

Bach Remedies for Animals

Animals have emotions similar to humans. They feel love, fear, anger, jealousy, depression, happiness and joy just like us.

Bach flower Remedies are not only wonderful for humans, but they can also be used to help animals that are emotionally unbalanced.

Although we cannot ask our pets if they are depressed, we can sense that feeling within them.

Rescue remedy can be rubbed on an animal's gums, ears or paws as needed or you can add two drops to their drinking water.

Many animals have fear issues, often termed 'Fear Aggression'. To the owner, the animal may appear aggressive to other animals, other people, or even aggressive to a change of circumstances when in reality he or she is only exhibiting fear.

Understanding Fear in Animals

The word 'fear' originates from the 12th century English word 'feren', which means calamity and danger.

On the positive side, fear enables an animal to sense and anticipate danger, helping them devise a strategy to avoid it.

Avoiding danger thereby guarantees the survival of their species. This kind of innate behaviour is programmed into every animal and human, like the fight or flight response.

The amount of risk versus the amount of fear that animals will take is also dependent on their species.

For example, prey animals are most likely to take the least amount of risk because they are genetically pre-set with a survival instinct. This is because past generations would have been picked on or eaten by a predator animal.

Fear initiates the flight response for an animal so that they can flee to a place of safety. The predator is built with stealth speed, an agile body and big, sharp teeth, It is also born with the innate behaviour to chase, catch and to eat a prey animal.

To properly understand your animal in 'fear' terms, you must understand what 'fear' personally means for them.

Bach Remedies for Cats

Cats are, of course, very interesting as a species. They are proud and aloof. They hold the title of being both a prey and predator animal, but they still have things to fear, which can contribute to the various behaviours.

Cats need a lot of socialising so that they can deal with the big, wide world. When they are pushed into a state of fear, they tend to hide somewhere high.

Cat psychology tells us that when a cat misbehaves, they are often only trying to tell us something. Cats, although wonderful creatures, can be infuriating at the same time. As most cat owners could tell you, they rarely listen to reason.

You can tell them not to scratch the couch until you have no voice left; however, they will probably continue to do what they want unless you can teach them the scratching post is better option.

Can cats be trained? Yes, to a point. Several breeds of cat, like the Maine coon for one, can be persuaded to walk on a leash. Other cats may take delight in retrieving thrown balls or crumpled paper. Domestic felines are not circus animals and not as amenable as dogs in terms of their desire to please.

The most important thing to remember is that most animals are motivated by fear and not aggression. For example, your cat may show displacement behaviour like licking, blinking and grooming. Although these behaviours may be subtle, they are normal behaviour when it comes to stress.

Cats love to feel surrounded by their own scent and will constantly rub their body and head up against you, the furniture or any other object. If another cat compromises a cat's security, they may start to mark or spray. By marking or spraying, they are marking over the other odour to increase their own unique scent.

Flower essences to help a fearful cat:

Indoor marking - Mimulus, Rock Rose, Honeysuckle, Cherry Plum

Spraying - chestnut bud, Aspen, Mimulus

Phobias - White Chestnut, Cherry Plum

Aggression - Cherry Plum, Honeysuckle

Obsessive Compulsive Disorders - Crab apple, White Chestnut

Eating Disorder - Crab Apple, Chicory, Heather

Redirected Behaviour motivated by Fear - cherry plum, Impatiens

Territorial Behaviour motivated by Fear - Mimulus, Chicory

Maternal Aggression motivated by Fear of losing their kittens - Red Chestnut

Bach Remedies for Dogs

Many aspects of a dog's behavior may seem irritating to humans but these characteristics are, in fact, integral to a dog's instinctive nature.

Taking steps to better understand what dogs do and why they do it will help you to develop a better relationship with your dog. There are three basic things that one must understand from the very beginning about dogs.

Dogs are predators

Dogs are highly territorial

Dogs must live within a social society, meaning that, unlike cats, dogs are not solitary animals but rather pack animals.

In a state of fear, dogs can exhibit many behavioural issues. One of these is known as separation anxiety. This is a very difficult behaviour to treat and can be caused by lack of socialisation.

Separation anxiety can occur in puppies that are taken away from their mother too soon and have not learned the correct skills of how to be a dog. These puppies will naturally attach themselves to a member of the new family, but this attachment will be at a high level.

While initially, it seems like a sweet behaviour, as time unfolds, the puppy becomes hugely dependent on the human. In the end, you will most likely end up with a very anxious animal.

Due to the fact that they have not learnt the skills to properly interact with other dogs, they soon learn that it is easier to be aggressive. They are then labelled an aggressive dog, but it is actually their fear that drives them.

Flower essences to help the following conditions:

Fear Aggression - Mimulus, Rock Rose, Star of Bethlehem, Cherry Plum

Baking - White Chestnut bud, Chicory, Heather

Phobias - White Chestnut, Cherry plum

Obsessive Compulsive Disorders- Crab apple, White Chestnut

Eating Disorder - Crab apple, Chicory, Heather

Redirected Behaviour motivated by Fear - Cherry Plum, Impatiens, Gentian

Territorial Behaviour motivated by Fear of losing their puppies - REd Chestnut

Learned - Honeysuckle, Chestnut Bud, Mimulus