



# To the Rescue

**Flower essences can calm your cat's emotions.**

Everyone needs a little extra support at times, and our cats are no exception. From a trip to the veterinarian to the loss of another pet, cats — who prefer structure and routine — can get upset by any change to their normal day, whether big or small.

When cats face emotional imbalances, holistic veterinarians often prescribe flower essences: dilute infusions of specific flowers that affect the mental and emotional state.

"They work by gently shifting the emotions into balance," says North Canton, Ohio, holistic veterinarian Pamela Fisher.

The use of flower essences as a complementary form of healing was developed by Dr. Edward Bach in the 1930s. As a physician and homeopath, Bach believed that negative or stressful emotions were a strong contributor to physical illness. Although Bach originally developed flower essences for people, holistic veterinarians have had excellent results using them for pets, too.

Rescue Remedy, one of the recognized Bach Flower Essences, can provide natural stress relief. A combination of five essences including Impatiens, Star of Bethlehem, Cherry Plum, Rock Rose and Clematis flowers, Rescue Remedy is used in stressful situations, such as visits to the veterinarian, adapting to a new home, accepting a new pet

or family member, inappropriate elimination, separation anxiety, grief or fear of loud noises.

Flower essences are used in small 2- to 4-drop doses mixed with the cat's food or water or rubbed on the inside of the ears.

According to Fisher, owners usually observe immediate calming effects since the essence is absorbed right away.

Individual flower essences are used to target specific emotional problems. For example, Aspen can help a scaredy-cat be more confident and less fearful. Beech can be beneficial when introducing a new cat into the household. And Walnut can help a cat adapt to change, whether you're switching to a new work schedule or bringing home a baby. Bach's 38 different flower infusions also can be given in combinations for multiple emotional issues.

Other companies have expanded on Bach's original essences, offering an array for owners and practitioners to choose from.

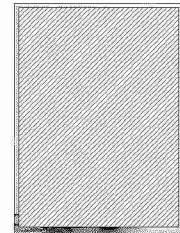
Ask your holistic veterinarian which flower essence corresponds to your cat's emotional needs. You can find a holistic veterinarian at the American Holistic Veterinary Medical Association's website, [www.ahvma.org](http://www.ahvma.org), or by calling 410-569-0795.

It's well-known that stress and negative emotions can affect an individual's health. If your cat is going through a difficult time, all-natural flower essences can help ease stress and restore emotional balance.

Supporting your cat's emotions will impart a sense of well-being and boost the immune system, and that will result in a stronger, healthier cat. ○

*Helen Jablonski is a feline behavior consultant and freelance writer in Ohio. She shares her life with her fiancé Steve and their eight cats.*

BY HELEN JABLONSKI



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