

# Diane Stein

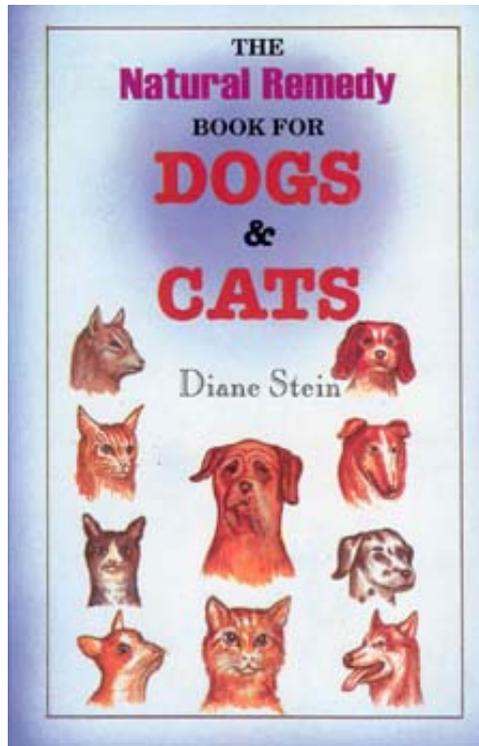
## The Natural Remedy Book for Dogs & Cats

Reading excerpt

[The Natural Remedy Book for Dogs & Cats](#)

of [Diane Stein](#)

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## **Abscesses and Boils**

An abscess is a pocket of pus under the skin surface. In dogs and cats it is usually caused by a small puncture wound that closes on the outside, but has bacteria or foreign matter trapped inside. Cats get these from claw and bite wounds in fights, and dogs from burr, sticktight, or other plant pieces that work their way under the skin. Cellulitis is an inflammation of the deep skin layers, and boils are primarily bacterial infections under the skin (staph infections) often caused by systemic toxicity and lowered immune function. A carbuncle is a spreading boil—there may be several infections in an area.

The signs of this infection include a painful, red, swollen area of skin that feels hot to the touch. In cellulitis the skin feels hard, and in an abscess there is fluid beneath the surface. If the infection grows, there may be evidence of swollen lymph glands or red streaks radiating from the sore. The animal may seem depressed or may become anorexic, refusing to eat. There may be fever and chills. To heal, the abscess or boil needs to be opened and drained; it must be cleaned of any foreign matter and pus. Healing occurs from the inside out, rather than from the surface. A boil or abscess that does not drain may need to be surgically lanced, but with the use of natural methods this is usually unnecessary.

An animal that is diabetic, has thyroid disease, or a reduced immune system is more susceptible to recurring staph infections. Chronic constipation may be a cause, as well as allergies, stress, or poor hygiene.

**Nutrition:** Commercial pet foods, low in nutrients and high in chemicals and sugar, are often a cause of abscesses and boils. The poorer quality generic foods that contain little or no zinc are particularly suspect in dogs. A natural or preservative-free diet is necessary, as poor nutrition can be a source of both reduced immune system and systemic toxicities.

**Naturopathy:** Start with a detoxifying fast of a few days, especially if the dog or cat has fever. Lemon juice enemas during the fast are especially positive, and aloe vera juice internally functions as a laxative and a detoxifier. Use hot compresses or poultices three or four times a day for fifteen minutes at a time. Be careful that they are not so hot that they burn the pet. They can be made from a teaspoonful of salt or boric acid to a cup of boiled water; castor oil or tea tree oil; roasted and mashed garlic, onions, or an oven-heated lemon slice. Anitra Frazier uses a teaspoon of Betadine solution and a half teaspoon of sea salt (not table salt) to a cup of pure water.

Once the abscess has opened, drained, and any foreign matter has been removed, the wound can be helped to heal from the inside. Anitra Frazier uses a second compress solution as above, replacing the Betadine

with a teaspoonful of calendula tincture.<sup>1</sup> The wound should not be allowed to close up as long as there is still pus or foreign matter remaining.

Kelp boosts the thyroid and adds essential minerals, and garlic is an antibiotic and immune builder. Bee products also boost the immune system. Also use honey or chlorophyll externally in compresses. Put a teaspoon of apple cider vinegar in the water bowl to speed healing.

**Vitamins and Minerals:** The supplements of the optimal diet are highly important, particularly the mineral powders. Deficiency in minerals may make a pet susceptible to the disease. Give vitamin C to bowel tolerance for infection clearing, mixing it with the animal's honey water or herb teas during her fast and with food after. For cats and small dogs, Richard Pitcairn suggests 250 mg three times a day for at least three days; for medium-sized dogs give 500 mg three times a day, and for large dogs use 1000 mg per dose.<sup>2</sup> The animal may take much more. The deficiencies in zinc can cause abscesses and boils. Use zinc gluconate and C lozenges for small pets, non-chewable zinc when larger amounts are needed. Give about 5-10 mg of zinc per day for cats, 20-25 mg per day for a medium-sized dog, and 50 mg per day for a large dog.

**Herbs:** Dose the dog or cat with goldenseal and echinacea combination tincture or tea. Compresses can be made of this tincture or tea also, or of either herb. When using herbal antibiotics internally, do not stop until all infection has been cleared for several days, or symptoms may return. Usnea is another herb specific for staph infections. Comfrey root or leaf is an important infection-healing herb, used in poultices, compresses, and internally. Also burdock and red clover combined are good internal detoxifiers, as are chaparral, pau d'arco, or Oregon grape root. Horsetail grass taken internally reduces inflammation. Use slippery elm poultices hot until the pus has cleared, then cold to heal the wound.

**Homeopathy:** Try *Belladonna* in early stages when the skin is hot, red, and painful; used early enough it may stop an abscess from forming. After twenty-four hours, if the animal shows pain when the forming sore is lightly touched, go to *Hepar sulph*. Once pus has formed use *Mercurius*. When there is much redness and swelling around the abscess, which looks shiny and angry, the remedy is *Apis*. *Lachesis* is used when the skin looks purplish, the pus is dark and thin, and the lesion is tender; stop this remedy as soon as there is any improvement. If there is foreign matter in the abscess, or for recurring or persistent infections, use *Silica*. After the pus is expelled, *Calendula* tincture as a compress heals the wound.

**Acupuncture/Acupressure:** Use the Immune Stimulation sequence of Gloria Dodd, DVM, shown in the method chapter. On the Cat Chart, point #15 is for blood cleansing and infections.

**Flower Essences:** *Amaranthus* boosts the immune system and repels bacterial inflammations, and *Luffa* regenerates the skin. *Mallow* re-

duces toxins in skin healing and aids the endocrine system. *Crab Apple*, *Camphor*, or *Tomato* essence detoxify, and *Dill* or *Garlic* flowers help to reduce inflammations. *Nature's Rescue (Rescue Remedy)* is useful in any acute situation. *Agrimony* is for slow healing wounds.

**Gemstones:** Elixirs of *Emerald* or *Malachite* are powerful cleansers and detoxifiers. When using *Malachite*, leave the stone in the water for no more than half an hour. *Obsidian*, *Smoky Quartz*, or *Bloodstone* are other choices. *Lapis Lazuli* is an anti-inflammatory, infection fighter, and all-healer. Use any of these in the dog's or cat's aura as well.

## Aging

Companion animals today do not live as long as they did fifty or even thirty years ago. Natural healing methods help a dog or cat to live comfortably longer, without debilitating diseases. Delbert Carlson, DVM, and James Giffin, MD, list cat life expectancy at about fifteen years. Smaller dogs live longer than the large breeds, with large dogs reaching old age at ten years. Only ten percent of dogs live past age ten, according to these experts<sup>3</sup>, even though animals in their twenties were not uncommon in my childhood. Something is changing for the worse, and commercial diets, over-vaccination, and chemical drugs are a major part of the problem.

Supporting a pet holistically through old age can add comfortable and pain-free years to her lifespan. While specific diseases are discussed in their own remedy sections, a few general tips may make a positive difference. Older pets are less able to assimilate food and absorb nutrients and vitamins from their diets. Therefore a quality preservative-free diet is essential. They need fewer calories because of decreased activity, and less protein is recommended for overworked aging kidneys. It must be noted that commercial diets can cause kidney failure in older dogs and cats, but natural diets do not.

Aging animals may become incontinent (watch for urinary infections in both cats and dogs), and are often constipated. Careful observation is needed here to prevent emergencies. Older animals are less able to throw off toxins from their bodies and because of this may develop skin problems, tumors, body odors, or appear matted and unkempt. Daily groom-

ing and a gentle body massage weekly checks for problems and keeps the animal clean and comfortable.

Using holistic methods rather than harsh chemical drugs with side effects helps to strengthen older animals, lessens the degenerative effects of chronic dis-eases, and extends lifespans.

**Nutrition:** Aging pets do not need in their diets preservatives, sugar, salt, and poor quality food. A natural homemade diet, possibly chopped up small for easier digestion, is a must, or use a preservative-free pet food with supplements. Poor food has reduced our dogs' and cats' lives by half or more. Don't wait until your animal is old to start giving her good food, but don't hesitate to change an older pet's diet now.

**Naturopathy:** Digestive enzymes are highly important in helping an older pet to assimilate nutrients, both in foods and supplements. Feline or canine enzymes are available from several natural pet catalogs and an increasing number of pet shops; give a quarter teaspoon to a teaspoonful per meal. Human enzymes from a health food store are also positive: give one-half tablet per meal for cats and small dogs, more for larger pets. Kelp provides missing iodine and minerals, bee products and garlic build immunity, and garlic is an internal antiseptic. Give aloe vera juice with liquid chlorophyll daily to prevent constipation and help the aging animal detoxify. Chlorophyll is also a blood sugar balancer. Cider vinegar in the water bowl or on food acidifies the urinary tract, adds potassium and other minerals, and aids tissue repair and healing. A teaspoonful of wheat germ oil daily helps dribbling in older female dogs.

**Vitamins and Minerals:** Feed the supplements listed with the optimal diet, varied as below. Both elder dogs and cats require more of the B-complex vitamins and vitamin E, and less vitamin C in their daily diets. For dogs, use half the adult dog amount of vitamin C but double the E (see the method chapter on Nutrition for size and dosage tables). For cats, give 500-750 mg of vitamin C daily, and 50 IU of vitamin E.<sup>4</sup> Use a low potency human B-complex supplement (10-20 mg) that is yeast-free, or use brewer's yeast if the pet is not allergic to it, and don't forget the trace minerals powders. Additional B-1 2 is positive. Give 5-10 mg of zinc daily to aid the immune system. Give 10,000-25,000 IU of vitamin A with 400-800 IU of vitamin D weekly. Crush all tablets into food, and pierce gel capsules with a pin, squirting them into food.

Raw thymus glandular, germanium, and coenzyme Q10 all oxygenate the cells and support the heart and immune system. Raw kidney extract is positive for pets with reduced kidney function. Buy these for humans and use proportionate to your pet's weight.

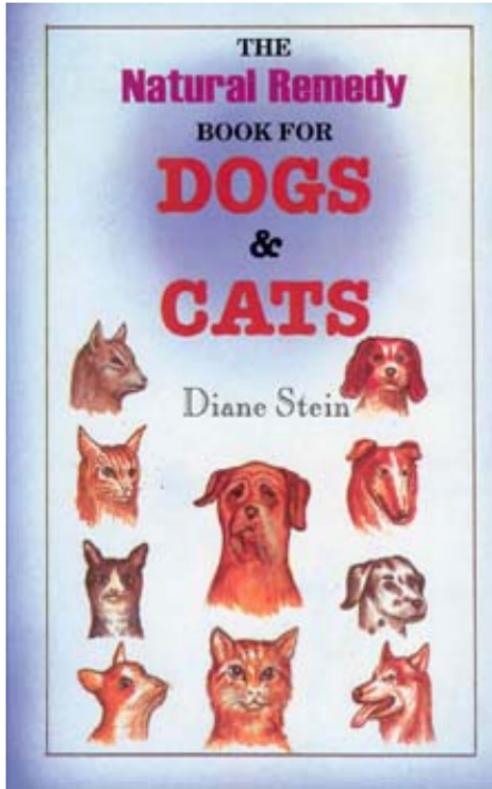
**Herbs:** Hawthorn is a general circulatory system strengthener that helps the heart, balances blood pressure, and is a gentle protection from stress. It may be used daily long-term. It is recommended for pets with heart dis-ease. Ginkgo biloba may help in preventing or reducing senility. It also strengthens circulation, as does ginseng or ginseng with royal jelly. The best general herbal nutrient is alfalfa, which is also a detoxifier and helpful for arthritic joints and hip and bone problems. Yucca helps arthritis and is a natural steroid, and dandelion gently cleanses the liver. Horsetail grass adds silica and calcium for urinary problems and arthritis. For debilitated animals, slippery elm is a nutrient that may be used with honey or honey and water as a food.

**Homeopathy:** Remedies are given to fit specific symptoms; where there is a specific dis-ease, see that section. *Crataegus* (homeopathic hawthorn) may be used daily as a heart strengthener. Also for daily use try combination cell salts, called *Bioplasma*, in 6X or 12X potency. English homeopathic vet Francis Hunter suggests *Baryta carb* for senility in cats or dogs with incontinence. Give three times daily in the 30C potency for three or four days and repeat when needed.<sup>5</sup> *Aconite* or *Ignatia* may also help the senile pet that is upset or frightened with no apparent cause. Use *Carbo veg* for a coughing or wheezing animal that is exhausted, and has constipation with gas. It is also good in cases of collapse where the animal is overweight with poor circulation, little activity, and chronic dis-eases.

**Acupuncture/Acupressure:** Check the Diagnostic/Alarm points weekly during a gentle body massage; this can reveal and often release problems early. Be familiar with the Resuscitation points also shown in the method chapter. (This would be point #8 on the Cat Chart.) For specific dis-eases use the appropriate points on both charts. Cat Chart #22 is a systemic tonic.

**Flower Essences:** *Hornbeam* strengthens and *Peach* is for longevity. Essences specifically for aging are *Redwood* when the dog or cat is arthritic, or *Helleborus* where the aging pet has a degenerative dis-ease. *Thyme* helps senility, and *Centaury Agave* or *Bells of Ireland* energize and rejuvenate.

**Gemstones:** Red stones for the Root and Feet chakras help to energize and revitalize. These include *Garnet*, *Ruby*, or *Red Jasper*. Pink or green gems strengthen the heart: *Rose Quartz*, *Pink Tourmaline*, *Kunzite*, *Aventurine*, or *Bloodstone*. *Jade* heals the kidneys, and *Amber* or *Citrine* the urinary and digestive tracts. Make any of these into elixirs or place in the pet's aura; test with a pendulum for what the animal needs.



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