

# healthful pets

optimising your pets health naturally

## Newsletter...

August 2015



## Introduction

Welcome to the first edition of the **Healthful Pets Newsletter**. Our Newsletters will be produced monthly and each edition will contain **Health Features** where we will focus on a particular topic, **Product Focus** where we will discuss uses and benefits of a product, **Training Tips** and **Recipes**, **Ask A Question** which is your opportunity to ask us a question and finally we will feature **'Your Stories'** where you can let us know which products have helped your pets, or share a remarkable story.

## Health Feature

### Motion Sickness

August is the month that many people are heading off on holiday and taking their pets with them. All too often motion sickness can make, even a short trip, stressful for both your pet and you. So this month's **Health Feature** focuses on ideas and remedies that may help.

Motion sickness can be a frequent problem in many dogs and is commonly seen in younger dogs and puppies, as the parts of the inner ear which are involved in balance aren't fully developed until dogs are about one year old. Generally as dogs age, they will outgrow motion sickness, but some dogs won't and may need assistance to make their journey less distressing.

Some typical signs of dog travel sickness include- restlessness, panting, whining, excessive drooling, yawning, vomiting and listlessness.

#### Sickness Symptoms

For those dogs and cats who find it is the motion of the car which upsets their tummies even though they are not anxious, **Dorwest - Digestive** (pictured) supplement is ideal if given two hours before travelling to settle and soothe the



stomach. This supplement, for dogs and cats, contains ginger and valerian to calm the digestive tract, rhubarb and peppermint to aid digestion and soothing and comforting slippery elm.

#### Anxiety Symptoms

Often a common cause of motion sickness in pets can be anxiety, apprehension or even excitability rather than the effects of car motion, especially if your pet isn't used to car rides.

Therefore take steps to condition your pet to travelling in a car – more frequently than the annual trip to the vet! This will include:

- Get your dog used to the car, by sitting in a stationary car, then maybe playing games and having fun – all with the engine turned off. Then build confidence by having the car engine running, before the introduction of short journeys. Gradually increase the journey time over a number of weeks, to approximately 30 minutes, to enable your dog to feel

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## Recipes

### Bone Broth

As Nutritional Therapists we recommend to our clients the 'healthful' benefits of home-made bone broth, which makes a fantastic base for stews and soups, as it is full of nourishing substances. Well dogs and cats love it too and it makes a super nutritious and inexpensive treat / an additional source of nourishment.

#### Why is bone broth so good for our pets?

Bone broth, which is easily digestible, essential, anti-inflammatory, gut healing nutrients such as amino acids the building blocks of protein, easily absorbable forms of minerals such as calcium, magnesium, sulphur, silicon, phosphorus and chondroitin, glucosamine & gelatin which have been released into the water as the bones have been simmered.

This nutritious stock can therefore help support your pet in many ways:

- **A healthy gut and healthy digestion;** the amino acid glycine stimulates the production of stomach acid and glutamine, another important amino acid which helps to maintain and restore the integrity of the gut lining. There is a strong link between gut health and overall health.
- **Joint Health** from the strengthening nutrients including chondroitin, glucosamine, magnesium and calcium, together with proteins (including gelatine which has been broken down from collagen) which provide the body with raw materials it needs for healthy bones and joints.
- **Liver detoxification.** The liver is the organ of detoxification and in the modern world a dog's liver has a high toxic load to process from the environment, such as polluted air, chemicals in household cleaners, fertilized grass, processed foods and drugs. The amino acid glycine and mineral sulphur found in bone broth play an important role in supporting liver detoxification.

#### How to Make Bone Broth

- Use bones from a whole chicken or whole carcass. Chicken carcasses can be purchased from many on-line food retailers or your local butcher. However you can also use any bones you wish - knuckle and foot bones are excellent. Bones from meat you have already roasted are also great to use. Organic, grass-fed bones are best.
- Rinse the chicken carcass (or equivalent) and add to a large saucepan or slow cooker and completely cover with filtered water
- Add a splash of raw apple cider vinegar (approx. 1 teaspoon for every 4.5 litres of water) or the juice of a lemon to the water. This will help to extract all the goodness out of the bones
- Bring to the boil then simmer on a low heat for at least 4 hours but you can simmer for up to 24 hours (or longer!). This process doesn't need to take place continuously – you can simmer during the day and turn off the stove at bedtime, turning it back on again in the morning. Stir occasionally while it cooks.
- Ideally when the meat starts to fall off the bones (at approx. two and a half hours) remove the meat and top up with a little water. However this may be longer, especially if you are simmering at a lower temperature - by four and a half hours all the meat should be off the bones. This meat makes a great first food for a sick pet or can be added as part of a meal, however if you are a raw feeder you may not want to do this.
- After the required cooking time, remove the bones and discard (**never feed cooked bones to your pet**) and strain remaining liquid. Allow the broth to cool. The cooked bone broth will be a liquid, but once cooled the broth will congeal into a thick jelly-like substance (from the gelatine). A layer of fat will form on the top of the cooled broth. You may want to discard this fat, but equally, if you are using bones of healthy animals then this can be consumed
- As soon as the broth has cooled serve a bowl to your dogs and cats
- Store in the fridge for up to four to five days (I normally put mine in a Kilner jar) or freeze in small containers or ice cube trays for easy use.

## Health Feature

comfortable and to build tolerance. Take your dog to fun places such as the park for a walk so a car journey can also be enjoyable.

- Ensure there is enough room for your dog to turn around, lie down, sit up, making it easier for the dog to maintain balance and stabilise stimulation of the inner ear
- Ensure the car is cool and well ventilated, for example by lowering your car windows by 4/5 cm. This also helps to balance the air pressure in the car with that of outside. Take some familiar items with you, such as a blanket or special toy to help settle them
- Do not feed a large meal prior to a journey, so provide a light, bland meal a couple of hours before the start of the journey and make sure water is available.

Further information is available from The Kennel Club: [The Kennel Club Road Travel](#) and From Defra [Defra dogs cats welfare](#)

If your pet needs a little more support to make their journey less stressful, then consider the following or consult your vet:-

At Healthful Pets, we stock a number of options for anxiety and relaxation support including:

**Dorwest – Scullcap & Valerian** tablets are a licensed herbal medicine for the symptomatic relief of anxiety, nervousness, excitability and travel sickness; invaluable to calm and relax dogs and cats for travel when they are suffering from excitability and apprehension.

Scullcap & Valerian does not cause drowsiness or impair normal behaviour or performance, making it ideal for those needing to be settled for travelling.

Given prior to a journey, it will calm nervous travellers and is useful where new surroundings or situations might cause

## Motion Sickness continued...



journey using the higher dosage rate (as detailed on the product). Use the same regime for subsequent car journeys until the dog or cat becomes more accustomed to travelling.

For unexpected trips where time does not allow two doses of Scullcap & Valerian tablets to be given, use Dorwest liquid Organic Valerian Compound as an alternative, and for cats try putting a few drops on their bedding to calm them during the journey.

**Pet Remedy – Calming Spray** is a blend of essential oils to help calm the nerves of anxious and stressful pets. Pet Remedy which contains valerian essential oil blended with vetiver, sweet basil and sage can be sprayed in the car on bedding, on a blanket or toy, prior to travel. Pet Remedy starts to help almost instantly because of the way it works (mimics the natural calming message from the brain called GABA), so you only need to use the spray just before setting off in the car. Also as Pet Remedy calming spray is water based and PH neutral, you can even spray a little on your fingers and rub around muzzle and top of chest of dog. Available in 200 ml spray bottle or a 15 ml mini- spray.

Pet Remedy is also available as a plug in diffuser, so the diffuser can be used to help

apprehension or anxiety, such as thunderstorms or bonfire night. In cats this product is also effective to control territorial spraying as the tranquilising effect reduces the impulse to mark territory.

Two doses should be given at about 12 hours and 2 hours before a



settle and calm a pet prior to a journey.

Pet Remedy lasts around 4 hours but it all depends on the dog – for some 2 hours, for other 8 hours.

**Diet' Dog – Stress Relief Paste** is made with a combination of soothing and calming plants and herbs including hops, St John's Wort, hawthorn, lemon balm, passiflora and a naturally occurring essential amino acid, l'tryptophan (necessary for the production of the 'feel good' neurotransmitter serotonin) to relieve symptoms of anxiety, nervousness, excitability and travel sickness. Give the paste the night before any car journeys to ease anxiety. Does not cause drowsiness

## Refreshing Treats for your Dogs



**Note:** not all fruits and vegetables are suitable for dog consumption.

Keep an eye on your pets when chewing toys or food items to avoid the risk of choking.

Fruits and vegetables make great, healthy and inexpensive treats for dogs or add to their food or home-made treats; and in the summer months are perfect for keeping your dogs cool. Here are a few ideas for the occasional refreshing treat:

### Vegetables

#### Carrots

Containing vitamin A, C, potassium and fibre. Use whole washed small carrots for your dog to chew or cut into slices. These can be frozen, which may help soothe a teething puppy's sore gums.

#### Green Beans

A great source of fibre, vitamins C, K and magnesium. Many dogs enjoy eating them frozen.

### Fruits

#### Apples

Apples are a healthy treat containing many antioxidants and fibre. A slice of apple can be given for a healthy summer treat.

Ensure that the apple is cored and the stem and pips removed.

#### Bananas

Always peel. Cut banana into slices of approximately 2 ½ cms and give your dog a few at a time for a refreshing treat. Contains vitamins, minerals and fibre.

# Ask a Question

## Question:



**My pug is prone to skin problems so I wondered if there is any supplement (pupplement!) that might be helpful?**

~ Suzy Emsden

## Answer:

Thank you Suzy for your question. We are aware that skin issues are an increasing problem for our pets, especially for those animals like pugs, with a lot of skin creases around their faces. Skin folds create a favourable environment for bacterial growth, leading to irritation, inflammation and a foul odour between the folds. Skin problems can be related to your pet's internal health and immune system.

Ensuring good quality foods, essential fats including omega-3 fats and including plant nutrients such as nettle and milk thistle, can all support immune health and skin.

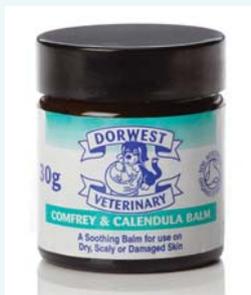
Whilst hygiene is really important, ensuring that skin creases are kept clean and dry, avoiding irritant chemicals in some animal shampoos and putting a natural barrier on the skin that has natural antibacterial properties may be very useful.

The following products can also be helpful:

**Organic coconut oil** has anti-bacterial and anti-fungal properties and can be applied to the skin like a cream. It is advised by holistic vet Karen Becker ([www.drkarenbecker.com](http://www.drkarenbecker.com)) who suggests coconut oil can reduce skin flaking and improve the integrity of the skin, making it more resistant to yeasts and bacteria.

**Colloidal Silver liquid or gel** is another natural based product that can be used to wipe skin creases, or can be applied as a gel as it adheres well to the skin. It also has the benefit of anti-bacterial, anti-fungal properties. It kills germs by binding to and destroying proteins in them, preventing them from multiplying. Colloidal Silver is being used increasingly in human wound and skin care and in one study with pigs with inflamed skin, resulted in near normal skin after 24 hours use.

[ncbi.nlm.nih.gov/pubmed](http://ncbi.nlm.nih.gov/pubmed)



**Plant extracts including comfrey, geranium, burdock and calendula** are all reported to have soothing, anti-bacterial and anti-inflammatory benefits.

Healthful Pets supplies a range of natural products to support skin and immune health, since these are inter-related. Some examples are listed below:

### Herbal Skin Support

- **Diet' Dog** - Itchy Skin and Allergy Relief Granules
- **Diet' Dog** - Skin Relief Spray
- **Dorwest** - Comfrey and Calendula Balm

### Healthy fats and omega 3 support

- **Dr Mercola** - Krill Oil Pump for Pets
- **Healthful Pets** - Organic Virgin Coconut Oil
- **Higher Nature** - Almost Human SuperPet 3:6:9
- **Thorne Research** - SuperEPA Vet
- **Omega Nutrition** - Omega Pet Dog Oil
- **Dorwest** - Evening Primrose capsules for Dogs & Cats

### Anti-microbial support

- **Optimised Energetics** - Colloidal Silver Gel for Pets
- **Optimised Energetics** - Colloidal Silver for Pets (liquid & spray)
- **Optimised Energetics** - Colloidal Silver Shampoo

### Natural Shampoos

- **Hownd** Shampoo – Got an Itch
- **Diet'Dog** Sensitive Skin Shampoo
- **Wildwash** Shampoo – for Itchy and Dry skin and for Sensitive Coats, Puppies, Cats & Kittens

**If your pet's skin becomes red, swollen, infected or irritated, do contact your vet straight away.**



## Product Focus

This month's product focus, keeping with the travel theme, is products used 'on the move'.

### PET WATER BOTTLES by Long Paws

Dogs do not sweat like humans, therefore dogs will dehydrate much more quickly. It's very important therefore that whenever you're out with your dog make sure you have a bottle of fresh cool water for your dog to drink.



Dogs cool themselves through their tongues and the pads of their feet, so if your dog is panting, tongue hanging out, or looking lethargic then give them water. Also, don't forget, if the ground is warm, they cannot cool down through their feet.



The Long Paws **Pet Water Bottles** are perfect for giving water to your dogs as they can drink directly from the bottle and only what your dog needs. The bottle is perfect for the outdoors such as on walks, car journeys and camping trips.

#### What is a Pet Water Bottle?

Your dog simply licks the top of the **Pet Water Bottle** and the bottle releases a flow of water. These bottles are made from stainless steel and BPA (Bisphenol A)-free plastic, so they are hygienic, contain no harmful chemicals, and are easy to clean. They are also leak-proof and won't drip in your bag. The bottles also offer a fun and interactive way for your dogs to drink.

The Pet Water Bottles are available in three sizes (250ml which is great for your handbag at only 13cm in height, 50 ml and 750 ml) and in a range of fantastic colours and designs.

#### How Does the Pet Water Bottle Work?

This cleverly designed bottle features a patented floating ball in the nozzle that dispenses water as the dog licks. When the dog bottle is turned upside down, the weight of the water pushes the stainless steel ball down blocking the water from flowing out. When the dog touches the ball, its' tongue pushes the ball up and releases a flow of the water.

In addition to the patented rolling ball the bottle has a large opening making it easy to clean and refill and can also take ice cubes to keep the water cool. Both the spout and the cap are made from a BPA free, food-grade quality, FDA specified polypropylene, meaning it's healthy for your dog and for the environment.

Another unique factor is that with most flasks, the cap screws into the mouthpiece, which exposes the contents to the elements. The dog bottle cap fits over the drinking spout, protecting it. And for convenience, the cap is connected to the dog bottle by a chord, allowing the user to leave it hanging without fear of losing or dropping it.

Please hand wash your bottle to clean.

#### Pet Water Bottle - summary of benefits

- ✓ Made from Stainless steel which is polished rather than porous and is not coated with plastic inside so more hygienic than aluminium which is porous and houses bacteria
- ✓ BPA free - both the dog bottle spout and the cap are made from BPA-free, food-grade quality, FDA specified polypropylene
- ✓ Leak resistant caps, avoids water spills and prevents waste
- ✓ Removable top spout making it easy to clean and refill
- ✓ Karabiner clip attaches to your bag or belt
- ✓ Cord keeps cap attached

This Newsletter has been written by the Healthful Pets team. The content of our Newsletters is for general information only and is not intended to amount to advice on which you should rely and is not a substitute for veterinary advice or care. If you have any questions or queries please contact us at: [hello@healthfulpets.co.uk](mailto:hello@healthfulpets.co.uk) or telephone: 01565 740 777.