

Chapter 1 : Rescue Remedy for Dogs

Tagged in: Bach Centre, Bach flower remedies, flower essences Posted by Harriet Hall Harriet Hall, MD also known as The SkepDoc, is a retired family physician who writes about pseudoscience and questionable medical practices.

Bach flower remedies were introduced in the s by Edward Bach, M. He listed these types as fear, uncertainty, loneliness, oversensitivity, lack of interest in present circumstances, despondency, and over-concern for others. He devised 38 wild flower essences, or remedies, for treatment for these negative moods and emotions. More floral remedies have since been added by Dr. Proponents of flower remedies reportedly maintain that their mode of action does not depend on molecular or pharmacological mechanisms but on the subtle energy that is transmitted from the flowers to this remedy. What conditions are Bach Flower remedies used for? Ernst noted that no studies have confirmed that the remedies have any effects that differ from those of placebo. Bach flower remedies are available for treatment of children and animals, as well as for adults. What should one expect on a visit to a practitioner who provides Bach flower remedies? Flower essences may be used by homeopaths, naturopaths, chiropractors, herbalists, and Bach flower practitioners. Consumers can buy Bach essences for self care, along with other types of flower essences available at health food stores and online. In choosing a Bach flower essence consumers would have to know which particular emotional state they are trying to treat, or they can find out by responding to questionnaires available online at sites that sell the remedies. Like many homeopathic remedies, the Bach flower essences are highly diluted and preserved in water and alcohol. They can be dropped directly on or under the tongue, rubbed onto the lips, temples, or wrists, or further diluted in water or juice before use. For short-term use, the user is instructed to dilute the essences by adding two drops to a small glass of water sipped at intervals throughout the day. This treatment is supposed to continue until the condition improves. For long-term use, add two drops of an essence to a 30 ml treatment bottle, top off with mineral water, and take four drops of this solution four times a day or more frequently if necessary. Since the essences are not a substitute for medical care, continue any regular treatment while using them. Are there any side effects or conditions where Bach flower remedies should be avoided? Individuals with emotional problems or serious medical conditions may be harmed if they substitute Bach flower remedies for conventional medical treatment or proven psychological approaches. Is there an independent governing body that oversees or credentials practitioners qualified to use Bach flower remedies? However, the Bach Centre in England certifies practitioners from all walks of life who have taken all three levels of Bach Centre-approved training. These individuals are listed on the Bach Centre website Specialized courses are available for homeopaths. How does one get in touch with a practitioner of Bach Flower remedies? Certified practitioners are listed on the Bach Centre website. Are there other therapies that might work well in conjunction with Bach flower remedies? Any form of treatment can be used with Bach Flower remedies. Individuals with serious medical or emotional conditions should not rely on Bach flower remedies alone for treatment. Weil views Bach flower remedies as harmless. He is not aware of any good studies to support the efficacy of Bach remedies or other brands of flower essence, but he knows that many people enjoy using them and that they appear to be free of side effects.

Chapter 2 : The Bach Remedies – Christian Home Education

The BACH® Remedies Dr. Edward Bach was a Physician and Homeopath who spent his life searching for the purest methods of healing. Dr. Bach discovered 38 remedies.

Harriet Hall on May 22, Shares May is the month associated with flowers, so I thought it would be timely to look at flower remedies. They contain a very small amount of flower material in a Bach was trained as a homeopath and even created some bacterial homeopathic nosodes, but then he branched out. He used his intuition to access a psychic connection to plants. He would hold his hand over different plants to see which one affected his emotional state, and he would collect the dew from that plant to use as a remedy. It makes interesting reading. From time immemorial it has been known that Providential Means has placed in Nature the prevention and cure of disease, by means of divinely enriched herbs and plants and trees. The remedies of Nature given in this book have proved that they are blest above others in their work of mercy; and that they have been given the power to heal all types of illness and suffering. The book explains how to prepare flower essences by exposure to sunlight or by boiling, and lists the remedies and their indications under 7 headings: For fear For insufficient interest in present circumstances For loneliness For those over-sensitive to influences and ideas For despondency or despair For over-care for welfare of others. You see, the nature of the disease is immaterial. The mind shows the onset and course of the disease, and the outlook of mind is all you need to consider. Heal the mind and the body will heal itself. I can only guess that a little flower told him. For those who do not consider themselves as good or capable as those around them, who expect failure, who feel that they will never be a success, and so do not venture or make a strong enough attempt to succeed. The descriptions sound more like personality types in astrology than like temporary manifestations of illness. Nevertheless, they point to a summary of the evidence base , and to one double-blind trial of rescue remedy that is far from persuasive. I also found a study by 2 Italian geologists who used the remedies to enhance the inherent properties of rocks. The indefatigable Edzard Ernst did a systematic review of randomized clinical trials as of , concluding that the most reliable trials did not show any difference between flower remedies and placebos. A search of PubMed found a couple of other reviews in CAM journals, one negative and one a retrospective case-study analysis claiming that flower essences had value in getting patients to open up about their issues. People Actually Believe This Rubbish They offer training courses in over 40 countries worldwide to become a qualified Bach practitioner and they provide extensive lists of qualified practitioners in over 60 countries. I looked at the website of one who practices near where I live. Karen practices Bach Flowers Essence therapy and she has lots of testimonials from grateful clients. She also practices crystal healing to balance the energy in the etheric body and energy therapy and quotes Dr. Oz as saying energy medicine is the next big frontier in medicine. Oz recommend Rescue Remedy for stress. Oz, for muddying the waters. Hilariously, the Bach Centre gives this answer to a FAQ about using dowsing and applied kinesiology to select remedies: This means that self-knowledge, which is one of the aims of treatment with the remedies, is never attained properly. They insist that it is essential to select remedies by the classic interview technique prescribed by Dr. There is even an offshoot Down Under: Australian bush flower essences. The naturopathic Bastyr University teaches Bach flower therapy and even sells a book about flower remedies for animals. The usually reliable Natural Medicines Comprehensive Database wimps out with a noncommittal There is insufficient reliable information available about the effectiveness of Bach flower remedies. The Cochrane Collaboration has not studied flower remedies, but it lists them among acceptable topics for funding. What if you are allergic to the flower? The Essences do not contain any material substance deriving from the Flowers; thus they contain no allergens. They carry only the energetic information of each Flower. The one thing that might have any real effect is the brandy used to dilute them, but a patient is unlikely to ingest enough of it to have much of an effect. I wonder if they might be dangerous for patients on Antabuse who are warned to avoid alcohol in any form, even in colognes and aftershave lotions. Conclusion This is all just too silly. But on second thought, nothing has ever proved too silly for people who want to believe. They would probably tell me I should take a flower remedy for despair. During a long career as an Air Force physician, she held various

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positions from flight surgeon to DBMS Director of Base Medical Services and did everything from delivering babies to taking the controls of a B She retired with the rank of Colonel. In she published her memoirs,.

Guide to the remedies. Each of the 38 remedies discovered by Dr Bach is directed at a particular characteristic or emotional state. To select the remedies you need, think about the sort of person you are and the way you are feeling.

Sim The great advantage of educating a child at home is that the opportunity is increased for inspiring the learner with a sound system of ethics and an acceptable morality. Such an acquisition gives the child a head start in repudiating the negative onslaught on civilized values so often presented on T. However, notwithstanding the best moral training, home schooling needs a significant adjustment, both on the part of the child and on the part of the parent. Conformism imposed by school authority and peer group pressure is absent, competition, too, is no longer either a stimulus or a source of intimidation. The learning process is no longer a group activity with a set pace but consists of individual stages of achievement whereby the pace is established by consensus between pupil and mentor. In principle, progress should be faster as the external distractions are minimized, discouragement is absent, and the whole activity of assimilating knowledge should be fun, painless and purposeful. However, the gulf between theory and practice must be recognized as a reality, and be understood by the parent in order that strategies can be introduced to reduce the gulf to a minimum. Very few parents have the qualifications, either professionally or academically, to supervise the schooling procedure, even if learning material is acquired from a competent professional source. This problem is exacerbated if the pupil suffers from a learning difficulty. Even at the lower educational levels, there will still be the necessity for the parent to study and understand the syllabus and always advance her own subject knowledge beyond the defined boundaries in order to advise and instruct with confidence and, where possible, inspire genuine enthusiasm. Acknowledging the fact that home schooling, like conventional schooling, is not always plain sailing, there must, inevitably, be periods of frustration for both mentor and pupil. Irritation, aggression, frequent with some slow learners, despondency and other negative emotions must appear occasionally, sometimes frequently. When these moods are obtrusive, measures must be taken to understand, and where possible, avoid such provocative situations. However, the subject of this short article is to suggest that the Bach remedies may be useful in reducing these outbreaks in frequency and intensity. For those readers unacquainted with the work Edward Bach M. Bach introduced a system of medicine that is harmless, without side effects and efficacious. It also has the significant advantage of being inexpensive and simple to use. Bach believed that continued mental or psychological disharmony would ultimately result in physical imbalance and impaired vitality. Physical disharmony would, according to him, reinforce the negative and conflicting moods such as fear, uncertainty, disinterest, over-sensitivity, despondency, despair and all the other negative phases of which human kind is capable. The thirty eight Bach flower remedies are presented as effective means of reducing or, possibly, eliminating these unwelcome symptoms of human weakness and restoring mental and physical equilibrium. The short remedy repertory is very easy to follow and the mood of the subject provides the guide as to which remedy should be chosen. The remedies are inexpensive and easily obtainable and the directions for administration concise and simple. Probably the best known of the medicines is the combination of four Remedies sold under the name of Rescue and used for cases of shock, grief, anxiety and fear. Further information on the Bach flower remedies is easily obtainable on the internet by searching under the name of Edward Bach. By Dr David R.

Chapter 4 : The BACH® Remedies

Dr. Bach was born more than years ago and he left this amazing system in our hands at his death in Shannon Beador from Housewives of Orange County uses and recommend Rescue Remedy and the Bach Flower Remedies.

Edward Bach, a homeopathic doctor has made a big research from in England. Bach Flower Remedies are natural healing remedies, out of nature and plants. Each Bach flower remedy has its own specific qualities to heal either a person or an animal. There are many people who have different emotional aspects. These Bach flower remedies are solutions to human nature and emotional disturbance. Bach Flower Remedies have special solutions to rectify the thinking pattern and mind of a human that it helps a human to live happy and healthy. How to Choose Bach Flower Remedies for a Person In Bach system, we believe that any physical illness caused in the body is due to some or the other emotion. Asthma is a physical outcome of the emotion. To help a person suffering from asthma, you should check the emotion or feeling of a person and heal accordingly. There are 38 Bach remedies available to help a person to be healthy and fit using Bach remedies. There are many ways to consume the energy of Bach flower remedies. Prepare the tincture of Bach Flower Remedies in water. Add two drops of the Bach remedy selected in the water. Consume it in water as medicine. VK users can use VK to draw the circle. Usually, it is said that maximum 5 Bach Flower Remedies can be used for one person but VK users can write down any number of Bach Flower Remedies selected for one person in the energy circle. The name of the energy which is broadcasted should be written in capital letters so the name of the Bach Flower Remedies should be written in capital letters. The name of the people whom the energy is to be given should be separated by commas. Write down the name s of the person whom the Bach Flower Remedies is to be given. Any number of names who need same Bach Flower Remedies can be written in the energy circle. The initial alphabet of the name of the person has to be in capital and rest of the name should be in normal font. VK users can even make a Bach Flower Remedies energy circle in a notebook and carry it anywhere in the world. Just one simple request is made to activate the energy circles; either it is one energy circle or many energy circles. It can mimic the energy of anything in the world. It can mimic the energy of medicines, herbs, oils, acupressure points, jogging, running, switch words, mantras, affirmations etc. Any number of Bach Flower Remedies can be poured in one glass of water or one bottle of water. Do same with other 2 remedies. Your water is now ready with the energies of 3 Bach Flower Remedies. Consume this energized water 4 or more times a day. The energized water consumed once in a day is one dose. This energized water is charged with the energies of Bach Flower Remedies till it is consumed. Anyone can take this water that needs these particular Bach Flower Remedies. For further knowledge and learning about Bach Flower Remedies please go through the following list of Bach Flower Remedies. Here is a List of Bach Flower Remedies 1.

Chapter 5 : The Original Bach Flower Remedies - Information for Humans and Animals

what are bach's original flower remedies? BACH'S ORIGINAL FLOWER REMEDIES are a natural, safe way of bringing you peace and balance. First discovered in the 1800s and 1900s by Dr. Edward Bach in England.

Remember that no matter what the issue, you are simply looking for the remedies that will help you bring greater balance to how you think and feel. Dr Edward Bach said: So, start by looking at how you are reacting to the issue or situation that you would like support with, then review your general reaction to the events and situations of your life, to identify any general trends or patterns in the way that you think and feel. For example, perhaps certain people, situations or events trigger a fearful reaction, or possibly anger, guilt, or a lack of confidence. Some people face the world with feelings of hopelessness, doubt or judgement, while others struggle to find balance in their relationships with those around them. Selecting the Right Remedies for Yourself When you have identified the issues that you want help with you can either use our Bach Flower Remedy selector to help you to choose the remedies that will most help, or browse through the list of remedies here or the using the Bach Remedy descriptions in the shop. Bach Flower Remedy Combinations While it is perfectly possible to gain benefit from a single Bach Flower Remedy most adults will find that a combination of 7 or 8 remedies will be the most effective way to use these remedies. You can purchase the individual Bach Remedies that you need and make your own combinations, or buy one of our custom Bach Combinations. See Essences for Children page to check how many to select for a child. Buying Your Remedies You can find our full range of Bach Flower Remedies in the shop here Using Bach Flower Remedies Making a Combination Put 2 drops 4 drops of Revival Remedy combination from each of the stock bottles that you have selected, into a clean glass dropper bottle containing no more than 30ml of spring or spa water, together with a teaspoon of brandy or cider vinegar as a preservative. Dr Bach called a combination made in this way, a treatment bottle. Dosage For best results we recommend that adults take 4 drops from a treatment bottle 8 x a day for chronic states. For very acute states take 4 drops every minutes, reverting to the normal dosage when more balance has returned. See Essences for Children page for information on dosages for babies and children. Take your chosen combination of Bach Flower Remedies for two - four weeks before reviewing how you feel. After this time you may find that you need to change some of your original choices or that you need to continue with the same ones for longer. Working in this way over a period of six months or so you will find that there has been a subtle but definite shift in your response to the situations and events of your life. Alternative ways of using the Bach Flower Remedies Put four drops from the stock bottles of each chosen remedy into a small glass of water and sip at regular intervals throughout the day. For ease of use, drops of stock remedy could also be added to everyday drinks like tea or included in bottles of water or juice taken to work or school. Bach Flower Remedies could also be taken directly from the stock bottle if preferred, although it is not the most economical way of using them. Using the Revival Remedy combination In emergency situations or where there is much fear, panic or shock take 4 drops on the tongue directly from the stock bottle, repeating often until feeling stabilised and calm. For more long-term use, Revival Remedy can also be included in a treatment bottle by adding 4 drops of the stock remedy. This is then counted as one remedy in the total to be included in the bottle. While they are not intended to replace medical treatment where necessary, they can be used in conjunction with, and as a complement to any other form of treatment. If you need any help or advice with choosing a Bach Flower Remedy, or making a combination, please:

Chapter 6 : Bach Flower Remedies – Science-Based Medicine

THE BACH REMEDIES by Dr David R. Sim. The great advantage of educating a child at home is that the opportunity is increased for inspiring the learner with a sound system of ethics and an acceptable morality.

I allow others to see me as I really am. I am being guided. I am filled with courage and inner strength. I share from a place of inner strength. I serve others by being true to myself. I am confident that I know what is right for me. I acknowledge a higher force guiding my life. I am learning something new from every experience. I love and nurture myself. I draw on the source of universal love to share freely with others. I am happy to be here now. I am involved in life. I love my body. I cleanse myself of any toxicity or disharmonious energy. I always have the help I need. Everything has a deeper meaning. Every new day is a new opportunity. Life is a gift. Through caring for others, I forget my self. I love and am loved. Love is the greatest healing elixir. I feel united with all life. I am here now. They are free and I am free. I move forward in life with joy and ease. I am involved and interested in my daily activities. I accept the flow of life and the pace of others. I allow the process of life to gently unfold. I am patient and understanding. I express myself creatively. I can do it. I will do it. I am doing it. I recognise each problem as an opportunity for growth. I am filled with the joy of life. My heart feels light and happy. I feel strong and energetic. I accept my limits. I tap into an unlimited energy source within me. I relax and experience a new strength. I accept my mistakes. I love and accept myself. I have a healthy detachment from the problems of others. I am radiating peace, calm and optimism. I am immortal spirit. I allow the joy of life to flow freely through me. I am flexible and relaxed. I bring balance to all areas of my life. I act from inner certainty. I am freed from the trauma of the past. My soul finds consolation and healing in the divine light. I allow others to hold their own beliefs. I feel relaxed, open and balanced. I harmonize my will with the universal will. I now have the strength to follow my own inner guidance. I move forward with ease into the next phase of my life. I need the world and the world needs me. I become quiet within and the answers I seek begin to emerge. I am clear about my life direction. I am developing new and positive life goals. I accept responsibility for my life situation. I am now thinking, doing and achieving positive things. Balance and harmony are restored.

Chapter 7 : The Connection to BACH® Remedies

The Bach Flower Remedies allow peace and happiness to return to the sufferer so that the body is free to heal itself. The Bach Flower Remedies are made from wild flowers and are safe for the whole family including pets.

Jon was about a year old and had hit his head quite badly. The bump was partly in his hair and partly on his forehead. I carefully put the cream on - it was difficult to get the cream close to the skin where his hair was. The next day the bruise on his forehead had gone completely, but the bruise in his hair was still there, although it was not as bad as I had expected it to be. This amazed me and made me determined to learn about these amazing remedies. There are 38 different flower remedies for various psychological states, and I instantly could see how I could use them for myself, my family and my friends: He was trained as a doctor and worked as a pathologist and bacteriologist, but he felt that medicine was not getting to the root of the problem. He learnt about homeopathy, and developed various important homeopathic remedies, but he was still not satisfied, and this led him to develop the Bach flower remedies. The remedies are based on flowering plants and trees, and are designed to correct inappropriate psychological states. In other words, if you are dissatisfied or distressed, you are more likely to catch a cold or become chronically ill. Bach found the remedies through intuition: Bach also found that if he floated the flowers in a glass bowl containing spring water in the sunshine, this healing property of the flower passed into the water. For some plants that flowered early in the year, such as holly, Bach boiled the flowers and stems to overcome the problem of the lack of sunshine. The remedies are normally taken in one of two ways: This is a mixture of 5 of the 38 flower remedies cherry plum, clematis, impatiens, rock rose and star of Bethlehem. It can be used for any emergency or stressful event. This is really helpful after a fall, or an argument, before visiting the dentist or taking an examination. The normal way of taking it is to put 4 drops in a glass of water and then to take small, frequent sips. You can also take it straight from the bottle in a real emergency. Many nurses I meet swear by it, and secretly and unofficially recommend it to their patients. Rescue cream contains the same 5 remedies as the rescue remedy drops, but with the addition of crab apple and is useful for cuts and bruises, and for babies who fall and bang their heads! The remedies are made using brandy, and this may be a problem for some people. An alternative way to take them is by dabbing them on the wrist, behind the ears and at the temples - this way the benefit of the remedies may be felt without imbibing alcohol. The remedies do not interfere with any drugs, and can be taken with good effect by the terminally ill. Babies and pets seem to benefit often apparently instantly and miraculously, and many adults can tell you of amazing results for themselves and their children.

Chapter 8 : Bach flower remedies - Wikipedia

Bach flower remedies (BFRs) are solutions of brandy and water—the water containing extreme dilutions of flower material developed by Edward Bach, an English homeopath, in the s.

Check new design of our homepage! Rescue Remedy for Dogs One of the most common Bach flower remedies used, Rescue Remedy is a homeopathic solution, which is effective in relieving stress and anxiety in dogs, without any side effects. DogAppy Staff Last Updated: Jul 3, Developed by Dr. Edward Bach in the s, Rescue Remedy is a trade name for the herbal remedy made from a combination of Bach flower extracts. It has been successfully used by doctors as a homeopathic treatment for emotional imbalance and behavioral problems, in both humans as well as animals. Rescue Remedy has been effective in calming dogs who display negative emotions or hyperactivity, when faced with stressful situations. These can include visits to the vet, loud noises during thunderstorms and fireworks, mistreatment, separation anxiety, adaptation to new surroundings, or loss of a companion. By using this flower essence therapy, pet owners can now deal with these situations without having to worry about the side effects that the dog may have. Overview of Workings of Flower Essences The basis of using flower essences as a homeopathic treatment lies in its use as a healing force for mental and emotional illness. It is said to release negative emotions, by helping and calming the person or animal. This, in turn, seems to be a healer of the physical illnesses that are caused due to emotional imbalances. The flower essences derived from parts of flowers and thereon diluted and potentized for effectiveness, work on the energetic level. By affecting and restoring the vital force, the particles in the essences work in a specific pattern to cure various illnesses. It is up to the medical practitioner to choose the most effective treatment based on the ailment. Since it was first developed by Dr. Bach, the 38 Bach flower essences have been used by veterinarians in the field of animal health. Rescue Remedy for Dogs A commonly used Bach flower remedy, Rescue Remedy is made from the combination of five of the thirty eight original remedies. The combination of the five essences allows it to become a unique essence in itself, which is different from its constituent essences. The five constituent flower essences in Bach Rescue Remedy are: Clematis Clematis vitalba The essence is used in the treatment of faintness or bemused and stunned feelings. It is effective in increasing the attention span and focus of the animal in training. It helps an animal regain consciousness after having been in a state of comatose. Rock Rose Helianthemum nummularium It is a remedy for terror and panic in dogs who have been involved in an accident, injury, fire, or any other terrifying event. Rock Rose is essentially useful for the dogs who are involved in police work. It has also been effective in treating dogs who are overtly fearful of their lives. Cherry Plum Prunus cerasifera Used to control hysterical and highly strung animals, this essence is effective when controlling animals in a stressed situation like competitions or training. It is also useful while dealing with seizures or anxiety attacks. For an animal which becomes crazed when provoked or when it sees another animal in its territory, the cherry plum essence has been known to be an effective calming agent. Star of Bethlehem Ornithogalum umbellatum It is used in calming dogs who are in shock, grief, or are just frightened. Star of Bethlehem is increasingly being used in kennels where animals are left alone or during the time that the injured or ill animal is required to stay in a veterinary clinic. Impatiens Impatiens glandulifera The essence helps soothe dogs who are impatient or agitated due to pain. It is also effective in any nervous difficulties that an overly anxious dog may be facing. It is used for dogs who have epileptic type fits, especially when agitated by being overly excited or upset. The drops need not be swallowed. It must only come into contact with the mucous membranes, i. You can even place the dosage in drinking water or food. You can add a dropper full of the essence to spring water. Pour this into a spray bottle and spray it around your pet. The frequency of dosage is determined by the problem that the dog is facing. Although for most behavioral problems, you can give 3 to 4 times a day for 2 to 4 weeks, the remedy can be given as often as needed, even every few minutes. Like humans, Rescue Remedy for pets is successful in dealing with problems in behavior, which the traumatized animal might not be able to communicate in words. So if you are faced with behavioral problems of your pets, Rescue Remedy for cats and dogs is a non-toxic therapy that provides a quick solution. However, having said that, each dog is unique

and the response to the remedy may differ in each case. It is imperative that a dog owner understands that the remedies are not a replacement for vital or important medical diagnosis and attention. These remedies are used to treat secondary symptoms and are not a treatment for emotional imbalance caused by physical illness.

Chapter 9 : The Bach Remedies Workbook by Stefan Ball

Bach flower remedies were introduced in the 1930s by Edward Bach, M.D., (1886-1936) a British physician, who developed what he called a "theory of types" by which he divided people into seven groups based on their reactions to illness.

For the different forms of vexation. Within themselves they may suffer much, often when there is no real cause for their unhappiness. Envy, jealousy, hate, insecurity, suspicious, aggressive, needs compassion Human indication: When you need to overcome the feeling of hate, envy and jealousy. Jealousy of other animals or a new baby in the home. They do not expect further happiness such as they have had. Homesickness, nostalgia, bereavement Human indication: Homesickness or over-attachment to the past. For those who believe that some part, of mind or body, needs to be strengthened before they can easily fulfill their work. Weariness, bores, tired, needs strength, overworked, procrastination, doubting own abilities Human indication: When ill they are anxious for a hasty recovery. They find it very difficult to be patient with people who are slow as they consider it wrong and a waste of time, and they will Endeavour to make such people quicker in all ways. They often prefer to work and think alone, so that they can do everything at their own speed. Impatience, irritated, nervy, frustration, fidgety, accident-prone, hasty Human indication: Suitable for people who are easily irritated and impatient. They speak and think quickly, and are energetic, but tense. Lack of confidence, depressed, discouraged, feeling of inferiority Human indication: When you need more self-confidence. Lack of self-confidence or avoiding situations where they have to perform. The fears of everyday life. These people quietly and secretly bear their dread; they do not freely speak of it to others. Fear, blushing, stammering, shyness, timid, sensitive, lack of courage Human indication: Fear of known things such as fear of being alone, fear of spiders, fear of flying or fear of the dark. Shyness is also a known fear. May shake or shiver when confronted. Shy and timid animals. It may not be possible to give any reason or explanation for such attacks. Under these conditions it is almost impossible to appear happy or cheerful. Depression, deep gloom for no reason Human indication: When you feel depressed for no reason. Like a dark cloud that destroys normal cheerfulness. They will go on trying one thing after another, though their case may seem hopeless. They will fight on. They are discontented with themselves if illness interferes with their duties or helping others. They are brave people, fighting against great difficulties, without loss of hope or effort. Exhaustion, overwork, workaholic, fatigued, over-achiever Human Indication: When you are exhausted, but keep struggling on. If your pet keep struggling although it is exhausted, never seem to quit. Daily life is hard work for them, without pleasure. Lack of energy, fatigue, convalescence Human indication: When you are exhausted with no reserves of strength or energy. Exhaustion, fatigue due to overwork: Even when successful they think they could have done better, and are never satisfied with the decisions they make. Would this remedy help me to stop blaming myself for everything? Guilt, self-reproach, humble, apologetic, shame, unworthy, undeserving Human indication: When you feel guilt and self-reproach, not necessarily based on any actual wrong-doing but destroys the possibility of joy in living. Often they have ceased to worry about themselves, but for those of.