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Zello.com "VoIP" – ask for info.

Honey rooibos tea mullein nettle cinnamon.

Infusing honey and herbs for allergy treatments/remedies;

One of the best supplements you can offer your active dog is local raw unprocessed honey - to maximize your dog's health benefits – and more.

{See article "All about wild honey on this website}

Honey can be fed as a herbal standalone supplement/nutrition or mixed with powdered herbs for additional benefits, pure honey added to various herbal teas in the diet or in offered in your dog's drinking water.

Looking at some choice herbs for allergy treatments/remedies;

Mullein.

Mullein inhibits some specific body processes which cause inflammation and can sooth inflamed mucous membranes thereby helping to provide relief from respiratory discomfort associated with environmental allergies – runny nose eyes, difficulty breathing etc.

Mullein is useful in reducing the symptoms of allergies due to its qualities as an:

Anti-inflammatory;

Demulcent (soothes inflamed skin or mucous membranes);

Expectorant - a medicine that promotes the secretion of sputum by the air passages, used especially to treat allergies related coughs.

Cautions.

Mullein seeds are the only part of the plant that are toxic (the seeds contain "rotenone" – a natural pesticide) – do not allow any of the seeds to be mixed in with the leaves you are harvesting.

Mullein leaves - no side effects or interactions;

If you are harvesting the mullein leaves yourself:

Be aware that the little hairs on the leaves and stem of the plant can cause temporary stinging and irritation via dermatitis (inflammation of the skin);

You may want to wear gloves while harvesting.

Honey and Nettle (stinging nettle).

Nettle is nutrient dense - high in calcium, chlorophyll, iron, and vitamin C which increase the body's red blood cell count.

It is a great immune system booster.

It is a powerful anti-inflammatory.

It work as an astringent.

It work as a diuretic.

You can also add a few dried nettle leaves directly to your dog's food once a day.

Nettle is commonly used as a relief for pollen related allergies.

Nettle inhibits the release of histamine.

Nettle root increases production of T cells – which is vital to controlling allergic reactions;

Nettle mimics the action of anti-histamine allergy medications (such as Benydryl);

Nettle provides respiratory relief without the side effects of conventional chemical based anti-histamines;
Aid skin conditions such as eczema and hives;
Nettle is also used to relieve the inflammation of arthritis and aid digestion.

If you are harvesting your own nettle leaves:

Make sure to pick the leaves in the spring before the plant flowers;
After flowering the content of silica in the leaves rises, making the leaves difficult to digest.

Nettle root can be harvested in the autumn.

Wear gloves when harvesting the leaves as touching the spine (stem) of the Nettle plant causes temporary stinging via dermatitis (inflammation of the skin – hence the name ‘stinging nettle’).

Nettle is an:

Cautions.

Because bacteria needs **iron** to spread and nettle is high in iron – do not give your dog nettle when your dog has a bacterial infection.

Nettle may interfere with prescription medications for: diabetes, high-blood pressure and NSAIDs.

Honey & Rooibos tea.

An effective aids reducing the symptoms of environmental allergies. Infusing honey with certain herbs will further supporting your dog’s immune system – then together with a good diet to enable the body’s natural ability to offset/fight allergies – and especially seasonal environmental allergies.

Rooibos Tea contains anti-allergy properties and can be real aid in treating allergies and related skin problems, asthma, etc.

{See article on Rooibos tea on this website}.

Honey & Cinnamon.

Among its many attributes, cinnamon helps to boost the immune system and is good for dental care.

You can also just sprinkle some cinnamon on top of the honey.
½ to 1 tsp/day.

Looking at honey with combination herbs.

While local wild flower honey builds-up your dog's resistance to pollen, mullein and/or nettle can be effectively used to reduce the symptoms of environmental allergies.

You can use pure mullein tea bags or prepare an infusion using dried or fresh mullein and or nettle leaves and flowers (from your herbalist).

This infusion can be made with or without honey.

Honey & herbs preparation.

Take a handful of dried or fresh Mullein and or Nettle leaves and flowers (available at your herbalist) in a pot, simmer the herbs in one liter of water for 35 minutes – and then filter using a sieve and again filter through cloth.

Then adding rooibos tea (optional) after the 35 minutes (before filtering and while still simmering in the pot), add two Rooibos Tea

Bags for 5 more minutes.

Add 1 teaspoon honey in cooled down rooibos tee.

Daily dosage.

Once a day in the dog's food or add to drinking water.

- Small dog 1/8 cup
- Medium dog 1/4 cup
- Large dog 1/2 cup

When to add honey.

While the infusion is still warm, (optional) add one or two tablespoons of the local honey - allow the infusion to cool.

Add dry herbs directly to the diet (optional).

You can also add a few dried nettle leaves directly to your dog's food once a day.

Boosting your dog's immune system with DIY allergy treatments.

Your dog's allergies will be more acute **if:**

The immune system is compromised because of:

Poor diet.

I.e. your dog is on a diet of commercially prepared dry dog food containing grains, toxins and carcinogens such as ethoxyquin found in fish meal, etc.).

Because of over inoculation.

Chemical-based parasite preventatives such as heart worm preventatives and flea and tick preventatives, etc.

Chemicals in household cleaners.

Over-exposure to antibiotics – use natural, herbal, homeopathic remedies whenever possible for -ear infections, diarrhoea, etc.

Toxins and carcinogens in dog toothpaste, dental chews and shampoos.

Choose wisely for your dog as they cannot choose for themselves!

Get your dog on a species appropriate diet {see *All about raw feeding on this website*}

Consider adding immune system boosting and allergy fighting items to your dog's daily diet.

For example:

Turmeric;

Garlic;

Lemon;

Omega-3 fatty acids with EPH &DHA;

Probiotics;

Fresh Whole Foods

If you would like to add any of the above food stuffs (see descriptive read the articles on this website).

Herbs and honey for dogs.

Honey is one of the best herbal medicine for your dog.

DIY – remedies that include Honey;

Start by coarsely chopping enough fresh lemon balm, thyme, sage, oregano, lavender, basil, or other herbs to loosely fill a glass jar.

Alternatively, fill the jar half full with loosely packed dried herbs.

Fill the jar with honey, covering the herbs.

If the honey is too thick to pour easily, warm it by placing the honey jar in hot water or heat the honey gently in a saucepan or double boiler just until it is liquid.

Seal the jar of herbs and honey and leave it in a warm location, such as a sunny window, for at least two weeks.

For a double-strength herbal honey, wait a month or more, then fill another glass jar with herbs, pour the contents of the first jar into the second jar, and let the honey stand another month.

If you're in a hurry, heat the honey until it's almost boiling and the pour it over the herbs.

The honey won't be raw any more, but it will still contain significant healing properties, and it can be strained and used the same day.

Before using herbal honey, filter it through cheesecloth or a strainer to remove plant material and store it at room temperature or in the refrigerator.

Add the medicated honey to your dog's food. In addition, keep a small jar of honey (herbal or plain) in your first-aid kit or backpack for use in emergencies.

Honey infused with the herbs mentioned above is an effective dressing for cuts, surgical wounds, burns, lick granulomas, abrasions, hot spots, and infected wounds.

It can be given orally to prevent infection from viruses or bacteria, soothe a sore throat, and help an anxious dog relax, improve sleep, and speed recovery from illness.

Added to food, herbal honey helps reduce gas and other symptoms of indigestion.

Another way to feed herbs is to mix them with thick raw honey (refrigerate honey for a thicker consistency if necessary) and shape it into small balls that are easy for the dog to swallow.

Use the same technique you would to pill a dog.

All honey, especially organic raw honey, has medicinal benefits.

More than 20 years of research have shown it to naturally destroy harmful bacteria such as Staphylococcus and Streptococcus (including drug-resistant strains);

Helicobacter pylori bacteria associated with stomach ulcers; vancomycin-resistant Enterococci; and Pseudomonas.

Brewing tea with herbs is one way to add cleavers to your dog's diet, but another is to make an herbs and honey combinations.