

# **BACH FLOWER TREATMENT FOR DOGS**



**by M R Innocent**

**HOW TO TREAT YOUR DOG NATURALLY, IN THE  
COMFORT OF YOUR OWN HOME**

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Revised March 2017

## TABLE OF CONTENTS

<b><i>Introduction</i></b>	<b>4</b>
<b><i>History of Dr Edward Bach</i></b>	<b>5</b>
<b><i>The Seven Groups</i></b>	<b>6</b>
<b><i>Bach Flower Remedies Versus Homeopathic Remedies</i></b>	<b>6</b>
<b><i>Rescue Remedy</i></b>	<b>6</b>
<b><i>Storage of the Essences</i></b>	<b>7</b>
<b><i>The 38 Flower Essences</i></b>	<b>7</b>
<b><i>Fear</i></b>	<b>7</b>
<b><i>Uncertainty and Indecision</i></b>	<b>8</b>
<b><i>Insufficient interest in the present</i></b>	<b>9</b>
<b><i>Loneliness</i></b>	<b>9</b>
<b><i>Oversensitivity to outside influences</i></b>	<b>10</b>
<b><i>Despondency and despair</i></b>	<b>10</b>
<b><i>Over-care for the welfare of others</i></b>	<b>11</b>
<b><i>Some Useful Combinations</i></b>	<b>12</b>
<b><i>To Make a Bach Flower Essence Treatment</i></b>	<b>12</b>
<b><i>A Personal Case</i></b>	<b>13</b>

## **Introduction**

As a practicing homoeopath (natural health care) I treat both people and animals.

Homoeopathy often depends upon detailed information that is hard to obtain from an animal unless you are extremely sensitive or a good animal communicator.

For this reason, the Bach flower essences are invaluable.

Other flower essences are no less useful, it's just that I haven't investigated them, as my primary preoccupation is with the modality I love, homeopathy.

With only 38 Bach flower essences, it's not too daunting when attempting to use them for the first time. When you have the hang of these, you may be stirred into exploring the others.

Some people feel that the Bach flower essences are more appropriate to England, where they originated. Personally, I don't think it matters. You're dealing with an energetic remedy for an energetic being. What matters is correctly interpreting the symptoms of your dog and then choosing the right remedies.

I wish you every success, and don't be phased by your failures.

## **History of Dr Edward Bach**

To some of you, I'm sure the Bach flower essences (or any other) are not new, but I'm giving an overview just in case you're not familiar with them. And I'm putting a canine perspective on them, which may give those of you who are old hands at them, something you didn't know.

Dr Edward Bach (pronounced Batch, as in match - the softer pronunciation is German) was born in Wales in 1886. He had compassion for any person or animal in trouble and dedicated his whole life to finding a healing system which used natural means. He qualified as a medical doctor in 1912 and soon discovered that in the treatment of a patient, the personality of that patient was more important than his physical symptoms. He felt the body was a mirror reflecting the mind and the patient needs help to overcome his worries, fears, feeling of hopelessness and depression. Once the mind is back in balance, physical symptoms of disease disappear.

He practised in the famous Harley Street, London for a time, but became increasingly dissatisfied with the current orthodox methods of treatment. He turned to bacteriology and discovered a vaccine for intestinal toxæmia, but was unhappy with the process of injecting vaccines. At this time he first came into contact with homoeopathy and was delighted to find that Hahnemann (the founder) mirrored his own feelings when he said "the patient is the most important factor in his healing".

He prepared seven oral vaccines for the cleansing and purifying of the intestinal tract. They were called the Bach nosodes and were prepared in the homoeopathic manner and are still in use today. They are Gaertner, Morgan Pure, Morgan Gaertner, Proteus, Bach No 7, Mutabile and Faecalis. Dys Co, Syc Co and Bach No 10 were later added by Paterson.

He then discovered that all patients suffering from the same emotional difficulty needed the same nosode (a remedy made from a disease discharge), irrespective of the presenting disease, to affect a cure. For example all patients who were nervous and apprehensive responded well to the same nosode. Physical examinations and laboratory tests were not necessary and treatment could begin immediately.

Bach continued his search for natural remedies for various states of mind, himself suffering from those states he most wanted to cure. These were often accompanied by physical sufferings, requiring courage and dedication which left him physically weak. His search took him to flowers and he discovered that the petal of a flower, when placed on the tongue, cured emotional and mental imbalances and that different flowers cured different imbalances. With the emotional side back in balance, any physical illness disappeared.

## **The Seven Groups**

He found a total of 38 essences to cover the 38 negative states of mind from which a body can suffer. These were divided up into seven groups of:

- \* fear
- \* uncertainty and indecision
- \* loneliness
- \* insufficient interest in the present
- \* oversensitivity to outside influences
- \* despondency and despair
- \* over-care for the welfare of others

Negative and positive aspects of a personality are listed alongside each flower in the dictionaries of the Bach flower remedies. Both aspects are of equal importance when selecting the remedy. The negative aspects turn into the positive, when the patient is cured.

## **Bach Flower Remedies Versus Homeopathic Remedies**

Bach remedies differ from homoeopathic remedies in several ways:-

- \* only one potency is available
- \* you can administer several different remedies together
- \* only the mental and emotional states of mind are used in selecting a remedy
- \* if an inappropriate remedy is selected or too frequent doses are taken there is no affect
- \* treatment can take longer

While it can be difficult to assess the subtle state of mind of your dog at any one time, the obvious states can easily be seen such as fear, aggression, uncertainty, loneliness, lack of interest or depression and these states of mind can be treated successfully with the Bach flower remedies.

## **Rescue Remedy**

The Rescue Remedy combination is very useful to have in cases of accidents, collapse, wounds, sudden illness, burns, poisoning, shock and to calm a frightened or distressed dog or before a traumatic experience such as a car ride. It can be taken internally (a few drops) or applied externally (diluted with spring water on sensitive or broken skin or in cream form) to burns, bruises, cuts, sprains and pain.

Rescue remedy is made up of Star of Bethlehem (shock), Rock Rose (terror, panic), Cherry Plum (hysteria, loss of control), Impatiens (agitation), Clematis (stunned, faint).

Rescue remedy works for

- helping stressed dogs at their first show
- stressed new mums and puppies who look as if they may not make it
- any serious ailment, given very frequently - every half an hour
- a dog with seizures
- when boarding
- a great remedy for you when you are very stressed, such as when your dog becomes ill. It helps clear your head so you can decide what to do.

### **Storage of the Essences**

The same storage conditions that apply to homoeopathic drugs apply to flower remedies. That is, to keep them below 30°C (86°F), away from direct sunlight, electrical currents and strong smelling substances such as disinfectant, garlic, aromatherapy, etc.

### **The 38 Flower Essences**

Here is a list of the Bach flower remedies and how they may help your canine friend. I have divided them up into the seven groups for easier access.

You may find that there are similarities between the remedies you and your dog need. This is absolutely normal and if you find this is the case, then I suggest you take the same remedy.

Often, when only the person takes the remedy indicated by the dog's behaviour, the dog will recover!

#### **Fear**

ROCK ROSE is for terror or panic. A remedy for emergencies. Signs of terror can be bristling fur, trembling, Triggers can be thunderstorms, visits to the vet, going to boarding kennels, some people or places which remind dogs who have been mistreated, of their past. Some physical conditions which it may help are an abscess painful to touch, encephalitis, meningitis.

Can go well with Clematis, Agrimony if symptoms agree.

MIMULUS is for fear of known things, such as a person, another animal, being left. Rescue dogs who have been abandoned once and they appear anxious it may happen again. Mimulus dogs are fearful, nervy and openly display this by trembling, hiding, whining. Triggers can be sudden loud noises (thunder, crackling fires), heavy vehicles, other animals.

Can go well with Centaury, Larch, Rock Rose, Aspen if symptoms agree.

CHERRY PLUM is fear of insanity or loss of mental control. A dog can exhibit this in over-grooming, obsessive grooming, perhaps even self-mutilation. Any bad irritation may lead to this.

Can go well with Crab Apple if symptoms agree.

ASPEN for vague or unaccountable fears. The shy, scared dog that startles easily, an anxious, apprehensive dog (who may have diarrhoea). They are on tenterhooks so react suddenly. Bouts of fear for no known reason. For dogs who bark at nothing. Starts in sleep with night terrors.

RED CHESTNUT is for the over anxiety of the welfare of others. This is particularly so with bitches who are anxious about her puppies, who worry about their litter, constantly picking them up and walking around with them or moving them. Dogs can also be anxious if their person is anxious. It is similar to Mimulus or Chicory.

### **Uncertainty and Indecision**

CERATO is for insufficient confidence in themselves, so can't make decisions. The dog may look at you for confirmation before acting.

SCLERANTHUS is for uncertainty or difficulty making up their minds. A indecisive dog may not be able to make up their mind about the best place to lie down and rest. Moods can be unpredictable as they swing from one emotion to another. Traveling can be difficult. Some physical indications may be ear infections which upset the dog's balance, chorea and problems walking.

GENTIAN is for those who are easily discouraged. This can occur from a disappointment or a minor setback. Low grade depression can be a result. This can be during an illness.

GORSE has hopelessness. They have given up. A Gorse animal looks heavy-hearted. A great remedy to give when seriously ill.

HORNBEAM is for lethargy, a Monday morning feeling, an unaccountable mental weariness. Signs of fatigue may be misinterpreted as laziness. It helps to strengthen a sick or tired dog. There's no motivation. This is useful with anaemia, osteoarthritis, cancers.



WILD OAT is for dissatisfaction with life, but don't know where to go. This can happen when a dog is moved and finds it difficult to settle in with the new home or new people.

Can work well with Walnut if indicated.

### **Insufficient interest in the present**

CLEMATIS to help new-born puppies breathe, for untypical sleep, to help regain consciousness, 'dreamy' dogs, when energy is low. Unconsciousness after accidents or other traumas. Drowsy. Unusually distant. Stares at nothing. Sleeps a lot more than usual. Can't focus.

HONEYSUCKLE for the grieving dog for a lost person or animal friend. A homesick dog.

WILD ROSE is for those who become resigned to life, they surrender to the struggle of life and don't try to improve things. Apathy. Resignation. They are mildly submissive. They have no energy, no enthusiasm.

OLIVE for complete exhaustion. For suffering under adverse conditions, when vitality has been sapped from a long illness such as Key Gaskell syndrome, cancer or after a long birth or a long period of mistreatment.

WHITE CHESTNUT is for worrying thoughts, mental arguments. The dog can be restless, agitated, looks troubled, may whine.

MUSTARD is for gloomy or despairing dogs. Dogs who appear to be depressed without reason. Many dogs are depressed in rescue kennels. This is shown in lack of appetite, lethargy, lack of emotion.

CHESTNUT BUD for taking a long time to learn by experience. Dogs who seem to be unaware that their actions trigger an adverse reaction from another dog. Helps with convulsions.

### **Loneliness**

WATER VIOLET are quiet and serene. Can appear stand-offish. Keep themselves to themselves. Aloof. Suffer in silence, alone. Unapproachable. Instead of enjoying solitude they feel isolated and lonely. Do not invite affection.

IMPATIENS is for those who are impatient, quick minded, easily irritated. Boundless energy. Dogs who take you for the walk. It helps reduce irritability, snappiness and is very helpful with hyperthyroidism, stress-related diarrhoea,

hypersexuality.

HEATHER is for self-absorption. For those who need company all the time. Very anxious when left on their own. For dogs who are left all day and are lonely (dogs are pack animals and hate being left alone) Not selective about the company. May obsessively follow you around.

### **Oversensitivity to outside influences**

AGRIMONY for mental torture behind a brave face. Naturally happy. Very sensitive to arguments or bad feelings, but will appear to remain cheerful. For pain and torture.

CENTAURY for weak willed, timid dogs who can't stand up for themselves. Strength of will. Kind hearted. Eager to please. Gentle, caring souls. Get pushed out of the way at feeding time by other members of the family. Get picked on by other dogs or animals, but don't complain.

WALNUT for protection from new or outside influences, phases of inner change and for the transitional stages in life such as pregnancy, birth, moving house, teething, a new person or animal in the home, a new baby, death, sterilisation, re-homed, being in boarding kennels. Allows dogs ready to go, to slip away easily.

HOLLY for aggressive jealousy, hatred, suspicion. The cause can be from the introduction of a new person, baby, animal in the home and they feel displaced. The dog may growl at the newcomer. Bear in mind aggression is much more likely to be from fear than jealousy.

Can go well with Vine when indicated.

### **Despondency and despair**

LARCH builds a shy dog's self confidence. They try to avoid situations where they need to perform, such as shows. Rescued dogs from maltreatment may suffer low self esteem. For dogs who are introduced into an established family of dogs, who may feel intimidated by it.

PINE for guilt and self-reproach. An animal who is constantly reprimanded. Most situations are more from fear than guilt.

ELM is for those who are overwhelmed with responsibility. For those who are normally reliable and steady, but can be suddenly overwhelmed. For bitches who abandon her puppies from a feeling of too much responsibility.

SWEET CHESTNUT is for those who feel the anguish is unbearable. Limit of endurance. Utter despair. For animals who have suffered great distress and appear depressed. This can happen with grief.

STAR OF BETHLEHEM for shock (mental, emotional or physical), abused or traumatised dogs. Cannot be consoled. Traumas. Mistreatment. As shocks affect the nervous system, this remedy may help with nervous dogs or fitting dogs, depending on the cause. Neuritis, sore throat.

WILLOW for anger, self-pity and resentment. When something goes wrong, it's always someone else's fault. Useful with urinary complications.

OAK for greater effort (such as a difficult birth). Brave. Keep fighting against the odds. Resilience. Reliable. Dependable. Strength of character. May show signs of depression or exhaustion.

CRAB APPLE to cleanse mind and body against pollution or contamination. Dogs may be obsessive groomers. Dogs who dislike getting dirty in anyway. Distaste for eating, mating, defecating. Good for preventing and clearing worm infestation, chronic eczema, osteoarthritis, constipation, cancers, insufficient or no milk in bitches.

### **Over-care for the welfare of others**

CHICORY for the possessive, affectionate dog who tends towards jealousy. Asks for too much attention. Sits with you all the time. Follows you everywhere. Cares too much. Over protective mother. Over protective of their home.

VERVAIN for tenseness, hyperanxiety, hypersexuality when the mind forces action beyond physical ability. Over protective of their home and people. It has a calming effect.

VINE for a bossy, domineering dog. Overenthusiastic. Active. Excitable. Highly strung. Hard to keep still. Always investigating, eager, interested.

BEECH for the dog who will not tolerate another dog or animal or situation (such as getting into the car, wearing a collar). Perfectionists. Their way is the only way.

Similar to Holly and Vine.

ROCK WATER is strict on themselves, mentally rigid, deny themselves. For dogs who won't try a new diet.

### **Some Useful Combinations**

Combining several Bach flower remedies together is quite common and can help speed up the cure. While each dog will need their own combination, many practitioners have their own favourite combinations.

A combination of Rescue Remedy (general fear), Honeysuckle (homesick, focused on the past) and Walnut (adapting to change) helps animals who become stressed when boarded or moving house, for those who keep returning to their old house and for those who grieve when a person or animal in the household dies or moves away.

For serious diseases a combination of Crab Apple (to cleanse the system), Walnut (for the changes relating to the disease), Gorse (for a fighting spirit), Rescue Remedy (for the trauma of the disease) and any other remedy appropriate to the personal situation.

For terrified, rescued dogs a combination of Rock Rose (terror), Star of Bethlehem (delayed shock) and Mimulus (for fear of everyday life).

For bullies and the bullied in the same house, Beech for the bullying dog and Star of Bethlehem, Gorse and Mimulus for the bullied dog.

Getting a new puppy, a combination of Walnut (adapting to a new home), Star of Bethlehem (for grief of separation from mum, siblings and known home), Mimulus (for fears of known change), Aspen (for fear of the future - unknown).

### **To Make a Bach Flower Essence Treatment**

To make up a treatment, select no more than a maximum of seven remedies (Rescue Remedy counts as one), preferably fewer unless all are strongly indicated. Put two drops (four drops of Rescue Remedy) from each into a clean, dark, glass 30 ml treatment bottle which has a glass dropper. Three quarter fill with spring water and top up with good quality brandy. Shake well. Dose the patient with four drops at least twice a day, preferably more frequently. As symptoms change, be prepared to change the treatment.

Dosing normally consists of dripping the remedy into the mouth. It can also be put on the food or directly onto the skin. The shoulders are a good place. Don't put onto broken skin.

Continue the dosage until the symptoms change or disappear. Change is gentle and gradual, giving the patient time to adapt. Acute cases can be cleared quite

quickly, sometimes as rapidly as a few days. For chronic cases, be prepared to continue with the remedies for many months.

Try not to let the dropper come into contact with anything else, as it will contaminate the remedies when put back in the bottle. (If you do touch anything, rinse the dropper with hot water and shake before returning it to the bottle.) Personally, I don't worry if it comes into contact with the patient's mouth, but I know some do.

Continued use of the remedies does not render them ineffective. On the contrary, the body and mind improves beyond expectation.

It's important not to stress your dog when dosing. If it's a drama to perform, respect your dog and put a few drops of the complex in a separate bowl of water from the normal one. That way, your dog can dose himself as and when required. Add a couple of drops every two or three days, or when you renew the water. Keep the water out of the sun. Try to use any water other than tap water - bottled, filtered, rain are all better as chlorine is present in tap water.

Stop dosing your dog if you see an adverse reaction. Allow it to heal before re-dosing. But question whether the remedies are right. Go back to the drawing board if you have to.

### **A Personal Case**

When I was a student homoeopath, one of my cats started vomiting. And it went on for four days. My inexperience led me to homeopathic remedies that had no effect. Deciding to try the Bach Flower remedies (after asking for help), I made up a bottle of Aspen (he was frightened when I adopted him)

Crab Apple (to cleanse his system), Hornbeam (to help him recover his fading strength)

Olive (again for his strength)

Star of Bethlehem (for the shock that must have made him frightened)

Walnut (in case he wanted to move on)

Within 12 hours he was drinking again. Within 24 hours he was eating. Within three days he was back to his normal, greedy self.