

# Common Concerns and Green Hope Farm Flower Essence Suggestions for the Animals in our Lives

Please let us know topics you'd like to see covered that are not on this list! Thanks!

**Abandonment issues:** Abandonment & Abuse, Separation, New Beginnings, Anxiety, Neediness

**Abuse, recovery from abuse:** Abandonment & Abuse

**Accidents:** Animal Emergency Care, Recovery, Run & Play

**Adrenals:** Immune Support, Recovery, Blackberry

**Agility training:** Run & Play,

*Right relationship, clarity that the person is in charge:* Neediness

*Help to be clear about directions:* Neediness, Spiderwort

*Focus:* Lemon

*Support for the trainer:* Pack Leader

**Aggression:** Outburst

*Releasing overcharge of negativity in benign way:* Outburst

*When rescue animal even if rescue was years ago:* Abandonment & Abuse combined with Outburst and Anxiety

*Buffering out negativity that might lead to aggressive discharge:* Golden Armor

*Explosive rage:* Outburst, Orange, Snapdragon

*Releasing anger from muscles:* Dandelion, Flow Free, Run & Play

**Aging:** Senior Citizen

**Allergies:**

*Skin:* Healthy Coat

*Hotspots or any inflammation or irritation:* Outburst, Golden Armor, Jewelweed, Teasel

*Respiratory issues:* Breathe, Healthy Coat, Immune Support, Flow Free Lungwort

*Food Allergies:* Immune Support, Digestive Woes, Healthy Coat

**Aloofness in cats:** Rosemary, Showcats

**Alopecia-** Healthy Coat, Immune Support, Recovery

**Anxiety:** Anxiety

*Thunderstorms:* Anxiety

*Riding in cars:* Anxiety, Chinese Hat Plant

*Obsessive habits, feather picking:* Anxiety

**Appetite, lack of:** Recovery, Vitality, Digestive Woes, Loquat

**Arthritis:** Run & Play, Flow Free

**Avoidance:** Scarlet Runner Bean, Alex Mackenzie Rose,

### **Bach Flower Essences**

**Here we indicate IF we have made the Flower Essence ourselves**

**IF not, we indicate what we feel are good substitutions for the Flower Essence.**

**Agrimony for mental torture behind brave face:** Anxiety

**Aspen for vague fears of unknown origin:** Aspen, (from our [Additional Flower Essence list](#) on the website), Scarlet Runner Bean, The Watchman

**Beech for intolerance:** Beech (from our [Additional Flower Essence list](#) on the website), Meadowsweet, Hardhack, Crab Apple, Jewelweed

**Centaury for weak will or subservience:** Dwarf Common Centaury, Wintergreen, Sweet William

**Cerato for seeking advice or confirmation from others:** Cerato (from our [Additional Flower Essence list](#) on the website where we call it Blue Plumbago), Neediness, Yellow Water Lily,

**Cherry Plum for fear of mind giving way:** Anxiety

**Chestnut Bud for failure to learn from mistakes:** Vetch, Spruce, Grounding, Spiderwort

**Chicory for selfishness:** Chicory

**Clematis for lack of interest in present:** Clematis, Grounding

**Crab Apple for self-hatred and sense of uncleanness:** Crab Apple

**Elm for when overwhelmed by responsibility:** Joe Pye Weed, Caretaker, Dombeya Wallichii, Solandra, Common Knapweed

**Gentian for discouragement or despondency:** Bottle Gentian

**Gorse for hopelessness and despair:** Gorse, Borage, Fragrant Orchid, Queen Anne's Lace, Phoenix Rising

**Heather for self-centeredness:** Heather, Irish Heaths (Irish Heath is what the Irish call Heather)

**Holly for hatred, envy and jealousy:** Jealousy, The Arbor Garden, Envy Green Zinnia

**Honeysuckle:** Honeysuckle

**Hornbeam for Monday morning feeling:** Alex Mackenzie Rose, Day Lily, Morning Glory

**Impatiens for impatience:** Jewelweed (Jewelweed is wild Impatiens)

**Larch for lack of confidence:** Showcats, Larch (from our [Additional Flower Essence list](#) on the website)

**Mimulus for fear of unknown things:** Mimulus and also The Watchman (both from our [Additional Flower Essence list](#) on the website)

**Mustard for deep seated gloom or black depression:** Mustard

**Oak for despondence when struggling on:** Oak (from our [Additional Flower Essence list](#) on the website), Borage, Rosa Mundi

**Olive for complete exhaustion:** Olive, Phoenix Rising, Maple, Recovery

**Pine for self-reproach and guilt:** Pine, Heliotrope

**Red Chestnut for anxiety for others:** Anxiety, Red Chestnut (from our [Additional Flower Essence list](#) on the website)

**Rock Rose for terror:** Red Clover, The Arbor Garden, Old Blush China Rose

**Rock Water for self repression and denial:** Meadowsweet, Flow Free, Freesia (from our [Additional Flower Essence list](#) on the website)

**Scleranthus for uncertainty or indecision:** Eyes of Mary, Sage, Spiderwort, Yellow Water Lily

**Star of Bethlehem for shock:** Star of Bethlehem, Emergency Care

**Sweet Chestnut for extreme anguish:** Maltese Cross, Grief & Loss, Cherokee Trail of Tears

**Vervain for tenseness and hyperactivity:** Anxiety, Orange Hawkweed, Dandelion, Blue Vervain (from our [Additional Flower Essence list](#) on our website)

**Vine for domineering or inflexible behavior:** Flow Free, Coralita, Jade, Grape, Watch Your Back

**Walnut for protection from change or link breaking:** Golden Armor, All Ego Contracts Null and Void, Cardinal de Richelieu Rose, Cherry Tomato (from our [Additional Flower Essence list](#) on our website)

**Water Violet for pride and aloofness:** Rosemary, Pebble Pincushion

**White Chestnut for unwanted thoughts and mental arguments:** White Chestnut, Pennyroyal

**Wild Oats for uncertainty about correct career path:** Wild Oats (from our [Additional Flower Essence list](#) on our website) Sage, Russian Sage, Turnera

**Wild Rose for resignation and apathy:** Wild Rose

**Willow for issues of faith, resentment, and bitterness:** Willow (from our [Additional Flower Essence list](#) on our website) Golden Wings Rose, Meadowsweet, Brown Eyed Evening Primrose

**Back:** Watch Your Back, Snapdragon, Coralita

*Hind quarters failing:* Watch Your Back, Senior Citizen, Recovery, Flow Free

**Balance:** Chinese Hat Plant, French Marigold

**Barking, excessive:** Outburst, Anxiety, Snapdragon

*When rescue animal even if rescue was years ago:* Abandonment & Abuse

**Belonging:**

*Support for animal to feel at home in family of humans:* Heritage Rose

*New animal in household:* New Beginning, Arbor Garden

**Biting:** Outburst, Snapdragon

**Bladder Issues:** Flow Free, Kidney Vetch

*Bladder sludge (rabbits):* Flow Free

**Blockages:** Flow Free

*Any blockage:* Flow Free

*Reproductive system blockage in females:* Scarlet Cordia

*Reproductive blockage in males:* Bells of Ireland

**Bones:** Run & Play, Boneset, Osteospermum, Snapdragon, Vitex, Precious Blood, Comfrey

**Boredom:** Neediness

**Breathing/Lungs:** Breathe, Flow Free, Chamomile, Lungwort, Sea Campion

**Cancer:**

*Cancer in general:* Flow Free, Aloe Ciliaris, Burdock, Chinese Hat Plant, Precious Blood, Eggplant, Wild Physic Nut, Phoenix Rising, Mutabilis Rose, Snapdragon, Madagascar Periwinkle, Recovery, Sage Palm, Aloe Vera, Larkspur, Celandine, Hyssop, Sunflower, Avocado

*Chemotherapy and radiation:* Golden Armor, Leopard's Bane, Healthy Coat, Recovery, Zucchini, Christmas Bush

**Caretaker, support for person caring for animals or visa versa:** Caretaker

**Cataracts:** Senior Citizen, Rosa Glauca, Eyebright

**Cell Health:**

*Cell to cell communication:* Celandine

*Cell cleansing:* Spanish Bayonet, Flow Free, Dandelion, Burdock

*Harmonious cell growth:* Aloe Ciliaris, The Alignment Garden and other Venus Garden Essences, Mutabilis Rose, French Marigold

*Cell vitality:* Vitality, Kidney Vetch, Red Currant

*Core experience of cellular health:* Red Currant

*Information about how to improve low oxygen transport capacity in red blood cells:* Burdock

*Information about improving white blood cell health:* White Baneberry

**Cerebellar abiotrophy:** Aloe Ciliaris, Sago Palm, Celandine, Recovery

**Chemical Sensitivities:** Outburst, Healthy Coat, Golden Armor, Lamb's Ear, Gardenia, Teasel

**Chewing:** Anxiety, Outburst, Neediness

*When a reaction to dissonance of modern world:* Golden Armor

**Circulatory Issues:** Flow Free, Precious Blood

**Clarity about role in family:** Neediness, Caretaker

**Cleansing Essences:** Flow Free, Purify, Burdock, Cedar, Dandelion, Lemon, Spanish Bayonet, Tomato

**Coat luster and health:** Healthy Coat

**Confidence:** Showcats, Morning Glory

**Confusion**

*Getting information clearly, even the details:* Spiderwort, Lemon

*Seeing when in a mental or emotional fog:* Rosa Glauca, Swamp Candles

**Coraphagia**

*If from nutritional deficiency or digestive issues:* Digestive Woes, Sea Rocket, Bleeding Heart Vine

*If anxiety driven:* Anxiety, Golden Armor

*If the issue is one of discernment or breaking with a misguided habit:* Spiderwort, Dicliptera

Sexangularis, Coffee

**Cushings Disease**

*Pituitary health:* Silver-rod, Hops

*Symptoms in kidneys:* Flow Free

*Hormonal balance, cortisol balance:* Honeybees in White Hawthorn, Blackberry

*General suggestions:* Recovery, Larkspur, Golden Armor, Animal Emergency Care

**Congestive Heart Failure:** Breathe, Flow Free and Senior Citizen used in combination

**Constipation:** Flow Free, Digestive Woes, Blackberry

**Constraint**

*Helps with adjustment when animal is constrained by injury, loss of limb, illness, or loss of hearing or sight:* Devil's Bit Scabiosa, Senior Citizen

**Crisis:** Animal Emergency Care

*Help not to panic:* Red Clover

**Death:** Transition

*When animal's person or companion animal dies:* Grief & Loss, Separation, New Beginnings, Arbor Garden, Maltese Cross

*Support for the animal as it moves through dying process:* Transition

*Support for those left behind:* Grief & Loss, Arbor Garden

**Depression:** Senior Citizen (helpful even when animal is not older), Borage, Blackberry

**Destructive Chewing or scratching:** Outburst, Anxiety,

*Protection from electrical dissonance that can cause destructive chewing:* Golden Armor

**Detachment**

*Support for animal's person or trainer to see things with detachment:* Eyes of Mary, Pack Leader

**Diabetes:** Honeybees in the White Hawthorn, Maple, Banana, Queen Anne's Lace, Larkspur, Sago Palm

**Digestion issues:** Digestive Woes, Flow Free, Shrimp Plant

*Liver:* Dandelion, Avocado

**Discernment:** Spiderwort

*Discernment about what to eat and what not to get into:* Neediness

*When behavior result from continued PTSD even after rescue:* Abandonment & Abuse

**Dizziness:** Chinese Hat Plant, Grounding

**Dominance issues:** Neediness

*For person in charge of situation:* Pack Leader

**Ears/Hearing:** Breathe, Golden Armor, French Marigold, Abutilon, and Wild Abutilon

**Ear Infections:** Breathe, Immune Support, Flow Free, Golden Armor,

**Eating strange objects**

*If reason is boredom or lack of clarity about role in family:* Neediness

*To help with stomach upset:* Digestive Woes

*If a rescue animal:* Abandonment & Abuse

*If anxious:* Anxiety

**Electrical wiring haywire in reaction to dissonance of modern world:** Golden Armor, Outburst

**Epilepsy:** Flow Free

**Eyesight:** Breathe, Rosa Glauca, Bottle Gentian

**Feather picking:** Anxiety

*Protection from electrical dissonance that can cause feather picking reaction:* Golden Armor

**Fleas:** Flee Free, Golden Armor

**Flexibility:** Run & Play, Watch Your Back

**Focus:** Lemon, Spiderwort

**Fur issues:** Healthy Coat

*Hotspots:* Healthy Coat, Outburst

*Protection from electrical dissonance that can cause problems with coat or fur chewing:* Golden Armor

**Genetic issues**

*Support to prevent genetic issues from developing in breeds susceptible to certain problems:* All Ego Contracts Null & Void, Watch Your Back, Sago Palm, Date Palm, Cedar

**Grief:** Grief and Loss, Arbor Garden, Pink Tecoma, White, Yellow, and Pink Water Lily

**Group dynamics:** Jealousy, Arbor Garden

*Introducing new animal into household:* New Beginnings, Jealousy, Arbor Garden

*Feeling harmony and oneness in household:* The Arbor Garden

**Gums, Teeth:** Pink Baby's Breath, Banana, Snapdragon, Grapefruit, Toothwort

**Habits, bad:** Anxiety, Neediness,

*Support to disengage from bad habit:* Cat's Claw

*Protection from electrical dissonance that can cause nervous habits:* Golden Armor

*When animal is a rescue animal:* Abandonment & Abuse

**Hairballs:** Digestive Woes, Flow Free

**Harmony**

*Elemental Harmony:* Indian Pipe

*Feeling oneness and harmony in group or household:* The Arbor Garden

*Jealousy:* Jealousy

**Hearing Issues:** Breathe, French Marigold, Daffodil, Allamanda

**Heart Issues:** Recovery, Borage, Flow Free

*Congestive heart failure in older animals:* Flow Free, Breathe & Senior Citizen taken as a trio

**Heartworms:** Flee Free, Golden Armor, Teasel

**Herd bound horses:** Spiderwort and Anxiety for the horse, Pack Leader for the human

**Hormonal Balance:** Honeybees in the White Hawthorn, Blackberry, Silver-rod

**Housetraining:** Spiderwort, Spraying, Amaryllis

**Hotspots:** Healthy Coat, Outburst, Recovery, Immune Support

**Illness:** Animal Emergency Care, Recovery

**Immune Support:** Immune Support

**Infection:** Recovery, Immune Support

**Injury:** Animal Emergency Care, Recovery,  
*Orthopedic injury:* Run & Play

**Jealousy:** Jealousy

**Job**

*Helping an animal feel they have a job in the household even when different than their ancestors sense of the job:* Heritage Rose

**Jumpiness:** Anxiety

**Jumping:** Outburst

*Learning not to jump:* Spiderwort

**Kidney issues:** Flow Free, Kidney Vetch

**Leadership:**

*Knowing when to lead and when to follow:* The Alignment Garden

*Support for people to be the alpha:* Pack Leader ( have only the humans take it)

**Learning, new behavior:**

*Understanding directions clearly:* Spiderwort

*Focus:* Lemon

**Licking, excessive:** Anxiety, Golden Armor

*Protection from electrical dissonance that can cause excessive licking:* Golden Armor

**Litterbox Issues:** Spraying, Outburst

**Loss:** Grief & Loss, The Arbor Garden, Maltese Cross

**Lung issues:** Breathe, Flow Free, Immune Support, Sea Champion

**Lyme disease:** Golden Armor, Teasel, Immune Support, Flee Free, Recovery, Precious Blood

**Mites, ear mites and mange:** Flee Free, Healthy Coat, Golden Armor

**Moon Blindness-** Golden Armor

**Motion or car sickness:** Chinese Hat Plant, Anxiety

**Move to new home:** New Beginnings, Arbor Garden

**Neediness:** Neediness

**Nervousness:** Anxiety, Sarah Van Fleet Rose, Feverfew

**New home:** New Beginnings

**New animal or person joining the household:** New Beginnings, Jealousy, The Arbor Garden

**Neutering/Spaying:** Recovery, Grief & Loss

*Support for the animal who is feeling an emptiness post spaying:* Gooseberry (from our [Additional Flower Essence list](#) on the website)

**Obedience:**

*Understanding directions clearly:* Spiderwort

**Obsessive compulsive behaviors:** Anxiety, All Ego Contracts Null & Void, Cat's Claw

*For any rescue animal no matter how long ago the rescue was:* Abandonment & Abuse

**Older animals:** Senior Citizen

**Orthopedic difficulties and injuries:** Animal Emergency Care, Run & Play, Recovery, Flow Free

**Pain:**

*Pain relief:* Painkiller Plant

*Relief from muscle pain:* Dandelion

**Panic:** Animal Emergency Care, Red Clover

**Pancreatitis:** Digestive Woes, Flow Free, Healthy Coat, Recovery, Outburst, The Alignment Garden  
Larkspur, Sago Palm

**Partnership between animal and his or her person:**

*Working harmoniously towards common goal:* Dog Rose, Patridgeberry

*Hearing and understanding each other:* Caretaker, Dog Rose



**Paw pads, chewing:** Anxiety, Golden Armor

*Protection from electrical dissonance that can chewing of paw pads:* Golden Armor

**Physical Strength and Stamina:** Vitality, Grounding, Chia, Maple, Zucchini, Alba Maxima Rose, Paul Neyron Rose, Ginger,

*Finding vitality after exhaustion or illness:* Recovery, Phoenix Rising

*Finding vitality post partum:* Zucchini, Centered Birth, Recovery

**Playfulness, support to be more playful:** Run & Play, The Fairy Rose, Hops, F.J. Grootendorst Rose, Zinnia

**Post Traumatic Stress Disorder:** Abandonment & Abuse (even animal many years after rescue to good home can need this)

**Pregnancy/Heat/Breeding:**

*Blockage in female reproductive system:* Scarlet Cordia

*Encouraging health of mother and responsiveness to being bred:* Pomegranate, Morning Glory, Zucchini

*Healthy pregnancy:* Centered Birth, Vitality, Immune Support

*Healthy birth:* Centered Birth

*Post birth recovery:* Recovery, Centered Birth, Zucchini

*False heats:* Neediness

**Puppy**

*Proper growth:* Hops

*Support for puppy to understand the dynamics in his new household:* New Beginnings

*Help to make the most of puppy training:* Neediness, Spiderwort, Lemon,

**Rescue animals:** Abandonment & Abuse

**Respiratory infections:** Breathe, Recovery, Immune Support

**Right relationship with animal's person:** Neediness, Caretaker

**Role, problems knowing role in household:** Neediness, The Arbor Garden

**Safety:** Sanctuary, Golden Armor

**Seizures:** Flow Free

**Self Confidence:** Showcats, Neediness

**Separation Anxiety:** Separation (also can work with both Anxiety and Separation simultaneously)

**Service animals like Seeing Eye dogs:** Caretaker, Golden Armor, Animal Emergency Care

**Shedding:** Healthy Coat

**Show animals:** Showcats

*Too shy or withdrawn:* Showcats

*Too exuberant:* Showcats

**Skin conditions:** Healthy Coat, Golden Armor, Immune Support, Outburst

*For all skin eruptions and flare ups such as hot spots:* Outburst

**Spraying:** Spraying

**Surgery:** Animal Emergency Care

*Post surgery care:* Recovery

*Post surgery care when orthopedic issues:* Recovery, Run & Play

*Wound Healing:* Wound Healing

**Thunderstorms, fear during:** Anxiety

**Teeth/Dental Health:** Breathe, Snapdragon, Banana

**Ticks:** Flee Free

**Training:** Showcats, Spiderwort, Lemon

*Enjoying and feeling confident in the ring:* Showcats

*Understanding directions clearly:* Spiderwort

*For the trainer:* Pack Leader, Dog Rose

**Transition/ Dying process:** Transition

*Support for those left behind:* Grief & Loss, Arbor Garden

**Urinary tract infections:** Flow Free

**Vaccinations, vaccinosis:** Animal Emergency Care, Recovery, Flow Free

*Specific Essences for cleansing:* Flow Free, Lemon, Spanish Bayonet, Burdock, Dandelion, Avocado,

**Vocalizing, excessive:** Neediness Anxiety

*When animal is a rescue animal:* Abandonment & Abuse

*Protection from electrical dissonance that can cause excessive barking:* Golden Armor

*When due to lack of clarity about role or place in household:* Neediness, Caretaker

**Wandering/ Running Away:** Grounding, Spiderwort

**Working animals, support to handle their stressful situations:** Animal Emergency Care, Anxiety

**Wound Healing:** Wound Healing, Christmas Bush

