

Fireworks

Fans of BBC TV's *Blue Peter* will know that they give the same advice every November: keep your animals indoors on firework night. Good advice, to which we would add: keep some Bach remedies handy.

Bach remedies are often given to animals, and in recent years their value has been recognised by an increasing number of vets and animal behaviourists. As they deal with emotional states like fear and shock, they are ideal for helping keep pets calm during the clamour of firework night.

Fear is the most obvious emotion pets experience at this noisy time of year. There are five 'fear' remedies in Dr Bach's system. Most used on firework night is probably Mimulus, the remedy for everyday fears of specific, named things. When this kind of fear becomes extreme it shades into terror and panic, and at this stage we would select a different fear remedy, aimed at more extreme states, called Rock Rose.

Sometimes animals have been traumatised by a bad November 5th experience in the past, so that every year they become uneasy as soon as the first explosion happens. Star of Bethlehem, the remedy for shock and trauma, can be helpful.

But the most often used remedy for animals – especially on firework night – is the crisis formula developed by Dr Bach in the 1930s. Best-known under the brand name *Rescue® Remedy*, Dr Bach selected its five ingredients to help people – and animals – cope in emergencies. Not surprisingly the ingredients include Rock Rose for panic and Star of Bethlehem for shock.

The simplest way to give remedies to animals is to put them in drinking water. Add two drops of each single remedy or four drops of the crisis formula. Add further drops whenever you top up the water. You can also put the drops onto a small treat, and offer this at least four times a day.

When to use the crisis mix and when to use mix the single remedies? – If you know your dog is always anxious about loud noises, give Mimulus as the correct, exact selection. But if you're not sure, or just want something to help when things get too much, use the crisis formula. Keep it handy for November 5th, and save some for the rest of the family in the run-up to Christmas.

NOTES:

1. BFRPs who work with animals only accept cases under veterinary referral, to ensure that a properly qualified person deals with any condition requiring veterinary care.
2. Stefan Ball and Judy Ramsell Howard of the Bach Centre are the authors of *Bach Flower Remedies for Animals* (Vermilion, 2005, £12.99).
3. The Bach Centre web site www.bachcentre.com contains background information on Dr Bach and the Bach Centre's work, and – via the training pages - information on courses designed especially for people who want to work with animals.
4. Bach flower remedies were discovered in the 1920s and 1930s by Dr Edward Bach, a Harley Street consultant and bacteriologist.
5. The Bach Centre was Dr Bach's home and workplace from 1934 to his death in 1936.
6. Bach flower remedies are a complementary medicine that helps resolve imbalanced emotional states, which can in turn lead to improvements in general health.