



Flower Essences for Animals

What are Flower Essences?

In the early 20th century, Edward Bach discovered that by using the infusions of certain plants, he could correct emotional imbalances in his patients. Dr. Bach believed that certain diseases were caused by emotional and mental imbalances. These herbs and flowers are believed to have an energetic signature whose positive energies balance out the negative energies that cause disease. There are 38 Bach Flower remedies to choose from. There are also many flower essences and combinations created for animals, such as “Animal Elixirs”. They contain combinations of flower essences, gem elixirs, and element elixirs.

Some believe that Flower Essences work based on the “Placebo Effect”, however, that can now be argued based on how well animals respond to them.

When do you use them?

Have you ever moved and found that your pet just cannot get settled in? Or, perhaps your pet has lost a playmate or a family member and has become lethargic. Maybe you have a dog that is terrified of the vacuum cleaner or thunderstorms...

“Walnut” is a Flower Essence that is used when changes are occurring. It can help your pet adjust to a new environment, a new baby, or a new pet. Also, some suggest that our pets pick up on our negative health and emotions. Walnut also protects them from these problems.

“Honeysuckle” assists a pet that cannot get over the loss of a friend or family member. “Star of Bethlehem” can help your pet get over a traumatic experience like losing a friend, being in an accident, being attacked by another animal, or being abused.

If your pet has a fear of a “known” thing like the vacuum, then Mimulus is the remedy of choice.

“Animal Elixirs” have been created for issues such as: spay or neuter, aggression, barking and biting, traveling, stress, a diet change, weight gain, abandonment, and more. There is even an Animal Elixir for animals that have to share tight living quarters with each other.

How do you choose an essence?

Since we cannot ask our pet why they are feeling bad, choosing an essence for them requires that you closely observe them to see how they are behaving. Are they afraid of something specific, or does it appear to be a general fear of the unknown? Do they seem withdrawn, or are they actually exhausted? If you have two pets that are not getting along, who appears to be the one that is fearful, and who appears to be the stressor?



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There are a lot of great books available to help you choose your remedies. “Bach Flower Remedies for Animals” by Stefan Ball & Judy Howard is an excellent example. The great thing about flower essences is that if you choose the wrong one, it can do no harm to your pet. It just does no good.

How do you use them?

There are many ways you can administer Bach flowers to your pet. The easiest option is adding 2-4 drops in their water (preferably spring or filtered water). Since Bach flower remedies are 100% safe, multiple pets can share the same water bowl. If the pet needs the remedy, then they will benefit from it. If they don't, then nothing will happen. If your animal does not drink from their bowl regularly, you may have to try one of the following options.

If your pet needs several remedies, you can create a stock bottle. Add two drops of each remedy (up to seven remedies per bottle) to a 30ml bottle of spring water. Then, administer four drops at a time, four times per day into the mouth. If the dropper touches the mouth (be careful your pet does not bite or swallow the glass dropper), rinse it under hot water before returning it to the bottle. You may also add these drops to your pet's food, as long as your pet is guaranteed to eat their whole meal and receive the full dose.

The essences can also be applied topically to the ears, nose, or anywhere your pet may lick like their paws or legs. Keep in mind that Bach Flower Remedies are preserved in a small amount of alcohol, so make sure your pet is not on any medication that may contraindicate use.

Some suggest that animals pick up on a lot of their human companion's emotions, and that the people in the home also take the remedies.

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This article should in no way replace regular veterinary care from a qualified holistic veterinarian.