

Cats and the Bach Flower Remedies

Flower remedies were developed by Edward Bach, M.D. during the first half of the twentieth century. He believed all physical illness manifests first in the emotional realm. Clear the emotional imbalance and physical balance follows.

Cats are especially emotional animals experiencing stress, grief, love, fear and happiness, just as we do. They react strongly to changes in their environment and respond especially well to flower remedies. They also reflect our moods. What we think as characteristic of them, could be their response to us. Look at yourself. You may need the same remedies!

Remedies most useful in Cats

Beech:

Perfect for the intolerant cat. Some of the symptoms are spraying on belongings of owner's new mate and/or constantly complaining or whining.

Chicory:

For the cat that demands all the attention, wants loved ones nearby constantly, or to help let go of a lost human or animal friend.

Clematis:

To return cat to consciousness after an accident or surgery. Also to help newborn kittens take their first breath, and for cats who seem to sleep too much.

Elm:

Helpful in temporary overwhelming circumstances such as travelling, particularly flying.

Holly:

Helpful for ill-tempered cats and those that have been abused or neglected.

Honeysuckle:

Helps accept losses encountered in cat's life, replenishes depleted energies after physical ordeal or illness, and is chief remedy for homesickness (as when boarded or after moving).

Impatiens:

For the overly anxious, impatient cat and for any form of pain. For cats impatient with antics of younger cats or children.

Larch:

Increases self-esteem in cats that cower in corners, or have suffered abuse

Mimulus:

For long-term fears of circumstances, people or other animals. If fear becomes TERROR, turn to Rock Rose or Rescue Remedy.

Rescue Remedy:

This is a combination of five remedies. For an accident, illness or stress. If you wish to have only one remedy, Rescue Remedy is always appropriate.

Rock Rose:

For acute fears and terrors such as from an accident or after any traumatic event. To help calm feral cats.

Star of Bethlehem:

Emotional and physical trauma – past or present. Helps restore feeling of dignity and security. (Security is the number one emotional need of cats)

Vine:

For the cat that rules all the other cats – the boss. Self-assured and dominating.

Walnut:

To accept long-term change, such as new surroundings or new owners.

Water Violet:

For loners who never complain and prefer being alone. Helps resolve deep grief. Balances instinct for solitude with enjoyable interaction with others.

Willow:

For resentful cats that retaliate (such as urinating on your bed) for something you did to them.

Administering the remedies

You can find the remedies in concentrated form at many health food shops. Holland & Barrett do not sell the complete range - Hortons in the Market Place, Cirencester does. The concentrate contains brandy as a preservative. Two drops can be dropped in the mouth or drinking water, but many cats dislike the undiluted taste. So, dilute two drops in a tablespoon of water and give several drops of this. Three or four times a day is recommended.

Take care not to contaminate the dropper by touching the cat's mouth or any surface. Hold dropper an inch above the slightly opened mouth and drop liquid slowly. If contaminated, rinse in hot water.

And if you find yourself stressed through excessive worry over your cat, over-concerned about his safety (e.g. terrified he may get lost etc) take Red Chestnut.

Written by Sally Knapp