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37 Herbs & Remedies For Fabulously Healthy Animals

Brookby Herbs



FREE Herbal Guide To Natural Animal Health

Brookby Herbs- 38 Spencer St, Remuera, Auckland 1050, New Zealand

www.brookbyherbs.co.nz

info@brookbyherbs.co.nz

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Common Ailments for Horses

Horse Allergies and Hay-Fever

Does your horse suffer from allergies and hay-fever like symptoms? Spring and summer can certainly be the time of year when such unpleasant problems can make themselves known. Just like humans, horses can suffer the horrible effects of hay-fever but luckily there are some wonderful herbs available to ease the discomfort.

Hay-fever in horses can often manifest as a recurrent cold like symptom with coughing and streaming eyes. It can be like a constant recurrent cold which your horse never seems to fully recover from. The lungs can become inflamed and your horse can be more susceptible to infections. Head shaking is another possible symptom. He may be tired and lethargic and generally seem quite miserable.

There are different causes to allergic respiratory problems. There are moulds, spores and weeds which can be found in hay or even in the pastures during spring and summer. The body can become sensitive to these elements and cause an allergic reaction. When feeding hay it is wise to wet the hay so you are decreasing the dust element.

Your vet will be able to possibly find the cause using a procedure that looks at the fluid and cells in the horse's lungs to see how bad the allergy is. There is also a blood test that can determine what 'in fact your horse is allergic to which in turn will make it a lot easier to treat.

From an herbal perspective the horse's immune system is usually seen to be quite low. You therefore can start treatment by boosting the immune system early in the season. Herbs such as Echinacea, Garlic, Rosehips and Kelp are all great general immune boosting herbs. Echinacea and Garlic will also be helpful for fighting any infection that may be developing.

Natural expectorants can help soothe a cough and clear the passages, making breathing easier for your horse. . Herbs such as Mullein and Marshmallow are 2 such herbs. Vitamins found in herbs can help restore damaged tissues and build up the immune system also.

Natural antihistamines have an important part to play when it comes to allergies. Horseradish is a lovely effective herb and can help reduce streaming eyes and some of the uncomfortable symptoms. Also calming down an over reactive nervous system with herbs such as chamomile is a great way to go.

It is most effective to start addressing allergy problems well before the season begins. If you work on building the immune system early then being prepared with your herbal toolkit then you will find it possible to make a real difference in your horses' life.

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Horses with Arthritis can Benefit from Eating Hawthorn

Horses with arthritis can benefit greatly from eating Hawthorn, both the tops of the plant and the berries. Its proper botanical name is *Crataegus monogyna* & *Crataegus oxyacantha* and it is considered an extremely valuable medicinal herb.

Hawthorn berries are used extensively as a cardiac tonic and for increasing circulation which is very important for horses with arthritis. The leaves and flowers are used for the same purpose and it was known in the middle Ages as a symbol of hope and taken for many ailments.

Western herbalists consider it to be a “food for the heart” increasing blood flow to the heart muscles and restoring normal heartbeat. It is a wonderful herb for the elderly senior horse helping with circulation and strengthening the heart.

Hawthorn is also used for joint remedies for horses with arthritis as it increases circulation and is great for helping rid the body of toxins which can build up in the joints. It is considered an astringent, antispasmodic, cardiac, diuretic, sedative and tonic.

Hawthorn is also very useful in horses that have navicular syndrome as it dilates the blood vessels. Often you can see horses with navicular or laminitis nibbling on the new leaves of Hawthorn bushes if they are so lucky to have easy access.

Hawthorns are normally planted as a hedge and are perfect for creating a hedgerow containing other edible herbs for horses. The sharp thorns protect the edible herbs from being completely eaten to the ground by voracious horses but allow them to nibble any tasty morsels within their reach.

Hawthorn is in fact considered a noxious weed in Victoria and South Australia and is native to Europe, North Africa and West Asia. Hawthorn is very common throughout Victoria, south east New South Wales, Tasmania and South Australia where there is moderate to high rainfall.

Hawthorn has been relatively well researched and its main medicinal benefit is due to its bioflavonoid content. The active constituents relax and dilate the arteries, especially the coronary arteries. This then increases the flow of blood to the heart.

Hawthorn is also considered to be highly antioxidant, which in turn helps reduce degeneration of the blood vessels. It is used today for angina and irregular heartbeat but also requires a few months to produce noticeable results. Like many herbs, hawthorn works in tune with the body which requires time for change to occur.

Not only is this herb used for high blood pressure but it also raises low blood pressure and herbalists have found it can restore blood pressure to normal. Combined with Ginkgo it is used to improve memory by improving circulation to the head and oxygen to the brain.





The 2 species of Hawthorn are very similar, differing mainly in the number of seeds per fruit. They are erect shrubs or small trees around 4-6 metres though can grow up to 9 metres. There

are many spreading branches with thorns and triangular to ovate leaves. Flowers are white and appear in clusters with a sweet scent. Hawthorns have bright red berries in autumn but with a mild flavour.

Flowering tops (leaves and flowers) are harvested in late spring and the berries are gathered in late summer and early autumn. The optimum time for harvesting the tops is only about a week so you need to be vigilant to get the correct time. The flowers should be mostly open but not yet fading.

You will need gloves when harvesting the berries. They should be harvested once they turn red. At this stage their level of active constituents is highest and the berries are less likely to be damaged as they are firmer at this stage. Strip the berries into a basket with gloved hands. The berries will need good drying conditions.

Hawthorn leaf and flowers dry quite easily but should be dried quickly in order to retain good colour. This can then be used as a tea or infusion or you can steep the berries and feed to your elderly horses. A wonderful herb for maintaining a healthy older horse with arthritis or when competing on a regular basis.

<p>Devil's Claw (root) (<i>Harpagophytum Procumbens</i>)</p>  <ul style="list-style-type: none"> • Helps maintain a healthy skeletal syst. • Ideal for healthy flexible joints • Shouldn't be fed to pregnant mares. 	<p>White Willow (bark) (<i>Salix alba</i>)</p>  <ul style="list-style-type: none"> • Origin of aspirin • Tonic and astringent • Good for digestive system.
<p>Meadow Sweet (herb) (<i>Filipendula ulmaria</i>)</p>  <ul style="list-style-type: none"> • Antacid • Neutralises the acid in the system. • Great for digestive system 	<p>Nettles (aerial parts) (<i>Urtica dioica</i>)</p>  <ul style="list-style-type: none"> • Nature's own cleansing tonic. • Rich in iron and vitamin C. • Increase circulation.

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Useful Herbs to Combat Colds and Viruses

Autumn and winter can be a miserable time when there are colds and viruses circulating freely amongst our horses. Herbs can be a wonderful natural remedy for such situations and prevention is a great place to start. If we remember that most modern medicine originated from herbal medicine we know we are in good hands.

There are four different categories of herbs that are commonly utilised to help combat the common cold and we will discuss the different herbs as we go. To start with prevention we must first look at boosting the immune system so it is better able to fight off any bugs.

Herbs such as Rosehips which contain vitamin C are wonderful for overall health and they are said to improve strength in the hooves as well. Kelp is another general herb which is brilliant for its natural composition of vitamins and minerals. It is stacked full of goodness and can easily be added to your horses daily feed.

Herbs that directly stimulate the immune system to fight the infection are used during and possibly even to prevent colds when given prior to the obvious signs of illness. Echinacea and Asian ginseng are two examples in this category. They are ideally given at this time of year when you know bugs are circulating and the herbs can quietly be working before the bugs start flying.

Herbs that promote a mild fever, hence sweating (known as diaphoretics) may be useful when horses have colds and viruses as this helps fight the infection. Because a fever is a sign of the immune system working, it may be that diaphoretics are also immune stimulators like the first category. Elder, boneset and yarrow are three examples.

The third category of helpful herbs includes herbs that may directly kill the viruses that cause colds, based on test tube studies. Goldenseal, myrrh and usnea are examples. These herbs have been shown to work directly on viruses so can also be helpful when your horse is unwell.

Finally, some herbs are used just to alleviate symptoms such as sore throats. These herbs tend to be high in mucilage and are soothing and anti-inflammatory or have tannins that are astringent. Marshmallow and mullein are two examples. Symptom-relieving herbs may have other active constituents and mechanisms of actions. As you can see in the following list, many herbs fit in more than one category, such as goldenseal (immune stimulating and antiviral).

Immune-stimulating:

Asian ginseng, astragalus, boneset, Echinacea, eleuthero, goldenseal, hyssop, linden, schisandra, wild indigo.

Diaphoretic:

Boneset, elder flower, hyssop, linden, yarrow.

Symptom-relieving Astringent (soothe sore throat):

Blackberry, blueberry, red raspberry.

Mucilage (soothe sore throat):

Marshmallow, mullein.

Reduce nasal stuffiness:

Eucalyptus, peppermint.





Relieve aches and pains:

Meadowsweet.

Miscellaneous sore throat relief:

Sage, yarrow.

Therefore when it comes to helping your horses through autumn and winter this year, think about the wonderful array of possibilities in nature's medicine chest. The results can be very fast and very satisfying as you know you are feeding natural goodness to your horses.

<p>Echinacea (root) (<i>Echinacea purpurea</i>)</p> <ul style="list-style-type: none">• Boosts the immune system• Maintains healthy respiratory system• Enhances immune system. 	<p>Fenugreek (seed) (<i>Trigonella foenum-graecum</i>)</p> <ul style="list-style-type: none">• Aids digestion.• Stimulates appetite• Improves condition. Extremely nutritious.• Avoid during pregnancy. 
<p>Garlic (bulb) (<i>Allium sativum</i>)</p> <ul style="list-style-type: none">• High in Sulphur• Good for digestive system• Antiseptic• Helps repel nuisance insects 	<p>Marshmallow (root& leaves) (<i>Althaea officinalis</i>)</p> <ul style="list-style-type: none">• Excellent herb for digestive system• Tonic.• High in mucilage• Used for minor skin inflammation 

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Best Natural Calmers for Horses

If you have been looking for the best horse calmers out there on the market these days, then have you considered the natural alternative? Mother Nature has provided the most wonderful array of healthy calming herbs that are perfect for calming a stressed or excitable horse.

When you consider what is the best horse calmer for your particular horse, it is important to consider what is in fact causing the behaviour in the first place. If you know what is causing the problem then you are in a much better position to help.

First you want to eliminate the possibility that there is an injury or pain which could be causing erratic behaviour. If your horse has a sore back or pinched nerve then bad behaviour can be the result. Just like humans, pain can cause an upset and it is important to rule this out.

Diet is of course another possibility when it comes to excitable behaviour. Too much grass and the wrong feed can cause problems so be aware of what your horse is eating. Today's horses have to cope with a number of stressful situations. Competitions and moving properties can all cause stress. This can have an effect on horses' happiness and health but herbs can help your horse adjust quite nicely.

Where-as humans might reach in the cupboard for a cup of Chamomile tea or a rescue remedy to calm the nerves or boost the immune system, a horse can also benefit from natural remedies. Supplementing a horses' diet with calming herbs can be an important part of good animal health; Herbs are a natural way of improving your animals' sense of enjoyment in life and they are packed with essential vitamins and minerals for a balanced nervous system and can make a big difference to how your horse responds to exciting or different stimuli.

Horses that are hyperactive or anxious can often have an unbalanced nervous system. This can have an effect on the skin, behaviour and digestion. Herbs such as Chamomile, Scullcap and Vervain, can help soothe the nervous system; These herbs reduce the anxiety or excitability that your horse may be experiencing and can also work by relaxing the muscles and the gut without causing the drowsy state that conventional sedatives can induce".

One of the advantages of using herbal supplements is that they allow for early intervention before clinical signs become severe. Medicinal herbs are a time honored tradition and when used in conjunction with modern science have proven to be extremely beneficial to our four legged friends.



Relief for Moody Mares and PMS Type Symptoms

Have you ever wondered what nature has in its medicine chest for moody mares? Often when we look at our mares that present with “mareish” behaviour we don’t immediately relate it to the human symptoms of pre-menstrual tension, but in fact it is very similar.

Just like humans, mares can suffer from hormonal issues which can cause very unpleasant behaviour. In fact it can be quite dangerous if not well managed. Squealing, biting, kicking and general moodiness on a cyclic basis is a possible sign that your mare is suffering from hormonal issues.

Again just like people the symptoms can be quite painful and cause your moody mare to be quite upset. PMS affects an estimated 30-50 per cent of women in their childbearing years and who knows how many of our horses. The symptoms appear approximately two weeks before the menstrual period begins but luckily nature has provided some wonderful herbs designed to help regulate the hormones and can help reduce a lot of the pain and anxiety associated with this condition.

Chaste Tree is an herb that has been well studied and research has found it to be very effective in the treatment of hormonal issues. Although it is still unclear what exactly causes the hormonal issues, fluctuations seem to be what causes the unpleasant symptoms. It is therefore thought that by regulating the hormones you can help relieve the symptoms.

It has been shown that by taking Chaste tree over a period of months you can help regulate the hormones in your mare and help ease the nasty cramps and irritable moodiness. Chaste tree is said to imitate estrogens and progesterone because of its phyto-hormonal actions and a German study found chaste tree to be more effective than Vitamin B6 for PMS .

Other herbs that can be really useful for aggressive hormonal mares are Chamomile and Vervain which are relaxing herbs that will ease away stomach cramps that are making your horse oversensitive to the touch. Chamomile will soothe the nerves and help with general discomfort. All these herbs can be fed in a dried form or you can find them in a more concentrated liquid form.

Chamomile is a safe, gentle and effective digestive tonic plus a mild sedative, which eases griping pains. Traditionally used to calm tension and stress. It is also said to be an effective painkiller and anti-inflammatory for arthritis, rheumatism and general aches and pains. Chamomile contains potassium for general healing.

Chamomile is one of the most highly researched herbs and probably the first herb to reach for in the case of mild stomach upsets caused by nervousness or hyperactivity. Chamomile serves to ease any nervous spasms in the digestive tract and helps to expel gas and improve digestion.

Be patient when using herbs to treat your horses. It is not a quick fix but an effective, natural fix. Allow a good few months to see a difference in your mare. Also know that you are utilising the power of Mother Nature when feeding herbs to your horses, without the side effects of synthetic medicines. Bring tranquillity to your mare today with wonderful healing herbs. Bring tranquillity to your mare today with wonderful healing herbs.

Immune Boosting & Hoof Strengthening

Rosehips- The brilliant anti-oxidant food for horses.

Rosa Canina- Dog Rose

Dog Rose is native to Europe and is considered a weed in parts of Australia which is unfortunate as it has such wonderful health giving properties for both ourselves and our horses.

The hips of the dog rose were a popular sweetmeat in the Middle Ages. The term sweetmeats usually refer to candy or sweet confections. Doctors in the Middle Ages often concealed bitter medicine in candy form, so that it was more palatable to patients. However, many patients believed that medicine wasn't working unless it tasted awful.

Description: Climbing perennial growing up to 3 metres. Has pink and white flowers with curved thorns and scarlet fruit called ("hips").

GROWING- In Australia Sweet Briar is the more widespread rose and Dog Rose is found in more scattered and older settlements. Dog rose is used for medicinal purposes and when mature the petals will fall off leaving the hip to be harvested. The hips are ready for harvesting as soon as they have attained full colour. They can be harvested from around mid-March to late May. The hips need to be dried quickly and at quite high temperatures.

Constituents: Rosehips contain vitamin C, A, B 1, B 2, B 3 and K, flavonoids, tannins, invert sugar, pectin, plant acids, polyphenols, carotenoids, volatile oil and vanillin.

Uses: Rosehips are a fabulous herb or fruit for ensuring great health for both horses and humans. Because of the Rosehips anti-oxidant properties they are a brilliant food for maintaining good health. Research has shown that antioxidants protect the body against certain diseases such as cancer, arthritis and cardiovascular diseases.

Antioxidants can protect against free radical cells which can damage tissues and are implicated in causing many diseases. Excessive free radicals are caused by poor nutrition, stress and damaged tissues. Infections will lower your horses' vitamin c levels and this can also inhibit the growth and repair of cartilage and bone tissue if it is constantly deficient.

Rosehips have an important role to play in neutralising free radicals therefore they are a wonderful food for keeping your horse healthy and in peak condition. Research has established Rosehips as the highest source of flavonoids and biotin which is great for strengthening horses' hooves as well.

Naturally occurring vitamin C has been found to be far more readily absorbed than artificial vitamin c; therefore the benefits of feeding rosehips to horses should be an obvious choice. Rosehips are a great source of Iron and can be used to rehabilitate weak kidneys. They are also a good tonic for liver based ailments and can help build a barrier against infection.

Rosehips can be made into a tea by mixing 2 dessertspoons of granules into 1 litre of boiling water and steeped until cool. This tea is then poured over your horses feed. For those of you who don't have time to make your own tea then Brookby Herbs have a Rosehip and Garlic tonic in cider vinegar already made up for you and available through selected stockists.

Feeding the Pregnant Mare Herbs - The Last Trimester

As well as a nutritionally balanced diet supplying the protein, minerals and vitamins required in the last trimester, there are a number of herbs that can benefit the pregnant mare, however care must be taken when feeding supplements of any kind to the pregnant mare.

Once in foal, there are very few herbs which are safe and generally these are only recommended for use in the last 75 days. For example, raspberry leaves are considered the ultimate pregnancy herb, as they help strengthen and tone the uterus and aid with delivery when fed in the last 45 days of pregnancy. The leaves contain an alkaloid known as fragerine, which relaxes and strengthens the uterine muscles, tones the pelvic muscles and assists with contractions during the foaling. Raspberry leaf may also help prevent miscarriage and haemorrhage.

Small amounts of garlic cleanse the blood and combat infection, although it is recommended to cease feeding within 30 days of delivery as it may flavour the milk!

Blessed thistle and fennel seed will help with milk production. Boiling barley with fennel seed and feeding to the mare during the last three weeks of pregnancy will greatly improve the quality and quantity of her milk. Fenugreek seed is also very enriching and will aid in milk quality as well.

There are also many 'mixes' available on the market designed to aid the mare in the final months of pregnancy that contain ingredients such as Nettle, Red Raspberry Leaves, Chamomile, and Rosehips, however it is recommended that a herbalist be consulted before using.

Herbs that may be considered a muscle relaxant or stimulant should be avoided - Devil's claw, rosemary, thyme and wormwood are among a list of many herbs that could negatively impact the pregnancy. Despite being recommended for many female purposes, Black Cohosh, Blue Cohosh, Motherwort and Yarrow are also some of the many herbs that should be avoided in the pregnant mare.

To be sure, consult an expert before giving any herbs to a pregnant mare, as even the 'safe to use' herbs have particular dosage rates and more is not always better.



Herbal Poultice for Horses

A poultice for horses is nothing more sophisticated than a soft object such as bread, clay or soft cloth, which is moistened and applied to an area for the purpose of healing. An herbal poultice for horses adds a specific mixture of herbs to the object to contribute to the healing process. Typically the herbs used are ones that are thought to have healing properties. A poultice is a type of remedy can be used on people or on animals and will offer the same relief.

Common Uses

Poultices for horses were traditionally used to treat ailments before the days of modern medicine. Many home remedies were developed back in the old days when more mainstream methods of healing were not yet available. Interestingly, much of what we know now about modern medicines evolved from many of the home remedies of the early days. Regardless of the modernization of medicine, many people still choose to use herbal treatments to treat common ailments or injuries. These remedies work especially well for horses.

Here are a few of the common uses for poultices:

- Pain relief
- Reduce swelling
- Reduce inflammations
- Draw out infections
- Rid the body of toxins
- Remove poisons
- Speed up the healing process

How to Make a Poultice





It is fairly simple to make an herbal poultice for horses. First you will need to gather the necessary herbs. The herbs you use will depend on the ailment you are trying to treat. Grind up the herbs in a blender then add a small amount of oil, vinegar or water to the herb mixture, just enough to make a paste like substance. Once the substance is pasty, spread the mixture into a soft cloth. The cloth should be big enough to cover the infected area. Apply the paste side of the cloth directly onto the affected area. It is advisable to wrap a bandage around the poultice to keep it in place, this is especially important when applying on horses. The poultice should be kept on the affected area until the mixture dries; this can be anywhere from a few hours to a day. Continue application until you receive the desired effect.

Herbs and Ailments

Specific herbs are used to treat specific ailments. Before making your poultice for your horse you will want to identify what ailment you are going to treat and determine how big the area is you are trying to treat. Make your herb mixture sufficient for each circumstance. When using herbs that may irritate an open wound such as salt or onion, you can apply a thin cloth between the wound and the poultice to keep the herbs from making direct contact with the wound.

Here are a few herb mixtures that are used to treat common ailments in horses:

- Onion and white willow barks are used for pain, swelling, sores and boils.
- Epsom salt can be used for hoof abscesses or founder.
- Cayenne pepper and wintergreen oil is used for pain and inflammation.
- Chickweed and/or calendula are used for joint pain and stiffness.
- Slippery elm powder mixed with castor oil is used for cleaning out wounds or drawing out infections.
- Plain mud poultices are often used to treat founder in horses and relieve the pain of laminitis.

<p>Echinacea (root) (<i>Echinacea purpurea</i>)</p>  <ul style="list-style-type: none"> • Maintains a healthy respiratory system • Boosts the immune system. 	<p>Fenugreek (seed) (<i>Trigonella foenum-graecum</i>)</p>  <ul style="list-style-type: none"> • Aids digestion. • Expectorant for coughs. • Improves condition. • Avoid during pregnancy.
<p>Garlic (bulb) (<i>Allium sativum</i>)</p>  <ul style="list-style-type: none"> • High in Sulphur • Cleanses the blood. 	<p>Marshmallow (root& leaves) (<i>Althaea officinalis</i>)</p>  <ul style="list-style-type: none"> • Expectorant for coughs. • Tonic. • Helps expel mucus. • Soothes irritation in airways.

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Calming Herbs For Horses That Are Sensitive To The Touch

Vervain is also known as Herb of Grace and has been well connected over the ages to sorcery, magic and other spiritual traditions. It was even used in ceremonies by the Druids of ancient Britain and Gaul. Dioscorides in the 1st century called vervain the “sacred herb” and it is a traditional herbal medicine in both China and Europe.

The Romans also called it *herba sacra* and *herba veneris* and it was used as an altar plant and was involved in the Christian tradition. Today it is used medicinally as a nervine herb. Vervain is native to the Mediterranean region.

Description: Vervain grows 350-900mm tall, with ribbed stems. It is loosely branched and only sparsely leafy. The opposite leaves are up to 60mm long and they vary from ovate and coarsely toothed. Flowers are small, lilac coloured.

GROWING-Vervain doesn't have many leaves and is quite a scruffy looking plant. But it is quite productive and quite easy to grow. Vervain grows well in a wide range of climates though it doesn't enjoy cold winters and can suffer from frost damage. Moderate fertility is required. Vervain grows wild throughout Europe, North Africa, China and Japan.

Uses: Nervine, Tonic, Mild sedative, stimulates bile secretion, mild bitter. Although Vervain has not been hugely researched some of its uses are widely well known. Vervain is bitter and stimulates digestion. It is considered a digestive tonic and thought to improve the absorption of food.

Vervain is particularly admired as a restorative of the nervous system and is especially helpful for nervous tension. In horses it is said to be very useful with horses who are sensitive to the touch and who need help in calming their nervous system.

It is also thought to have a mildly anti-depressant action and is used to treat anxiety and the nervous exhaustion which can follow a long illness. In the case of helping convalescence, vervain is said to aid digestion and to help restore the nervous system.

Vervain is said to alleviate headaches and in Chinese medicine is used for headaches related to the menstrual cycle. It is also used for jaundice, asthma, insomnia and helps labour contractions.

With regards to horses, Vervain is a great herb when combined with Chamomile for the nervy, tense horse that doesn't seem to settle. Ideally suited for the horse that is sensitive to the touch opposed to the horse that tends to hold tension in their muscles. Herbal blends can be fed on a daily basis to help relieve tension and can be used to help calm a nervy horse while you re-train and re-educate either a young horse or a horse that lacks confidence.

Herbs can be fed for 3 months in order to re-balance the nervous system and to allow time for re-training. A wonderful natural and gentle way to get the best performance from an excitable or nervous horse.

How to Grow Rosemary and the Benefits of Using Rosemary for Horses

Rosemary, *Rosmarinus officinalis*, is a popular herb because of its distinctive scent and its many culinary and holistic uses. It has anti-inflammatory properties and is used as an anti-bacterial and anti-microbial herb. For horses, it is used as a fast-acting antiseptic to repel fungal infections and bacteria. It can also be used in a homemade insect repellent.

How to Grow Rosemary

Rosemary will grow from cuttings or from small plants bought from a nursery. They do not grow well from seeds. If you want to grow a new plant from a cutting, cut an 8-inch cutting from the plant during spring or summer, dip it in rooting powder and plant it in potting soil to allow it to form roots. Keep the soil slightly damp and it will be ready to transplant in about a month.

Rosemary needs a partial-sun location. If you live in a cold climate, consider planting it in a large outdoor container that can be moved indoors during the coldest parts of the winter. Rosemary can tolerate some below-freezing nights, but it will be damaged by long periods of below-freezing temperatures. To help guard outdoor rosemary against cold nights, pile 3 inches of mulch around the base of the plant to protect the roots from the cold. This is also useful in hot climates for keeping the roots from becoming overheated.

Rosemary needs a well-draining soil to grow well. If you have thick clay soil, break it up with a spade and add compost or potting soil to the mixture. For particularly thick soils, adding sand will further improve the drainage.

Your outdoor plant won't need to be watered often unless you live in a dry climate. The soil should become completely dry in between watering. If you receive regular rainfall, this will be enough to keep your plant watered. Each spring, apply fertilizer to the soil around the plant and water it to allow the fertilizer to soak into the soil. Once you have an established plant, you can snip off leaves and stems as you need them. However, always leave some on the plant to allow it to continue growing.

Using Rosemary

Rosemary has been used since ancient times for both its flavour and its medicinal qualities. It is high in vitamin A, B-complex vitamins, folic acid and vitamin C. It has been used for everything from improving memory to stimulating circulation. The many minerals contained in these tiny leaves make it a nutritionally complex plant that can calm the digestive system, protect liver cells from disease and alleviate rheumatism pain.

For horses, the scent of rosemary is useful for repelling flies. Essential oil from rosemary leaves is often used in horse shampoos and skin products to cleanse the skin and hair and repel insects. A homemade fly repellent for horses is made with rosemary leaves, lemons and water. Lemon and rosemary steeped into boiling water and left overnight can create a gentle insect repellent that can be sprayed onto a horse to keep bothersome flies at bay.

Enhancing General Horse Appetite

Fenugreek has been used since the Early Bronze Age; it was cultivated in Assyria (7th century BCE) and remains found in Iraq have been reliably dated to 4000BCE. In the Ebers Papyrus (c.1500BCE) it is mentioned as an herb to induce childbirth. Dried plants are sold as hilba in Egypt as a remedy for painful menstruation.

It was first mentioned in Chinese medicine in the 11th century and has a long tradition as a tonic herb in both Chinese and Ayurvedic medicine. Western interest in the herb centres on one of its constituent alkaloids, trigonelline, which has potential in treating cervical and liver cancer, and its saponins, which are extracted for use in oral contraceptives and other pharmaceutical products. Trigonella is from trigonus, "triangular", referring to the flower-shape. Foenum-graecum means "Greek hay", because the plant was grown as a fodder crop in Greece.

Fenugreek, a popular spice and cousin to the pea that is grown in the Mediterranean area of Europe and western Asia, was used by the ancient Egyptians for incense and embalming. The Romans preferred it as an aid in childbirth, while the Chinese employed it in cases of weakness and swelling of the legs. Today fenugreek is used to treat a number of ailments, including diabetes. In studies, an extract of fenugreek seeds was shown to lower blood sugar in people with type 1 or type 2 diabetes.

Both a spice and a medicinal herb, fenugreek has a long and respected history, dating back to the ancient Egyptians and Greeks. Today, it is used to soothe stomach irritations and improve appetite. Recent studies indicate that fenugreek also lowers blood sugar and cholesterol levels.

This annual herb with clover-like leaves belongs to the family Leguminosae. It grows to a height of 20-24 inches. While the plant has a strong, sweetish-spicy aroma, the seeds taste slightly salty and when chewed have a mildly bitter taste.

Description: Strongly aromatic annual growing to about 32 inches. Has sickle shaped pods and yellowish white pea-like flowers. The seeds are harvested during autumn.

Constituents:

With their emollient effects, fenugreek seeds ground into a paste help heal boils, abscesses, swollen lymph nodes and skin inflammations. Because of its mucilage content, fenugreek can protect the mucous membrane of the stomach and relieve gastric irritations.

By the same token, it soothes inflamed respiratory membranes and quiet coughs. Fenugreek is also known to be anti-diabetic, lowering blood sugar, as well as cholesterol levels.

Fenugreek powder makes an appetite-stimulating tonic. The seeds contain a good proportion of mucilage and protein, as well as fatty oils, amino acids, alkaloids, sterols, flavonoids and vitamins A and B. Steroidal saponins account for the bitter taste; they are also thought to chemically resemble human sex hormones, which may be why fenugreek was once considered an aphrodisiac and why it is still used to stimulate the uterus and milk flow.

Delicious Smelling Lavender for Naturally Happy Horses

Those who are horse owners know how expensive it can be to own and care for a horse. Routine care and feeding is costly enough but when something goes wrong and calling the vet is the only option you think you have, it can really cause a financial hardship. There are ways to cut some of those unsightly vet costs by learning how to make some of your own home remedies that can be just as effective as any modern treatment, at a fraction of the cost; no vet necessary.

The Benefits of Lavender

The lavender plant has long held many healing properties. Not only is the plant fragrant but also very useful in home remedies that offer relief from many types of ailments for people as well as animals. When we think of lavender, typically we think of perfumes, soaps and lotions. In addition to its soothing smell, lavender also offers real health benefits and relief for animals and people. In various different forms lavender has been known to treat respiratory issues, improve the circulation of blood, relieve pain and been used as a disinfectant for the skin, coat and scalp. The soothing scent offers a calming property thought to reduce anxiety and nervousness.

Growing Lavender

To grow, lavender requires warm conditions and full sun with moist soil. Very cold weather or very wet soil will result in the loss of the plant. The good news is that once the plant is strong and well established it becomes very hearty and can grow in many conditions. The plant grows best in tight spaces that are moist but not damp and in pots or spaces that allow for root growth and air flow. If you do not have the luxury of a consistent climate all year round, planting lavender outside during the warm months and moving it inside in the cooler months allows you to have it all year round. Growing lavender in pots indoors allows for more consistent climate control and a better long term result. Compact variety seeds are the best for indoor planting.

Uses for Lavender

The therapeutic uses of lavender are countless. Horse owners have learned that incorporating the use of lavender in every day horse care offers many benefits. Wiping a horse down with a sponge soaked in lavender oil can offer a calming sensation; this is especially effective in neglected or very spirited horses. Soaking and cleaning hoofs in lavender oil contributes to strong hoofs and improves the overall hoof condition. Using a lavender oil soaks can reduce swelling or inflammation on leg areas. For a shiny, healthy coat give your horse a sponge bath using warm water mixed with lavender essential oil. The same treatment can be used to promote healing of minor cuts and abrasions. Lavender has many benefits to animals, just as it does for people.

Most herbs offer a wide variety of treatments that can cure many ailments that are common in horses from a minor cut to a hoof inflammation. Learning how to use lavender as a regular part of caring for your horse is really one method of care that should be in every horse owner's handbook. Not only is lavender a best kept secret but a major money saver.

Growing Herbal Leys for Healthy Animals

Many a piece of barren land has been abandoned by man because of his inability to restore fertility but many a piece of barren land left to nature sooner or later becomes a pasture. Herbal leys can be temporary when used to restore fertility and they can also be the sole provider of food and fertility for paddocks and animals.

Soil is the source of all life, but soil without herbage is incapable of giving life; hence the key to the life of the soil is the pasture which covers the top soil and converts the subsoil into vital nutrients for livestock.

The value of the pasture for grazing purposes depends almost entirely on the extent to which it is grazed, the variety of grazing which it receives, and the times of year at which it is grazed. Also the variety of pasture is limited to the species and varieties of plants which are available within bird-carrying distance.

Herbal Leys are a living grass ground cover, which allow for bio-diversity in preference to the mono-cultural practice of sowing land with only one or two types of grass. Herbal leys help control and suppress weeds, retain moisture, prevent erosion and attract beneficial insects and bees. They act as nutrient fixers and recyclers, and can include bulbs like chicory which can be harvested for additional income. Herbal leys are also aesthetically pleasing.

There are different mixtures of grass species and the most suitable one for you is dependent on your soil type and climate. The different grass characteristics are also a consideration, and you can create your own ley for different purposes, e.g. orcharding or animal farm management.

Here is a suggestion for an herbal ley for horses. The following is a mixture which provides a wide variety of the essentials for a healthy horse and can add to the healthy and fertility of your pasture as well.

This blend of herbs contains many of the plants which are found in older horse pastures which can give valuable properties to the diet. Ribgrass, Sheep's Parsley, Chicory, Yarrow, Salad Burnet, Alfalfa, Sorrell, Chamomile, Chervil, Chicory blend, Burnet, Corn Poppy, Yarrow, Fennel, Garlic, Fodder Beet.

Sowing rate 1-2 kgs per acre mixed into a grass seed ley or plant separately as an herb strip. Also ideal for planting along a fence line for random picking or to hand feed out in the paddock. Seaweed powder is a wonderful fertiliser also or it can be applied to compost prior to planting.

Hedgerows are another possibility for adding herbs into your horse's diet and could contain comfrey, garlic, raspberry, hazelnuts, docks and cleavers.

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Common Herbal Ailments For Dogs

Arthritis in Dogs

Arthritis in dogs is all too common these days. It is thought that maybe one in every five dogs is struck with arthritis and appears to be one of the most often seen health issues by vets.

Because dogs have a tendency to ignore pain and discomfort unless it is severe, the symptoms can easily go unnoticed in the early stages. This is where herbs can come into play perfectly as they can help to keep your dogs joints supple and healthy.

Arthritis in dogs is normally caused by problems in the joints and the body. It is usually where changes in the structure of the body have also happened. Problems with immunity or an animal being overweight can also cause arthritis. This causes inflammation of the joints and general pain in the animal.

Symptoms to look out for include stiffness, reluctance to move, signs that your dog is having trouble moving or getting up and down from a height. Repeatedly circling before lying down, sensitivity to touch and general signs of slowing down.

There is still no cure for arthritis which makes it all the more important to try and prevent it happening in the first place. Certain breeds, especially dogs with larger bones are more prone to arthritis and the earlier you start feeding preventative foods the better.

Herbs such as Devil's Claw, which is an anti-inflammatory herb, can be hugely beneficial for a dog that is starting to show signs of pain. It is also a pain killer and seems to work very nicely with animals.

There are of course steroids available such as Prednisone and other corticosteroids which will definitely reduce the swelling and inflammation but using this long term can actually contribute to further problems and also have side effects...

Recent widespread availability of nutraceuticals and herbal products such as Devil's Claw, Meadowsweet, White willow bark, Omega Fatty Acids, Vitamin E, and Selenium which all assist in decreasing inflammation, have proven to be significant contributors to easing the discomfort of arthritis in animals. Although supplements will not reverse structural changes in a joint, they can reduce pain and inflammation of the joints, and help improve the health of surrounding soft tissue.

Herbs not only contain natural pain relieving properties but assist by cleansing the toxins from the body. Devils Claw has proven to be highly effective in German studies for its anti-inflammatory nature and White Willow bark and Meadowsweet are both considered natural aspirin providing general pain relief.

With arthritis it is also important to reduce the acidity in the body. This can be helped with Meadowsweet, which is said to neutralise the acid in the stomach. Cider vinegar is another popular nutritional that is used in the aim of preventing these diseases. For animals that may be getting on in years, it is wise to remember that they suffer just the same way that we do

Calming Herbs For Your Dogs Summer Travels

Using herbal remedies for human health is becoming more and more popular each day. Health shops are packed with herbal tonics to cleanse our system and build our immune system. For example Echinacea and St Johns Wort are now common herbal remedies that most people are aware of.

However have you ever thought about using herbs for your animal's health?

Long before humans lived on this planet, wild animals survived by using plants for their healing properties. Our modern day medicine is mainly derived from nature and scientists have spent years mimicking the active elements found in herbs. Therefore isn't it our duty to reunite our animals diet with what nature intended?

Supplementing a dog's diet with herbal supplements can help fitness, vitality and their general health. The active elements in herbs work by supporting the liver, digestive system, lymphatic and urinary system, thus strengthening and building the immune system.

Herbs can also help with emotional problems. Dogs that are hyperactive or are nervous often have an unbalanced system. This sometimes has an effect on the skin, behaviour and digestion. Jackie Rive, owner and founder of the New Zealand company *Organic Dog* recommends using calming herbs such as Chamomile, Scullcap and Vervain, to help desensitise the nervous system; "These herbs reduce the anxiety or excitability that your dog may be experiencing. A mixture of calming herbs will help soothe the nervous system and aid digestion. The herbs also work by relaxing the muscles and the gut without causing the drowsy state that conventional sedatives can induce".

We understand that today's dog has to cope with a number of stressful situations. Being left alone at home whilst the owner is at work or being left at boarding kennels during vacations can result in separation anxiety. This can have an effect on a dog's happiness and health. Adjusting to a new environment or accepting a new home is also situations where a dog may act out of character because of stress.

Where-as humans might reach in the cupboard for a cup of Chamomile tea or a rescue remedy to calm the nerves or boost the immune system, a dog can also benefit from natural remedies. Supplementing a dog's diet with calming herbs can be an important part of a happy dog's life. "Herbs are a very safe and natural way of improving your animal's sense of enjoyment in life. Herbs are also packed with vitamins and minerals that also help work towards a balanced nervous system".

Using herbs for your dog's health can also provide life- long benefits. Auckland based vet Jim Powell from Vets' Corner in Takanini explains; "One of the advantages of using herbal supplements is that they allow for early intervention before clinical signs become severe. Medicinal herbs are a time honoured tradition and when used in conjunction with modern science have proven to be extremely beneficial to our four legged friends".

Herbs should not be perceived as instant cures but as a healthy alternative to conventional medicine, that help harmonize the body back to its natural state.

Could your dogs' diet be contributing to poor health problems?

Just about all the conditions routinely treated in domestic dogs are derived from the effects of over eating, poor diet, inappropriate exercise, stress and confinement. With racing and show dogs, we can also add supplement abuse to this list.

This abuse of the frequency, variability and quality of feed often produces severe health problems in dogs from premature arthritic problems in their youth, skin and obesity in middle age, and an increasing variety of cancers which are rare in other animal species and probably almost unknown in the wild.

The two most common effects of our dog's diet and lifestyle are blood toxicity and mineral imbalance problems. It is these two basic areas from which most of the health problems are derived.

Blood Cleansers.

The dogs 'metabolism functions by absorbing nutrients as fast as it can into the body and then spending the fasting times, when there is nothing in the gut, utilizing and rationalizing all these nutrients and clearing toxins from the system.

With regular and rather complex meals, little variety, little exercise and no fasting at all, the dogs system becomes toxic and most of these dogs would benefit greatly from herbal treatments that are heavily dependent on a class of herbs called alterative.

Alteratives are blood cleansers and are usually high in iron or sulphur and they are tonic in their affect. They assist the primary systems in the body to dispose of waste products. This is to say they stimulate the blood quality through the Liver, the Lymph and the Kidneys.

The most common of these alterative herbs are Garlic, Liquorice, Rosehips, Dandelion, Echinacea, Red Clover, Parsley, Yarrow, Nettle, Fenugreek and Horsetail.

The main illnesses that seem to directly result from blood toxicity problems are skin problems and cancers involving the lymphatic system (Lymphomas).

However, since most dog problems come from our own bad practices, we must first consider these, before setting out to treat our dog.

If your dog's health is not as good as it should be, first change its diet and feed it once only a day with raw meaty bones and with cooked up grains, vegetables and greens. In addition fast your dog a couple of days each week. Give it no commercial dog food at all and keep this program up for a month.

At the end of this month on the new diet, look at the dog's coat and its eye, look at its vitality and ask yourself how it is feeling. If you have to admit that it looks and feels great, you can be sure you have made a big step toward better health and life quality.

Is your dog itchy?

Is your dog itchy? Suffering from itchy skin and constantly scratching. Natural Remedies could be the answer. Natural remedies and herbal treatments can offer a gentle, non invasive solution to this problematic condition.

Dogs with itchy skin are one of the most common complaints vets will see in their clinics. There are different reasons though that your dog is itchy and it is important to know why and what is causing the problem. You can then tackle the problem with more information.

There are usually 4 main reasons for a dogs' itchy skin and they are:

1. Allergies-these can be inhalants such as pollen and grasses. Symptoms usually show up in the form of itchy feet. Your dog will be constantly chewing and scratching.
2. Flea allergy- this is usually seen on the back of the dog and above the tail region
3. Food allergies-again seen in itchy feet or on the face. Beef & dairy are common food allergies for dogs
4. Scabies or mites. These are highly contagious and need to be treated by your vet to prevent infection and spreading.

When you know what is causing the problem you can then look to natural remedies to see what is available. Nature has of course provided some very helpful herbs which can make a huge difference to your dog's itchy skin.

A dog's outward appearance is an indication of its internal well being and health condition. Most skin treatments are applied externally to the skin while ignoring the internal state of health. Herbs work inwardly by restoring, strengthening and nourishing the whole body and therefore help create a naturally glossy coat and healthy skin. If your dog is itchy you can start by boosting his immune system. Herbs such as Rosehips, kelp and garlic are great for general well being.

- Herbs provide essential vitamins and minerals
- Can deter natural nuisance insects and fleas
- Enhance the digestive system
- Desensitises nervous behaviour due to itching

Herbs can also help to soothe and de-sensitise the nervous system if an allergy is causing your dog to be itchy. Herbs such as chamomile and vervain are nervine herbs and are wonderful for soothing anxious itchy behaviour. With allergies there is often an overactive nervous system so by soothing it you are helping with the symptoms.

Natural anti-histamines such as horseradish are also great for itchy allergies in your dog and will help soothe any nasal drip and sinus issues. Marshmallow is great for mucous build-up and garlic will act as a natural antibiotic in case of infection.

Whenever there is the question "is my dog itchy?" always remember to work out what is causing the problem first then looking at what herbal remedies may be worth a try. Unfortunately often with vet medicines there can be side effects such as with prednisone so why not try something natural and help your dogs to live a longer, happier life.

What's in Nature's Medicine Chest for Kennel Cough and Common Winter Dog Health Problems?

Kennel cough is the common name for an upper respiratory disease primarily in dogs. These days when antibiotics often don't seem to work as well as they used to, it is necessary to go back to the old fashioned way of treating chest and respiratory infections. The treatment of our dogs is no different.

Kennel cough is usually caused by bacteria or viral infections which irritate the lining of your dog's airways. The condition is known medically as tracheobronchitis, canine infectious tracheobronchitis, Bordetellosis, or Bordetella and it is extremely contagious, causing problems when dogs are mixing frequently together.

Luckily this condition is not life threatening but it can easily be helped with herbal preparations. This involves supporting the bodies immunity; breaking down and clearing infected material; introducing natural antibiotics; normalizing mucous membranes; strengthening the coughing reflex; and providing natural sources of Vitamin C and Iron.

You can help your dog very effectively by using herbs for common canine health problems like kennel cough, colds and viruses. Herbs can be added to your dogs' diet to help boost their immune system if they are recovering from illness, socialising with unfamiliar dogs, emotional stress or just old age. Herbs can:

- help boost the immune system
- help protect your dog against illness
- fight off colds and viruses
- build up strength and stamina
- aid recovery from operations or illness

The following herbs are particularly helpful in such a situation and are well worth looking for at this time of year when these erratic seasonal changes can start to create problems with our animals' good health.

Herb	Action
Rosehips	(Iron and Vit C also some Copper)
Garlic	(natural antibiotic, contains sulphur)
Fenugreek	(lymphatic stimulant, sinus tonic,
Marshmallow	(expectorant and soothing tonic for mucous membranes)
Elecampane	(allantoin (healing agent) and chest muscle tonic)
Kelp	(trace elements and expectorant)
Yarrow	(Iron and Bone Marrow tonic)
Mullein	(Mucosal tonic and antiseptic)
Organic Apple Cider Vinegar	(Organic Acids, Astringent Tonic)
Echinacea	Fights viral & bacterial infection

Separation Anxiety in Dogs-Natural Calming Herbs Can Help

Separation anxiety in dogs is a common problem, in fact about 10% of dogs and puppies are thought to suffer from separation anxiety. Natural calming herbs though can bring a lot of relief to these anxious creatures.

There are different scenarios that can cause separation anxiety in dogs. Maybe you have spent a lot of time with your dog on holiday or raising children and all of a sudden you go back to work or change the daily routine. Some dogs can find this stressful and all of a sudden become very anxious when you leave.

Signs of separation anxiety in dogs are as follows:

- Anxious behaviour starts as you prepare to leave the house
- Excessive barking while you are away
- Destructive behaviour while left alone such as destroying furniture or digging
- Urinating inside
- Crying and trying to escape the property
- Excessive excitement when you return

Separation anxiety in dogs can be rather challenging to solve and requires patience and re-training. In nature, dogs would normally spend their whole life in a pack so being on their own is not necessarily a normal way of life. You therefore need to work on making this less stressful for your dog. Calming herbs are an easy way to help your dog overcome the stress.

Taking your dog for a vigorous walk prior to your leaving the house is a great idea. You can then leave your dog to quietly rest while you are out. Leave him with some water which you can add some calming herbs. Always stay relaxed as you are about to leave the house. Don't appear guilty or sad to be leaving the dog, he will pick up on this behaviour.

Always act as if it is no big deal that you are leaving. Keep contact to a minimum. Don't chat to your dog and look him in the eyes. Act assertive and confident and your dog will follow your lead. Start off leaving the house for 5 minutes and returning. Then build to 20 minutes, 1 hour and finally 8 hours.

Using herbal remedies for human health is becoming more and more popular each day. Health shops are packed with herbal tonics to cleanse our system and build our immune system. However have you ever thought about using herbs for your animal's health?


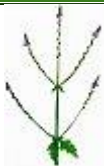


Long before humans lived on this planet, wild animals survived by using plants for their healing properties. Our modern day medicine is mainly derived from nature and scientists have spent years mimicking the active elements found in herbs. Calming herbs can be a huge relief to dogs with separation anxiety.

Dogs that are hyperactive or are nervous often have an unbalanced nerve system. Herbs such as Chamomile, Scullcap and Vervain, can help desensitise the nervous system and generally soothe the nerves. These herbs reduce the anxiety or excitability that your dog may be

experiencing. A mixture of calming herbs will help soothe the nervous system and aid digestion. The herbs also work by relaxing the muscles and the gut without causing the drowsy state that conventional sedatives can induce”.

Being left alone at home whilst the owner is at work or being left at boarding kennels during vacations can result in separation anxiety in dogs. This can have an effect on a dog’s happiness and health. Adjusting to a new environment or accepting a new home are also situations where a dog may act out of character because of stress.

Where-as humans might reach in the cupboard for a cup of Chamomile tea or a rescue remedy to calm the nerves or boost the immune system, a dog can also benefit from natural remedies. Supplementing a dog’s diet with calming herbs can be an important part of a happy dogs’ life. “Herbs are a very safe and natural way of improving your animals’ sense of enjoyment in life. Herbs are also packed with vitamins and minerals that also help work towards a balanced nervous system”.

<p>Chamomile (flower) (<i>Matricaria Chamomilla</i>)</p>  <ul style="list-style-type: none"> • Natures own calmer. • Soothing pain relief. • Helps digestive disorders. • Useful for menstrual cramps 	<p>Vervain (leaf and flower head) (<i>Verbena officinalis</i>)</p>  <ul style="list-style-type: none"> • Natures tension reliever • Restores the nervous system. • Good for horses that are sensitive to the touch.
<p>Valerian (root) (<i>Valeriana officinalis</i>)</p>  <ul style="list-style-type: none"> • Natures own muscle relaxant. • Helps calm digestive disorders. • Relaxes and calms. 	<p>Skullcap (leaf) (<i>Scutellaria laterifolia</i>)</p>  <ul style="list-style-type: none"> • Natural sedative. • Relieves nervous stress • Nervine.

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What's in Nature's Medicine Chest for Annoying Fleas and Irritating Insects?

Dogs that suffer from **fleas** can benefit from natural essential oils as a safe effective means of enhancing your dogs' quality of life. If you worry about the effects of chemicals on your animals' skin then please read further about how essential oils can provide a safe form of deterring fleas and annoying insects.



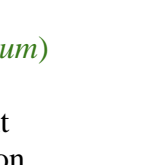

All essential oils are highly concentrated and very few are suitable for undiluted (neat) use on the skin. Grapeseed oil is used as the base for this flea oil.

Cedarwood oil benefits the skin by its sedating ability which relieves itching. Its astringent action is great for skin as well as for hair and dandruff. It has a calming and soothing effect on the mind and is of great help in conditions associated with anxiety and nervous tension. Eucalyptus essential oil is said to have an expansive effect that can be both calming and invigorating. Essential oils that are completely natural and without the side effects often associated with chemical flea treatments are fabulous for deterring annoying insects.

The health benefits of lavender essential oil include its ability to remove nervous tension, relieve pain, disinfect scalp and skin, enhance blood circulation and treat respiratory problems. Lavender has the Latin name *Lavare*, which means "to wash"; due to its aroma that gives the feeling of a clean aroma.

To help maintain a flea free environment you can even sprinkle a few drops in your dogs' bed.

- Deter annoying fleas and insects
- Natural insect control

<p>Kelp (whole plant) (<i>Fucus vesiculosus</i>)</p>  <ul style="list-style-type: none">• Original source of iodine.• Packed with 46 minerals.• Nourishing.	<p>Garlic (bulb) (<i>Allium sativum</i>)</p>  <ul style="list-style-type: none">• Rich in Sulphur• Supports the immune system• May help deter nuisance flies
<p>Yarrow (herb) (<i>Achillea millefolium</i>)</p>  <ul style="list-style-type: none">• Digestive stimulant• Improves circulation	<p>Rosehips (fruit & seeds) (<i>Rosa Canina</i>)</p>  <ul style="list-style-type: none">• Rich source of vitamin C• Restores body's defences

Some Frequently Asked Questions About Herbs

How do herbs work?

Herbs are wonderful in providing important vitamins and minerals essential to good health. Many herbs contain powerful active ingredients which have been used for healing over many centuries. In the past, dogs were able to forage on a wide range of plants and herbs from animals they killed in the wild which provided a well balanced diet. Today, we can "manage" our dog's diet by including herbal extracts as a way on boosting their natural diet. Herbs can help restore the balance to your dog's diet.

Are Herbal Medicines Safe?

Herbs contain powerful actives and many synthetic medicines are based on the ingredients which occur naturally in plants. Most of the herbs mentioned in this eBook have been proven safe and effective for use in canine care and can be administered alone or along with conventional medicines. When used in conjunction with veterinary medicines, please consult with your vet to make sure there are no contra-indicators
(**CAUTION:** In the case of pregnant animals, seek veterinary advice before using any herbs.)

How long do herbs take to work?

Herbs work by treating the body as a whole, as opposed to treating the symptoms in isolation. Therefore it is necessary to allow adequate time for the herbs to be absorbed and to take effect. Often good results are seen after a week and sometimes even in a few days. Generally you should allow up to a few weeks for the herbs to be fully absorbed into the dog's system. Like people, different animals respond differently to different treatments. We recommend having a break in between courses of herbs.

What is the Shelf Life of Herbs?

Herbs should be stored in a cool place out of direct sunlight. If stored correctly the herbs should remain active for at least 24 months. After this period of time, they can still be used but they may lose some of their potency.

What does "Organically Grown" really mean?

Organically grown plants are cultivated without the use of artificial fertilisers and are not sprayed with herbicides or pesticides. The crops are grown in an environmentally sustainable manner. Our aim is to source herbs used in our range from certified organic growers.

Can I mix several products?

In principle there is no reason why you cannot feed several herbal mixes to your animals however it is as well to consult your vet if you have any doubts to ensure that you do not double up on certain herbs.

Could my pet become addicted to the herbs?

It is extremely unlikely and most commercial herbs would not be of an addictive nature.

Will the benefits of the herbs reduce over time?

Generally speaking the benefits of the herbs will remain constant for the length of time they are fed to your pet, though sometimes you may need to increase the quantity you feed your pet depending on the circumstances and severity of the condition.

Will my dog eat the herbs?

Most dogs accept both the dry and liquid products quite happily in their food provided it is introduced gradually. If your dog is fussy about what he or she eats then make sure you introduce the herbs very gradually, a pinch at a time if necessary. With the liquid products, which can be blended with cider vinegar & honey you can disguise the smell and taste of the cider vinegar by giving the first few scoopfuls mixed with something your dog really likes eating. If your dog refuses to take the liquid mix, despite your efforts, then you can squirt the liquid into the mouth using a small plastic syringe, easily obtainable from your vet.

Are the dried herbs better than the liquid formulations?

Generally there is no difference between the dry and liquid formulations other than the liquid products are more quickly assimilated by the body and are more concentrated. The liquid (herbal tinctures) formulations are absorbed more rapidly (7-10 days) whereas the dry mixes will take about 2-3 weeks.

Just occasionally, for no logical reason, a dog will respond better to the dry than to the liquid, and vice versa, but generally there is no difference.

Can I feed herbal products with conventional medicines?

Generally there is no problem feeding herbal formulations with the vast majority of conventional medicines. If you have any doubt about a potential herb/drug interactions please do consult your veterinary surgeon.



Herbal Guide for Fabulous Animal Health

Aniseed-*Pimpinella anisum-* Parts used-Seed

Aniseed is antispasmodic and reduces spasms in the gut. Helps clear mucus. Traditionally used for coughs as an expectorant and for digestive problems such as colic.

Arnica- *Arnica montana-* Parts used-Flowers, Rhizome

Anti-inflammatory, used as a wound healer. For bruising, wounds and muscle aches. Widely used for competitive horses to help with inflammation and bruising. Can be used in tincture form or ointment. Creams and ointments are very effective for bruising but should not be used on broken skin as this may sting... **Caution: Arnica should not be taken internally unless in commercial homeopathic form.**

Buckwheat- *Fagopyrum sculentum-* Parts used-Aerial parts

For strengthening and repairing capillaries. Reported to be excellent for capillaries and improving blood supply such as in poor circulation and arthritis.

Burdock- *Artium lappa-* Parts used-Root

Bitters which stimulate the digestive system speed up tissue renewal and blood cleansing. Contains iron which is very important for the blood. Said to be good for arthritis, rheumatism and eczema. Very good for liver and kidney function and any blood disorders which may produce skin conditions such as eczema or dry skin.



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Chamomile- *Matricaria recutita*-
Parts used-Flowers- Sunflower Family

Anti-inflammatory, sedative and eases griping pains. Traditionally used to calm tension and stress. Also said to be an effective pain killer and anti-inflammatory for arthritis, rheumatism and general aches and pains. Contains potassium for general healing. Stimulates digestion, heals wounds, and expels worms. Chamomile is a safe, gentle and effective digestive tonic plus a mild sedative. It is one of the most highly researched herbs and probably the first herb to reach for in the case of mild stomach upsets caused by nervousness or hyperactivity.

Chamomile serves to ease any nervous spasms in the digestive tract and helps to expel gas and improve digestion. Chamomile is very helpful in gastric disorders and inflammatory bowel problems plus it is the first herb to try for any variety of anxiety problems. It is very palatable to animals and should be considered before other stronger sedatives.

Chamomile is often overlooked but is very effective as a wormer. Though it is not as fast acting as other stronger herbs, it is still well worth trying, especially for roundworms and Whipworms plus it also is great for its anti-inflammatory effects upon damage that has already happened due to parasite attacks.

Cautions and Comments

Chamomile is certainly one of the safest herbs available but some animals are extremely allergic to this plant and its relatives. Always check for sensitivity to this herb by applying a small amount of the preparation to an animal's skin. If there is no reaction, then feed a drop or 2 and look for any adverse reaction. If all is clear then continue normal usage.

Chamomile has a mild restrictive effect on the uterine tissues therefore it's usage should be limited during pregnancy. Like all herbs that have this effect, abortion may result so it is better to stay away from this herb during pregnancy.

Chaste Tree- *Vitex agnus castus*-
Parts used-Seed

Hormonal balancer and normaliser.

Traditionally used to regulate the female cycle and for hormonal imbalance which is often seen as edgy, PMS type behaviour. Said to reduce sex drive in men and was used by medieval monks to help keep their minds on their prayers.

Clivers/Cleavers- *Galium aparine*-
Parts used-Aerial parts

Blood cleansing tonic and diuretic. Excellent for supporting the lymphatic system in problems such as urinary infection and cystitis. Also good for laminitic ponies. Very rich in silica which is wonderful for strengthening hair and coat. Horses love this herb and will eat it readily. Anti-inflammatory, diuretic astringent and heals wounds.



Herbalists have long believed Clivers to be a valuable lymphatic tonic. The lymph system is responsible for “washing” body tissues. Clivers are used in conditions that are characterised by general or localized swelling or where lymphatic circulation has been impaired. Cleavers are a very useful and safe long term aid in the treatment of feline urinary syndrome and for low grade kidney inflammation.

For skin disorders and allergies, Clivers are very useful for cleaning out waste and toxins which can contribute to skin disorders such as flaky, itchy skin.

Cautions and Comments

Clivers are a safe herb with no contraindications associated with animals though an allergic reaction is always possible.

Comfrey- *Symphytum officinale*-

Parts used-Leaf and roots

Anti-inflammatory, expectorant and wound healer. Excellent for healing wounds and bones. High in vitamin B12 and traditionally used for arthritis and inflammatory conditions. Also very good for respiratory conditions which need soothing and for reducing any irritation.

Caution: It is advisable not to feed the roots long term as there is some controversy over the safety of long term usage.

Dandelion- *Taraxacum officinale*-

Parts used-Leaf and root Sunflower Family

Tonic that stimulates and protects the liver. Rich in vitamins A, B,C and D. Useful in the treatment of rheumatism and as a blood cleanser. Good for any liver or kidney disorder and as a powerful diuretic. Also rich in potassium, magnesium and calcium.

Dandelion is one of the most complete plant foods on earth.

Dandelion can gently supplement your animal's diet without overworking the liver and kidneys with excess vitamins and minerals.

Dandelion is considered a “bitter” herb which means when a small amount is taken into the mouth, the recipient immediately experiences a sudden increase in saliva. As the bitter herb reaches the stomach, bile and other digestive agents are triggered into action. The result is more efficient digestion, reduced indigestion and increased appetite. This makes Dandelion a great herb to consider when optimised digestion and waste elimination are necessary.

Cautions and Comments

If collecting from the wild, beware of sprays and herbicides.



Devils Claw- *Harpogophytum procumbens*-

Parts used-Root

Anti-inflammatory, pain killer and relieves rheumatism.

Native to Africa this root is used for arthritis and painful joint disorders. As a painkiller and an anti-inflammatory it has proven to be comparable to cortisone and phenylbutazone.

Caution and Comments

Not to be used by diabetics because it has a hypoglycaemic action. Excessive doses may interfere with treatment for cardiac disorders and with hyper- and hypertensive



therapies. Do not give to mares in foal (induces contractions) because it is oxytocic and do not use when gastric ulcers are present.

Echinacea- *Echinacea purpurea*-
Parts used-Whole plant Sunflower Family

Immuno-stimulant, anti bacterial, anti-inflammatory, anti-viral and antibiotic
One of the most highly researched herbs. Traditionally used to boost the immune system and help fight bacterial and viral infections. Used as a preventative, Echinacea is reported to help strengthen the animal's resistance to infections and is helpful in times of competition and stress. Is used for respiratory problems and wound healing, helping the body to build its own defences. Timing is critical with Echinacea's effectiveness and should be taken at the first onset of illness. Learn to recognise minute nuances in your animals behaviour and feeding behaviour and you will be in a better position to, treat them early. A slightly runny nose, inflamed gums or a swollen flea bite may point to the introduction of an infection and may indicate the need for the proactive use of Echinacea. If you are too late then you may need to try a combination of other infection fighting herbs. Echinacea is best fed at a rate of 5 days on then 2 days off.



Cautions and comments

Echinacea stimulates the immune system so it should not be used for animals with abnormally functioning immune system. This includes any disease where the immune system actually works against itself such as multiple sclerosis, leucosis diabetes mellitus, or feline immunodeficiency virus. When used in the presence of any of these diseases there can be aggravating effects. Echinacea's role is to complement a healthy immune system.

Eyebright- *Euphrasia officinalis*-
Parts used-Aerial parts

Anti-inflammatory, tonic. Traditionally used for inflammation and ulceration of the eyes. Can be used externally or internally. Also good for persistent nasal catarrh problems.

Fenugreek- *Trigonella foenum-graecum*-
Parts used-Seed

Expectorant soothes and protects membranes in the gut and throat. High in vitamins.
Excellent as a nutritional supplement

Garlic- *Allium sativum*-
Parts used-Bulbs

Antiseptic, expectorant, antibiotic
Garlic is traditionally used for general respiratory problems such as coughs and mucus build-up. Commonly used in horse supplements. Its expectorant action helps encourages the expulsion of mucus and its sulphur content helps cleanse the blood.

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Ginko-Ginko biloba-
Parts used-Leaves

Antiasthmatic, circulatory stimulant.
Ginkgo is used to increase blood supply and is one of the oldest medicinal plants known to man.



Golden Rod- Solidago virgaurea-
Parts used-Leaf

Astringent, antiseptic, calming.
As a general digestive aid and for bathing wounds, especially if there is a risk of infection

Hawthorn- Crataegus oxyacantha-
Parts used- Leaf, flowers, berries

Tonic, widens the blood vessels, reduces high blood pressure
The Hawthorn is one of the oldest traditional medicines used for animals. It is said to be good luck and horses will happily eat it for self- medication if given free access to it. It is said to be one of the best heart tonics available and is beneficial on the circulatory system and the blood pressure.



Liquorice- Glycyrrhiza glabra-
Parts used-Root

Laxative soothes and protects membranes in the gut, mouth and urinary system. Ideal for helping to reduce gastric ulceration and inflammation. Used in herbal medicine for over 3,000 years.

Marigold- Calendula officinalis-
Parts used-Petals

Astringent, anti-inflammatory
For skin and gastric conditions. Traditionally used on horses as a blood tonic. Excellent for the lymphatic and urinary system.



Marshmallow- Althea officinalis-
Parts used-Roots and leaves

Expectorant soothes and protects membranes. Encourages the expulsion of mucus but is particularly good for dry coughs. Can be used externally as a poultice to help “draw” infectious wounds.

Meadowsweet- Filipendula ulmaria
Parts used-leaves

Antacid, anti-rheumatic, good for the stomach. Believed to be one of the herbs from which modern day “Aspirin” originated from. Ideal for protecting the digestive tract and reducing excess acid. Can be helpful when horses are scouring or have diarrhoea and helping reduce fever.

Milk Thistle- *Silybum marianum*-
Parts used-Seed

Supports and protects the liver

Used by horses and cattle as a means of flushing the system after the winter months. Highly thought of for cleansing the liver. Particularly beneficial to animals that have experienced liver damage.



Mint- *Mentha piperata*-
Parts used-Leaf

Stimulant, eases colic in the gut

Mint is traditionally used in animal feeds as an appetiser. It has a calming, soothing effect on the digestive system.



Nettle- *Urtica dioica*-
Parts used-aerial parts

Nettle acts as an astringent, circulatory stimulant and diuretic. Nettles are rich in vitamin C, Iron, protein and are wonderful as a spring tonic. Nettles are used to encourage dappling in horses coats and are great for skin conditioning in dogs.



Plantain- *Plantago major*-
Parts used-Leaves

Anti-microbial, tonic, anti-inflammatory

Plantain is often considered a weed and grows readily in pastures. It is excellent for digestive and painful urinary problems. Because it contains allantoin, like Comfrey, it is very good for wound healing. The bruised fresh leaves are excellent on painful bites, stings and wounds.

Raspberry- *Rubus idaeus*-
Parts used- Leaf

Astringent, helps with birthing.

Traditionally used in animals and humans to strengthen the uterus, and help with contractions. Ideal for brood mares in the last few weeks of pregnancy to strengthen contractions and reduce the risk of haemorrhaging.



Rosehip- *Rosa canina*-
Parts used- Hips

Astringent, anti-diarrhoeal.

Traditionally used for their high Vitamin C and flavanoid content. The flavanoids dilate and strengthen the capillaries, improving blood supply. The high Vitamin C content helps strengthen the body's resistance to infection. Their gentle astringent action makes them ideal for animals prone to scouring and horses can be seen to select rosehips happily when given the opportunity. Combines well with Clivers and kelp as a general coat conditioner.

Scullcap- *Scutellaria laterifolia*-
Parts used-Aerial parts

Sedative, anti-spasmodic and restores the nerves. Traditionally used for calming and soothing nervous tension without causing lethargy. Combines well with Valerian for calming your horse in times of excitability, stress and tension. Also in times of travel that can cause stress.

Seaweed/Kelp

An excellent source of vitamins and minerals. Rich in iodine for strengthening the hair and ideal as an all round conditioner for all your animals essential minerals. Contains sulphur which acts as a purifier and tonic for the whole body. Seaweed should be introduced slowly into your horses feed due to its strong flavour.



Valerian- *Valeriana officinalis*-
Parts used-Roots

Sedative, antispasmodic and laxative.
An excellent herb for relieving tension and stress without causing drowsiness. Used extensively in Europe for stress it can be very helpful in calming your horse before events and when your horse is generally excitable. Now a forbidden substance for American Horse Show Association and FEI International Show Regulations due to its undisputed success.



Vervain- *Verbena officinalis*-
Parts used-Aerial parts

Sedative, antispasmodic, helps restore nerves.
Uses: Helps to restore the nervous system especially after an illness. Also good for calming an excitable horse and generally encouraging good, calm behaviour.



White Willow-*Salix alba*
Parts used-Bark

Anti-inflammatory and pain killer, antiseptic. Horses will readily eat young shoots and foliage. Combines well with Devil's Claw as an anti-inflammatory. Good for the treatment of fevers, colic and rheumatism.

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Contraindications

Chamomile (German) <i>Matricaria recutita</i>	Occasionally animals are sensitive to plants from this family, but this is rare and generally occurs following skin contact. Skin sensitivity should be checked prior to skin applications. Chamomile may also induce uterine contractions and foetal growth problems so should be avoided during pregnancy.
Dandelion <i>Taraxacum officinale</i>	Care should be taken in treating animals with bile duct problems, gall bladder inflammation or any type of intestinal obstruction as dandelion may exacerbate the problem in these cases.
Devil's Claw <i>Harpagophytum procumbens</i>	Should not be used in animals that are diabetic as it may affect blood sugar levels. It should also be avoided in pregnancy as it may stimulate uterine contractions, or if the animal is being treated for cardiac disorders as it may interfere with conventional treatments.
Echinacea <i>Echinacea spp</i>	Should be avoided if immune system is not functioning normally, e.g. autoimmune diseases such as multiple sclerosis or diabetes mellitus, as it may aggravate autoimmune conditions.
Elecampane <u>Inula helenium</u>	As with Devil's Claw which is from the same plant family – this herb should be avoided in diabetes, pregnancy and where cardiac treatment is in progress.
Fenugreek <i>Trigonella foenum-graecum</i>	Should be avoided in pregnancy, but is actually used to promote lactation in humans so may be useful for bitch once pups are born. It may also interfere with absorption of conventional drug therapies so care should be taken, especially in cases of diabetes.
Garlic <u>Allium sativum</u>	May cause some digestive upsets and bloating, or redness and irritation if applied to the skin. Moderation is important in using this herb as long-term high dosage may lead to blood disorders and kidney damage. Garlic should not be used in young pups as they are not producing red blood cells during the first 6-8 weeks of life.
Hawthorn <u>Crataegus spp</u>	Hawthorn is generally considered to be a very safe herb for animals, however, should be avoided in cases where conventional cardiac drug treatment is in place as it may enhance the effects of these drugs and increase their effects.
Hops <u>Humulus lupulus</u>	Greyhounds seem to be particularly sensitive to hops, so ingestion should be limited and possibly avoided for these dogs. Dogs like the taste of hops, so can get a little greedy so care should be taken to limit intake to recommended dosage. Medicinal quality hops should

	not cause problems, and hops that have already been through a brewing process should definitely not be used.
Kelp <u>Fucus vesiculosus</u>	Prolonged use may reduce iron absorption in the intestines and may also affect other mineral balances in the body. It should not be used in pregnancy or lactation or if hyperthyroidism is present in any form. Kelp may interact with other thyroid treatments such as thyroxine so should be avoided if thyroxine treatment is used. It may also cause other mineral imbalances if used long term.
Marshmallow <u>Althaea officinalis</u>	Should be used with caution if animal is diabetic. May also affect absorption of conventional drugs so care must be taken in using marshmallow in these situations.
Meadowsweet <u>Filipendula ulmaria</u>	Contains salicylic acid (as does aspirin) and should be avoided in sensitive animals. Should be avoided in pregnancy and lactation. Should also be avoided if animals are taking anticoagulants as it may be thought to contain heparin-like anticoagulant substances that may increase their effects.
Nettle <u>Urtica dioica</u>	High doses of nettle may be irritating to the kidneys after a while, particularly in cases of pre-existing kidney disease. Touching the plant results in a painful, blistering sting, which is neutralised through drying the plant. Animals that have plant allergies may be sensitive to nettle, which may cause allergic dermatitis (aside from the irritant reaction which the fresh herb causes when touched).
Rosehips <u>Rosa spp</u>	Huge quantities may lead to diarrhoea due to the high ascorbic acid content, so moderation is recommended.
Skullcap <i>Scutellaria laterifolia</i>	Generally a safe herb but large quantities may be damaging to the liver. Best avoided in pregnancy.
Vervain <u>Verbena officinalis</u>	Not recommended in pregnancy, but is known to promote lactation so may be useful to bitches after birth. It is possible that it inhibits iron absorption so it is not recommended in cases of iron deficiency anaemia or where iron supplementation is being given. It could be given at a different time of day.
White willow <u>Salix alba</u>	Should not be given to cats without professional guidance due to the salicylic acid which can be fatal to cats.
Yarrow <u>Achillea millefolium</u>	Possible skin allergies if animal sensitive to it. Yarrow contains thujone which may be toxic in large doses, so moderate use is recommended if used for extended periods. Not recommended in pregnancy or lactation due to the high levels of volatile oils in this plant.



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Herbs to Avoid During Pregnancy

Many herbs should not be given to pregnant or lactating animals. Herbs that contain large quantities of volatile oils such as aromatic mints, parsley seed and juniper should not be used as they can pass through the placenta to the foetus.

Herbs that stimulate or suppress hormone production should be avoided-these include licorice, wild yam, and yucca root.

Herbal laxatives should also be avoided during pregnancy such as senna, cascara and yellow dock.

Other herbs to avoid due to their bitter alkaloid content are Oregon Grape, red clover, feverfew and ginkgo.

In summary, if you are unsure about the safety of an herb during pregnancy, assume it is contraindicated and don't use it!

Home Remedies



Herbal Flea Rinse

Make a tea rinse of herbs by covering the mixture with boiling water and allowing to stand until cooled. You can also add 6-10 drops of Bitter Orange essential oil for extra strength to each 8 ounces of rinse.

- 1 part feverfew flowers
- 1 part mullein flowers
- 1 part yarrow flowers, leaves and stems
- 1 part celery seeds (freshly ground)
- 3 parts calendula flowers

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Herbal Flea Repellent Powder



Combine the following ingredients making sure they are as fresh as possible. Though flea powders aren't as effective as herbal rinses, they are an easy method for when you are busy. Make in small, fresh batches. You can use a mortar and pestle to grind ingredients. Sprinkle and brush into your animals coat daily.

- 1 part diatomaceous earth
- 2 parts feverfew flowers
- 2 parts mullein flowers
- 2 parts yarrow flowers, leaves and stems
- 1 part sage or thyme

Anti-worm Food Supplement

Combine the following ingredients. Feed the mixture at a dosage rate of 1 teaspoon per pound of food daily. Feed 5 days on and two days off each week until worm populations are reduced to acceptable levels.

- 2 parts unsalted, raw pumpkin seeds (ground or whole)
- 1 part garlic powder
- 1 part fennel seed
- 1 part yucca root

First Aid Kit Suggestions

- Blankets, extra collars, leash, muzzle, water bowl
- Gauze, bandages, small flashlight, scissors, tweezers, swabs, activated charcoal powder (for poisonings) sterile saline solution for washing out wounds and eyes
- Herbal salve, Rescue Remedy, cayenne pepper and yarrow mix (to stop the bleeding) Echinacea (for infections)

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Auckland 1050, New Zealand

info@brookbyherbs.co.nz
www.brookbyherbs.co.nz

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