

## ***Flower Essence – Foods***

***(Provided by Deb Barber at Komfort Konnections.com)***

### **Almond:**

Self-control; for better adjustment to domesticated life; animals who are nervous, who pace, over-groom themselves, or exhibit frenetic or obsessive behavior.

### **Apple:**

Healthfulness; for a healthier attitude; for illness, accidents, surgery; picking up health-related fears, worry or doubt from owner; pets with chronic health problems.

### **Avocado:**

Good memory; for pets to come home when called; for training; better focus, especially when distractions are present; alertness; non-responsive animals.

### **Banana:**

Humility; calmness; for overly-emotional, agitated or upset animals; for the bully in the household.

### **Blackberry:**

Purity; for animals who absorb their owner's negativity; exposure to harmful chemicals; for use in a misting bottle in areas that have been soiled or marked, or to cleanse the litter box area on a regular basis.

### **Cherry:**

Cheerfulness; for moods; grumpy or ornery behavior (Note: be sure to rule out possible medical causes); for previously abused animals.

### **Coconut:**

Upliftment; helps animals cope with any chronic pain or physical infirmities; for transcending limitations; good for show animals.

### **Corn**

Vitality; energy; restores a sense of adventure; for relocation; helpful during times of transition; good for older animals; for exhaustion.

### **Dates:**

Sweetness, tenderness; animals who are crabby, irritable or irritating; for the pet who picks on other animals.

### **Fig:**

Flexibility; for animals who have been improperly or overly trained; pets who received mixed messages from their owners; animals who seem confused, fussy or whiny; for breaking existing bad habits.

**Grape:**

Love; for animals who have been neglected, abandoned, abused or otherwise mistreated; loneliness, clinginess or aloofness; jealousy of other pets or humans, sometimes expressed as bullying, growling or spraying/soiling; feeling replaced; loss of a human or animal companion.

**Lettuce:**

Calmness; for restless energy, poor attention span; good for younger animals; for pets who get wound up, especially with newcomers to the household; for anger.

**Orange:**

Joy; loss of interest in life; listlessness; grieving the loss of a close companion; suffering or emotional struggle; also for past abuse; pets with a history of multiple homes; adapting to life indoors; pets who have been declawed, debarked or otherwise unnaturally altered

**Peach :**

Selflessness; overly demonstrative animals; animals weaned too early; demanding pets; over-territorialism; for the mother whose young are taken away.

**Pear:**

Emergency Essence; peacefulness; for any trauma or crisis; for the shock of accidents, illness, birthing or surgery, including spaying or neutering; panic or disorientation; for animals nearing death; a "first-aid must".

**Pineapple:**

Self-assuredness; for show animals; insecurity, especially in multiple animal households; for the runt of the litter; pets raised in temporary homes; for previous poor training.

**Raspberry:**

Kindheartedness; animals who hold grudges, sometimes species-related; for spraying or soiling, specifically if hurt feelings are suspected as the cause; difficulty integrating with newer animals in the home.

**Spinach:**

Simplicity; for animals who act older than their years; for stress and pets living in stressful households; for strays; anxious or troubled animals; to restore playfulness.

**Strawberry:**

Dignity; for grounding; self-worth issues imparted by the owner; animals nearing their own passing; stability; for lengthy or debilitating illness.

**Tomato:**

Strength, courage; for fear-based behavior, mild to overwhelming, of known or unknown origin; skittish or easily spooked animals; for terrifying experiences; coping with city life; fear-based barking; animals who attack out of fear.

