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### **BENEFITS**

- Improved Immune System through Stress Reduction
- Healthy Behavior
- Does Not Interfere with Medications or Supplements
- Will Not Negatively Affect Other Pets in the Household.
- Makes Behavior Modification Programs More Effective

### **DEXTER SUGGESTS**

Ask our knowledgeable staff for suggestions on additional products that may be helpful.

Check out these books:

- *The New Holistic Way for Dogs & Cats*
- *Bach Flower Remedies for Animals*
- *Ask Your Animal*



# FLOWER ESSENCE INSTRUCTIONS

## **WHAT ARE FLOWER ESSENCES?**

Flower essences are subtle liquid extracts which assist in balancing the emotions and the overall energetics of the body. The modern development of flower essences was first undertaken in the 1930's in England by Dr. Edward Bach, who developed them for people. While his "Bach Flower Remedies" are the most well known, other practitioners continue to develop flower essences around the world. Flower essences are prepared by first infusing flowers in water in the sun, then preserving this liquid with alcohol (this is called a stock solution). Essences are also made from other items from the natural world, such as gemstones. Like homeopathic medicine, flower remedies work on an energetic level, nudging the body's energy system back into balance. Unlike herbs and allopathic drugs which work on a chemical level, the effectiveness of flower essences is in the frequency of use rather than the measured dose. This means they are just as effective when diluted as they are in their concentrated state.

## **THERE ARE SEVERAL EASY WAYS TO GIVE FLOWER ESSENCES TO ANIMALS**

- Put a few drops in your hand, rub hands together and pet your animal's head, body, ears, and/or paws.
- Add 3-5 drops to water and food (*Remember more drops does not equal better results*)
- Use an optional spray top to mist a room, carrier, bedding, car interior, litterbox area, or other specific problem area. Misting the house or apartment is a great way to treat the whole household (*Do not spray AT the animal!!*)
- Apply a few drops to a favorite toy.
- If they resist touch, let the drops fall directly on fur, top of paws, etc.
- Give directly by mouth.

Flower essences are not like medicines or drugs and need not be swallowed: once the drops contact the animal, they are doing their job.

Your animal companion should think of receiving the remedy as a good thing, so don't try to force it by giving it to them orally; stressing your friend out while administering the essences will only serve to undermine their use.

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## **DOSING GUIDELINES**

For most issues we recommend starting with 3 or 4 times a day for 1 month. Being consistent is important.

Once improvement is established you can wean the animal off by gradually decreasing the frequency. Adding a few drops to the drinking water will probably be adequate.

For emergency situations when you will be using formulas such as Rescue Remedy, Five Flower Formula, or Stress Stopper, you should give the essences much more frequently, as often as every 2-4 minutes. If your pet is experiencing extreme stress you probably are too, so give yourself some when you give it to your pet.

## **HOW WILL I KNOW IF THE FLOWER ESSENCES ARE WORKING?**

Flower essences are not drugs, they don't suppress behavior or act as sedatives. Since they can have an effect on both acute and long-term problems the time it takes to observe changes in your pet can vary from as little as one minute in an emergency to a month or two for longstanding problems.

The changes should seem easy and seamless; you should start to notice that your animal is going through life with less strife and discomfort.

Sometimes the choice of essence changes as the animal is treated; like peeling an onion, when you remove one layer another is revealed.

## **ADDITIONAL TIPS**

- Store flower essences out of direct sunlight and away from strong odors (cosmetics, medicines, spices) or electromagnetic fields (microwave, refrigerator, stereo).
- If you are treating only one animal in a multi-animal household, it is perfectly all right to put the essences in the common drinking water. It will not adversely affect the other animals, and may even be beneficial if those particular essences are also appropriate for them.
- If the dropper contacts anything outside the bottle, simply rinse the dropper in hot running water for about 30 seconds before replacing it in the bottle.
- Alcohol is used as a preservative in flower essences. If you find that your animal friend is averse to the smell or otherwise sensitive to it you can dilute the essence in water ahead of time by adding drops to a bottle of water and then dispensing from that instead of directly from the stock bottle.