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 (Impatients), 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 ⅓ 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.

Helping You and Your Pet Become Best Friends for Life.
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.

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**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


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


_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.