and emotional well-being, thereby assisting the animal to regain its natural and normal behaviour. This type of therapy is totally safe and natural, working on the subtle energy fields of the animal, rebalancing and realigning any previous traumas and disturbances.

Having gained a Diploma in Flower Remedy Therapy for Animals, I have been able to successfully help some of my own pets through difficulties, as well as being able to offer help to other people and their pets. Generally flower remedies work best when used alongside simple behavioural or training advice as this creates a good all-round approach. However, when working with other people, I always advocate that if a pet's behaviour has changed, the owner should seek the advice of a vet as there may be an underlying medical cause. Here is an example of one owner who did take her dog to the vet when it started to behave differently:

*"Since we moved to Devon a few weeks ago, our 10-year-old Westie has seemed reluctant to go out on her walks and generally a bit out of sorts. I assumed that this was because of moving, and her perhaps not liking the change. Anyway, when I took her to get registered at our new vet, I mentioned this and the vet checked her over. It turned out that she had developed arthritis. Now she is on medication for this and she is back to her normal self, enjoying her walks in this lovely countryside."*

It would have been easy for this lady to simply assume her dog was having difficulty adjusting to her new home, but thankfully she got her checked out by a vet. However, there are times when flower remedies can help pets adjust to changes, such as moving home. Whilst dogs tend to accept moving house fairly easily, it can be much more upsetting for some small animals, such as cats that prefer to stay in their own established territory. Bach's Walnut is a good remedy to give prior to and after the move, as it is particularly useful in helping to settle the emotional upset and stress associated with change.

Another example where flower remedies can help:

*"One of my beloved cats died two weeks ago, and of course I am very upset as she was such a dear. However, I'm very worried about her brother who is off his food, and who keeps looking for her, meowing all the time. I worry that he will run off looking for his sister. I'm sure he is missing Mitzi too."*

Many owners, including myself, have witnessed distress in animals following the loss of either another pet or an owner. Obviously in this situation, if Mitzi's brother continued to pine and remained off his food, it would be advisable to get him checked by the vet.

There are three flower remedies that may be helpful here: Rescue Remedy to help with the shock, as bereavement always causes a certain amount of shock; Honeysuckle which has been found to help pining pets; and Walnut to assist him in adjusting to the fact that his sister was no longer there. In addition it would help to maintain the cat's normal routine as much as possible, at the same time as keeping a close eye to make sure he didn't wander outside of his normal territory looking for Mitzi.

### **Using flower remedies**

For flower remedies to have the best chance to be effective, they need to be used regularly for at least one month, and often longer. The ideal dose is either 8 drops twice a day or 4 drops four times a day. The drops can be put onto the pet's paw for it to be licked off or dropped directly onto its coat.

For very frightened animals, the remedies can be mixed with drinking water in a new, small, clean spray bottle and gently misted around the body, avoiding the face.

Although the drops can be put into food or water, there is no guarantee that they will be taken. Rescue Remedy, which is used in situations of acute stress, can be given every few minutes in an emergency.

### **Important Advice On Giving Flower Remedies**

- 🐾 Never give drops direct from the glass bottle into the mouth of the animal, as the bottle could be bitten and shatter.
- 🐾 Most flower remedies are preserved in brandy and contained in a glass bottle so it is important to keep this out of the animal's reach.
- 🐾 Never try to administer drops on the face.



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