

DEXTER'S DELI

PET HEALTH GUIDE

Ref. 35 v.3



FLOWER ESSENCES

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
- Provides another layer of healing

Product Suggestions

- Pet Essences
- Black Wing Farms
- Flower Essence Services

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.

HOW DO THEY WORK?

- Like homeopathic medicine flower remedies work on an energetic level, nudging the body's energetic system back into balance.
- Unlike herbs and allopathic drugs which work on a chemical level, flower essence doses are based on the frequency of use rather than the amount. This is why, in an emergency, you'd give a few drops every few minutes, and for a chronic problem you'd give a few drops every few hours.
- They are just as effective when diluted as they are in their concentrated state.
- Their use is not based on scent (they are *not* the same as essential oils).

THERE ARE SEVERAL EASY WAYS TO GIVE FLOWER ESSENCES

- **Put a few drops in your hand and stroke your animal's head, lips, body, ears, or paws.** This is a nice way to connect with your pet and can be a moment to focus on the changes you hope to achieve with the remedy. Keep it positive!
- **Add 4-6 drops to their daily drinking water.** This is the best way to allow your pet to have access to the remedy any time. It's completely safe to do with shared water—your other pets may benefit and will never be harmed.
- **Add 4-6 drops to their food.**
- **Spray their environment.** 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!*)
- **Give directly by mouth.** This is not the most recommended method unless it's an emergency because of the danger of the animal biting down on the dropper.
- **Your animal companion should always feel that the remedy is a good thing.** Stressing your friend out while administering the essences will only serve to undermine their use. Don't try to force it by giving it to them orally or by insisting on lots of undiluted drops being used. Flower essences are not like medicines or drugs and need not be swallowed: once the drops contact the animal, they are doing their job.

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DOSING GUIDELINES

For long term issues we recommend 4 times a day for 1-2 months. Being consistent is important so review the different ways you can give essences on page one.

Once improvement is established you can wean the animal off by simply decreasing the frequency; adding a few drops to the drinking water is an easy way to do that. If symptoms return just restart the essence.

For emergency situations when you will be using formulas such as Five Flower Formula, or Rescue Remedy, you should give the remedy 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.
- Some pet's will experience a return of their problems sometimes, especially if the source of their stress has remained. Just start giving the essences again and you'll probably see the problems quickly resolve.

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.
- Try them yourself! These are not just for pets, but for all beings.

