

Common Concerns and Green Hope Farm Flower Essence Suggestions for the Animals in our Lives

Please let us know topics you'd like to see covered that are not on this list! Thanks!

Abandonment issues: Abandonment & Abuse, Separation, New Beginnings, Anxiety, Neediness

Abuse, recovery from abuse: Abandonment & Abuse

Accidents: Animal Emergency Care, Recovery, Run & Play

Adrenals: Immune Support, Recovery, Blackberry

Agility training: Run & Play,

Right relationship, clarity that the person is in charge: Neediness

Help to be clear about directions: Neediness, Spiderwort

Focus: Lemon

Support for the trainer: Pack Leader

Aggression: Outburst

Releasing overcharge of negativity in benign way: Outburst

When rescue animal even if rescue was years ago: Abandonment & Abuse combined with Outburst and Anxiety

Buffering out negativity that might lead to aggressive discharge: Golden Armor

Explosive rage: Outburst, Orange, Snapdragon

Releasing anger from muscles: Dandelion, Flow Free, Run & Play

Aging: Senior Citizen

Allergies:

Skin: Healthy Coat

Hotspots or any inflammation or irritation: Outburst, Golden Armor, Jewelweed, Teasel

Respiratory issues: Breathe, Healthy Coat, Immune Support, Flow Free Lungwort

Food Allergies: Immune Support, Digestive Woes, Healthy Coat

Aloofness in cats: Rosemary, Showcats

Anxiety: Anxiety

Thunderstorms: Anxiety

Riding in cars: Anxiety, Chinese Hat Plant

Obsessive habits, feather picking: Anxiety

Appetite, lack of: Recovery, Vitality, Digestive Woes, Loquat

Arthritis: Run & Play, Flow Free

Avoidance: Scarlet Runner Bean, Alex Mackenzie Rose,

Bach Flower Essences

Here we indicate IF we have made the Flower Essence ourselves

IF not, we indicate what we feel are good substitutions for the Flower Essence.

Agrimony for mental torture behind brave face: Anxiety

Aspen for vague fears of unknown origin: Aspen, (from our [Additional Flower Essence list](#) on the website), Scarlet Runner Bean, The Watchman

Beech for intolerance: Beech (from our [Additional Flower Essence list](#) on the website), Meadowsweet, Hardhack, Crab Apple, Jewelweed

Centaury for weak will or subservience: Dwarf Common Centaury, Wintergreen, Sweet William

Cerato for seeking advice or confirmation from others: Cerato (from our [Additional Flower Essence list](#) on the website where we call it Blue Plumbago), Neediness, Yellow Water Lily,

Cherry Plum for fear of mind giving way: Anxiety

Chestnut Bud for failure to learn from mistakes: Vetch, Spruce, Grounding, Spiderwort

Chicory for selfishness: Chicory

Clematis for lack of interest in present: Clematis, Grounding

Crab Apple for self-hatred and sense of uncleanness: Crab Apple

Elm for when overwhelmed by responsibility: Joe Pye Weed, Caretaker, Dombeya Wallichii, Solandra, Common Knapweed

Gentian for discouragement or despondency: Bottle Gentian

Gorse for hopelessness and despair: Gorse, Borage, Fragrant Orchid, Queen Anne's Lace, Phoenix Rising

Heather for self-centeredness: Heather, Irish Heaths (Irish Heath is what the Irish call Heather)

Holly for hatred, envy and jealousy: Jealousy, The Arbor Garden, Envy Green Zinnia

Honeysuckle: Honeysuckle

Hornbeam for Monday morning feeling: Alex Mackenzie Rose, Day Lily, Morning Glory

Impatiens for impatience: Jewelweed (Jewelweed is wild Impatiens)

Larch for lack of confidence: Showcats, Larch (from our [Additional Flower Essence list](#) on the website)

Mimulus for fear of unknown things: Mimulus and also The Watchman (both from our [Additional Flower Essence list](#) on the website)

Mustard for deep seated gloom or black depression: Mustard

Oak for despondence when struggling on: Oak (from our [Additional Flower Essence list](#) on the website), Borage, Rosa Mundi

Olive for complete exhaustion: Olive, Phoenix Rising, Maple, Recovery

Pine for self-reproach and guilt: Pine, Heliotrope

Red Chestnut for anxiety for others: Anxiety, Red Chestnut (from our [Additional Flower Essence list](#) on the website)

Rock Rose for terror: Red Clover, The Arbor Garden, Old Blush China Rose

Rock Water for self repression and denial: Meadowsweet, Flow Free, Freesia (from our [Additional Flower Essence list](#) on the website)

Scleranthus for uncertainty or indecision: Eyes of Mary, Sage, Spiderwort, Yellow Water Lily

Star of Bethlehem for shock: Star of Bethlehem, Emergency Care

Sweet Chestnut for extreme anguish: Maltese Cross, Grief & Loss, Cherokee Trail of Tears

Vervain for tenseness and hyperactivity: Anxiety, Orange Hawkweed, Dandelion, Blue Vervain (from our [Additional Flower Essence list](#) on our website)

Vine for domineering or inflexible behavior: Flow Free, Coralita, Jade, Grape, Watch Your Back
Walnut for protection from change or link breaking: Golden Armor, All Ego Contracts Null and Void, Cardinal de Richelieu Rose, Cherry Tomato (from our [Additional Flower Essence list](#) on our website)

Water Violet for pride and aloofness: Rosemary, Pebble Pincushion

White Chestnut for unwanted thoughts and mental arguments: White Chestnut, Pennyroyal

Wild Oats for uncertainty about correct career path: Wild Oats (from our [Additional Flower Essence list](#) on our website) Sage, Russian Sage, Turnera

Wild Rose for resignation and apathy: Wild Rose

Willow for issues of faith, resentment, and bitterness: Willow (from our [Additional Flower Essence list](#) on our website) Golden Wings Rose, Meadowsweet, Brown Eyed Evening Primrose

Back: Watch Your Back, Snapdragon, Coralita

Hind quarters failing: Watch Your Back, Senior Citizen, Recovery, Flow Free

Balance: Chinese Hat Plant, French Marigold

Barking, excessive: Outburst, Anxiety, Snapdragon

When rescue animal even if rescue was years ago: Abandonment & Abuse

Belonging:

Support for animal to feel at home in family of humans: Heritage Rose

New animal in household: New Beginning, Arbor Garden

Biting: Outburst, Snapdragon

Bladder Issues: Flow Free, Kidney Vetch

Bladder sludge (rabbits): Flow Free

Blockages: Flow Free

Any blockage: Flow Free

Reproductive system blockage in females: Scarlet Cordia

Reproductive blockage in males: Bells of Ireland

Bones: Run & Play, Boneset, Osteospermum, Snapdragon, Vitex, Precious Blood, Comfrey

Boredom: Neediness

Breathing/Lungs: Breathe, Flow Free, Chamomile, Lungwort, Sea Campion

Cancer:

Cancer in general: Flow Free, Aloe Ciliaris, Burdock, Chinese Hat Plant, Precious Blood, Eggplant, Wild Physic Nut, Phoenix Rising, Mutabilis Rose, Snapdragon, Madagascar Periwinkle, Recovery, Sago Palm, Aloe Vera, Larkspur, Celandine, Hyssop, Sunflower, Avocado

Chemotherapy and radiation: Golden Armor, Leopard's Bane, Healthy Coat, Recovery, Zucchini, Christmas Bush

Caretaker, support for person caring for animals or visa versa: Caretaker

Cataracts: Senior Citizen, Rosa Glauca, Eyebright

Cell Health:

Cell to cell communication: Celandine

Cell cleansing: Spanish Bayonet, Flow Free, Dandelion, Burdock

Harmonious cell growth: Aloe Ciliaris, The Alignment Garden and other Venus Garden Essences, Mutabilis Rose, French Marigold

Cell vitality: Vitality, Kidney Vetch, Red Currant

Core experience of cellular health: Red Currant

Information about how to improve low oxygen transport capacity in red blood cells: Burdock

Information about improving white blood cell health: White Baneberry

Cerebellar abiotrophy: Aloe Ciliaris, Sago Palm, Celandine, Recovery

Chemical Sensitivities: Outburst, Healthy Coat, Golden Armor, Lamb's Ear, Gardenia, Teasel

Chewing: Anxiety, Outburst, Neediness

When a reaction to dissonance of modern world: Golden Armor

Circulatory Issues: Flow Free, Precious Blood

Clarity about role in family: Neediness, Caretaker

Cleansing Essences: Flow Free, Purify, Burdock, Cedar, Dandelion, Lemon, Spanish Bayonet, Tomato

Coat luster and health: Healthy Coat

Confidence: Showcats, Morning Glory

Confusion

Getting information clearly, even the details: Spiderwort, Lemon

Seeing when in a mental or emotional fog: Rosa Glauca, Swamp Candles

Coraphagia

If from nutritional deficiency or digestive issues: Digestive Woes, Sea Rocket, Bleeding Heart Vine

If anxiety driven: Anxiety, Golden Armor

If the issue is one of discernment or breaking with a misguided habit: Spiderwort, Dicliptera

Sexangularis, Coffee

Cushings Disease

Pituitary health: Silver-rod, Hops

Symptoms in kidneys: Flow Free

Hormonal balance, cortisol balance: Honeybees in White Hawthorn, Blackberry

General suggestions: Recovery, Larkspur, Golden Armor, Animal Emergency Care

Congestive Heart Failure: Breathe, Flow Free and Senior Citizen used in combination

Constipation: Flow Free, Digestive Woes, Blackberry

Constraint

Helps with adjustment when animal is constrained by injury, loss of limb, illness, or loss of hearing or sight: Devil's Bit Scabiosa, Senior Citizen

Crisis: Animal Emergency Care

Help not to panic: Red Clover

Death: Transition

When animal's person or companion animal dies: Grief & Loss, Separation, New Beginnings, Arbor Garden, Maltese Cross

Support for the animal as it moves through dying process: Transition

Support for those left behind: Grief & Loss, Arbor Garden

Depression: Senior Citizen (helpful even when animal is not older), Borage, Blackberry

Destructive Chewing or scratching: Outburst, Anxiety,

Protection from electrical dissonance that can cause destructive chewing: Golden Armor

Detachment

Support for animal's person or trainer to see things with detachment: Eyes of Mary, Pack Leader

Diabetes: Honeybees in the White Hawthorn, Maple, Banana, Queen Anne's Lace, Larkspur, Sago Palm

Digestion issues: Digestive Woes, Flow Free, Shrimp Plant

Liver: Dandelion, Avocado

Discernment: Spiderwort

Discernment about what to eat and what not to get into: Neediness

When behavior result from continued PTSD even after rescue: Abandonment & Abuse

Dizziness: Chinese Hat Plant, Grounding

Dominance issues: Neediness

For person in charge of situation: Pack Leader

Ears/Hearing: Breathe, Golden Armor, French Marigold, Abutilon, and Wild Abutilon

Ear Infections: Breathe, Immune Support, Flow Free, Golden Armor,

Eating strange objects

If reason is boredom or lack of clarity about role in family: Neediness

To help with stomach upset: Digestive Woes

If a rescue animal: Abandonment & Abuse

If anxious: Anxiety

Electrical wiring haywire in reaction to dissonance of modern world: Golden Armor, Outburst

Epilepsy: Flow Free

Eyesight: Breathe, Rosa Glauca, Bottle Gentian

Feather picking: Anxiety

Protection from electrical dissonance that can cause feather picking reaction: Golden Armor

Fleas: Flee Free, Golden Armor

Flexibility: Run & Play, Watch Your Back

Focus: Lemon, Spiderwort

Fur issues: Healthy Coat

Hotspots: Healthy Coat, Outburst

Protection from electrical dissonance that can cause problems with coat or fur chewing: Golden Armor

Genetic issues

Support to prevent genetic issues from developing in breeds susceptible to certain problems: All Ego Contracts Null & Void, Watch Your Back, Sago Palm, Date Palm, Cedar

Grief: Grief and Loss, Arbor Garden, Pink Tecoma, White, Yellow, and Pink Water Lily

Group dynamics: Jealousy, Arbor Garden

Introducing new animal into household: New Beginnings, Jealousy, Arbor Garden

Feeling harmony and oneness in household: The Arbor Garden

Gums, Teeth: Pink Baby's Breath, Banana, Snapdragon, Grapefruit, Toothwort

Habits, bad: Anxiety, Neediness,

Support to disengage from bad habit: Cat's Claw

Protection from electrical dissonance that can cause nervous habits: Golden Armor

When animal is a rescue animal: Abandonment & Abuse

Hairballs: Digestive Woes, Flow Free

Harmony

Elemental Harmony: Indian Pipe

Feeling oneness and harmony in group or household: The Arbor Garden

Jealousy: Jealousy

Hearing Issues: Breathe, French Marigold, Daffodil, Allamanda

Heart Issues: Recovery, Borage, Flow Free

Congestive heart failure in older animals: Flow Free, Breathe & Senior Citizen taken as a trio

Heartworms: Flee Free, Golden Armor, Teasel

Herd bound horses: Spiderwort and Anxiety for the horse, Pack Leader for the human

Hormonal Balance: Honeybees in the White Hawthorn, Blackberry, Silver-rod

Housetraining: Spiderwort, Spraying, Amaryllis

Hotspots: Healthy Coat, Outburst, Recovery, Immune Support

Illness: Animal Emergency Care, Recovery

Immune Support: Immune Support

Infection: Recovery, Immune Support

Injury: Animal Emergency Care, Recovery,
Orthopedic injury: Run & Play

Jealousy: Jealousy

Job

Helping an animal feel they have a job in the household even when different than their ancestors sense of the job: Heritage Rose

Jumpiness: Anxiety

Jumping: Outburst

Learning not to jump: Spiderwort

Kidney issues: Flow Free, Kidney Vetch

Leadership:

Knowing when to lead and when to follow: The Alignment Garden

Support for people to be the alpha: Pack Leader (have only the humans take it)

Learning, new behavior:

Understanding directions clearly: Spiderwort

Focus: Lemon

Licking, excessive: Anxiety, Golden Armor

Protection from electrical dissonance that can cause excessive licking: Golden Armor

Litterbox Issues: Spraying, Outburst

Loss: Grief & Loss, The Arbor Garden, Maltese Cross

Lung issues: Breathe, Flow Free, Immune Support, Sea Champion

Lyme disease: Golden Armor, Teasel, Immune Support, Flee Free, Recovery, Precious Blood

Mites, ear mites and mange: Flee Free, Healthy Coat, Golden Armor

Moon Blindness- Golden Armor

Motion or car sickness: Chinese Hat Plant, Anxiety

Move to new home: New Beginnings, Arbor Garden

Neediness: Neediness

Nervousness: Anxiety, Sarah Van Fleet Rose, Feverfew

New home: New Beginnings

New animal or person joining the household: New Beginnings, Jealousy, The Arbor Garden

Neutering/Spaying: Recovery, Grief & Loss

Support for the animal who is feeling an emptiness post spaying: Gooseberry (from our [Additional Flower Essence list](#) on the website)

Obedience:

Understanding directions clearly: Spiderwort

Obsessive compulsive behaviors: Anxiety, All Ego Contracts Null & Void, Cat's Claw

For any rescue animal no matter how long ago the rescue was: Abandonment & Abuse

Older animals: Senior Citizen

Orthopedic difficulties and injuries: Animal Emergency Care, Run & Play, Recovery, Flow Free

Pain:

Pain relief: Painkiller Plant

Relief from muscle pain: Dandelion

Panic: Animal Emergency Care, Red Clover

Pancreatitis: Digestive Woes, Flow Free, Healthy Coat, Recovery, Outburst, The Alignment Garden
Larkspur, Sago Palm

Partnership between animal and his or her person:

Working harmoniously towards common goal: Dog Rose, Patridgeberry

Hearing and understanding each other: Caretaker, Dog Rose

Paw pads, chewing: Anxiety, Golden Armor

Protection from electrical dissonance that can chewing of paw pads: Golden Armor

Physical Strength and Stamina: Vitality, Grounding, Chia, Maple, Zucchini, Alba Maxima Rose, Paul Neyron Rose, Ginger,

Finding vitality after exhaustion or illness: Recovery, Phoenix Rising

Finding vitality post partum: Zucchini, Centered Birth, Recovery

Playfulness, support to be more playful: Run & Play, The Fairy Rose, Hops, F.J. Grootendorst Rose, Zinnia

Post Traumatic Stress Disorder: Abandonment & Abuse (even animal many years after rescue to good home can need this)

Pregnancy/Heat/Breeding:

Blockage in female reproductive system: Scarlet Cordia

Encouraging health of mother and responsiveness to being bred: Pomegranate, Morning Glory, Zucchini

Healthy pregnancy: Centered Birth, Vitality, Immune Support

Healthy birth: Centered Birth

Post birth recovery: Recovery, Centered Birth, Zucchini

False heats: Neediness

Puppy

Proper growth: Hops

Support for puppy to understand the dynamics in his new household: New Beginnings

Help to make the most of puppy training: Neediness, Spiderwort, Lemon,

Rescue animals: Abandonment & Abuse

Respiratory infections: Breathe, Recovery, Immune Support

Right relationship with animal's person: Neediness, Caretaker

Role, problems knowing role in household: Neediness, The Arbor Garden

Safety: Sanctuary, Golden Armor

Seizures: Flow Free

Self Confidence: Showcats, Neediness

Separation Anxiety: Separation (also can work with both Anxiety and Separation simultaneously)

Service animals like Seeing Eye dogs: Caretaker, Golden Armor, Animal Emergency Care

Shedding: Healthy Coat

Show animals: Showcats

Too shy or withdrawn: Showcats

Too exuberant: Showcats

Skin conditions: Healthy Coat, Golden Armor, Immune Support, Outburst

For all skin eruptions and flare ups such as hot spots: Outburst

Spraying: Spraying

Surgery: Animal Emergency Care

Post surgery care: Recovery

Post surgery care when orthopedic issues: Recovery, Run & Play

Wound Healing: Wound Healing

Thunderstorms, fear during: Anxiety

Teeth/Dental Health: Breathe, Snapdragon, Banana

Ticks: Flee Free

Training: Showcats, Spiderwort, Lemon

Enjoying and feeling confident in the ring: Showcats

Understanding directions clearly: Spiderwort

For the trainer: Pack Leader, Dog Rose

Transition/ Dying process: Transition

Support for those left behind: Grief & Loss, Arbor Garden

Urinary tract infections: Flow Free

Vaccinations, vaccinosis: Animal Emergency Care, Recovery, Flow Free

Specific Essences for cleansing: Flow Free, Lemon, Spanish Bayonet, Burdock, Dandelion, Avocado,

Vocalizing, excessive: Neediness Anxiety

When animal is a rescue animal: Abandonment & Abuse

Protection from electrical dissonance that can cause excessive barking: Golden Armor

When due to lack of clarity about role or place in household: Neediness, Caretaker

Wandering/ Running Away: Grounding, Spiderwort

Working animals, support to handle their stressful situations: Animal Emergency Care, Anxiety

Wound Healing: Wound Healing, Christmas Bush