



Range Products

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NATURAL HEALTH CARE FOR PETS

Besides the improved good health of your pets, there are additional advantages to be gained by using nature's essential oils in their care. Essential oils aren't expensive and you can often use oils you happen to have in the house already — thus saving on veterinary charges and commercial pet-care products. And pets provide living proof that the effectiveness of the essential oils isn't due to supposed psychological factors.

COMMON PROBLEMS

ABCESS

Put 1 drop of tea tree on the abscess. Then when the pus is discharged put on 1 drop of lavender Clean with salt water.

ANAL SWELLING

Apply the following to the area on cotton wool, diluted in 1 teaspoon Vegetable oil:

Chamomile	5 drops
Tea tree	5 drops

BAD BREATH

Add 1 drop of dill or aniseed to the feed. If the cause is gingivitis try to get the following on to the gums with a toothbrush , diluted in 1 teaspoon vegetable oil:

Clove Leaf	1 drop
Lavender	1 drop
Myrrh	1 drop

BRONCHITIS

Apply niaouli or eucalyptus on a warm piece of cloth to the back and chest. Preferably, use a blend of 2 drops of each.

BURNS AND SCALDS

As for humans — cold water followed by neat lavender oil, as soon as possible

CATARRH

Treat as for Bronchitis

COAT IN POOR CONDITION

Add ¼ teaspoon of the following blend to each feed:

- 1 tablespoon olive oil
- 1 tablespoon wheatgerm oil
- 5 drops carrot healing oil
- 5 drops evening primrose oil

CUTS AND BITES

Bathe the area with a solution of salt water to which 2 drops of thyme have been added, then apply 1 neat drop of lavender.

CYSTS

Apply 1 neat drop of lavender or tea tree.

EAR PROBLEMS

Drip the following formula into the ear as well as massaging around the ear, diluted in 1 teaspoon warm olive oil:

Tea tree	1 drop
Lavender	1 drop
Chamomile	1 drop



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RHEUMATISM

Massage the area with the following, diluted in 30ml vegetable oil:

Ginger	5 drops
Rosemary	2 drops
Chamomile	5 drops

SKIN PROBLEMS

Apply the following oil over the affected area, diluted in 30ml vegetable oil:

Evening primrose Oil	10ml
Lavender oil	5 drops
Chamomile oil	5 drops

DIET

Dogs and cats fed on tinned food may not be hungry but could well be deficient in vitamins and minerals. We can help them nutritionally by giving them bone-meal for calcium, kelp and alfalfa for beneficial minerals, dolomite for nerves and fretfulness, brewers' yeast for vitamin B and trace elements, and dried liver tablets. Cod-liver oil two or three times a week will give the coat a shining gleam and provide vitamins A and D, but do not give more than 2 or 3 drops each time. Good health is very much a matter of good nutrition for animals, as it is for humans.

FLEA COLLARS

Most commercially sold flea collars are made with highly toxic chemicals which can be absorbed through the skin of our pets, and us. Cats often cannot bear being near these as they try desperately to lick and groom the area surrounding the collar, only increasing the level of chemicals absorbed.

Fleas spend only about one-eighth of their life on an animal, so if the flea has gained entrance into your home via your pet the remaining seven-eighths of its life will be spent in your pet's bedding or on your carpet and furniture. Contrary to popular belief, fleas prefer walking to hopping about on their powerful legs, so spotting them isn't just a matter of waiting to see a little high-jumper.

An essential oil collar provides excellent protection against fleas and is very cheap and easy to make. Buy a soft material collar - a cheap one from a market will do - and soak it in the following mixture:

½ teaspoon alcohol
1 drop Cedarwood
1 drop Lavender
1 drop Citronella
1 drop Thyme

Mix with 2 drops of the following mixture:

1 teaspoon vegetable oil in which 1 drop garlic essential oil has been diluted.

If you are using the garlic capsules, break them open and add the contents to the mixture. Blend your ingredients together and pour it over the collar until fully absorbed. Leave to dry before putting around your pet's neck. It should be effective for one month. Blood is the fleas' only food, but when garlic is detected in it they will leave well alone. Add 1 or 2 capsules of garlic to your pet's diet during spring and summer, depending on its size.



DOGS

Dogs have a very good instinct for the essential oils and even seem to know what is good for them. If you put an oil that is a digestive on one hand, and a pesticide oil on the other, a dog with a stomach upset will invariably come forward to lick the hand that will do him most good. Remember though that dogs have a much stronger sense of smell than humans, so generally aim to use a minimum quantity of essential oil and increase the quantities if and when necessary. It is thought that dogs have about 200 million olfactory receptors, perhaps twenty times the number we have.

The essential oils discourage the fleas, ticks and other minute parasites for which dogs seem inevitable homes. If you shampoo your dog, one of the easiest ways to deal with this problem is to add 1 drop of either lemongrass or citronella oil to his shampoo. Large dogs like Great Danes will require 2 drops. Most dogs seem to like the aroma, and it gives them a nice fresh smell.

Fleas can be as much of a problem for the rest of the household as for your dog. Here is a remedy that will not only get rid of fleas and other parasites but will keep your dog's coat in good condition too. The essential oils don't disturb the natural oil balance of your dog's skin and coat and will do him nothing but good. Take an old steel brush and a piece of material the same size as the face of the brush. The material needs to be quite thick so a single piece of flannel or sheeting folded three or four times will do. Pull the material down over the teeth of the brush so that it lies about 20mm above the base, depending on the length of your dog's hair. Prepare a bowl of warm water and mix in 4 drops of cedarwood or pine oil and soak the prepared brush in this before brushing your dog's coat. This treatment will disinfect the dog, condition the coat and collect the parasites and eggs in the brush — which must be rinsed out thoroughly several times during the brushing, in the bowl of essential oil water.

If your dog is suffering seriously from fleas or other parasites, put 4 drops of cedarwood or lavender oil directly on to a piece of material, as above, and rub the material together to disperse the oil before putting it on the brush. Then use with plain warm water and rinse several times while brushing the dog. See also Flea collars.

If your dog is cut or grazed, bathe the area in a water solution of thyme or lavender oil. Use 6 drops of either essential oil to half a washing-up bowl of water. The essential oils will help clean the wound as they are natural antibiotics and disinfectants, and you can rest assured that if the dog licks the wound afterwards he won't be taking in any unnatural substances.

It is very important to ensure that all dirt is removed from a cut, but as animals are difficult to confine to bed until healing is complete, you may have to keep attending to the wound. If an animal has a wound which has become ulcerous and weeps pus, the first stage in treatment is to draw away from the wound as much infection as possible. At this stage essential oils applied directly on to the wound would make it heal too quickly and if there was still infection inside this would clearly lead to further problems. So to draw out the toxins we use the cabbage-leaf treatment by which you iron a cabbage leaf & apply while still warm. Wrap an ironed leaf round the wound, secure firmly and change the leaf four to six times in one day, or until all the toxins have been drawn off. Now wash the wound thoroughly in a solution of 4 drops of lavender oil to 150ml warm water. This is an extremely effective method of treating bad wounds and can be applied to any animal - dog or cat, horse or donkey, sheep or cow.

Dogs suffer from coughs, colds and flu, just as we do, and the best essential oils for them in these circumstances are niaouli, tea tree and eucalyptus. You can use two methods — one oil-based and the other water-based but in either case, have respect for your dog's greater sense of smell and start treatment with the minimum quantity of essential oil, increasing the dose slowly if necessary. The following rub should be applied over the chest, all around the rib-cage, around the throat and, most importantly, in a direct line from the ears into the shoulders. For the oil-based treatment, add 2 drops each of any two essential oils mentioned above to 30ml vegetable oil. Some people don't like the idea of putting oil on a dog's coat, and with long-haired pets one can see their point. So for them, make a 'mother tincture' by adding 2 drops of essential oil to 1 teaspoon of alcohol (vodka, brandy, etc) and then adding this to 6 teaspoons of water. You will need to make up a bigger quantity because this, like the oil-based treatment, needs to be applied twice a day for three days. If your dog is very poorly, eucalyptus oil can be used neat and applied lightly to the areas mentioned, for a few days only.

You should also treat the area where the dog sleeps to get rid of the bacteria and viruses lurking there. Blankets can be washed in the essential oils, and depending on the size of the blanket 5—6 drops should do the job. If you are washing the sleeping area, add 6 drops of essential oil to half a bucket of warm water. Alternatively, you can use an essential oil and water dilution in a plant-spray around the area. A good formula would be 6 drops of hyssop and 6 drops of eucalyptus oil to 600ml water.

Arthritis is as painful to dogs as to people so be careful when treating them. Having said that, however, dogs generally love to be massaged and a dog with arthritis will both enjoy and benefit from the following treatment:



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ARTHRITIC DOG TREATMENT

Diluted in 30ml vegetable oil:

Rosemary	4 drops
Lavender	2 drops
Ginger	3 drops

Try to get the oil on to the affected joints by working through the coat and into the skin. Starting at the back, massage into the muscles in rhythmic movements, working inwards from the haunches. Cover the whole of the legs and also the vertebrae. Don't worry about this being messy - your dog will soon lick much of the oil off but by then the correct amount of essential oil will have penetrated the skin and got into the affected tissue and bone - and by the licking it will also reach the digestive system. The cabbage-leaf method mentioned earlier will also help tremendously: apply the leaf while it is warm and replace after an hour, repeating several times. Half a teaspoon of white clay in your dog's water will help absorb toxins from the intestine.

Dogs often suffer from ear wax which becomes smelly and offensive. The wax needs removing and the ear deodorising and disinfecting. One of the best essential oils to use for this is lavender. Dilute 3 drops of lavender in 1 teaspoon of witch-hazel and insert at least 4 drops into each ear. This can be done by using a soaked piece of cotton wool if you do not have a dropper. Gently massage the whole ear and repeat this procedure daily to soften the wax. It can then be removed with cotton wool.

Dribbling and bad breath often indicate that the dog has dental problems. Dogs' teeth should be checked regularly and cleaned. Common baking soda (sodium bicarbonate) and essential oils provide a great way to keep teeth clean and fresh and help to remove tartar. If tartar is a problem, include dried food in your dog's diet.

DOGS' TOOTHPASTE AND BREATH DEODOURISER

2 tablespoons Baking soda
1 drop Clove
1 drop Aniseed

Make up the toothpaste and use as needed, with cotton wool rather than a toothbrush to avoid damaging the gums. Dampen the cotton wool, dip it into the mixture and use on the teeth. Afterwards, give the dog a drink of water. Bad breath that is not caused by teeth or gums indicates a stomach problem. Peppermint oil is excellent to use here, not because it's a mouth freshener but because it's an intestinal cleanser and an aid to digestion. Rub a drop of neat peppermint oil in a line from beneath the ears and into the shoulders.



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CATS

Cats not only make good pets, they can also help our health. Studies by Dr Erika Friedmann and others have shown that stroking a cat has a calming effect on the nervous system and lowers blood pressure. People who have had a heart attack lengthen their chances of survival if they own a pet. And cats love the attention too.

But no matter how much we love our cats, they can be aggravating, to say the least, when they ruin the furniture with their scratching. Cats which do this are working towards shedding their nails and making way for the new ones, and also adding their scent to yours. To prevent this, make a scratching post from any old piece of wood and put essential oil of valerian on it. The oil of valerian sends cats into the height of ecstasy, as does the root of the valerian plant. Cats adore cat mint too, and if you have a patch of it in your garden they will roll in it with great pleasure.

Treat arthritis and fleas in cats in the same way as described for dogs. Cats often get abscesses, usually as a result of a hectic night on the tiles. To treat an abscess put neat tea tree essential oil on to it to bring it to a head. As the cat licks the fur he will ingest the oil which will also help to clear the abscess up. After it has burst and all the pus has been discharged, apply lavender oil to speed up healing.

Cats suffer from coughs and bronchitis and these can be treated in much the same way as you would humans, massaging along the back and on the chest with 4 drops of eucalyptus oil once a day until it clears. Canker of the ear is another problem that cats encounter, one form of which is eczematous, and the other due to a parasite. The scratching can cause a sore and infection can set in. The ear will feel hot and there could be a discharge of wax. Try to clean the ear if possible. To prevent a sore from forming from the scratching, warm a teaspoon of olive oil to which you have added 1 drop each of chamomile and lavender essential oils, insert a small amount into the ear, and also rub it around the ear. Canker is contagious and must be treated.

For any kind of bacterial or viral infection turn to the Bacteria Busters list, below, and use these oils on the chest, back and neck of the cat, as you would for a child. Cats will eat grass to induce the vomiting they need to bring up hair that collects in them as a result of their constant grooming. If your cat is off its food, a hair-ball could well be the problem. A dessertspoon of olive oil in its food will help it until the hair-ball is passed or vomited. To prevent a build up of hair, add a small amount of olive oil to your cat's food on a fairly regular basis.

Mange is contagious and all the bedding should be treated or thrown out. Cover the cat as much as is possible in water to which 3 drops each of lavender and tea tree have been added. Chamomile essential oil could be used as well. Although the cat may not be too happy about the idea, try to coat the whole of its skin in this solution.



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HORSES

A horse's stable needs to be kept clean and dry, but this environment also provides a perfect place for a family of mice to make their home. To prevent this, wash the floor in the usual way and as a final rinse, wash down the whole stall with 4 litres of water to which 15 drops of peppermint oil has been added.

Horses get worms, just as other animals do. To treat worms, include tansy leaves in the horse's feed and add 3 drops of thyme oil to each feed.

Flies are a problem in stables and it is said that a walnut tree planted nearby will keep them away. But that isn't always possible! To stop horses fretting with these annoying little insects, put 3 neat drops of lemongrass or citronella essential oil on to the brush you use to brush them down.

Hoof rot can affect all hoofed animals. The affected hoofs should be treated with hot compresses.

Use 1 teaspoon of the following formula for each compress, diluted in 100ml vegetable oil:

Chamomile	10 drops
Thyme	15 drops
Melissa	5 drops

It is also very important to wash down the stall with an essential oil mix:

10ml	Chamomile oil
5ml	Thyme oil
2ml	Lemongrass oil

Add this to 4 litres of water to make a concentrate. Then dilute ½ litre of mixture into another 4 litres of water to use on walls of stall.

Horses are often struck down with leg problems. Fractures of the leg are about the worst thing that can happen to a horse, but healing can be speeded up by compresses of ginger oil. Add 10 drops of ginger to 100ml olive oil. Heat the oil and add to a compress, which should be wrapped around the leg. Cabbage leaves are also helpful. Massaging the leg after the fracture has healed will strengthen the ligaments and help prevent calcification.

This is the oil to use, diluted into 100ml of vegetable oil:

Thyme oil	20 drops
Rosemary oil	10 drops.