



Banbury-Bedrock Bull Terriers

The Wonders of Bach Flower Formulas

by Mary Remer and Jeannine Dunn

In the early 1930's Dr. Edward Bach discovered the healing capabilities of flower and herb essences. These essences work as catalysts to establish a state of harmony and balance within. Dr. Bach believed each essence addresses a different emotion, mood or personality such as fear, loneliness, depression, insecurity, jealousy, etc. He further believed physical disease would result if these imbalances were not addressed. He developed 38 essences. Five of the essences have been combined to formulate "Rescue Remedy". Many health care professionals have reported successful treatment using these essences for adults, children and animals.

Dogs clearly possess definite temperamental attitudes (jealousy, nervousness, shyness, possessiveness, sight and/or sound sensitivity, etc.) and these can be addressed with one or more of the 38 essences. We have found Rescue Remedy to be a very successful all-purpose remedy for dogs in many different situations. We have used Rescue Remedy to help a dog transition and integrate into a new environment. It has also been helpful for those that get very nervous in particular situations such as at the veterinarian's office, dog shows, riding in cars, thunderstorms, etc. We have eased the transition of puppies going to their new homes with a little Rescue Remedy. Competition dogs (and their handlers) have also had the pre-competition jitters lessened with Rescue Remedy. The effects of shock, terror and panic can also be helped. I have used a drop on the tongue of a newborn pup who has had a difficult birth to help jump-start them into life. The spectrum of uses is broad and far-reaching.

Rescue Remedy and other Bach essences can be found in most health food stores. Dosing can be done in a couple of ways. Four drops of Rescue Remedy can be put in the drinking water. An amber 2 oz. dropper bottle (the essences should be protected from light) can be filled with spring water and 4 drops of Rescue Remedy added (Dr. Bach recommends 2 drops of Rescue Remedy to 1 oz. spring water). A drop of brandy is helpful as a preservative. You can then give a dropperful as needed. A spray bottle can also be used to neutralize and balance rooms, interiors of crate areas, cars, etc. Misting around the body as well as applying the mist to the insides of the ears and the pads of the feet can be very soothing. For misting, Dr. Bach recommends an amber or dark colored bottle using 10 drops Rescue Remedy in an 8 oz. bottle. Again, consider two drops of brandy as a preservative. Rescue Remedy also comes in a cream and can be used externally for abrasions, burns, cuts, sprains and strains.

For bacterial reasons, try not to touch the dropper to anything. Run the dropper under hot water if it is contaminated. Little white clumps or cloudiness in the bottle indicate bacteria. Nothing will depotentize the remedy.

P.S., For long lasting fresh flowers use a couple of drops of RR in the vase!

MORE ON BACH FLOWER FORMULAS

by Mary Remer

Previously I wrote about a Rescue Remedy, a combination of flower essences that is useful in a variety of situations. There are additional essences that I use with regularity and find helpful. Three of these flower essences are Vervain, Mimulus and Walnut. Each of these essences can be mixed with Rescue Remedy. Remember that you may mix up to six of the 38 essences. Four to six drops of each essence can be put in 8 oz. of spring water in an amber or dark colored bottle. Use within three weeks or add two drops of brandy or apple cider vinegar as a preservative. It is helpful to succuss (shake the bottle vertically, hitting the butt of your palm) 100 times when you first mix remedies. This action is purported to enhance the vibration, and hence effectiveness, of the combination of essences.

Vervain is an essence that can help dogs relax. It is useful for hyperactive, high-strung, over-the-top dogs that need to learn self-restraint. These dogs are often characterized as happiest when moving. On lead they may pull to the point of choking themselves. They are over-zealous about meeting and greeting people. Without intention they may knock people over, overwhelm other dogs to the point of their retreat, or display more aggressive behavior in an intolerant response. In fact, the more intolerant the other dog, the more bouncy and invigorated the vervain type becomes. Vervain can help to settle and find composure. In my obedience and socialization classes, I frequently mix vervain and rescue remedy in a spray bottle and use as a mist. I have found it to be very helpful for calming and balancing both the dogs and the people.

Mimulus is an essence that addresses fears of known things, such as the dark, thunderstorms, fireworks, airplanes, vacuum cleaners, stairs, people wearing hats, etc. It can also give courage for worrisome activities such as bathing, grooming and nail clipping. Dogs that may benefit from mimulus may appear nervous and/or shy in response to these kinds of stimuli. They may pant excessively and have dilated pupils. Dogs that get nervous riding in cars or at dog shows may benefit from the use of mimulus. A combination of mimulus and rescue remedy may be an effective aid for timid dogs or puppies that may have had a negatively associated experience with another dog or feel overwhelmed by being in a group. The guiding premise for the use of mimulus is the ability to directly identify the cause of the fear. Away from the source of the anxiety these dogs can appear quite confident. A dog that is social in its house with its family but runs and hides when someone appears at the door would be a candidate for mimulus. Dogs that exhibit anxiety of non-specific origin may not benefit from mimulus as much as from another flower formula.

Walnut is an essence useful for adjusting to transitional situations. Death, divorce, relocation, kenneling, boarding, a new arrival to the family (human, canine or other), overnight visitors would be situations that lend themselves to the use of walnut. This essence has also been found to be helpful during teething, coming in season for the first time, during pregnancy and after spaying or neutering. Walnut may also be used for geriatric dogs struggling to acclimate to deafness or blindness. Some holistic vets recommend walnut before euthanasia to ease the passage from life to death. The human family may benefit as well from walnut at this time.

If you would like additional information contact Nelson Bach USA, LTD, 100 Research Dr. Wilmington, Mass. 01887 or call 1-800-314-BACH. There are many books available on the essences - two I suggest are: Bach Flower remedies for Animals by Stefan Ball & Judy Howard (available from the Bach Center) and Bach Flower Remedies for Animals by Helen Graham and Gregory Vlamis (available at many health food stores and through Amazon).

I welcome your sharing your experiences with the essences with me at: mremer@aol.com.

These products are ones which Mary believes in. She has tried them on her own dogs and has had experience using them in conjunction with dogs belonging to her clients. They work for her and she is sharing that experience with others. We are not veterinarians and make no claims as to the efficacy of, or results from, these products for your dog. They are worth a try, with ordinary caution.