

Bach Therapy in Equine Behaviour Management

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Bach Therapy is a system of healing utilising flower essences. One commonly known mixture of these essences is Rescue Remedy, which is a mixture of 5 flowers to treat fear and shock. This system of healing focuses on the personality traits of the horse or pony being treated.

Dr Edward Bach, who discovered the effects of the flowers, believed particular mental and emotional patterns predisposed people to disease. He used the flowers to turn negative emotional traits into positives and to assist in solving/significantly reducing major health issues in people. This system is easy to use on animals.

The flower essence system is simple and very effective when used for horses and their riders! It consists of 38 flower essences divided into the following seven groups 1. For those who have fear 2. For those over concerned with others 3. Despondency and despair 4. Loneliness 5. Insufficient interest in the present 6. Uncertainty 7. Over sensitivity. Given that there are 5 - 7 remedies in each group, the Bach Therapist is able to be very specific in treatment. One or more remedies are selected for an individual and when chosen correctly result in some amazing outcomes. Bach flower essences have no side effects and will not swab.

The following examples give you some idea of the use and outcomes of Bach Therapy:

1. 2 day old miniature pony presenting with neonatal maladjustment syndrome (Dummy Foal). This foal was very difficult to rouse and unable to remain awake enough to suckle effectively, as with many dummy foals his nervous system was over reactive. We commenced Bach Therapy to treat the lack of interest in the present, complete physical and mental exhaustion, extreme fear and self denial. With administration of the remedies the foals attitude and alertness picked up dramatically. We combined this therapy with tissue salts and intensive nursing care and the foal is now well if not a tad cheeky!

2. 16 year old Arab x, presented with muscle tension, high level anxiety, he often pulled back for no apparent reason, and displayed a high level of nervousness when being ridden. This horse was also very selective about who could catch him. Massage and Bach flowers were used to address his fear of the unknown, lack of self confidence and indecision. Following one week of two doses per day, this gelding became more accepting of less known people catching him and the incidence of pulling back reduced. After 3 - 4 weeks on the remedy, a riding instructor phoned asking what I had done as she had not seen this horse so calm in the four years she had known him.

3. 7 year old T/B x QH, domineering horse with a high level of energy, he had changeable moods and was described as a "defiant teenager". Following 3 days of a Bach Flower therapy the domineering behaviour reduced significantly. Within 1 week he was willing to work without an issue and his

moods remained relatively stable. We kept this horse on the remedies for approximately 2 months with no recurrence of the before seen behaviours.

4. 8 year old T/B who had a badly neglected wound to the coronet band. This horse was exhausted, reluctant to move, showing signs of depression. The owner said she thought he "had given up". In conjunction with good wound care we used Bach remedies for hopelessness, exhaustion, and to cleanse his system. In less than 24 hours he began whinnying when he saw us, he began to try and walk/hobble around, plus the swelling in his leg reduced significantly. From here on this horse got better every day. The remedies were continued for approx 4 weeks, although his wound had still not fully healed, his mind was alert and happy and wound healing was now progressing quickly.

Bach Remedies are available at Health Food Stores, or from your Equine Natural Therapist. If you obtain the stock strength from the health food store, to achieve the best effect, ensure you dilute it as per the directions. Using an Equine Natural Therapist is often best, as you will benefit from their experience in prescribing the remedies.

Do your equine friend a favour, search for the cause of the negative behaviour, reach for Bach Therapy and strive to remove the issue rather than covering symptoms with sedatives/relaxants.