



Remedy Handout Rescue Remedy®

Don Hanson, BFRP, CDBC, CPDT
1653 Union St., Bangor, ME 04401-2204
(207) 945-6841 – djh@bachflowersforpets.com
www.bachflowersforpets.com – www.greenacreskennel.com

Helping you and your pet become best friends for life

Bach Rescue Remedy®



Our pets, like us, can suffer from stress, anxiety and trauma, and these experiences often are debilitating. Whether it is from separation, being attacked, visits to the veterinarian or groomer, loud noises, loss of a companion, or shock and physical injury, there is nothing more heartbreaking than seeing an emotionally distraught animal and being unable to relieve their anguish. With Bach Rescue Remedy®, you no longer need to feel helpless.

Rescue Remedy® is one of 38 flower remedies developed by Dr. Edward Bach in England in the 1930's. Dr. Bach was a renowned British researcher and physician who believed that a negative state of mind was at the core of many illnesses. His holistic approach to treating disease involved treating the body, mind and spirit. Treatment with flower remedies is especially appropriate for addressing stress related emotional imbalances. While the Bach Flower Remedies were originally developed for people, Dr. Bach also found them to be very helpful with animals.

Rescue Remedy® is a combination flower essence formula created specifically for addressing stress in emergency or crisis situations. The remedies used in this formula help with trauma and shock (Star of Bethlehem), terror and panic (Rock Rose), hysteria or loss of control (Cherry Plum), impatience and agitation (Impatiens), and faintness and stunned feelings (Clematis). This combination can help after an accident or in any situation that causes extreme anxiety, nervousness or even terror. Rescue Remedy® often has an immediate calming



effect. It may be taken as often as needed without fear of overdosing; it is safe, gentle, and non-toxic.

However, Rescue Remedy® is not typically a magic, instantaneous solution for long standing behavioral problems. While it can be helpful in reducing the stress and anxiety of a timid dog, it will not turn them into a gregarious, “gotta love everybody” dog. Nor will Rescue Remedy® remove your pet’s natural instincts, although it can help your pet to adapt those instincts to its environment.

I have known Rescue Remedy® to be effective with dogs suffering from fear aggression, separation anxiety, fear of thunderstorms and general anxiety. It also seemed effective in helping our Cairn Terrier recover more quickly after he had a seizure. Many veterinarians will routinely use Rescue Remedy® with pets before examinations and surgeries. Used topically or in its cream formula, Rescue Remedy® can help alleviate hot spots and promote the healing of wounds.

Rescue Remedy® is available in 10ml and 20ml stock bottles, in a 20ml spray bottle or as a cream for external application.

When dealing with sudden changes in behavior, you should arrange for a complete medical evaluation by your veterinarian to rule out any physical or medical reasons for the behavior change before trying Rescue Remedy®. Physical injuries and illness are often a reason for sudden aggression and anxiety.

How to treat your pet with Rescue Remedy®

It is important to understand that Bach Flower Remedies are not a substitute for medical or veterinary treatment.

Rescue Remedy® is usually administered by mouth, diluted in water. A little goes a long way, because you do not need to use it directly from the stock bottle you purchase. When you purchase a stock bottle, also buy an empty 30ml eyedropper bottle to be your treatment bottle. This is the most economical way to use Rescue Remedy and also dilutes the alcohol content, which may be objectionable to some animals. To prepare the treatment bottle for use with your pet, do the following:

1. Fill the treatment bottle $\frac{1}{4}$ full with cider vinegar, vegetable glycerin, brandy or vodka as a preservative. I usually use brandy or vegetable glycerin as I find that many animals do not like the taste of cider vinegar. I usually use vegetable glycerin for cats, small animals and birds to further reduce the alcohol content. You may forgo the use of any preservative as long as you keep the treatment bottle refrigerated.
2. Fill the remainder of the bottle with spring water.

3. Put 4 drops of Rescue Remedy in the treatment bottle. You will treat your pet from this bottle.

Dosage is the same for all size pets as well as for people. You cannot overdose on a flower remedy, but dosing more than necessary just wastes the essence.

If treating for an acute condition or emergency:

An acute situation might be a visit to the veterinarian or groomer, a thunderstorm, a dog fight, or a seizure. It is something that happens suddenly which rapidly affects your pet.

Place four (4) drops of the mixture from the treatment bottle on an absorbent treat and feed the treat to your pet. If you cannot get near enough to your pet to administer Rescue Remedy® in this fashion, you may use the treatment bottle solution in a mister bottle and spray the area around your pet. Rescue Remedy® is also available in a spray bottle for this purpose.

If you see no improvement in 20 minutes, administer an additional 4 drops.

If treating for a chronic condition:

A chronic condition might be fear of strangers, fear of children, grieving for a lost companion, or adjusting to a new home.

Place four (4) drops of the mixture from the treatment bottle on an absorbent treat, four (4) times per day. This does not need to be very six hours. I usually find that first thing the morning, just before leaving for work, when I come home from work, and just before bed, often works well.

In addition, you may put 10 drops of the prepared mixture, per gallon of water, in your pet's water dish each time you fill it; however, this alone will not provide adequate dosage. When adding the remedies to your pet's water supply, you should also provide them with non-treated water so that they have a choice, in case they find the water with the remedies objectionable.

Continue to treat your pet in this manner until you see improvement.

Dosage is the same for all size pets as well as for people. You cannot overdose on a flower remedy, but dosing more than necessary just wastes the essence.

If treating an external area or hot spot:

Place drops of the mixture directly on the area to be treated; it will be quickly absorbed. You may also wish to consider using Rescue Remedy® Spray or Rescue™ Cream. Rescue™ Cream also contains the essence Crab Apple which is for cleansing.

Continue to treat the pet in this manner until you see improvement.

Personal Success Stories with Rescue Remedy®

Two of the pets I have seen helped with Rescue Remedy® include a dog in training class that was afraid of other dogs and a dog exhibiting separation anxiety. Lilly, a dog in one of our training classes was so anxious around other dogs that all she was able to do was bark while hiding behind her caregiver. When a dog that is experiencing that much stress, it is unable to learn. Lilly's barking was also disruptive to the other dogs in class. We gave her 4 drops of Rescue Remedy® on a biscuit, and within a couple of minutes she visibly calmed down and was able to remain in class. Lilly's guardian continued to give her Rescue Remedy® before every class and in other stressful situations and she did fine.

The second dog, Tommy, was exhibiting destructive behavior whenever his caregivers left him alone at home. They were looking for a quick solution, so I suggested they try giving Tommy Rescue Remedy directly and also including it in his water bowl. Within two days, Tommy was able to remain at home alone with no problems. The guardians weaned Tommy off the Rescue Remedy® over a two week period and today Tommy stays home alone with no problems and with no Rescue Remedy®.

I always reach for Rescue Remedy when I am experiencing a tension headache – the kind that starts at the base of the neck and works its way to the back of my head. My headache usually clears after I have taken 4 to 8 drops of Rescue Remedy over a one hour period.

Rescue Cream is great for helping minor cuts and abrasions to heal faster. I have several friends who use it as a facial cream and find that it has dramatically helped their acne.

Not all results are as dramatic as those described above and Rescue Remedy® might not be the correct essence for your pet's particular emotional issue. More chronic problems need to be treated over longer periods of time and some pets may require one of the other 38 flower remedies or some other combination of those same remedies. Many issues will also require a behavior modification program in conjunction with the use of flower remedies.

What if Rescue Remedy® does not help my pet?

It is important to understand that Rescue Remedy® is only one of 38 Bach Flower Remedies. It may not be the appropriate essence for your pet's problem. If you have behavioral problems with your pet, you may want to consider making an appointment with Green Acres' Director of Behavior Counseling and Training, Don Hanson, for a behavioral evaluation of your pet. Don is a Bach Foundation Registered Practitioner, animal specialist, Certified Dog Behavior Consultant and Certified Pet Dog Trainer. He can work with you in developing a behavior modification program and aid in the selection of the most appropriate flower remedies for your pet.

Other Information on Bach Flower Remedies

If you would like to learn more about Bach Flower Remedies and their use in treatment of pets, you may wish to read the following:

Bach Flower Remedies for Animals—by Stefan Ball & Judy Howard, The C.W. Daniel Company Ltd, 2005

Bach Flower Remedies for Animals— by Helen Graham and Gregory Vlamis, Findhorn Press, 1999

Emotional Healing for Cats—by Stefan Ball & Judy Howard, The C.W. Daniel Company Ltd, 2004

Emotional Healing for Horses & Ponies—by Stefan Ball, Heather Simpson & Judy Howard, The C.W. Daniel Company Ltd, 2004

Treating Animal Illnesses & Emotional States with Flower Essence Remedies —by Jessica Bear, Ph.D., N.D. and Tricia Lewis, Richman Rose, 1998

Suggested books on the Bach Flower Remedies and their use with people are:

An Introduction and Guide to Flower Essences - The 38 Bach Flower Essences—Wigmore Publications, Ltd., 2001

Bach Flower Remedies for Men—by Stefan Ball, Vermillion, 1996

Bach Flower Remedies for Women—by Judy Howard, Vermillion, 2005

Bach Flower Therapy—Theory and Practice—by Mechthild Scheffer, Healing Arts Press, 1986

Practical Uses and Applications of the Bach Flower Emotional Remedies—by Jessica Bear, Ph.D., N.D., Balancing Essentials, 1990

The Twelve Healers & Other Remedies—by Edward Bach, Beekman Books Inc, 1996

The Bach Flower Remedies Step by Step—by Judy Howard, Vermillion, 2005

The Bach Remedies Workbook—by Stefan Ball, Vermillion, 2005

Seminars

Don Hanson, BFRP, CDBC, CPDT, is Green Acres' Director of Behavior Counseling and Training. He has lectured internationally on the use of the Bach Flower Remedies and pets. You can find information about attending or hosting one of his seminars at his web site www.bachflowersforpets.com.

The Bach Flower Remedies

Edward Bach was a British bacteriologist and homeopath who developed what is known as the Bach flower remedies. Having observed sick animals licking the dew from flowers, he concluded that each flower could induce a different emotional state if ingested. His 38 flower remedies are prescribed with the goal of re-establishing equilibrium and harmony. The remedies are often prescribed in groups rather than individually, with an average dose of four to six drops per cup of water. Please be reminded that these remedies are not meant to take the place of conventional medical treatment. The following are some of Bach's therapies.

Agrimony: For the animal that is restless and cannot get comfortable, or the animal that has skin irritations that cause it to chew itself raw, such as allergies, sutures, fleas, and fly bites.

Aspen: For animals that scare easily or run and hide because they sense impending danger or harm. Excellent for use during intense storms.

Beech: This remedy is useful for animals that are intolerant of children, other animals, a new person in the household, heat or cold. Can be used for picky eaters or animals that constantly whine or bark.

Centaury: After an accident or severe illness, Centaury has been known to increase the will to live. It can be used with animals that are submissive or overly attentive.

Cerato: For mentally flighty, inattentive animals. This is excellent in aiding with the easily distracted animal at animal shows.

Cherry Plum: Best used with animals that become crazed when exposed to new places and situations. Some examples would be animal shows, training classes, and airplanes. The animal that could benefit from Cherry Plum exhibits destructive, high-strung or aggressive behavior, or has anxiety attacks.

Chestnut Bud: For animals that have difficulty learning their lessons or for help in breaking bad habits, such as jumping, chewing, and getting into the trash.

Chicory: For demanding or overly possessive animals that want to guard their master or young from anything and everything.

Clematis: Increases the attention span and the ability to focus and learn. It is used with guard, hunting, and seeing-eye animals. After surgery, it can be used to hasten the recovery of alertness.

Crab Apple: Crab Apple is a cleansing remedy that can be used to eliminate bad odors. It can also be used to soothe any open wounds or infections. Emotionally, it is used for the animal that cowers or won't hold its head up in the show ring.

Elm: Elm can be used for animals that are overwhelmed easily.

Gentian: Gentian can be used for recovery from setbacks of any kind; illness, rehabilitation from surgery, arthritis-type symptoms or delivering stillborn young. It is also suggested for sled dogs that must possess extreme physical endurance.

Gorse: For animals that show signs of hopelessness or refuse to eat after a severe illness or accident (cancer, arthritis, critical injury).

Heather: Heather is used for animals that want to be the center of attention. It can be used when the animal is going to be home alone or is going to be confined.

Holly: This is used for animals that display a temper or act vicious. Animals that have been abused, neglected, chained or placed in quarantine may benefit from Holly.

Honeysuckle: This is considered the chief remedy for homesickness and can be used when animals are going to a new home, being confined or during hospitalization. Honeysuckle can be given to animals that are sulking due to separation from a master or mate, or animals that are overly exhausted from a long whelping or harsh sled race.

Impatiens: Any nervous condition and any form of pain can be helped with Impatiens. Animals that experience the shakes or over-excitement can benefit.

Larch: Larch is used to increase confidence and is helpful when used in conjunction with competitive events. It also may be used with abused animals.

Mimulus: Used to soothe long-term fears, such as a fear of strangers, lightning and thunder, and those that result from abandonment.

Mustard: Given to animals with very deep depression, especially when complicated by hormonal changes. It is useful during gestation, if any unusual depression or abnormal behavior is present in the female. Females in season or older animals that have become cranky or difficult may be helped.

Oak: Oak is excellent for animals with long chronic illnesses such as cancer. It helps to build the strength needed to combat harsh living conditions or malnutrition. Hard-working animals (sled dogs before a long run) can also benefit.

Olive: Used to combat exhaustion. Olive is often given to elderly animals that tire easily.

Pine: Pine is used to soothe animals that feel rejected (pound animals, for example) or feel guilty when their master is upset, even though they're not to blame.

Red Chestnut: Again, for worriers. Examples are mother animals that worry about their young and animals that worry about where their owners are.

Rock Rose: Rock Rose is helpful for any form of terror or panic after an injury, fire, accident, or other terrifying event. It is designed to help build courage and also helps the overly fearful animal. Rock Rose is also a good choice for police dogs.

Rock Water: Increases flexibility in joints and muscles. Can also be used for animals that are picky eaters.

Scleranthus: Good for the animal with equilibrium difficulties or neurological confusion from seizures or strokes.

Star of Bethlehem: This is useful for all forms of trauma. Use any time comfort is needed.

Sweet Chestnut: Excellent for high-strung animals. Helps to prevent burn-out in the show ring or with racing animals. It is used for animals that must be confined to small areas or for any situation that requires endurance.

Vervain: For intense, hyperactive, and high-strung animals that exhibit problems such as pacing, barking, running fences, or chasing cars.

Vine: Useful for the animal that thinks it's in charge and tries to rule over other animals and its household.

Walnut: Helps during transition periods. Helps the animal to stabilize and adjust to new surroundings or traveling.

Water Violet: Used to soothe grief when animals are ill and want to be alone, or when their master or mate dies.

Wild Oat: Wild Oat is helpful with animals that are bored and therefore get into trouble by chewing items in the home.

Wild Rose: This helps animals remain happy and content when forced to stay in confined quarters or when they have to deal with a younger, feistier animal.

Willow: Willow is used to combat resentment. For example, animals that urinate in a specific room or area, that chew up items that belong to the master when left alone, or that ignore the master because they were left at a kennel.

Rescue Remedy: The most widely known of the Bach flower remedies, Rescue Remedy (or "emergency drops") has saved countless lives in emergency situations while awaiting medical attention. It cannot replace medical treatment, but it can help to overcome the energetic trauma (anything that depletes energy) that might contribute to further problems. Situations where Rescue Remedy could be helpful include serious accident, emotional trauma sometimes resulting in loss of consciousness, or severe injury. Fanciers have been known to give it to animals that become extremely stressed by showing and therefore cannot be effectively handled and controlled. Rescue Remedy is composed of five flower remedies: Star of Bethlehem, Rock Rose, Impatiens, Cherry Plum, and Clematis. Dosage depends upon the individual situation.