

***Info shared by Pitbull SA.***

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## ***Homeopathic supplements and remedies.***

Your holistic vet may have suggestions about homeopathic and other remedies that may provide additional comfort for your dog.

The following for part of making up the remedy.

### **Basil or Tulsi herb.**

Basil or Tulsi herb, one of the best adaptogens ever.

### What's the meaning of adaptogens?

Adaptogens are agents that can help your dog's body adapt to physical, chemical, and environmental stress.

Tulsi's leaves contain hundreds of compounds known as phytochemicals.

### **Green tea.**

From Green tea a simple amino acid originally isolated from L-Theanine. L-Theanine is absorbed through the membrane of the large intestine and is transported directly to the brain in animals where it stimulates mentally alert, yet calming alpha waves.

**Note!** >> L-Theanine increases the potency of chemotherapeutic drugs. If your dog is receiving chemotherapy treatment, check with your vet before using.

In addition, check with your vet if your dog is taking prescription antidepressants.

The supplement might contain chicken flavor and beef fat, so avoid such if your dog is allergic to either.

### **Rhodiola Rosea - "Golden Root".**

Is a perennial plant and a true adaptogen.

### **Ashwagandha or "Indian Ginseng" and Chamomile.**

Some of the most popular relaxing herbs.

The dried flowers from Chamomile contain many terpenoids and flavonoids, and are used to make tea, herbal powders, and extracts.

Although it's been used historically for humans, most of the studies on chamomile have been done on animals, especially surrounding its calming anti-anxiety qualities.

Practitioners value tryptophan for its serotonin-promoting benefits.

### **Gaba or Gamma-Aminobutyric acid.**

Our dogs depend on us to help calm and support them.

Gaba or Gamma-Aminobutyric acid, is one of the most important neurotransmitters in your dog's central nervous system.

Research has found that too little GABA in the nervous system can contribute to feelings of panic and anxiety.

Too much activity within the central nervous system – such as that caused by stressful events – can lead to anxious behaviors.

Gaba tells the brain to slow down.

Researchers have also found that GABA may act to inhibit certain brain areas, such as the amygdala, involved in fear learning.

### **Vitamin B6.**

Vitamin B6 (Pyridoxine HCL) is a water-soluble vitamin and a member of the B-vitamin family.

It plays a number of important roles in your dog's body, especially in support of physical and mental health;

Helps maintain a healthy nervous system.

Needed for the production of neurotransmitters – chemicals that carry signals between nerve cells.

Supports healthy mood and normal brain function.

Promotes the functions of enzymes, dopamine, and adrenaline.

Supports adrenal function.

Supports a healthy immune system.

Supports nerve and muscle cell health during periods of stress.

Aids in the conversion of tryptophan into vitamin B3 and serotonin.

Suggested to add 2 mg of vitamin B6 to your dog diet or treat to help address this need.