



The Intuitive Connection

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Homeopathy and Pets



Have you ever wondered if there are natural alternatives for health issues for your pets? The good news is that there are. If you are like me, Western medicine and I have a love/hate relationship. Don't get me wrong, they completely serve a purpose and I use them when needed. However, my body almost never does the normal response and I end up experiencing the long list of side effects mentioned on the label. So as I began searching for natural alternatives for myself, I came across several that can be used with animals. While this list is by no means comprehensive, I'm going to share the few that I've had personal experience with and have used successfully.

If you've never heard of homeopathy, let me share what it means and how it works. Developed in Germany more than 200 years ago, homeopathic medicine is based on the belief that the body can heal itself. It's approach is to treat the whole patient using medicines made from highly diluted plants and other natural elements. The principle stems from "like treating like" and that an issue can be cured by a substance that produces similar symptoms in those that are healthy. An example of how homeopathic medicine works is the similarity of symptoms between allergies and chopping onions. When you cut into an onion, your eyes will water and your nose runs. If similar symptoms appear after contact with something like pollen, the homeopathic medicine most appropriate to treat these symptoms is made from a tiny amount of onion. Instead of masking symptoms, the medicine sends the body a signal to help it rebalance and heal. In addition, homeopathy follows the principle of a "single remedy," meaning one remedy covers the physical, emotional, and mental symptoms of an illness at the minimum dose (which may be slightly increased at a small level over time). It should be noted that before dispensing the remedy, the medicine holder needs to be shaken or tapped several times as the belief in using homeopathics involves "energetically" activating it's healing properties

The remedies are usually found in pellet form (sugar based with the dilution mixed in), but some can also be found in tablets, ointments, chews or gels. While there is no FDA regulation, homeopathic remedies are generally safe and without significant side effects since they use only a small amount of a highly diluted substance. Lets look at some solutions you can use with your pets.

- **Arnica Montana:** Relieves muscle pain and stiffness, swelling from injuries, bruising and trauma (available in pellets for internal use or cream, gel or roll-on for topical use)
- **Calendula Officinales:** Relieves minor wounds, cuts or burns (available in pellets for internal use or cream for topical use)
- **Hypericum perforatum:** Relieves nerve pain (pellets)
- **Rhus Tox:** Relieves joint pain improved by motion (pellets)
- **Rhuta Graveolens:** Relieves joint pain NOT improved by motion (pellets) **Note, this does not state this use on the label, this is something I was taught by a homeopathic practitioner*
- **Symphytum Officinale:** Relieves symptoms of bone trauma (pellets)

Recommended Brand: Boiron www.boironusa.com

Pellet Dosage:

Small animals (up to 15 pounds): 1-2 pellets orally (start with lowest and increase to next increment if needed)

Medium animals (15-50 pounds): 2-3 pellets orally (start with lowest and increase to next increment if needed)

Large animals (over 50 pounds): 3-5 pellets orally (start with the lowest and increase to next increment if needed)

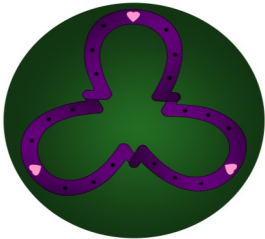
*Note: You can mix and match pellets. For example if treating a large animal for pain and limping, you could give 3 pellets of Arnica and 2 pellets of Rhus Tox (just don't exceed the maximum number of recommended total pellets). I also recommend starting with 1 remedy for several days before adding another so you can determine which is the most effective.

Bach's Flower Essences

Another remedy worth mentioning is Rescue Remedy, which also falls under the homeopathic category. Rescue Remedy Pet helps to reduce stress without the side effects often found in sedatives. It is a blend of 5 flower essences (Cherry Plum, Clematis, Impatiens, Rock Rose and Star of Bethlehem) in a pet-friendly, alcohol-free formula. The pet formula is suitable for dogs, cats, horses, rabbits, birds and lizards. They also have a calming chew for dogs.

Recommended Brand: Bach's Rescue Remedy www.rescueremedy.com

Administer 1 dose (4 liquid drops) orally or with food/water, as often as needed. Dosage and frequency do not depend on the breed, age, or weight of the animal, but on the level of stress.



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Alpaca inspired lip balm
flavor of the month inspired by:

Strudel
Apple Strudel

(Infused with the flavors of caramel apple,
vanilla, cinnamon, with a hint of
sweetness)

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