

# Performance Stress

Homoeopathy and Bach flower remedies can both work very well for 'stage fright' in show animals who are frightened in the ring (often due to remembering a previous experience such as a dog fight).

[Aconite](#) is a good basic remedy for fear, [Gelsemium](#) for nervous diarrhoea or trembling from fear and [Lycopodium](#) for dogs or horses who fear being in the presence of animals who may be more dominant.



The Bach remedy **Cherry Plum** is great for animals with a tendency to panic and 'lose the plot', such as horses who kick in the walls of a float or show dogs who rush out of the ring in fear.

Working 'seeing eye' dogs and racehorses can have 'off' days where they have less enthusiasm or when they seem to lack concentration for their task. Bach flower remedies **Clematis** or **Hornbeam**, and homoeopathic [Gelsemium](#) can improve enthusiasm for activity and socialising. Animals who usually work hard and dutifully, but are getting a bit grouchy, can benefit from [Nat Mur](#) or [Sepia](#).

In working situations I generally DON'T use Bach **Rescue Remedy**, as it can result in relaxation to the point that it affects the animal's ability to focus on the job in hand. I prefer to work with specific flower and homoeopathic remedies.

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