

# Can they help YOUR birds?

## Bach Flower Essences

Adapted from paper by Dr. Margaret Federhart\*

There are 38 homeopathically prepared Bach Flower essences prepared, from flowers of non-poisonous plants, bushes and trees. Each is for a specific mental and emotional state. There is no harmful effect for overuse, will not interfere with other (for birds) veterinary medicines. There is one composite essence called a Rescue Remedy with essences of Star of Bethlehem, Rock rose, Impatiens, Cherry plum and Clematis flowers. Nutrition stores may carry some if not all of the essences. Humans can benefit as well as birds.

### For fearful birds

- Aspen: for birds that startle easily; for vague fears of apprehension; feather pluckers with fear of the unknown.
- Mimulus: treatment of long term fears; for birds being picked on or beaten up; for timid, reserved and shy birds.
- Rock rose: for terror, cage fright episodes or attack by cats, others; for birds being picked on or beaten up; for panic for any reason or terrifying events.

### For birds overly sensitive to influences

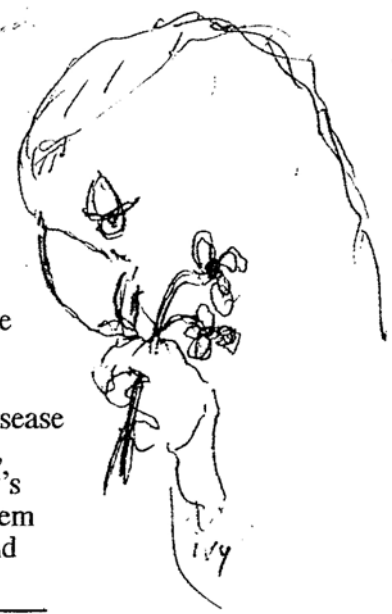
- Agrimony: feather pluckers, especially self-mutilators; allergies; non-specific dermatitis; restless/bobbing, dancing all the time.
- Holly: displays of jealousy; fits of anger; biting/attacking caregiver; needs love; quarantine; pet-shop; caretaker on vacation.
- Walnut: adjust to new home/cage/cage mate; lost its mate or human caregiver; fear of loud noises/dogs/children; chemical sensitivities.

### For birds with insufficient interest

- Chestnut bud: to break bad habits/improve training; help acclimation to new home; help wild-caught adapt to home/aviary.
- Clematis: increase strength in weak/runt chicks; strengthen chronically ill, helps recovery; post-anesthesia, bird sleeps too much.
- Honeysuckle: loss of mate/will not accept new one; sold into new home/homesick; left at hospital and longs to go home.

### For birds with despair or despondency

- Crab apple: cleansing physical/emotional/spiritual; part of detoxification plan; poisoning - heavy metal, pesticide; lice; bumblefoot; chronic infections.
- Star of Bethlehem: one of the most beneficial Flowers; post-trauma: attack/accident/fright; grief from loss of mate/clutch/caregiver; needing comfort and solace.
- Sweet chestnut: hopeless, self destructive, despair; feel trapped in environment/crate/cage; lives with abusive bird and cannot get to food/water.



They work on the emotional state by transforming negative attitudes associated with disease into positive ones, allowing the body's own physical system to fight disease and associated stress.

### What it is

- \* A bottle of tincture is full strength essence, preserved in alcohol. Keep refrigerated to avoid bacteria. Don't store near any strong odors, and away from electrical/magnetic energy sources. Keep from extreme cold/heat/sunlight.

### How to dispense

- \* Dilute essence by putting 4 drops of tincture in 1 oz. bottle of spring water.
- \* Rescue remedy by putting 8 drops to 1 oz.
- \* Can mix up to 7 different essences in one blend. The Rescue Remedy counts as one essence if added to blend.
- \* directly in mouth - clean the dropper if it touches the bird, or place on the moist mucous membrane (cloaca/vent; eye), or in drinking water or mist with spray bottle.
- \* can combine up to 5 essences together.

### When to dispense

- \* Acute times of stress or when problem is severe, give every hour or even every few minutes in extreme cases.
- \* For chronic problems, give twice or three times daily, and in drinking water.
- \* as an adjunct to treatment.
- \* Takes time before seeing effects. Dispense consistently for 2 wks to determine if any improvement is seen.

\* Dr. Federhart is a trained and registered homeopathic veterinarian with a standard veterinary degree as well. She spoke at the 2002 Bird Clubs of Virginia Convention. Her clinic is at 1699 Pine Run Rd., Boone, N.C. 28607, tel. 828 264-8077.



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