

How to use Bach Flower Essences

The Bach Flower Essences® are separated into different emotional states, which makes it easier for you to identify the suitable one for your companions or yourselves.



Behaviour Problems

Separation Anxiety, Overly Anxious, Fear Developed from Anxiety
Uncertainty
Insufficient interest in present circumstances & Living in the Past
Loneliness
Jealousy
Despondency or despair
Eager to Please
Depression (loss of fellow companion in same household or loss of owner, lack of attention)
Stress (boarding, post operation recovery, post birth stress)
Fear of known things (esp thunder, loud sounds, strangers)
Self Absorption, In a Daze , Lack of Self Esteem (due to past episodes of abuse, reaction to domineering companion in same household etc)
Domineering companions (snaps at other companions, humans, mounting)
Panic Attacks (during grooming, change of environment, rehomed dogs)
Being unable to fall asleep (especially puppies)

Treatments

Rock Rose, Mimulus, Cherry Plum, Aspen, Red Chestnut
Cerato, Scleranthus, Gentian, Gorse, Hornbeam, Wild Oat
Clematis, Honeysuckle, Wild Rose, Olive, White Chestnut, Mustard, Chestnut Bud
Water Violet, Impatiens, Heather
Agrimonia, Centaury, Walnut, Holly
Larch, Pine, Elm, Sweet Chestnut, Star of Bethlehem, Willow, Oak, Crab Apple
Chicory, Vervain, Vine, Beech, Rock Water
Mustard, Elm, Sweet Chestnut, Willow
Rescue Remedy, Oak, Elm, Sweet Chestnut, Cherry Plum, White Chestnut, Impatiens
Mimulus, Rock Rose, Mimulus, Cherry Plum, Aspen, Red Chestnut
Crab Apple, Heather, Rock Water, Larch, Willow
Chicory, Vervain, Vine, Beech, Red Chestnut
Rescue Remedy, Rock Rose, Mimulus, Cherry Plum
White Chestnut, Impatiens, Vervain

Some essences are not shown here as they are deemed unsuitable for animal problems. The conditions and outcomes are only general references and should be contextualised during analysis of emotional/ physical problems afflicting animals companions. Kindly email or call us to arrange for a consultation session if you want to understand how flower essences may help your companion.

Disclaimer

The flower essences are not treating a specific behavior, but rather addressing the underlying emotional imbalance. Flower Essences are not drugs. They do not have a physical effect on the body, nor will they directly alter or eliminate a particular behavior. What they will do is gently change the animal by encouraging positive emotions and responses, which in turn results in beneficial effects on behavior.