

HOW TO USE

HOMEOPATHIC

REMEDIES

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Most homeopathic remedies come in little pellets or granules. Many dogs don't mind taking them, as they're sweet-tasting. If that's the case, you can just twist the container until two or three pellets (or 10 to 15 granules) drop into the cap, then tip them into your dog's cheek (preferably without touching the remedy with your hands). As long as the pellets or granules come into contact with the gums or other mucous membranes, your dog has been dosed.

But if your dog spits the pellets out, you might need to resort to wet dosing. Here are some instructions on how to do that.

It's also best to give the remedies away from food if you can.

HOW OFTEN TO GIVE HOMEOPATHIC REMEDIES

Hotspots can come on very suddenly and they usually spread fast, so you need to get the remedy into your dog quickly when you notice a hotspot.

Once you've started dosing your dog, you'll need to keep an eye on the hotspot for changes. The condition of the hotspot - whether improving or worsening - will guide you as to when you need to give your dog another dose of the remedy. So keep watching it!

The general rule is ... if the hotspot is getting better, stop dosing. Only redose when you see the hotspot get worse or the improvement stops.

STEP BY STEP DOSING GUIDELINES

- After reading the remedy descriptions below, pick the one that's the best fit for your dog's symptoms.
- Once you've made your choice, use either a 30C or 200C potency and start out by giving your dog a dose every 30 minutes, for up to four doses ... or until you see some improvement. If you see the hotspot start to improve after the first dose or two, there's no need to keep dosing.
- Remedies work quickly with acute, fast moving issues, so (especially if the hotspot appeared very suddenly) you should see a change in the hot spot quite quickly. This could be as early as an hour after your first dose.
- Keep an eye on the hotspot.
- Whenever you see improvement in the hotspot, stop dosing ... and keep watching the hotspot.
- THEN ... any time you see the hotspot appear to worsen, or stop improving, give your dog another single dose.
- You may find you need to redose occasionally over the next few days as the hotspot heals. Let the hotspot be your guide as you consider whether to redose or not. If the hotspot gets worse or the improvement stops, redose. If it's still improving, don't redose.

WHEN TO SWITCH REMEDIES

If you don't see any changes after three or four doses, then it's time to try a different remedy. Pick the next one that matches your dog's symptoms. When you switch to a new remedy, follow the above steps again.

WHICH REMEDY SHOULD YOUR DOG GET?

Homeopathic veterinarians prescribe remedies based on the physical and mental state of the dog and the remedy will vary according to your dog's overall symptoms.

Hotspots appear quickly and have very specific symptoms, so this makes choosing the right remedy fairly easy. Here are the major guidelines to help you choose the right remedy:

REMEDY CHOICES

Apis (usually labeled *Apis mellifica*): Apis is often the most useful remedy to use for the early stages of hotspots due to their angry, itchy and violent onset (Apis comes from a honey bee so think of a bee sting).*

Belladonna: Hotspots that require Belladonna will appear and grow almost instantly and the skin will be bright red, hot and relatively dry. The dog will appear restless and irritated and will move away from heat.*

*Note when comparing Apis to Belladonna: the Apis patient is often thirstless, whereas the Belladonna patient will usually seek water.

Calendula (*Calendula officinalis*): Often, homeopathic Calendula (not the herbal calendula recommended in the topical treatment suggestions above) is useful for the healing stages of a hotspot.

Aconite (*Aconitum napellus*): can be used for animals displaying a lot of anxiety and restlessness during the development of hotspots.

REMEDY CHOICES CONTINUED

Graphites: Graphites is an excellent skin remedy and will be necessary if there is a sticky discharge that appears like honey. These dogs can tend toward excess weight and the itch and discharge will be worse with warmth. The surrounding skin and coat may feel greasy and the hotspot will have a cracked appearance.

Mercurius: These hot spots will also have a yellow or even greenish discharge with a yellow scab. There may also be hair loss and bleeding around the lesion. These dogs will also want to move away from heat.

Rhus tox (*Rhus toxicodendron*): Like a rash from poison ivy, the hotspot that requires Rhus tox will be red and very itchy with a pimples rash-like appearance. There will be swelling and the hotspot will be hardened. These dogs prefer warmth and will feel better when out moving and walking.

FOR CHRONIC HOT SPOTS

If your dog suffers from chronic, recurring hotspots, especially if these seem to be due to mental or emotional causes, it's best to consult your homeopathic vet, who may recommend other remedies. Some commonly used ones are Pulsatilla, Graphites and Arsenicum album. Countless other homeopathic skin remedies may be used for more chronic cases where hotspots recur and the mental or emotional picture is appropriate.

Bach Rescue Remedy can be useful on a daily basis in cases where there is prolonged household or environmental stress or where life or family changes are affecting your pet. You can put a few drops in your dog's water bowl, even if there are other dogs in your household (it won't affect them if they don't need it).