

GENERAL

Our animal friends are subject to many of the same stresses as we ourselves experience - grief, boredom, depression, allergies to their environment, digestive troubles, and problems from immunisation.

Homeopathy is also very useful in treating accidents and injuries, and in more structural problems such as prolapsed disc, torn ligaments, etc. Together with a manual therapy such as acupuncture, the results can be outstanding.

All of these things can be successfully treated with homeopathy, and many animals have recovered from quite serious conditions, and lived long and fruitful lives - often despite poor prognosis from the vet.

DIET

Diet is probably the most important element in maintaining the health of your animal and the biggest cause of poor health.

Despite what we are told on TV and by many vets, tinned and processed food is no better for our animals than it is for us. Given occasionally it is fine (like junk food for humans), but continued use can lead to problems with digestion, skin, worms and even fleas. Many other problems are exacerbated by poor diet.

Cooked food is not natural for animals, it alters the nutritional value and kills the valuable enzymes.

Processed foods often contain colorings and additives, and worse, many undesirable animal parts that you probably wouldn't want to hear about!

A raw food diet, based on raw meat and vegetables, raw meaty bones and the addition of nutrients such as kelp, calcium carbonate and brewers yeast, provides a more naturally balanced diet. Oils such as safflower, olive or sunflower are desirable, as well as the addition of a beaten egg, some live yoghurt or milk. Herbs and garlic are also beneficial and add variety.

Dr Clare Middle has written a great book on diet. Look at her website.

FIRST AID

As with treating humans it is always useful to have a few remedies or a mini kit on hand to deal with any unexpected accidents or injuries. Homeopathics can be given while you are waiting to see the vet and won't interfere with other treatments.

You may already have the following remedies in your home kit. You can also buy them in a mini kit or singly as required.

1. **Aconite 30c** is the first remedy to think of in any kind of accident or injury where shock is a strong element, or following snake bite. In unconscious animals crush a pilule or put in water.

2. **Arnica 30c** is for falls, bruises, soreness and swelling from injury, as well as having a strong affinity for haemorrhage after accidents or injury. First remedy to think of in gunshot wounds or for internal haemorrhage.

3. **Calc Carb 30c** is good for very young animals and animals in middle to old age. Poor nutrition or metabolism may have been a factor and there may be problems with malformation or development of

bones and teeth, as well as poor healing. They may be averse to milk and if they do drink it, it can cause problems. They may smell sour and often crave dirt or similar substances. They tend to be overweight, energy may be low and they are chilly so prefer to be inside.

4. **Carbo Veg 30c** is known as the corpse reviver. The animal appears lifeless, cold and gums are blue. Breathing has ceased and heart may have also stopped. Give AR and the remedy, while waiting for professional assistance.

5. **Ledum 30c** should be given if the animal sustains puncture wounds after a fight, reacts to insect bites or otherwise receives a stab-type wound. It is known as the anti-tetanus remedy and will usually prevent infection if given early. Other remedies will be necessary if the state progresses.

6. **Hypericum 30c** is indicated for nerve pain after prolapsed disc or other injuries where nerves are trapped and the pain is severe. Gunshot wounds if Arnica fails.

7. **Nux Vomica 30c** is the first remedy to use for poisoning. Administer remedy frequently while seeking professional help.

8. **Phosphorus 30c** is useful for over-excitability and/or anxious animals, who get worse if the situation around them is tense. They are often terrified of thunder and lightning and are usually very affectionate. Indicated for haemorrhage if Arnica is insufficient.

9. **Pulsatilla 30c** is one of the best remedies for conditions affecting female animals, but also suits males

who fit the picture. They are usually clingy, needy, and have mild personalities. Although chilly, they prefer open air. Symptoms can be changeable or move from place to place. The animal is not usually thirsty and doesn't do well on rich or fatty food. Discharges are typically yellow or white, thick and profuse, and bland.

10. **Rhus Tox 6c** is good for older animals who are a bit stiff when they get up in the morning and seem to be worse in the winter or when the weather is damp. It is also useful for those itchy, hivey rashes dogs sometimes get. Give daily.

11. **Sulphur 6c** can be helpful for skin conditions, where there is much redness and itching and the animal is hot. Use 3 times a day for a week and if little or no improvement seek professional help as giving this remedy long term can push the condition inwards. Useful for fleas & ticks, both treatment & prevention.

12. **Rescue Remedy** No first aid kit should be without this remedy!! A combination of Bach Flower Remedies plus Lotus 12x useful for shock, trauma, after accidents, etc. The first remedy to think of if an animal has been involved in a car accident or birds have flown into windows. This remedy is definitely a life saver. Also good for anxiety before an event, such as going to the vet. Useful if you have no other remedies available.

Two drops under tongue, on nose, top of head, or in drinking water as required. Rescue Remedy can also be applied externally to bites, stings, bruises, etc.

IMMUNISATION

The immunisation remedies and the program used to administer them were pioneered many years ago by George McLeod, a UK homeopathic vet of some repute.

Homeopathic immunisation is becoming more and more popular for cats and dogs, because of its safety and effectiveness.

However, it is important for you to know before choosing this option, that some kennels and catteries will not board your animal if it has not been conventionally immunised. Please check before undertaking the homeopathic immunisation program

If you are interested in homeopathic immunisation for your animals I can provide you with a kit for cat and/or dog which includes immunisation remedies, as well as heartworm and worming remedies if required. Immunisation remedies are available for other animals, please ask.

Cat immunisation covers:

Feline enteritis, feline leukaemia, infectious peritonitis, calici virus and rhinotracheitis (cat flu). Feline aids is also available separately.

Dog immunisation covers:

Distemper, parvovirus, hard pad, hepatitis, leptospirosis, bordetella, and parainfluenza.

Heartworm - separate remedy.

Worming remedy - may need to use proprietary worming product first if worms are present, and then maintain with worming remedy.

The program is as follows:

Each immunization remedy is given -

1. three times a day for 3 days
2. once a week for 4 weeks
3. once a month for 6 months
4. then once a year

Heartworm and worming remedies come with separate directions.

A record card and instructions are provided with the immunisation remedies.

NOTES

Homeopathic remedies are safe to give to baby animals of any age, or to seriously injured animals.

If you are anxious about giving pilules whole, crush one pilule between two clean teaspoons and tap a little into the mouth or put in water and dispense with a teaspoon or syringe.

Alternatively, remedies can be made up in liquid if you prefer. Put in side of mouth, in drinking water, or drop on the top of the head or elsewhere. Please ask for drops when remedies are dispensed, but be aware that remedies will not last as long when made up in liquid.

Many animal carers find their animals prefer the pilules!!

DOSE

The dose for remedies in the kit is one dose (1 or 2 pilules) as required until improvement is felt.

If the situation is severe take one dose every 10-15 minutes then spread out to hourly, 2 hourly and 4 hourly as improvement is seen.

If there's no reaction after three doses, the remedy is probably incorrect. Select another remedy or consult your homeopath.

CARE OF YOUR REMEDIES

1. Try not to touch the remedies with your hands. Roll into lid of container and drop in mouth or onto teaspoon.

Alternatively drop in a little water, stir vigorously and administer a little with a teaspoon or dropper. Can be given in food but the least favorable option.

2. Try to give remedies 10-15 minutes before or after food. This promotes the best remedy action, but in a really acute situation *just give the remedy!*

3. Discard any pilules which are dropped as they may be contaminated.

4. Store remedies away from direct light & heat, strong smells (such as essential oils) and electrical appliances.



Homeopathy for ANIMALS

Many people are interested in treating their animals naturally, and homeopathy is often stumbled upon long before other people discover it for their human families!

With its reputation for being safe and effective, and without side effects, the appeal of homeopathy is strong. Animals respond very well to homeopathic treatment and the process is much the same as for treating people.

Owner can safely treat minor accidents and illness at home, also combining remedies with veterinary treatments for enhanced results. Constitutional treatment is available for more chronic health problems.

This flyer is a brief introduction to better health for your animals, and contains notes on homeopathic immunisation and worming.

We offer a mini kit to get you started in treating your animals (as outlined in this flyer), you can buy a 25 remedy Home Kit for a wider range of applications, or just buy your remedies as required.

REMEMBER *should your home prescribing prove ineffective, call your homoeopath or visit your vet.*

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