A GUIDE TO USING BACH FLOWER REMEDIES FOR DOGS
There are 38 individual remedies, divided into seven emotional states:

- Fear
- Uncertainty
- Insufficient interest in present circumstances
- Loneliness
- Oversensitive to influences and ideas
- Despondency or despair
- Over-care for others

Under **The 38 Remedies** below you’ll find a description for each remedy, and some suggestions for using the remedies for your dog.
PURCHASING REMEDIES

You can buy a set of all 38 remedies, or individual remedies. There are many online suppliers, and Whole Foods also carries some of the more popular remedies.

In addition to using this Guide, it’s a good idea to buy a book to help you with your choice of remedies and here are some suggestions. They’re available online at the Bach Centre and some are at Amazon.com

• *Bach Flower Remedies for Animals* by Stefan Ball and Judy Ramsell Howard

• *The Twelve Healers* by Edward Bach

• *Teach Yourself Bach Flower Remedies for Dogs* by Heather Simpson

When deciding on a remedy for your dog, try to see things from her point of view. Think about what’s changed in her environment that could have caused her current condition.
HOW TO DOSE

You can put 2 drops from the remedy stock bottles into your dog’s water bowl or directly onto her tongue.

But it’s best to make up a treatment bottle instead of giving the remedies straight from the stock bottles. Your remedy will last longer diluted like this, and you won’t risk contaminating your stock bottle if you accidentally touch your dog’s mouth or tongue with the glass dropper when dosing.

- Get a clean 30 ml amber glass dropper bottle
- Put 2 drops of your selected remedy into it
- To blend more than one remedy, add two drops of each remedy
- Top up with spring water (don’t use distilled water)
- To preserve it, add ½ tsp of brandy
DOSAGE FROM YOUR TREATMENT BOTTLE

Give your dog 4 drops at least 4 times a day.

Give the remedy for 4 to 5 days.

You can use flower essences for your dog – as well as for yourself, your family, horses, cats and other pets like birds.
EMOTIONAL STATE: FEAR

**Rock Rose**
You may recognize Rock Rose as one of the essences in Rescue Remedy. Rock Rose helps with panic, a state of paralysis or nightmares. You could give this to your dog who hides under the sofa in fear, trembles and cowers, or is too terrified to go into the vet’s office, wanting to run away.

**Mimulus**
Mimulus helps relieve fears of known origin, or shyness. It can bring courage to dogs who are afraid of specific things like the vacuum cleaner, thunder, fireworks or the groomer, or being alone.

**Cherry Plum**
Cherry Plum helps dogs who seem to lose control of themselves. You could give it to a dog who reacts with panic or hysteria, or who barks uncontrollably or can’t stop scratching or licking herself.

**Aspen**
Aspen helps with fears of unknown origin In humans
this would be for the person who feels anxious or nervous but doesn’t know why. It’s hard to use for dogs but if your dog is barking or seems agitated for no apparent reason, that might be a time to try Aspen, perhaps even combined with Cherry Plum.

**Red Chestnut**
Red Chestnut is helpful is a good remedy for people who are over-concerned about others. Use it for your anxious dog who follows you around the house or is overprotective.

**EMOTIONAL STATE: UNCERTAINTY**

**Cerato**
Cerato for humans fits people who lack faith in their own judgement and are always asking other people’s advice in their decision-making. In dogs Cerato might be helpful in giving confidence to a timid dog who always gets chased away, or for a dog who always looks to her owner for cues on what to do.

**Schleranthus**
It’s interesting that Schleranthus grows in a tangled way near the ground, because the remedy helps to untangle mental knots. In herbal medicine this similarity between plants and their actions is known as the Doctrine of Signatures.
Schleranthus can be a good remedy for an under-confident dog, perhaps combined with Cerato.

**Gentian**
Gentian helps those who are easily discouraged, lacking inner stamina and who give up easily. Gentian can provide encouragement and grounding, restoring confidence. A good example in dogs would be a new mama who abandons her litter or can’t figure out how to take care of her puppies. It would also be helpful in a situation where a dog feels despondent or depressed over a known cause like the death of a family member or littermate.

**Gorse**
Gorse is a remedy that fits extreme situations – a sense of hopelessness and despair. Situations like terminal illness or even a difficult family or business situation that seems hopeless could lead to this state. If your family is going through anything like this, your dog can pick up on it, so give Gorse to your dog as well.

**Hornbeam**
Hornbeam works well when some part of the mind or body needs strengthening before daily work can be done. This is not for deep seated exhaustion, but
for people who are procrastinate because they’re overwhelmed and unable to focus or concentrate. In animals it can be used to restore enthusiasm and vitality, perhaps in a senior dog.

**Wild Oat**

Wild Oat is a remedy for someone with ambition and desire but who finds it hard to decide what to do, or doesn’t know what their purpose in life is. This could be a good remedy for a retired working or show dog, to give them ambition and purpose now that all the fun is over. Wild Oat might combine well with one of the Fear flowers too

**EMOTIONAL STATE: INSUFFICIENT INTEREST IN PRESENT CIRCUMSTANCES**

**Wild Rose**

Wild Rose is for a state of profound indifference to life, where there is resignation to the condition and no effort to improve state. It’s similar to Wild Oat, but Wild Rose is a state of resignation, whereas Wild Oat can’t figure out what to do. If your dog lacks enthusiasm, one of these remedies might help. If you’re unsure which is best, you can combine them or put both into your dog’s water bowl.
**Honeysuckle**
Honeysuckle is a good remedy for bereavement or sadness. It can give hope and help a puppy settle into his new home and can be a good remedy for rescue dogs who’ve lost their original home and need help adjusting to their new one.

**Clematis**
The Clematis patient lives more in future than in present and may live in a dreamworld, escaping reality. It’s actually been used in cases of LSD overdoses! It can be a good remedy for a dog who’s sleeping too much and isn’t interested in what’s going on – perhaps a senior dog who’s detached from the activity of the household.

**Olive**
Olive is for complete mental and physical exhaustion – it’s the burnout remedy. It could help a vitalize and recharge a dog who’s had an illness or ordeal that’s left them exhausted. It would combine with Gentian for new mothers after a difficult labor.

**White Chestnut**
White Chestnut helps quiet the mind and reduce the mental whirlpool of thoughts that keep circulating in the mind. It’s a good remedy for humans to take before
meditation. You can use it to help shift your dog’s emotional energy if she has a persistent recurring or chronic illness – perhaps a chronic cough or limp that you’re treating.

**Mustard**
Mustard can help alleviate real depression and gloom, uplifting the emotions so life is appealing again. This could be a good remedy for a dog who’s depressed after the loss of a loved one. It would combine well with Gorse in this situation, or possibly one of the Fear remedies.

**Chestnut Bud**
Chestnut Bud is a remedy for people who repeat the same mistakes and don’t learn from their past experiences. For dogs it would be a good remedy to use for house training or a dog who’s always getting her nose swiped by the cat and doesn’t learn her lesson!

**EMOTIONAL STATE: LONELINESS**

**Water Violet**
Water Violet is for someone who’s aloof and wants to be alone. It can help stand-offish dogs become more sociable and companionable. It could be a good remedy for a newly adopted dog who needs some encouragement in becoming part of her new family,
and might combine well with several other remedies such as Honeysuckle, Wild Oat or Aspen.

**Impatiens**
Just as its name implies, Impatiens helps with impatience, intolerance and irritability. A dog who needs Impatiens might have digestive problems from eating too quickly. If your dog can’t wait for her meal or can’t wait to get going for her walk, she could benefit from Impatiens. It’s a good puppy remedy but also for an older dog who should know better.

**Heather**
Heather is for fear of being alone. It’s a good remedy for a dog who barks incessantly or otherwise pesters you, trying to make herself the center of attention. It would combine well with remedies such as White Chestnut, Cerato or Cherry Plum.

**EMOTIONAL STATE: OVERSENSITIVE TO INFLUENCES AND IDEAS**

**Agrimony**
The Agrimony patient pretends to be happy even though they’re suffering underneath. This person has a good sense of humor and wants everyone to be happy, getting upset when there are quarrels or arguments. In dogs it could work well for a sensitive gentle working
dog who doesn’t seem to be himself, or a usually tolerant family dog who’s off his feed. It’s also helpful for a sensitive, intelligent dog who’s always observing the troubled world around her and worries about it. Consider combining it with Mimulus, which is also good for sensitive dogs.

**Centaury**
The Centaury plant is very delicate and grows in clusters in grass among the weeds. It’s easily overlooked and stepped on. So it fits someone who is over-anxious to serve others, neglecting their own mission in life, Over time resentment can build up in this doormat personality. Try Centaury if your dog lacks confidence. It could combine well with Schleranthus or Cerato.

**Holly**
Holly is for those who experience feelings of jealousy or suspicion. It’s good for an antisocial dog, especially if she over-reacts to noises like loud children or the doorbell, or thinks the mailman is out to get her. It could also help if your dog is jealous about a new addition to the home – another pet or even a new baby.

**Walnut**
Walnut protects against outside influences during periods of transition. Situations like moving, getting a
new dog or time changes can affect a dog who could benefit from Walnut. This dog may also be affected by lights or computers or different smells. Walnut combines with Honeysuckle, Gentian or Wild Oat for a dog who needs to adjust to a transition. Give it to your dog before and after moving house.

EMOTIONAL STATE: **DESPONDENCY OR DESPAIR**

**Elm**
The Elm mind is unable to rise above challenges or duties, feeling that the task is impossible – an overwhelming dreaded responsibility. Elm helps rekindle joy at taking on new challenges. For dogs, it’s another good remedy for a new mother, especially after a difficult delivery. It’s also a good remedy to use for your dog when you add another dog or new baby to the household.

**Larch**
In the Larch state, a person feels they’re not capable or successful and can’t measure up. They experience feelings of inferiority, failure and shyness. Larch could help a dog who is just learning how to behave in the show ring, or needs help meeting new expectations. It combines well with Olive if your dog needs more energy, or Chestnut Bud if training has been difficult.
**Pine**
The Pine state is preoccupied with guilt, shame and regret and may have obsessive-compulsive disorders. This is one that’s hard to prescribe to a dog because they don’t really experience guilt like humans do. Your dog may look guilty after you catch her raiding the garbage, but 5 minutes later she’s forgotten all about it. It could be helpful if your dog is sensitive to reprimands, combined with Larch or Agrimony.

**Star of Bethlehem**
This remedy is for the mind that’s closed down due to shock or grief. This is one of the key ingredients in Rescue Remedy. It’s very helpful for dogs who’ve experienced abuse, trauma or shock, whether recently or in the past. It can help your dog learn to enjoy life again.

**Sweet Chestnut**
The Sweet Chestnut mind is stretched to its limits of endurance, with intense feelings of despair. This person may be suicidal. This is a good remedy to use if your dog’s in pain or recovering from surgery or loss. Combine it with Mimulus or Agrimony for especially sensitive dogs going through any kind of tough time.

**Willow**
Someone in the Willow state has a “poor me” attitude and doesn’t accept responsibility for their own
problems, often blaming others. Willow is good for a dog who rejects a new family member or is always squabbling with others. Combine it with Star of Bethlehem if your dog’s been abused.

**Oak**
The Oak state of mind is obstinate and doesn’t give up. There’s a tendency to overwork and have tunnel vision, focusing too much on getting the job done. Despondency and despair grow and fatigue is common. Combine Oak with Elm if your dog is working hard, or with Olive if she’s exhausted from a rigorous experience. It can help a dog who’s stoically endured a lot, whether physical or emotional.

**Crab Apple**
Crab Apple is the “Cleanser Flower” for a patient with a poor image, who feels contaminated or unclean. It’s used in detoxing for humans. Crab Apple can combine well with Willow and Star of Bethlehem if your dog is excessively grooming herself. Any abused animal could use Crab Apple.

**EMOTIONAL STATE: OVER-CARE FOR OTHERS**

**Chicory**
The Chicory individual takes care of others as they want to, with a self-centered approach. They can be obsessive,
well intentioned, often experiencing self pity and sulking if they don’t feel appreciated. Chicory can be more of a cat remedy, but can be used for overpossessive or territorial dogs, especially when combined with Holly, Willow, Red Chestnut or Heather.

**Vervain**
The Vervain person wants to convert everybody and can be fanatical about his beliefs. For dogs, Vervain combines well with Willow for active resentfulness, or with Impatiens for dogs who won’t stop pulling on the leash and want to go-go-go and get into trouble.

**Vine**
A person in the Vine state convinced of his leadership abilities and wants to control others. He can be condescending and self aggrandizing. Vine can help a dog who has a sense of rebelliousness or frustration … perhaps a dog who was tied up outside all day by a previous owner. Vine allows your dog to be determined but not domineering. Use it for people-aggressive dogs.

**Rock Water**
Rock Water is prepared by leaving a bowl of water taken from any special well known to have healing power, in a sunlit spot for one hour. Rock Water helps overcome self-denial and rigidity, especially in people who are hard on themselves.
It can help a dog who’s depressed by trauma. Give the trauma remedies followed by Rock Water. This remedy is a lot like Oak, so give it in combination for your dog who works hard day after day, not asking for much. You could also use it with Vine for a people-aggressive dog.

**Beech**

Beech individuals can be arrogant, intolerant of others, often critical and finding fault. The Doctrine of Signatures applies again here as beech trees prefer to grow together and don’t allow others to enter their domain. Beech can help your anxious under-confident dog, used with Heather or Red Chestnut. Combine it with Vervain or Chicory for a dog who’s territorial or irritable with others.

*The information in this Guide was taken from a talk by homeopath Maria Ringo B GS DHMHS CCH at the 2015 Natural Canine Health Symposium (NCHS). Read all about the upcoming 2016 NCHS event taking place October 21st to 23th 2016.*