

How to give Bach flower remedies to your animal



You can provide the remedies to your animal in several ways, and the instructions here are designed to be easy to remember. Giving larger doses at one time doesn't have a stronger effect; but if your animal is going through a crisis you can give more frequent doses to get the animal through it easier.

The 'water bowl' method



For short-term as well as long-term moods, this method is very practical and easy for you as well as for your animal

For short-term moods and problems, put **two drops** of each selected remedy in a water bowl (typically Mimulus, Cherry Plum, but any other too). Let the animal sip as often as it feels like until relief is obtained. If using the pre-mixed emergency formula (Rescue Remedy), add **four drops** to the glass instead of two.

You can use this method for longer-term problems as well. Just let the animal drink the water throughout the day, but at least four times a day – and keep the glass with remedies in the fridge.

Keep in mind you cannot overdose Bach remedies, the utmost important is your discipline and ability to “deliver information” to your animal's body regularly, at least four times per day. Do not worry about night and sleeping time. If you provide the remedy in the morning, around lunch time, later afternoon and before you go to sleep, it is perfectly fine and good discipline.



The „massage into skin“ method



In any case, even in a combination with other methods, put **two drops** of each selected remedy onto animal's skin (not on fur or feather only!). The utmost important is the secure contact between the remedy itself and animal's body. If using the pre-mixed emergency formula (Rescue Remedy), put **four drops** onto the skin instead of two.

Do not worry about getting in direct contact with the remedies. Bach flower therapy follows very important rule of “**no harm**”. If the remedy does not resonate positively with your body, it will not do anything to you. The remedies are so gentle that negative effect is excluded. Should your body need the remedy you give to your animal, you will only benefit. It happens that animals react to us as humans and **healing** yourself together with the animal often brings immensely improved effect.



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The „drop on food“ method



Should you, for any reason, not be able to use other methods or should you like to be fully sure your animal is getting its Bach remedies dosage, feel free to put **two drops** of each selected remedy onto animal’s food, treat etc. If using the pre-mixed emergency formula (Rescue Remedy), put **four drops** instead of two.



Personal mix vs. individually selected remedies

For more chronic problems we recommend making up a **personal mix** of remedies in a dropper bottle, as it is cheaper and will make your precious stock remedies go further.

Simply: From this bottle take **four drops**, at least **four times** a day (rule of “4x4”). Ask your consultant for personalized mix of remedies. It is truth Bach remedies do not harm, but before you get experienced with them, consult your practitioner. You will learn a lot, get additional information and save money.



Bach Foundation
REGISTERED PRACTITIONER

KEEP IN COOL PLACE AND OUT OF DIRECT SUNLIGHT.
MINIMUM DOSAGE IS FOUR DROPS FOUR TIMES A DAY.

NAME: _____
DATE : _____
BACH FLOWER REMEDIES:



How to store the remedies

Personal mixes will last two or three weeks if you keep them cool – in the fridge, for example. If that isn’t possible – maybe you live somewhere warm or will be carrying the bottle around in your pocket – add a teaspoon of brandy, cider vinegar or glycerine (available in pharmacy) to the bottle before topping up with water. This will help keep the water from going off.

For further information get in touch with us at www.bachremediesforanimals.com