



Bach Flower Remedies

Edward Bach, an English physician, was discouraged with medicine in the 1930's. He looked for a natural method of treatment and discovered extracts of flowers had healing effects.

He believed negative feelings and emotional issues were the cause of many diseases. The flower extracts helped these things. He believed they helped physical diseases by correcting the underlying emotional imbalance. Out of his studies came the Bach Flower Remedies.



We don't understand exactly how they work. However, we can see definite changes in some pets after treating them. Pets are less fearful, stressed, or aggressive.

There are 38 different remedies and each has a different effect. The remedies are very safe and have no side effects. They can be used long-term, though often pets improve quickly and don't need to continue them.

How to Give

We will mix up several of the remedies together based on your pet's signs. They will be in a dropper bottle. We add a little brandy as a preservative. Add a few drops of the remedies to your pet's water daily. You can also add it to his food. You can drop it directly into his mouth, but most pets don't like the alcohol taste. You also have to be careful if the dropper is glass so your pet doesn't bite and break it.



Other ways to give the remedies are to rub a couple of drops on the inside of the ears or to add the drops to water in a spray bottle and mist the air around them. You can use all of these at the same time as well. You can't overdose the remedies.

It won't hurt other pets if they eat the food or drink the water that has the drops. Bach Flower Remedies either help your pet or have no effect.

Indications

The remedies are used for any condition that involves fear, stress, or anxiety. Some possible conditions include:



- Aggression
- Traveling or moving
- New pet or person in the house or the death of one
- Fearfulness
- Urinating in the house – marking behavior
- Cats licking their fur out
- Trauma

Summary

Bach Flower Remedies are a safe, easy alternative to try for many conditions. If they don't help, you can then move on to using other products or medications.