



Animal Wellness Collection

This collection reflects more than two decades of intensive Flower Essence work with literally hundreds of thousands of animals, particularly those living in close proximity to humans. Each of the twenty-two remedies addresses a specific challenge faced by animals. After developing this collection for the animals, we noticed almost immediately that these remedies were wonderful for people too! So dive right in! The animals in your life will be delighted you are on this journey with them!

- **These remedies are for people as well as animals!**
- **Each of the remedies in the Animal Wellness collection is composed of many different Flower Essences blended to offer orchestrated support for a specific issue.**

BonBon Day and the History of this Collection

We love our work with animals. It gives us great joy. From the beginning of Green Hope Farm, we've worked with many animals in many situations. Early on, we made several combination mixes for animals including Flee Free and Animal Emergency Care, but generally we sent out individual Flower Essences for each animal after discussing the issues with each animal caretaker. This was a cumbersome system but also taught us much about the strengths of many Flower Essences.

One day an animal practitioner who worked with our Flower Essences asked us to create a collection for the animals. We had been particularly busy that day so I said to this Green Hope friend, "That's a great idea, but I don't know when we will be able to work on this. We aren't exactly sitting around eating bonbons." No sooner had I hung up the phone than a friend of one of my children walked in with an enormous box of chocolates for us. Okay, so we WERE eating bonbons. This synchronicity had the Angels' fingerprints all over it. As I ate my first truffle I said to the Angels, "If you want me to make this collection, you need to send another full time staff person!" The phone

immediately rang and the woman on the line said, “The Angels just asked me to call and tell you that I am looking for work and would like to come to work at the farm.”

I was on my third truffle when I started to write down the list of combinations the Angels wanted us to create. After many intensive conversations with the Angels about these mixes, the collection of twenty-two remedies was born. I look back on bonbon day with joy and gratitude. I am so glad to have this amazing collection to offer you. It has such incredible depths and strengths. Each mix has revealed itself as much more versatile and complex in its gifts than originally anticipated. As noted before, each has proven to be deeply healing for animals and people.

In keeping with the Green Hope Angel’s favorite expression of, “Dogs but no dogma”, please use any combination of these Flower Essences for any situation you are prompted to use them for and with any creature you want, yourself included!

If you would like one or more free copies of our Animal Wellness Collection brochure describing this collection and how to use it, let us know. For the convenience of animal care practices and stores, two versions of the brochure are offered: one with our ordering information and one without our ordering information.

I salute the people and Angels who encouraged us to create this collection and Mehera Irani whose great love for animals inspires us daily.

Abandonment & Abuse

This remedy is especially beloved by rescue animals or any animal that has been through an experience of trauma, abuse or abandonment. Even years after being rescued and placed in a wonderful home, an animal may have emotional scars and behavioral issues that can be healed and released through work with this remedy. Some of the many emotional scars and behavioral issues unwound and released by this remedy are post traumatic stress, terror at being handled, loner behavior, socialization issues, depression, odd phobias, cringing and hiding.

Blackberry, Borage, Butterfly Garden, Carouby Pea, Comfrey, Corn, Crab Apple, Dandelion, Dill, Epimedium, Eyes of Mary, Honeybees in the White Hawthorn, Honeysuckle, Hyssop, Joe Pye Weed, Lavender, Logan's Force of Truth, Maltese Cross, Meadowsweet, Mustard, Peach, Pennyroyal, Pink Tecoma, Red Chestnut, Red Hibiscus, Spruce, Sweet Pea, Trillium, White Bleeding Heart, White Hibiscus, Witch Hazel

Animal Emergency Care

An animal’s electrical system is greatly challenged by any situation of trauma, shock, stress or an emergency medical situation. The resulting fear, panic or other adrenalized states can hinder an animal’s ability to receive the full benefits of any healing support.

This remedy helps calm and stabilize an animal's electrical system so the animal can better receive and process any healing on offer. In addition, this remedy brings its own healing wisdom to the situation. It is excellent to use frequently at the time of any emergency situation but also offers much support during any ongoing illness.

Arrowhead, Borage, California Poppy, Chinese Hat Plant, Coltsfoot, Comfrey, Corn, Dandelion, Eggplant, Feverfew, Golden Areca Palm, Goldenrod, Hardback, Lauriana Rose, Maple, Orange, Queen Anne's Lace, Red Clover, Red Rugosa Rose, Scarlet Runner Bean, Self Heal, Shrimp Plant, St. John's Wort, Sweet William, Trillium, True Wood Sorrel, Turnera, White Yarrow, Wintergreen, Zucchini

Anxiety

This remedy helps to ease and release anxiety and anxiety-based behaviors including but not limited to nervous habits, anxious or obsessive behaviors such as excessive licking or feather picking, fear of people or being handled, phobias, confused thinking, fear of loud noises including thunderstorms, anxiety during car travel and overactive watchdog behavior including pacing. This is our most popular remedy for animals as well as people.

Arbor Garden, Aspen, Blue Vervain, Borage, Broccoli, Chamomile, Coral Pink Rose, Comfrey, Crab Apple, Dandelion, Dill, Feverfew, Honeybees in the White Hawthorn, Joe Pye Weed, Lavender, Lemon, Logan's Force of Truth, Mustard, Mutabilis Rose, Old Blush China Rose, Pennyroyal, Pink Tecoma, Queen Anne's Lace, Red Chestnut, Red Clover, Red Rugosa Rose, Scarlet Runner Bean, St. John's Wort, Trillium, White Yarrow

Breathe

This remedy supports the health and well being of the pulmonary and upper respiratory systems. Consider this remedy for all conditions of the lungs, eyes, ears, nose and throat, including allergic situations, respiratory infections and all breathing difficulties.

Abutilon, Blackberry, Borage, Cosmos, Eyebright, French Marigold, Goldenrod, Graniana Rose, Grapefruit, Jasmine, Jewelweed, Lemon, Lungwort, Nasturtium, Plume Poppy, Screw Pine, Sea Campion, Sea Purslane, Small Woodland Orchid, Snapdragon, Swamp Candles, White Nicotiana

Caretaker

This remedy offers support to people and animals in caretaking roles. It nourishes empathy and unconditional love in caregiving relationships, increases intuitive communication, restores joy and enthusiasm in selfless service and supports a balance of giving and receiving.

Agrippina Rose, Calendula, Cochineal Cactus, Dombeya Wallichii, Eyes of Mary, Goldenrod, Hawthorn, Honeybees in the White Hawthorn, Joe Pye Weed, Mehera, Orange Marigold, Osteospermum, Peach, Pebble Pincushion, Pink Lady's Slipper, Pink Tecoma, Pink Yarrow from the Cliffs of Moher, Red Chestnut, Red Mangrove, Rosa Banksia, Rose a Parfum de l'Hay, Ruby Gold Orchid, Spider Lily, St. Francis Water, White Chestnut, Wild Thrift, Winter Solstice in the Shaker Feast Grounds

Digestive Woes

This remedy supports the digestive tract and addresses chronic conditions, illness and problems with digestion and flow. It also works to promote the overall health of the gastrointestinal system and related organs including the liver.

Aloe Ciliaris, Aloe Vera, Avocado, Blackberry, Comfrey, Coral Aloe, Dandelion, Goldenrod, Hepatica, Larkspur, Loquat, Jasmine, Jewelweed, Old China Blush Rose, Sago Palm, Screw Pine, Shrimp Plant

Flee Free

It is our experience that an animal with good electrical vitality naturally rebuffs pests. We believe the best way to support an animal to be pest free is to help increase the animal's electrical vitality. This remedy helps improve the electrical vitality of an animal so that the animal's electrical field rebuffs pests including fleas and ticks. It can be used to strengthen an animal's electrical system when under attack from pests. It can also be taken routinely to keep an animal's electrical system strong and capable of easily keeping pests at bay.

Amaryllis, Blackberry, Broccoli, Chives, Crab Apple, Dandelion, Darrell's Fleabane, Echinacea, Eggplant, The Eight Garden, Fleabane, Jack in the Pulpit, Jewelweed, Larkspur, Lavender, Lemon, Lilac, Maple, Nasturtium, Pennyroyal, Old Blush China Rose, Radish, Red Clover, Self Heal, St John's Wort, Sunflower, Sweet William, Teasel, Thistle, Titan, Trillium, Tomato, White Yarrow, Wintergreen

Flow Free

One of the most effective and versatile remedies in our entire collection, Flow Free helps move stuck energy. In the physical body, it helps with issues of flow in the nervous system, urinary tract, digestive tract, lymphatic system and circulatory system. Flow Free also helps an animal or person move beyond unconstructive mental or emotional patterns towards more balanced behavior. Consider this remedy for any situation of blockage or difficulty with emotional, mental, spiritual or physical flow.

Anthurium, Avocado, Bells Of Ireland, Bladderwort, Bottlebrush, Broccoli, Calliandra,

Christmas Bush, Dandelion, The Eight Garden, Monkey Tail, Queen Anne's Lace, Sago Palm, Shrimp Plant, Sunlight Datura, White Calliandra, Vetch, The Venus Garden

Grief & Loss

This remedy supports people and animals during any situation of grief, despair, depression or loss. It offers deep support when a caretaker, friend or animal companion dies or when there has been a loss of a home or the break-up of a family.

- **We store our griefs in our lungs as well as our hearts so consider working with this remedy if you are suffering from respiratory troubles or infections**

Alex MacKenzie Rose, Arrowhead, Arbor Garden, Blackberry, Borage, Camaieux Rose, Coral Pink Rose, Crinum Lily, Cucumber, Eyes of Mary, Honeysuckle, Hyssop, Indian Pipe, Joe Pye Weed, Madame Hardy Rose, Maltese Cross, Maple, Mustard, Old Blush China Rose, Painkiller Plant, Pale Pink Rose, Pink Tecoma, Star of Bethlehem, Swamp Candles, Trillium, White Bleeding Heart, White Hibiscus, Witch Hazel, Yellow Water Lily

Healthy Coat

This remedy offers support for healthy skin and fur. It encourages healthy luxurious fur growth. It helps with hot spots, rashes, skin sensitivities, infections, allergic situations and wound healing. It also supports the healing process for all raw, inflamed or reactive tissue internally as well as externally.

Aloe Ciliaris, Aloe Graminicola, Aloe Vera, Banana, Bells of Ireland, Blackberry, Black Ebony, Cedar, Christmas Bush, Coral Aloe, Cotton, Dandelion, Feverfew, French Marigold, Goldenrod, Jewelweed, Lemon, Maple, Monkey Tail, Orange Aloe, Pale Orange Aloe, Peach, Pennyroyal, Pink Baby's Breath, Queen Anne's Lace, Sago Palm, Screw Pine, St. John's Wort, Thistle, Titan

Immune Support

This remedy offers dynamic support for the health and vitality of the immune system.

Baby Blue Eyes, Burdock, Dandelion, Echinacea, The Eight Garden, Epimedium, French Marigold, Henry Hudson Rose, Honeybees in the White Hawthorn, La Belle Sultane Rose, Larkspur, Lime, Precious Blood, Radish, Raspberry, Rhubarb, Rue, Self Heal, St. John's Wort, Titan, White Baneberry

Jealousy

This remedy promotes harmony and balance in any community of animals or people. It can be used to ease sibling rivalry or any situation of jealousy.

Arbor Garden, Bougainvillea, Carouby de Maussane Pea, Corn, Crab Apple, Envy Green Zinnia, Indian Pipe, Mary Queen of Scots, Orange, Peach, Pennyroyal, Plum, Violet Transmuting Flame Violet, Re-Union, Sweet Pea, Tree Peony, The Watchman

Neediness

Animals need to know their place in the pack. This remedy supports animals to find right relationship with their human caretakers and within the pack of animals and people they live with. It is helpful for animals who are confused or anxious about their relationships with their people or who waver between self-confidence and no confidence, exhibiting such symptoms as resentment, alpha behavior or clinginess in their search for their place in the world.

Angelica, Cabbage, Delphinium, Dogberry, Irish Heaths, Maple, Meadowsweet, Meadow Rue, Queen Anne's Lace, Partridgeberry, Spiderwort, Swamp Candles, Sweet William, Teasel, Thistle, The Watchman, Wintergreen

New Beginnings

When a new person or animal joins the pack or when there is any change in the household, this remedy helps everyone to adjust to new roles, new circumstances and new pack dynamics. It helps everyone to live from a centered place of harmonious calm.

Arbor Garden, Babies of Light, Butterfly Garden, Day Lily, Envy Green Zinnia, Gall of the Earth, Lavender, Morning Glory, Mutabilis Rose, Pale Pink Rose, Purple Sensation Allium, Red Mangrove, Red Rugosa Rose, Rose a Parfum de l'Hay, Snowdrop, Star of Bethlehem, Summer Snowflake, Snowdrop, Tree Peony, The Watchman, Will Baffin Rose, Witch Hazel

Outburst

Consider this one for outbursts of any kind. Among situations this remedy addresses are issues of aggression, outbursts of a violent or inappropriate nature, behaviors that are unexpected, out of character or unacceptable. It also helps with explosive body reactions including skin eruptions or any unproductive release of pent up emotions through destructive physical activity. Animals as well as children act as sponges, absorbing negativity wherever they go. It is easy for them to collect too much negativity and get electrically overcharged. If they cannot find a way to discharge this negativity constructively, they will do it destructively. They often need support to release this electrical overcharge. This remedy helps them discharge electrical overcharges in a benign way.

Bloodroot, Black Currant, Bunchberry, Comfrey, Crab Apple, Dandelion, Dogberry, Eggplant, Epimedium, Hardback, Indian Pipe, Lavender, Lilac, Maltese Cross, Mary Queen of Scots Rose, Orange, Orange Hawkweed, Pennyroyal, Red Clover, Red Rugosa Rose, Royal Ponciana, Screw Pine, Snapdragon, Spiderwort, St. John's Wort, Trillium, White Yarrow, Wild Columbine

Recovery

This remedy offers excellent support for recovery from any illness, injury, accident, trauma or surgery. It is a deeply restorative, strengthening and revitalizing remedy offering a blueprint for a return to dynamic good health.

Bermuda Olivewood, Burdock, Capeweed, Christmas Bush, Comfrey, Dandelion, Devil's Bit Scabiosa, Gooseberry, Henry Hudson Rose, La Belle Sultane Rose, Larkspur, Lauriana Rose, Lavender, Lemon, Maple, Pumpkin, Rosa Mundi, Self Heal, Spruce, Trout Lily, Vitex, Wild Ginger, Zucchini

Run & Play

This remedy offers support for the health and wellbeing of the bones, joints and muscles. It is useful for recovery after all orthopedic injuries including bone breaks. It also offers helpful information for conditions, including arthritis, that interfere with joyful, flexible and carefree movement.

Angelica, Black Cohosh, Boneset, Coltsfoot, Comfrey, The Fairy Rose, French Marigold, Goldenrod, Honeybees in the White Hawthorn, Kangaroo Paw, Maple, Osteospermum, Self Heal, Shrimp Plant, Snapdragon, Trout Lily, Vetch, Vitex, Watch Your Back, White Snakeroot, Willow

Senior Citizen

This remedy helps older animals and older folks to maintain their emotional equilibrium and good cheer during any declines in functions associated with the aging process. It also helps reverse the declines to whatever degree is possible in areas such as flexibility, eyesight, hearing, energy levels and general flow of systems.

Allamanda, Angelica, Bignonia, Blackberry, Boneset, Bottle Gentian, Borage, Bottle Gentian, Capeweed, Coltsfoot, Comfrey, Coralita, Daffodil, Dandelion, Eyebright, The Fairy Rose, Goldenrod, Honeybees in the White Hawthorn, Lilac, Mallow, Maple, Medlar, Mustard, Osteospermum, Peach, Pearly Everlasting, Rhubarb, Shrimp Plant, Snapdragon, Wild Aster, Zinnia

Separation

This remedy addresses all issues of separation anxiety. It offers support for all animals navigating time alone or in the care of people other than their pack leaders. This is an excellent remedy to leave in an animal's water bowl or with a pet sitter when you are away from home. It's also helpful for any child or person confronting this kind of anxiety.

Borage, Bunchberry, Chamomile, Dogberry, Feverfew, Goldenrod, Honeysuckle, Joe Pye Weed, Maltese Cross, Meadow Rue, Omey Island, Pale Pink Rose, Pink Tecoma, Spruce, Trillium, White Bleeding Heart

Showcats

First developed for show animals, this remedy encourages balanced self-expression for animals in and out of the show ring. Offering helpful information about balancing temperament and finding emotional equilibrium, it supports shy and retiring animals to blossom and very assertive animals to find the necessary poise and restraint to shine in or out of the limelight. People love it too!

Baby Blue Eyes, Bermudiana, Borage, Celandine, Cosmos, Cotton, Croton, Feverfew, Goldenrod, Maple, Morning Glory, Scarlet Runner Bean, St. John's Wort, Sunflower, Trillium, True Wood Sorrel, Wintergreen, Zinnia

Spraying

When an animal discharges negativity or expresses irritation through spraying or litter box issues, this remedy helps the animal to resolve their emotional issues and release any resentment, pent up anger, territorial aggression or emotional confusion without spraying.

Anthurium, Bottlebrush, Cat's Claw, Crab Apple, Coralita, Dandelion, Envy Green Zinnia, Feverfew, Hardhack, Jewelweed, Joe Pye Weed, Orange, Pennyroyal, Shrimp Plant, Spiderwort, Vetch, The Watchman, White Nicotiana, Willow

Transition

This remedy supports any animal or person preparing to die. It helps with issues of physical stamina during the work of dying. It supports the spiritual work done during the last stages of life. This remedy also helps animals and people to feel safe, encouraged and supported through other kinds of transitions. It is helpful for any change dynamic. One additional thing to know about this remedy is that it can be used without any concern that it will bring on or speed up the dying process. It offers great support and comfort during an animal or person's dying process but in no way affects the timetable of events.

Alex MacKenzie Rose, Angelica, Arbor Garden, Cabbage, Corn, Lemon, Lime, Madame Hardy Rose, Magnolia, Maltese Cross, Maple, Orange, Pale Pink Rose, Red Mangrove, Self Heal, Sunlight Datura, Zucchini

Two other Combinations for the Animals

Two remedies that are not in this collection, but that offer much needed support to the animals are **Golden Armor and the Arbor Garden**. Both are described in the Green Hope Farm Combination Collection section.