

35

HERBS FOR NATURAL
HEALTH & HEALING



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35 Herbs for natural health & healing.

You feed your dog a great whole food diet full of fresh, unprocessed ingredients, but there are some things you can add to help support his health even more ...

And sometimes you need some extras for specific health conditions that come up.

So, to help you help your dog, we've created this guide.

In it you'll find a ton of different herbs to not only keep your dog healthy but to help when he isn't feeling his best.

This is the ultimate guide to herbs. In it you'll find everything you need to know about which herbs to use to:

A. Boost immunity and keep your dog healthy

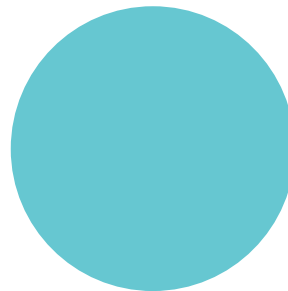
B. Manage many common health issues

HERB

BENEFITS

CONTRAINDICATIONS,
CAUTIONS AND COMMENTS

DOSAGE



NUTRITIONAL

Dandelion *(Taraxacum officinale)*

One of the most complete plant foods on earth.
Provides broad spectrum minerals, vitamins and proteins.
Add dandelion leaves to food as a general tonic, especially in spring.

Make sure you use the leaves of the plant that grows in a rosette fashion.
Dandelion look-alikes grow in branches and won't deliver the same health benefits.
Also be careful the greens you pick haven't been sprayed with herbicide.

Dry the leaves, crumble and sprinkle 1 tsp per 10 kg of body weight daily.

Nettle *(Urtica spp)*

Provides broad spectrum minerals, vitamins and proteins.

Some animals who tend to have plant allergies may be sensitive to nettle.
Some herbalists recommend using the plant before it flowers as mature plants contain gritty particles that can irritate kidneys.

Sprinkle dried herb onto food, 1 tsp per day for each kg of food.
Or, for finicky dogs, cover fresh young plants with water, cook until tender.

Alfalfa

(Medicago sativa)

Provides broad spectrum minerals, vitamins and proteins.

Use alfalfa before it flowers, and do not use seeds.

Side effects are rare but alfalfa can cause allergic responses in animals sensitive to pollen.

Alfalfa is a GMO crop so buy certified organic or grow it yourself. It grows easily but has weed-like tendencies and can spread fast.

Add a pinch of dried herb per 5 kg of body weight to your dog's food per day. If using store-bought capsules or tincture, assume dose is for a 75 kg human and adjust for your dog's weight.

Chia seed

Chia seeds are another rich source of Omega-3s as well as calcium and magnesium and other minerals.
Help regulate blood sugar.

Chia seeds soak up to 10 times their weight in water, so always feed either presoaked in water or give your dog plenty of water.

Give ¼ tsp for every 5 kg of body weight.
Feed the seeds, soaked in water or ground, and sprinkle on or mix into food.

JOINT SUPPORT

Turmeric

Anti-inflammatory, antioxidant, helps with pain and inflammation.

May occasionally cause digestive upset.
Contraindicated in cases of bile duct blockage or gallstones.

Give 1/8 to a ¼ teaspoon per day, for every 5kg of dog weight.
Sprinkle it right on top of your dog's food.
Turmeric is better absorbed when given with some fat and black pepper, so for best results use Golden Paste (recipe below).

Boswellia
(Boswellia serrata)

Anti-inflammatory, balances immune system, helps with pain.

No known contraindications.

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TURMERIC

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Yucca <i>(Yucca spp)</i>	Anti-inflammatory, antirheumatic, helps with arthritis and pain.	May irritate stomach lining and intestinal mucosa, causing vomiting if used at high dosages for long periods of time. Caution with horses and other animals unable to vomit. Do not feed every day but give a 2 day break each week.	Add 1tsp of powdered root per kg of food daily. If using tincture, use one with less than 5% alcohol and add ½ tsp per 10 kg of body weight.
PAIN RELIEF			
Willow Bark <i>(Salix)</i>	Analgesic, antioxidant. Helps with pain after surgery, inflammation and arthritis.	Do not use for cats as it contains salicylic acid (aspirin) which can be fatal.	
Cat's Claw <i>(Uncaria tomentosa)</i>	Helps with pain from arthritis, hip dysplasia and disc disease.	No known contraindications.	Give ¼ tsp per 20 kg of body weight of the powdered herb once daily or 5 ml of tincture once daily. For dogs with a compromised immune system, give

			the above dose two to three times daily.
Meadowsweet <i>(Filipendula ulmaria)</i>	Anti-inflammatory, helps with joint and muscle pain.	Contains salicylic acid (aspirin) so should not be used for cats. Avoid during pregnancy and lactation.	

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Cayenne
(Capsicum spp)

Helps with circulatory system, relieves rheumatic pain. Can be used internally or for topical pain relief as it acts as a nerve block, reducing pain at the application site.

Does not irritate digestive tract when used in moderate amounts but do not use internally in dogs with sensitive digestive system or urinary tract. Consult your holistic veterinarian if you're not sure. Keep away from mouth and nose and wash your own hands after handling. Safe during pregnancy but best for topical use only, especially during lactation.

Internally, for most dogs 1 gel capsule per day (or a pinch of powdered capsicum).

Calendula
(Calendula officinalis)

Anti-fungal, excellent topical remedy for hot spots or just about any external wound or abrasion that is inflamed, red and tender with or without pus.

Be careful not to apply calendula salve or oil to wounds that are oozing or weeping; use watery preparations like tea or tincture instead and allow the area to air dry completely between applications.

Apply topically as a salve, tea or tincture, 2 to 3 times a day.

IMMUNE SUPPORT

Echinacea
(Echinacea spp)

Acts as immune system stimulant. Provides ongoing immune support, stimulates the lymph system, and also treats infections in early stages, especially respiratory.

Only supports a healthy immune system so consider dietary changes or other measures for animals who are immune compromised or malnourished. Consult your holistic veterinarian if you're unsure.

For most dogs, give 12 to 25 drops of tincture three times a day. Low alcohol glycerin extracts are best. Give 5 days on, 2 to 3 days off for best effect.

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<p>Astragalus <i>(Astragalus membranaceus)</i></p>	<p>Similar actions to Echinacea and can be used interchangeably.</p>	<p>Buy from reputable sources. Astragalus membranaceus is safe but other species of astragalus are toxic. In Chinese medicine, astragalus is contraindicated for excess heat and yin deficiency conditions.</p>	<p>Give up to 20 drops of tincture per 10 kg of body weight up to twice daily.</p>
<p>KIDNEY AND URINARY SUPPORT</p>			
<p>Corn Silk <i>(Zea mays)</i></p>	<p>Corn silk is the hairy stuff you pull off an ear of corn before cooking. Mild diuretic to improve kidney health. Reduces inflammation, without irritating the kidneys. Helps prevent urinary stones, alternative to antibiotics.</p>	<p>Best used fresh (dried corn silk is much less effective), as a tea, or as a low alcohol (less than 25%) tincture. If buying corn to use the silk, buy organic. Don't use if it has turned brown. Corn silk is safe but is the pollen receptor so may cause allergic reactions in animals with pollen sensitivity. Do not use in pregnant animals as it may stimulate uterine contractions.</p>	<p>If using tincture, start with about 30 drops per 10 kg of body weight twice daily. If alcohol free give directly in the mouth, otherwise dilute with water first. If using tea, give ¼ cup per 10 kg of body weight twice daily.</p>

Couchgrass (*Agropyron repens*)

Diuretic, helps prevent kidney and bladder stones.
Helps reduce inflammation, pain and bacteria in urinary infections (both chronic and acute).
This is the grass dogs often love to eat out in your yard.

No known toxicity but excessive amounts can cause vomiting or diarrhea.
When harvesting, be careful your source of couch grass hasn't been sprayed as many consider it a weed and pesticide residue can remain for many years.

If your dog eats couch grass, let him!
To give a tea, give ½ tsp per 10 kg of body weight directly into your dog's mouth 2 to 3 times daily, or add to the water bowl. This is starting dose and you may need to increase it over time for full effectiveness.
You can also buy glycerin or alcohol tincture and give at half the above dose, diluted in water.



ASTRAGALUS
(*ASTRAGALUS MEMBRANACEUS*)

LIVER SUPPORT

Milk Thistle *(Silybum marianum)*

Prevents damage to the liver and also helps repair it.
Powerful antioxidant.
Cleanses and detoxifies the liver.

Milk thistle is a very safe herb with no evidence of toxicity. It should not be used as a daily food supplement but reserved for situations when the liver is under abnormal stress, usually for a 3 to 6 week period. Alcohol tinctures are best unless your dog has alcohol hypersensitivity; if so use standardized powder extract with 60-80% silymarin. If you suspect your dog has liver disease, consult with your holistic veterinarian for correct dosage.

Give starting dose of ¼ tsp tincture per 10 kg of body weight. Dilute with equal amount of water for palatability and add to food. If using powder, give 4 to 10 mg per kg of body weight, 2 to 3 times per day.

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WORMS

Pumpkin Seed	Can help prevent or eliminate worms.	Safe to use even during pregnancy. Buy raw organic pumpkin seeds.	Give a teaspoon of ground pumpkin seeds per 5 kg of your dog's weight.
Oregon Grape	Effective anti-parasitic including for giardia.	Not for dogs with liver disease or during pregnancy.	Give 12 drops of tincture per 10 kg of body weight per day.
Cloves	Effective against microscopic parasites like giardia and coccidia.	Use with caution, especially for small dogs, as large amounts can be toxic.	Give 1 clove per 5 kg of body weight per day, or a small pinch of clove powder in food.
Black Seed <i>(Nigella sativa)</i>	Use to eliminate most types of worms.	No known contraindications. Known as "the cure for everything except death."	½ tsp per day for small dogs, 1 tsp per day for larger dogs, mixed with food. Seeds can be heated first to eliminate the bitter taste. Whole seeds are preferred, but if using black seed oil, halve the above dose.



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<p>German Chamomile <i>(Matricaria recutita)</i></p>	<p>Works more slowly than some other herbs but is very effective in eliminating roundworms and whipworms.</p>	<p>A very safe herb but some animals are allergic to it. Check for sensitivity by applying a small amount to your dog's skin. If there's no reaction, start by feeding a drop or two and watch for any changes in your dog. Excessive use during pregnancy may increase fetus reabsorption and inhibit fetus growth in some animals.</p>	<p>As a tincture, give 0.25 ml to 0.50 ml per 10 kg of body weight twice daily, placed in mouth or added to water.</p>
<p>Black Walnut</p>	<p>Consider using to expel intestinal worms if above options fail.</p>	<p>Can be toxic if used at wrong dose so use only with professional guidance. Strong tannins and alkaloid ingredients can cause vomiting, diarrhea and gastritis.</p>	<p>Consult your holistic veterinarian or herbalist.</p>

Wormwood

Works on all types of worms including tapeworms.

The FDA lists wormwood as unsafe for internal use.

It should never be used in dogs who suffer from seizures, kidney problems or liver disease and should not be used in pregnant or lactating dams.

Wormwood should be given only for a few days at a time and under the guidance of a holistic veterinarian or herbalist.

Consult your holistic veterinarian or herbalist.

DIGESTIVE ISSUES

Slippery Elm (*Ulmus rubra*)

Demulcent that soothes the digestive tract.

Generally safe for animals. Product you buy should not contain the outer bark, which can irritate digestive and urinary tracts and may induce abortion in pregnant animals.

Slippery elm is being overharvested so it's best to use it only when other options aren't available. Marshmallow root and plantain are good alternatives.

1 tsp of dried inner bark steeped in 8 oz hot water with 1 tsp honey makes a good digestive tonic. For tincture, give $\frac{1}{4}$ to $\frac{1}{2}$ tsp per 10 kg of body weight once or twice daily.

**Marshmallow
Root**
(Althaea officinalis)

Soothes intestines and acts as mild laxative.
Use as a substitute for slippery elm.

Lowers blood sugar so use with caution in hypoglycemic animals.
May slow absorption of some drugs until the thick mucilage is broken down in the digestive tract.
Tea or glycerin tincture (or low alcohol – under 20%) tincture are best, or use fresh or dried root.

Squirt marshmallow glycerite ¼ tsp per 10 kg body weight directly into mouth three times daily.
Or for tea 1 tsp is a good starting dose.

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MARSHMALLOW ROOT
(ALTHAEA OFFICINALIS)

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Plantain *(Plantago spp)*

Lubricates, soothes and protects mucous membranes.
Use as a substitute for slippery elm, but contains less mucilage and may be less effective than marshmallow root.

Side effects are rare but some animals may be allergic so test a small amount to skin first and watch for reaction.
Internally start with small dose and watch for allergic response like sneezing or watery eyes.
Best used fresh and easy to find growing in most yards!
Make sure it hasn't been sprayed with weed killer.

To use fresh, liquefy whole plant including roots in a blender.
Or chop the plant and place in blender with enough warm water to cover (don't use boiling water which destroys antibacterial properties).
Blend into a soup, strain and refrigerate in sealed glass jar.
Keeps about 2 weeks.
Use 1 tsp per 10 kg of body weight once or twice daily, preferably before a meal, but add to meal if necessary to get your dog to eat it.

RESPIRATORY ISS

YES

Mullein
(*Verbascum*
Thapsus)

Anti-inflammatory, expectorant, demulcent, antispasmodic, antiviral and antimicrobial. Helps increase mucous production making coughs more productive. Good for kennel cough.

No contraindications for dogs but keep mullein away from fish and amphibians as it's toxic to aquatic creatures.

Use 1 to 2 ml of glycerin tincture per 10 kg of body weight twice daily, or make a strong tea and give 10 ml per 15 kg body weight twice daily.

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Coltsfoot
(*Petasites* and
Tussilago species)

Expectorant, eases cough spasms, anti-inflammatory, anti-bacterial. A good herb for kennel cough. Unlike other treatments, does not suppress cough but instead helps the body clear the respiratory tract.

Contains pyrrolizidine alkaloids (PAs), which can cause liver issues if used in large quantities. However content in coltsfoot is very low and unlikely to cause problems if you use it in moderation.

Use glycerin tincture, 1/3 tsp per 10 kg of body weight two or three times a day.

<p>Gingko (<i>Gingko biloba</i>)</p>	<p>Antioxidant, increases blood supply.</p>	<p>Contraindicated for animals with blood clotting disorders or taking blood thinning drugs. Can help with healing after surgery but don't use until risk of post-operative hemorrhage has passed.</p>	<p>Best used in consultation with a herbalist or holistic vet, but a good starting dose is 0.25 ml to 0.75 ml of a high quality extract, two or three times daily per 25 kg of body weight.</p>
<p>Wild Cherry Bark (<i>Chokeberry</i>) (<i>Prunus serotina</i>)</p>	<p>Cough suppressant, expectorant, sedative. Helps relieve symptoms in acute conditions with strong coughing, rapid breathing and pulse.</p>	<p>Not for pregnant animals. Contains hydrocyanic acid, which can cause severe vomiting and diarrhea.</p>	<p>Give as a tea (1/8 cup for every 5 kg of body weight) or as a tincture (1-3 drops for every 5 kg of body weight).</p>

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Licorice Root (*Glycyrrhiza glabra*)

Adaptogenic, demulcent & emollient.

Use in moderation and for no more than 2 weeks at a time as high doses over long periods can cause side effects like water retention, hypertension, and loss of potassium or sodium retention.

It's best to consult a practitioner but a good starting point is 12 to 20 drops of tincture per 10 kg of body weight per day. You can also make a tea from 1 tsp of root to 1 cup of water. Triple the tincture dose if using tea.



LICORICE ROOT
(*GLYCYRRHIZA GLABRA*)

Elderberry
(Sambucus nigra)

Antimicrobial and expectorant, very high in vitamin C.

If using berries, use only blue/ black berries and avoid green or red berries which can be toxic.
If you pick your own, don't pick all the flowers so that you have some berries left later in the season!

To make a syrup use 1 part berries to 3 parts water, bring to a boil and simmer for about 45 minutes until liquid has reduced. Strain, cool, and add some raw unfiltered honey. Give 1 tsp for small dogs, or up to 1 tbsp for large dogs once or twice each day.

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CARDIOVASCULA

SUPPORT

Hawthorn
(Crataegus spp)

Improves coronary circulation,
regulates heart rhythm.

No known contraindications.

Fresh - dry the berries
then grind them give 1 tsp
per pound of food daily.
As a tea give (1/8 cup for
every 5 kg of body weight)
or as a tincture (1-3 drops
for every 5 kg of body
weight).

Motherwort
(Leonorus cardiaca)

Heart tonic, strengthens without
straining.

Motherwort should be avoided
during pregnancy and lactation.

Dose for tincture is one
drop per pound body
weight.
For tea, ¼ to ½ cup per
10 kg body weight.



(CRATAEGUS SPP)



(LEONORUS CARDIACA)

HAWTHORN

MOTHERWORT