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Natural home remedies.

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MERCOLA
Take Control of Your Health

You can soothe and treat dry skin, upset stomach and skin ailments in your dog using natural products you may already have at home

Vitamin E oil for dog's dry, itchy skin, try massaging into the skin.

Chamomile tea for gastrointestinal disorders, skin irritation and anxiety due to its antioxidant, antimicrobial, antidepressant, anti-inflammatory, antidiabetic and antidiarrheal activities

Coconut oil also has antimicrobial properties, including being antifungal and antimicrobial, making it wonderful to apply topically to your dog's skin

Hydrogen peroxide, baking soda and dish soap are the key ingredients to have on hand if your dog ever gets sprayed by a skunk

Minor ailments like dry skin, upset stomach and minor wounds don't always require a trip to your veterinarian and may be better off treated with natural home remedies.

Natural products you may have in your cabinets already, just waiting to offer relief or health support to your dog.

If you're not sure, always make an appointment to see your veterinarian — it's better to be safe than sorry.

However, keep the following remedies in mind when you're looking for natural healing support.

Vitamin E Oil.

Vitamin E is an antioxidant that supports healthy skin formation and turnover rates.

If your dog has dry, itchy skin, try massaging vitamin E oil into her fur. The oil will also help to protect against ultraviolet radiation from the sun (especially helpful if your dog spends a lot of time outdoors or has white fur).

If you don't have vitamin E oil, you can break open a vitamin E capsule and apply that — it can also be massaged into warts and calluses.¹

Chamomile Tea.

Chamomile has an impressive number of benefits due to its antioxidant, antimicrobial, antidepressant, anti-inflammatory, antidiabetic and antidiarrheal activities.²

It's useful for soothing gastrointestinal disorders, so if your dog enjoys the taste, you can let her lap up some cooled chamomile tea to calm an upset stomach (you can also add it to your dog's food or add a few teabags into your bone broth).

You can also add chamomile tea to a spray bottle and spritz it onto irritated skin.

You can also use a cooled teabag applied to raw skin for immediate soothing. [Chamomile tea](#) also works well to calm your dog's nerves during veterinary visits or thunderstorms.

When brewing chamomile tea for therapeutic purposes, let the tea bags soak for about three hours to allow the maximum amount of polyphenols to be released into the tea.

Yogurt.

Plain yogurt, ideally raw and grass fed, is a natural source of [probiotics](#), or beneficial bacteria, to help balance your dog's microbiome.

Probiotics are important not only for healthy digestion but also may boost your dog's overall health and even alleviate stress and anxiety.³

Epsom Salt

Epsom salts can help to soothe inflamed, swollen joints such as may occur in arthritis.

They may also improve dry, itchy skin.

Your dog can soak in an Epsom salt bath — use about 1 ¼ cup of salts per 5 l of water — but be sure they doesn't drink the water.

You can also soak a washcloth in mixture of Epsom salts and water and apply it to problem skin areas.

Coconut Oil.

As supplement to whatever you feed.

This all-purpose oil is excellent for your dog to eat, as it's a rich source of medium-chain triglycerides that benefit brain health.

It is recommend feeding 1/4 teaspoon of organic, cold-pressed, human-grade coconut oil for every 5 kg of body weight twice daily for dogs.

Apply the coconut oil liberally as a skin remedy [apply topically to your dog's skin](#), nails and pads because of its antimicrobial properties, including being antifungal and antimicrobial.

You can use it to clear up conditions like flea allergies, eczema, itchy and dry skin and contact dermatitis, cuts, nail issues, hot spots, wounds, stings and bites.

After a bath if applied lightly is add to shine.

Let it soak in for about five minutes.

Give your dog a quick bath and rinse after the coconut oil to remove some of the excess oil.

Coconut oil also works well as a carrier oil when you want to use essential oils (see below).

Essential oils.

[Essential oils](#) can provide emotional, physical and mental benefits for dogs.

Lavender oil - a few drops - to his collar or bedding may help if your dog gets anxious or has phobias (such as noise phobia).

Oregano oil is a powerful oil that has antibacterial and anti-parasitic properties.

Diluted oregano oil can be used to help clean ears, soothe irritated gums and calm itchy skin.

Many essential oils also act as natural pest repellents.

Geranium, lemongrass, neem, tea tree and catnip oil are among those that may help deter mosquitoes, fleas and ticks.

Hydrogen peroxide, baking soda and dish soap.

These are the key ingredients to have on hand if your dog ever gets sprayed by a skunk or to remove pungent odors, mix together 1 liter of 3% hydrogen peroxide, 1/4 cup baking soda and 2 teaspoons liquid dish soap.

If you have a large dog, double or triple the recipe.

Apply the mixture to your dog's dry fur (avoiding the eye area), lather it up and rub in for about five minutes, then rinse.

Repeat the process as needed.

Licorice root.

Licorice root contains glycyrrhizin, a natural anti-inflammatory properties.

For skin health, apply licorice tea, salve or oil topically to help soothe psoriasis, eczema, flea-bite allergies and other sources of itching.

Offers benefits to liver health and immune system function, beneficial for treating gastrointestinal issues, respiratory problems, urinary tract infections and more.

Many dogs enjoy its sweet flavor.

Ask an integrative veterinarian if you intend to use licorice root **orally** for your dog, but a general dosage is 12 to 20 drops per 10 kg of body weight, twice daily.⁴

Ginger.

Ginger is excellent for soothing nausea, vomiting and other tummy problems.

Ginger oil can be massaged onto your dog's stomach.

As supplement or as medicine feed small amounts of fresh ground ginger (add it to a meatball or other treat).

Use about a pinch for puppies, 1/8th teaspoon for small dogs under 5 kg, 1/4 teaspoon per 10 kg dog weight.

Local honey.

If your dog has a resistant skin infection or a hot spot, try applying some of your area's local honey, which can eradicate hundreds of strains of bacteria, including certain antibiotic-resistant varieties.⁵

See its [remarkable effectiveness for wound healing here](#).

By keeping natural remedies like these on hand, you can be ready to offer natural relief to your dog when you need it.

If you're interested in using natural remedies to support your dog's health for more serious issues, an [integrative veterinarian](#) can help you achieve the best results and healing potential.