



# **FLOWER REMEDIES or ESSENCES**

## **FACT SHEET 42**

### **INTRODUCTION**

Flower remedies or flower essences are designed to help treat emotional problems and work equally as well in animals as they do in humans. We all know how animals vary in their individual character. Some are timid whilst others are nervous, some may have certain phobias, seem anxious, irritable, touchy or even grumpy. Others are prone to becoming excitable or may start to develop dominance related behavioural problems. They can suffer from many of the same emotional problems as humans which may be expressed, ultimately, as illness or as changes in behaviour or personality.

Whilst conventional medicine can offer help in the way of behavioural advice, through the use of sedative or calming drugs and by installing anxiety reducing pheromone diffusers, it is possible to use the flower remedies to tackle many of the more common behavioural problems at a much deeper level. Flower remedies work gently and without side effects, rebalancing emotions and helping to restore a sense of well being.

### **A LITTLE HISTORY**

Flower remedies tap into the hidden healing energy within the flowers of a wide range of plants and trees and will help resolve many common behavioural problems and the health issues that can often occur as a consequence. Different flowers are known to help with different problems and have been in regular use since the 1930's. The best known of all the flower remedies, certainly in the UK, are those discovered by Dr Edward Bach. Most of his life he lived close to Wallingford near Oxford and spent many days researching and developing the 38 different flower remedies, which bear his name to this day.

Bach was a man of great perception and sensitivity, such that he would merely have to place a petal from a flower on his tongue to be aware of its effects on the body, soul and spirit. In some instances, he would suffer from very acute negative states of mind and would often wander the lanes near his home until he was "led" to find the flowers needed to restore his health. Gradually over time he was able to discover the healing properties of many of the local individual flowers, accurately recording which flower would help with which emotional problems.

Since the time of Bach a great many other flower remedies have been developed so the list now runs to several hundred and includes other important ranges such as the Bush Flower Essences and Californian Flower Essences.

## **HOW DO FLOWER REMEDIES WORK**

At this present time no one knows for sure how the flower remedies work. What is known is that as energetic medicines they act in a similar way to homeopathic remedies. Each flower possesses a unique energy of a particular vibrational wavelength. With ill health or emotional disturbance the energy field which surrounds each living being becomes distorted and out of harmony resulting in a negative effect on the whole animal emotionally as well as physically. By carefully selecting the right flower remedies, it is possible to correct the distortion in the energy field and potentially return the animal to a state of health once more. The key to success is in selecting the right combination of flower remedies to restore the balance.

## **HOW ARE FLOWER REMEDIES MADE**

The flowers used in making the remedies or essences are gathered from unspoilt areas, where they can be found growing wild or from specially cultivated gardens. The flowers have to be picked when there is a cloudless sunny sky and at full maturity when the essential energies are concentrated, just before the flowers start to drop. The time between picking the flowers and preparation of the remedies is kept to a minimum so virtually no energy is lost. The whole process is essentially a harmonious form of natural alchemy, involving the elements: Earth, Air, Sun (or Fire) and finally Water which serves as the transfer vehicle.

Having gathered the flowers, they are then allowed to float on water, transferring their energy to the liquid. The resulting energised water is then used to produce stock solutions for medication by adding a few drops to alcohol. The normal dilution is 1:240 water to alcohol. The resulting stock bottles will keep indefinitely as the alcohol acts as a natural preservative. They are used to prepare the remedies which are sold for general use. It is not unusual to combine different essences together with the aim of producing a combination aimed at treating a particular type of problem or for use in a particular situation. Combinations work well as the remedies support each other and are often more effective in tackling a specific problem than a single remedy.

## **HOW DENES CAN HELP**

Denes recommend a range of 5 flower essence combinations formulated by Bioforce just for animals. The range covers a number of common behavioural issues seen in cats and dogs as well as other domestic animals.

### **Animal Emergency Essence**

A combination formulated for acute emergency situations or distress of any sort. Common indications include after injury or accidents, reactions to noises such as thunder or firework phobias, for trips to the vet or at shows, before or during car journeys, after surgery, change of house, kennelling, loss of a companion, grief and in any other similar stressful or potentially stressful situation.

The positive outcome of using Emergency Essence is a general calming effect and the easing of any stressful situation. Allays panic and hysteria associated with stress and trauma and calms where there is grief or pining.

Contains a combination of the following flower essences:

Bluebell

For being grumpy, withdrawn or aloof

Star of Bethlehem

For the effects of past trauma

Cherry Plum	For uncontrolled irrational thoughts
Clematis	For being inattentive, dreamy
Elm	Useful when overwhelmed by events
Impatiens	For irritability, impatience
Olive	For being exhausted
Orange Hawkweed	Encourages endeavour
Rock Rose	For panic and alarm
Walnut	To allow adaptation to changes

### **Highly Strung Essence**

A combination of 12 different essences for overactive, excitable, irritable and unpredictable animals. This combination will also help with hysteria, restlessness, excessive attention seeking and tension.

The overall effect of this combination is to calm and relieve agitation, reducing excitability and allowing better control and management.

Contains a combination of the following flower essences:

Agrimony	For hidden worries
Aspen	For apprehension
Bluebell	For being grumpy, withdrawn or aloof
Chamomile	For moody, irritable animals, relieves tension
Chicory	For being over-possessive or clingy
Cherry Plum	For uncontrolled irrational thoughts
Copper Beech	Ability to handle the inconceivable, grounding
Impatiens	For irritability, impatience
Rock Water	For being inflexible
Scleranthus	For uncertainty
Vervain	For over-enthusiasm
Wild Oat	To determine the path forward

### **Over Dominant Essence**

This combination features flower remedies which will help with temperamental animals which are impatient, stubborn, difficult to control, headstrong or which are snappy, irritable or jealous. It can help establish the pecking order and reduce unwanted dominant traits. It will encourage cooperation and help calm where this is needed.

Contains a combination of the following flower essences:

Bluebell	For being grumpy, withdrawn or aloof
Chamomile	For moody, irritable animals, relieves tension
Cherry Plum	For uncontrolled irrational thoughts
Chestnut Bud	Where there is inability to learn by experience
Chicory	For being over-possessive or clingy
Holly	For jealousy and suspicion, envy, hatred
Impatiens	For irritability, impatience
Mimulus	For shyness, timidity, known fears
Vervain	For over-enthusiasm
Vipers Bugloss	For bullies or animals that manipulate
Vine	For dominance issues, arrogance, inflexibility
Walnut	To allow adaptation to changes

## **Separation Flower Essence**

A blend of 15 flower essences working together to help ease the trauma of separation, pining, grief, kennelling and cattery boarding and the physical problems that can occur such as destructive behaviour or excessive barking. This blend can also help puppies and kittens, or any other animal, adjust to a new home.

The positive outcome is to calm as well as to reduce anxiety and panic.

Contains a combination of the following flower essences:

Aspen	For apprehension
Bluebell	For being grumpy, withdrawn or aloof
Chamomile	For moody, irritable animals, relieves tension
Chicory	For being over-possessive or clingy
Elm	Useful when overwhelmed by events
Gentian	For despondency
Honeysuckle	For homesickness or being stuck in the past
Mimulus	For shyness, timidity, known fears
Mustard	For sadness
Pink Cherry	Soothing, nurturing, comforting
Rock Rose	For panic and alarm
Star of Bethlehem	For the effects of past trauma
Vervain	For over-enthusiasm
Walnut	To allow adaptation to changes
Zinnia	For dull animals that lack playfulness

## **Timid Essence**

This combination is for shy timid animals which lack confidence, appear insecure or are who are easily spooked. This combination also works well for anxiety and nervousness which is fear based and for withdrawn and submissive animals, especially those which may have been subject to trauma.

The positive effects of Timid Essence are a calmer more relaxed animal with better socialisation and interaction with other animals and people. There will often be an improvement in confidence with a reduction in anxiety, fear and stress levels together with the ability to overcome setbacks and bad experiences.

Contains a combination of the following flower essences:

Mimulus	For shyness, timidity, known fears
Rock Rose	For panic and alarm
Aspen	For apprehension
Bluebell	For being grumpy, withdrawn or aloof
Chamomile	For moody, irritable animals, relieves tension
Cherry Plum	For uncontrolled irrational thoughts
Copper Beech	Ability to handle the inconceivable, grounding
Elm	Useful when overwhelmed by events
Honeysuckle	For homesickness or being stuck in the past
Larch	For lack of confidence
Pink Cherry	Soothing, nurturing, comforting
Pink Yarrow	Helps clear emotions, improves awareness
Vervain	For over-enthusiasm
Walnut	To allow adaptation to changes

## **HOW MUCH DO I NEED TO GIVE?**

These Flower Essence blends are designed for use with all types of animals. Fitting easily into your daily routine, they are easy and safe to administer. Just add to food or drinking water.

**Small animals:** (e.g. birds, hamsters etc) 4 drops in food/water 3 times daily until bottle is finished.

**Medium animals:** (e.g. cats, dogs, rabbits) 7 drops in food/water 3 times daily until bottle is finished.

**Large animals:** (e.g. horses) 12 drops in food/water 3 times daily until bottle is finished.

## **HOW LONG WILL A 30 ml BOTTLE LAST?**

**Small animals**                      50 days

**Medium animals**                    28 days

**Large animals**                      16 days

## **Flower Essences are not a substitute for veterinary or professional behavioural advice**

### **Further Reading**

#### **Denes Fact Sheets**

- Denes Tranquil Plus Tablets - Helping with Behavioural Problems

#### **Other Sources of Information**

##### **APBC**

Association of Pet Behaviour Counsellors PO Box 46, Worcester, WR8 9YS.

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Website:            [www.apbc.org.uk](http://www.apbc.org.uk)

If you have any queries concerning your pet's health or feeding problems, you can contact us for free pet care advice by:

- Visiting our website [www.denes.com](http://www.denes.com)
- Emailing us at [info@denes.com](mailto:info@denes.com)
- Calling us on **01273 325364** Mon-Fri, 9am – 12Noon
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