

Bach® Flower Essences

What are they?

Bach® Flower Essences were developed by Dr. Edward Bach in the early 20th century. Dr. Bach practiced medicine in England for over 20 years when he developed an interest in homeopathy and joined the Royal London Homeopathic Hospital in 1919.

He became dissatisfied that doctors were expected to concentrate on treating diseases while ignoring the emotions of patients and so he turned to alternative therapies. Dr. Bach believed that an illness was the effect of disharmony between the body and the mind. He believed that illness symptoms were external expressions of negative emotional states.

In 1928, he began working on finding remedies from plants. He left his London practice and worked in the Wales countryside. In the spring and summer he discovered and prepared remedies, and in the winter he treated patients for free. By 1932, he had discovered 12 remedies. He eventually discovered 38 herbal remedies that covered a wide range of human emotional states.

Bach® Flower Remedies were originally developed by Dr. Bach for use in humans but that use has evolved to include pets as well as horses, pigs and other domestic animals. The original “human” flower essences were preserved in alcohol (brandy). Rescue® Remedy for Pets does not contain any alcohol.

How do you use them?

Rescue Remedy® for Pets is a combination of 5 Bach Flower Remedies to help animals with a variety of stressful situations and is available at most pet stores:

- **Star of Bethlehem:** treatment for abuse, trauma or shock.
- **Rockrose:** treatment of panic or terror associated with an accident, veterinarian appointment or thunderstorms.
- **Cherry Plum:** treatment for loss of control of actions such as excessive barking, scratching or licking.
- **Impatiens:** treatment for impatience; being unable to wait for a walk, meal.
- **Clematis:** treatment for sleeping too much and/or not being aware of surroundings or what is going on.

The appropriate dosage, usually 2-4 drops, can be added to water or food. It can also be rubbed onto paws or into ears of the animal. The actual dosage depends on the amount of stress and the dosage can be repeated as needed. It is not a sedative. Websites to learn more about Bach® Flower Essences:

www.bachflower.com
www.bachflowerpets.com

Pet charts are available at the above websites that contain information on the many different individual flower essences available for use on pets. The charts provide information on particular situations and which flower essence is recommended. The individual essences can be purchased from the websites.



Other products available:

A local (California) producer, Black Wing Farms, has created products based on different flower essences and essential oils than the Bach® Flower Essences. These have been used to calm animals suffering from traumatic events. There is a chart available online at the website to help you choose the essence that will work best for your animal.

www.Blackwingfarms.com

Holistic Veterinarians:

If your dog is suffering from a medical condition we recommend that you discuss the situation with a veterinarian before attempting any treatments. If your dog has experienced a severe emotional and traumatic event please seek the advice of a qualified behavior consultant or trainer.

Holistic veterinarians use aromatherapy with plant based substances, such as essential oils, to improve their animal patient's physical, mental and emotional well-being. They also use flower essences such as Bach® Rescue Remedy for Pets.

You can find a holistic veterinarian in your location at the website of the American Holistic Veterinary Medical Association:

www.ahvma.org

Training Resources:

Marin Humane's **Behavior & Training** conducts various training classes. Sign up on our [Behavior & Training](#) page for the next available class series.

We also provide **Dog Training Instructors** and **Consultants** available for private training or consultations (on-site or in-home) at 415.506.6280 or OhBeHAVE@MarinHumane.org.

Remember to license your dog (It's the LAW)! If your dog gets lost, a license tag on your dog's collar is the fastest way to reunite you and your dog. Even if your dog is microchipped, a license tag is immediately visible and doesn't require a scanning device to read. For more information about licensing, microchipping, and other services provided by **Marin Humane**, visit us at MarinHumane.org or stop by at 171 Bel Marin Keys Blvd, Novato, CA.