

HEALING TOUCH VETERINARY, PC

Dr. Turie Norman
7856 Baseline Road
Boulder, CO 80303
303.554.7141

Bach Flower Remedies

AGRIMONY	Denial “stuffing” emotions, turbulent sea under calm waters, restless, never still.
ASPEN	Vague fears, sense of impending doom, free floating anxiety. Can be worse at night. Jumpy, over respond to stimuli.
BEECH	Intolerance of others, impatient.
CENTAURY	Meek, “doormat,” become over ridden by stronger personalities. Will is Easily over ridden.
CERATO	Don’t trust own judgement, no core sense. Follow pack, looking for guidance.
CHERRY PLUM	Fear of loss of control. Used for acute situations. Useful for training puppies.
CHESTNUT BUD	To learn a lesson the first time, weaned too early, developmentally slow.
CHICORY	Smother mother, manipulative desire to control, possessive, clingy, separation anxiety.
CLEMATIS	Spacey, not in the present. Daydreamer can be due to head trauma.
CRAB APPLE	Detoxification, too many vaccinations. Shame around body image, abused animals that had to live in filth, then develops obsessive behavior, cats that lick obsessively. Poisoning.
ELM	Overwhelmed, usually an acute state. Just adopted, kenneled. Cats get overwhelmed then hide. Too much going on, shift into isolation and depression.
GENTIAN	Setbacks physical or emotional. Cat with a grudge. Raining, can’t play ball. Short-term illness.
GORSE	Hopelessness, giving up, terminal illness. Rehabilitation, pain management, long-term depression.
HEATHER	Needy child, barks in face, wants attention and to dominate the interaction.
HOLLY	Extreme anger, jealousy. Mean spirited, hard hearted anger.
HONEYSUCKLE	Living in the past. Longing, pining. Keep returning to an event, place, or person in the past. Return to a place where animal died, wait outside door for person who will never return.
HORNBEAM	Monday blues, no energy to get up and go. Once moving, OK. Can be for illness.
IMPATIENS	Impatience, irritability.
LARCH	Lack of self-confidence. Will never do as well as others. May let other animals override. Can’t perform, abused.
MIMULUS	Specific fears, thunderstorms, children, vet. Shy retiring cat, sensitive personality.
MUSTARD	Sudden onset of black depression or mood. Comes and goes for no apparent reason.

OAK	Stoic, strong, ready to do the task. Keep going even if sick or exhausted. Sense of duty extends beyond what is good for health. Wagging tail even if dying of cancer. Can crash if taking this if needs rest.
OLIVE	Strict exhaustion due to chemotherapy, chronic illness, deficiency.
PINE	Guilt, self-reproach, should have done better, tuck tail. Overreact when you say they are “bad”, turn inward. Abused animals never quite feel they get it right, even with praise.
RED CHESTNUT	Excessive over concern and worry about another. Worry when their person is not home or not OK. or if see them fight or grieving.
ROCK ROSE	Acute situation of terror, panic. Repeated behavior can be a specific or none specific fear. Nightmares, thunderstorms
ROCK WATER	Emotionally and physically inflexible, don’t go with the flow. Hold high standards for self, anal personality. Won’t eat treat until perform task. Hard on self, stop eating, get depressed. Has to have litter box just so.
SCLERANTHUS	Can’t make up mind between two things, back and forth, where to lie down, what to eat, play or eat? For mood swings, vacillating back and forth. For head trauma, brain injury.
STAR OF BETHLEHEM	Trauma, physical or emotional, acute or historical. Presurgical. For sadness and grief.
SWEET CHESTNUT	Deep anguish, acute state. Ringing hands “why has God forsaken me?” Can’t be consoled. Grief.
VERVAIN	Wants to enthuse others with their ideas. Overenthusiastic, high-strung animals. Excess joy, behavioral issues because so enthusiastic.
VINE	Alpha, control, bullying, aggressive. If bite add Cherry plum or Holly.
WALNUT	For times of change or transition can be life cycle changes. Also used as a buffer to protect from environmental influences for sensitive animals.
WATER VIOLET	Loner personality, self contained, self-assured, out of balance. Hide and isolate too much.
WHITE CHESTNUT	Excessive mental chatter, repetitive thoughts, Obsessive thinking. For puppies that can’t focus. Also for obsessive licking over wound, hot spot.
WILD OAT	Animals having difficulty finding their niche. Lost to what their job is. Especially working breeds, or geriatric animals that no longer feel useful.
WILD ROSE	State of apathy, passive aggression, sighs a lot. Don’t care, terminally ill, resigned
WILLOW	Resentment, passive aggressive. Cats that hold a grudge. Pouting, sense of being the victim. Poor me, life isn’t fair. Internal seething.
RESCUE REMEDY	The 5 flower combination for very acute in your face trauma or stress. Considered as a single remedy in combinations. Can alternate this remedy with other remedies.

INSTRUCTIONS

Choose up to seven flower essences that pertain to the patient. Then notify the office. Give four drops of the remedy four or more times a day. You can administer the drops by mouth (washing off the dropper before placing it back in the bottle if needed), by placing drops in the water bowl, or by rubbing the drops on the head or the ears.
