

Holistic Pet Care

Top 10 benefits of Natural and Holistic Pet Care

By: Mariangie Gonzalez

- 1) **Better nutrition**- a natural diet reduces contact with unnecessary chemicals and preservatives while increasing the intake of quality nutrients and vitamins.
- 2) **Less probability of developing disease**- Quality natural foods can reduce the onset of a variety of health problems, including allergies, digestive disorders and more.
- 3) **Treats source of disease not just symptoms**- Holistic care also looks at an animal's surroundings for ways to improve health. Lowering potential causes of stress, such as loneliness or territorial conflicts, can be helpful in improving overall health. Sufficient exercise and grooming are also elements of good holistic care.
- 4) **Longer lifespan**- natural pet care will help pets live a long life and give you many years of faithful companionship.
- 5) **Enhanced quality of life**- there's no use on living longer if the quality of life is not good, holistic pet care, will provide a better quality of life for your pet.
- 6) **Faster healing**- Holistic treatment of existing conditions by use of natural products will promote faster healing as natural ingredients are generally absorbed better by your pet and thus speeds the healing process.
- 7) **Human safety**- another reason for using natural pet products is the reduction in human exposure to toxins. Most pets are in frequent contact with people, especially children. Contact with a pet can mean risk of exposure to whatever is on your pet, whereas natural treatments avoid these risks.
- 8) **Protects the environment**- also, natural products breakdown and are absorbed into the environment better than chemical agents and, consequently, are more earth friendly.
- 9) **Saves time**- you won't be wasting your time dragging your pets to the vet's office to treat different illnesses as the holistic approach targets the individual as a whole entity, treating existing conditions from their source, not just their symptoms, and preventing new ones from developing.
- 10) **Saves money**- you won't be wasting your money on cheaper products that ultimately can be a contributor to declining health in your pets and thereby creating more vet visit and bills.

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Homeopathy for Pets

by Deborahann Smith

Homeopathy is a powerful and gentle healing modality for pets, and is often more effective than allopathic medicines, says Betty Jo Black, DVM, who is partners with Jan Facinelli, DVM, at Holistic Care for Animals in Wheat Ridge, Colo. True to homeopathic practice, Black considers all aspects of the pet - mental, physical and emotional- before prescribing a remedy. "I use homeopathy because I want to induce a curative healing in animals as opposed to giving medications that only address specific physical symptoms," Black says. As an example, she cites a pet who is given steroids to suppress symptoms such as inflammation or itching, but the symptoms return when the drugs are discontinued. However, with homeopathy, she explains, the symptoms completely subside because homeopathic remedies act to have a curative action from deep in the life force.

Can You Use Homeopathy for All Pets?

Homeopathy is effective for all pets, says Black, whose patients include dogs, cats, birds, ferrets, cows and horses. Black even treats fish by dropping homeopathic remedies into their tanks.

"It isn't often we don't see results from homeopathy, whatever the condition," says Black. "If an animal is young and has a good vital force, results are particularly successful," she explains. "Effects may not be as obvious in older pets who have more health issues, but homeopathic remedies can help them feel better for the time they have left."

Giving Your Pet the Remedy

For acute conditions, give your pet one tablet every four hours until symptoms subside. For chronic conditions, give one treatment of two or three tablets. For emergencies, give one tablet or dose every 15 minutes for a total of three treatments, such as arnica for bleeding from a wound or cut, ledum for an insect bite, nux vomica for diarrhea or Rescue Remedy for fear during a sudden thunderstorm.

Tablets can be given orally, added to water or diluted in milk. Flower essences can be squirted into the corner of your pet's mouth or rubbed into an ear.

The next time your pet needs medical attention, consider trying homeopathy. Homeopathy is a kind and gentle way to treat your pets - and yourself, too.

This advice page cannot be used as a substitute for the advice of a qualified veterinarian. If you do not see a rapid improvement please take your companion to see a vet.

What conditions are Homeopathy being used for in animals?

The following Table lists some of the uses being made of Homeopathy in Veterinary Medicine (This information is provided for educational purposes only):

Condition	Homeopathic Remedy	Comments
Abscesses	Hepar Sulph.	Cat bite abscesses are the most obvious cause of these but any swelling painful to touch like a boil can be aided with 4 doses of Hepar sulph over 24 hours. Tooth abscesses showing as swelling on the face below the eye can respond

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		well to this remedy.
Anxiety	Mimulus (flower essence)	
Arthritis	Rhus Tox 30	Worse in damp, cold weather (fall/winter/spring). Dose once per day as needed - up to 2 weeks.
Bites	Urtica Urens 30C Ledum Arnica	Stings and bites of all types can benefit from a dose of Ledum. If acute e.g. a wasp sting or cat bite give a dose hourly for 4 doses. Clean out wound as soon as noticed if possible, removing any embedded hair or splinters. Give Ledum 2 pellets every hour or so for 4 doses. This includes insect bites as well as animal bites and punctures with sharp objects such as nails. If the bite later becomes infected forming an abscess then use Hepar Sulph to fight the infection.
Bruising	Arnica	The remedy of choice for all injuries is Arnica. This remedy should be given after all injuries, falls, bites or operations. If bleeding profusely then apply a pressure dressing with cotton, wool or similar to stem the flow of blood.
Burns	Urtica Urens 30C	
Cartilage injuries	Symphytum 15C	
Collapse	Rescue Remedy	Heart massage and artificial respiration may be indicated if heart or breathing have stopped. Also use a few drops of Rescue Remedy into the side of the mouth every 5 minutes for up to 4 doses.
Convulsions/Fits	Aconite	Do not interfere with or try to move your companion. If possible put a couple of Aconite pellets on his tongue follow with some rescue remedy. If he seems frightened after the fits have worn off. If they do not stop within a few minutes then contact your vet for additional help or advice.
Cuts	Calendula Hypercal	Clean with water removing any foreign bodies and then apply Calendula or Hypercal lotion after drying. Continue applying twice daily while healing.

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Crush injuries	Hypericum	Tail stuck in the door? Crushed fingers and tooth pain from a broken tooth will be less painful if given a dose of Hypericum hourly for 4 doses or so.
Cystitis	Cantharis	Burning pains when passing urine is the keynote symptom. Cats and dogs suffer from cystitis trying to pass urine very frequently sometimes with blood. A few doses of Cantharis can help.
Diarrhea	Arsenicum Alb 30C Merc Viv 15C Nux vomica	
Disorientation	Rescue Remedy (flower essence)	
Ear problems	Hepar Sulph 30C	For smelly ears, and ears with a discharge
Eye problems	Euphrasia 15C	For sore eyes, or eyes with a sticky discharge.
Falls	Arnica	
Fear	Gelsemium 30C Mimulus (flower essence)	
Fever/Flu	Aconite Belladonna	A sudden onset of many infections that come on similar to flu in man can be nipped in the bud with a few doses of Aconite. If your child or animal is red hot with a bounding pulse then Belladonna may be more suitable.
Fight	Arnica 30	If your pet has been in a fight with other animals. Given every 2 hours for the first 2-3 days will help heal shock, bruising, trauma, and swelling.
Food poisoning	Arsenicum Album	For example, parvo virus (along with your vet's fluid therapy) or food poisoning causing vomiting and diarrhea will be helped by given Arsen. alb. hourly for four doses or 3 times daily if less acute. This remedy helps many other conditions most showing a thirst, restlessness and chilliness as part of the signs.
Fractures	Symphytum 15C Arnica	Broken limbs obviously need professional care. Until you can get to the vet cover any wounds with clean gauze and apply a temporary splint if the fracture is low down on the leg. Put your companion in a comfortable position in a box or

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		similar and take to the vet. Give him doses of Arnica 30c every hour for up to 4 doses. Aftercare would be Arnica for 2 days and then Symphytum 2X daily for 2 weeks.
Gastroenteritis	Arsenicum Album	For example, parvo virus (along with your vet's fluid therapy) or food poisoning causing vomiting and diarrhea will be helped by given Arsen. alb. hourly for four doses or 3 times daily if less acute. Many other conditions, most showing a thirst, restlessness and chilliness as part of the signs, are helped by this remedy.
Gingivitis	Pulsatilla 15C	
Heat Stroke	Rescue Remedy	Cool your companion down with damp towels around the body and ice packs on top even pour water on him to cool him down. While rushing him to the vet a few doses of Rescue Remedy will help him recover.
Hemorrhage	Phosphorous	Indications for this remedy are weakness following blood loss, vomiting almost as soon as food or water is taken along with a high thirst for large amount of water.
Infections	Hepar Sulph 30C Aconite	
Injury	Arnica Rhus Tox	Rhus Tox mixed with Arnica and Ruta can be given after injuries that cause lameness as long as you are sure no veterinary attention is required. Give three times daily for up to 5 days. If no improvement is seen, see your vet. The remedy of choice for all injuries is Arnica. This remedy should be given after all injuries, falls, bites or operations. If bleeding profusely then apply a pressure dressing with cotton, wool or similar to stem the flow of blood.
Insect bites and stings	Urtica Urens 30C Ledum	
Itching	Apis 30 Rhus Tox	When your pet is itching furiously, has hot, red, hives or swellings and likes to keep cool near your air-conditioning vents, on a cement

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		floor or swimming in a lake. Try 3 doses per day for 3 days.
Joint Pains	Rhus Tox 6C	
Kidney Stone	Berberis Vulgaris 30	Pet passes urine with great difficulty. Dose 3 times a day for 3-5 days.
Poor Lactation in nursing animals	Urtica Urens 30C	
Mange	Sulphur 12 Arsenicum 12	For itching, hair loss, pimples and thickened skin. Dose once a day for 30 days. If there is NO improvement after using Sulphur for 7 days, stop the Sulphur and use Arsenicum 12. Dose once a day for 30 days.
Mouth problems	Pulsatilla 15C	
Nettle Rash	Urtica Urens 30C	
Overexertion	Arnica	
Oversexed males	Gelsemium 30C	
Panic	Rescue Remedy (flower essence)	
Phantom Pregnancy	Pulsatilla 15C Urtica Urens 3C	Use Urtica Urens 3C if milk is present
Poisoning	Nux vomica	
Puncture Wounds	Ledum Hepar Sulph	Clean out wound as soon as noticed if possible, removing any embedded hair or splinters. Give Ledum 2 pellets every hour or so for 4 doses. This includes insect bites as well as animal bites and punctures with sharp objects such as nails. If the bite later becomes infected forming an abscess then use Hepar Sulph to fight the infection.
Rheumatism	Rhus Tox 6C	
Road Accident	Arnica 30	If your pet has been injured in a road accident, given every 2 hours for the first 2-3 days will help heal shock, bruising, trauma, and swelling.
Shock or Trauma	Arnica 15C Rescue Remedy (flower essence) Aconite	
Skin problems	Arsenicum Alb 30C (dry scurfy skin) Rhus Tox 6C(acute problems)	
Splinters	Silica	Splinters, grass seeds and anything else that might be under your

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		companions skin can often be helped to come out with this useful remedy.
Sprains, strains, fractures	Symphytum 15C Ruta grav.	Sprains and strains will benefit from Ruta. It can be given with Rhus tox. for an enhanced effect if the resulting lameness is better for gentle movement.
Stress	Rescue Remedy (flower essence)	
Surgery	Carbo vegetabilis Arnica	For weakness or shock after surgery.
Tendon Injuries	Symphytum 15C Ruta grav.	Sprains and strains will benefit from Ruta. It can be given with Rhus tox. for an enhanced effect if the resulting lameness is better for gentle movement.
Throat problems	Pulsatilla 15C	
Tooth extractions	Hypericum	
Transitions	Walnut (flower essence)	To ease transitions such as a move or when new family members are introduced.
Vomiting	Arsenicum Alb 30C Nux vomica Phosphorous	
Whelping and kitting	Caulophyllum 30C	Given during labour to help ease birth.

What Homeopathic Remedies are being used to treat animals?

The following Table lists some of the Homeopathic Remedies which are being used in animals (This information is provided for educational purposes only):

Homeopathic Remedy	Indications	Comments
Aconite	Shock Convulsions/Fits Fever/Flu	The 2 main uses of this remedy in first aid are for Shock and at the start of fevers and infections. The severe shock of an incident such as a Road Traffic Accident or being attacked by a pack of dogs can be greatly helped by a few doses of Aconite. Give 10 to 15 minutes for 4 doses or until improvement is seen. Seek professional help. A sudden onset of many infections that come on similar to flu in man can be nipped in the bud with a few doses of Aconite. If your child or

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		animal is red hot with a bounding pulse then Belladonna may be more suitable.
Apis 30	Itching, hot, red, hives or swellings.	
Arnica 15C	First aid for Injuries - bruises,wounds Shock Trauma Overexertion Fractures	Helps stop bleeding, aids the healing of wounds, reduces bruising and muscular pain from sprains, over-exertion etc After any injury one should always give doses of Arnica. It should be given for a day before and after surgery. Give Arnica for example after the Aconite in a road accident. Take some after falls or dog bites. Three to 4 times daily for 2 days is usually indicated. The remedy of choice for all injuries is Arnica. This remedy should be given after all injuries, falls, bites or operations. If bleeding profusely then apply a pressure dressing with cotton, wool or similar to stem the flow of blood.
Arsenicum Alb 30C	Used for: Diarrhea Vomiting Food poisoning Dry skin Scurfy skin Mange, itching, hair loss, pimples and thickened skin.	
Belladonna	Fever/Flu	A sudden onset of many infections that come on similar to flu in man can be nipped in the bud with a few doses of Aconite. If your child or animal is red hot with a bounding pulse then Belladonna may be more suitable.
Berberis Vulgaris 30	Kidney Stone – pet passes urine with great difficulty.	
Calendula	Cuts	Clean with water removing any foreign bodies and then apply Calendula or Hypercal lotion after drying. Continue applying twice daily while healing.
Cantharis	Cystitis	Burning pains when passing urine is the keynote symptom. Cats and dogs can suffer from cystitis trying

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		to pass urine very frequently sometimes with blood. A few doses of Cantharis can help.
Carbo vegetabilis	For weakness or shock after surgery.	
Caulophyllum 30C	Helps the birth process	
Euphrasia 15C	A remedy for eye problems	
Fragaria 3C		
Gelsemium 30C	Used to help reduce: Fear Sex drive (males)	
Hepar Sulph 30C	Used for: Infections Ear discharges Abscesses	Cat bite abscesses are the most obvious cause of these but any swelling painful to touch like a boil can be aided with 4 doses of Hepar sulph over 24 hours. Tooth abscesses showing as swelling on the face below the eye can respond well to this remedy.
Hypercal	Cuts	Clean with water removing any foreign bodies and then apply Calendula or Hypercal lotion after drying. Continue applying twice daily while healing.
Hypericum	Tooth extractions. Crush injuries	Tail stuck in the door? Crushed fingers and tooth pain from a broken tooth will be less painful if given a dose of Hypericum hourly for 4 doses or so.
Ledum	Insect bites or stings Puncture wounds Bites	Stings and bites of all types can benefit from a dose of Ledum. If acute e.g. a wasp sting or cat bite give a dose hourly for 4 doses. Clean out wound as soon as noticed if possible, removing any embedded hair or splinters. Give Ledum 2 pellets every hour or so for 4 doses. This includes insect bites as well as animal bites and punctures with sharp objects such as nails. If the bite later becomes infected forming an abscess then use Hepar Sulph to fight the infection.
Merc Viv 15C	For rapid control of Diarrhea	
Mimulus	Fear and anxiety.	Flower essence.
Nux vomica	Vomiting and diarrhea or poisoning.	

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Phosphorous	Hemorrhage and Vomiting	Indications for this remedy are weakness following blood loss, vomiting almost as soon as food or water is taken along with a high thirst for large amount of water. It can also be of use if your companion is afraid of thunder or fireworks. (Borax is also very useful in this situation). Animals that need Phos. tend to be very friendly and excitable.
Pulsatilla 15C	Used for: Phantom Pregnancy Mouth and Throat infections Gingivitis	
Rescue Remedy	Sudden stress, trauma, panic or disorientation Collapse Heat Stroke	Flower essence. This is useful in many situations: After any stressful sudden event or before if you know it is coming e.g. before a dog show, visit to the veterinarian. Or after shocks such as thunder, road accidents having had an epileptic fit. It will calm and reassure your companion and calm you as well if you take a dose or two. If breathing or heart is stopped for any reason try a few drops along with artificial respiration etc. For very severe shocks with pale gums, aconite is probably better but this marvelous flower remedy is a must for your first aid kits. Give a few drops every 15 minutes or so for 4 doses if after the event dribble into the mouth from the dropper.
Rhus Tox 6C	Used for: Acute skin problems Arthritis General joint pains Rheumatism Injury	Rhus Tox mixed with Arnica and Ruta can be given after injuries that cause lameness as long as you are sure no veterinary attention is required. Give three times daily for up to 5 days.
Ruta grav.	Tendon injury	Sprains and strains will benefit from Ruta. It can be given with Rhus tox. for an enhanced effect if the resulting lameness is better for gentle movement.
Silica	Foreign bodies	Splinters, grass seeds and anything else that might be under your companions skin can often be helped to come out with this useful remedy. It can also be useful in chronic infections such as cat flu, and cellulites.

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Sulphur 12	Mange, itching, hair loss, pimples and thickened skin	
Symphytum 15C	Used to aid healing of: Damaged Cartilage Fractures Sprains Tendon Injuries	
Urtica Urens 30C	Used for: Insect bites or stings Nettle rash To increase milk flow in nursing animals	
Urtica Urens 3C	Suppresses milk production, and so is useful in: Phantom Pregnancy	
Walnut	To ease transitions such as a move or when new family members are introduced.	Flower essence.