

Respiratory

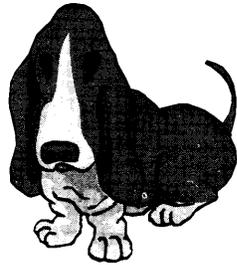
All animals can have a reaction to pollen, smoke, cleaning products and air pollution. If your pet has allergies find out what the allergen is and remove it.

ALJ is a great blend for respiratory congestion and allergies in human beings that also works for dogs, cats and even horses. It soothes irritated respiratory and digestive tissues, breaks up congestion and promotes better drainage. It can also help prevent allergic reactions.

Speaking of allergies, **HistaBlock** is effective for cats and dogs affected by seasonal allergies. It acts as a natural antihistamine. It stabilizes the mast cells that release histamine, helping to prevent allergic reactions. Besides being useful for allergic reactions, it can also be used for reactions to bites and stings.

Cordyceps is a fungus from China with powerful tonic properties for the respiratory and urinary system. It can be used for animals with chronic respiratory problems and also aids circulation.

Another formula that can help pets with respiratory congestion is **EW**, which contains bayberry, golden seal, red raspberry and eyebright. It can ease redness and irritation in the sinuses and around the eyes.



Anxiety and Stress

Pets can experience stress, just like people. So traumatic events or exposure to excessive stress can cause a normally calm animal to exhibit erratic behaviors. Holidays, moving to a new house, abuse, conflicts in the home and going to the doctor (vet) are stressful for humans and pets alike. Fireworks, thunderstorms, hair dryers, vacuums and other loud noises can also cause heightened levels of anxiety in most animals.

To help your pet get through tough times, **Distress Remedy** provides relief for pain and inflammation and soothes emotional stress. It can be diluted in water and sprayed on injuries to promote healing or given internally to relieve stress.

AdaptaMax, the anti-stress adaptogenic formula for people, works on stressed-out pets, too, as does **Nervous Fatigue Formula**, which is helpful for relaxing and promoting healing from chronic

Additional Help and Information

If you would like more information about natural approaches to taking care of your pet's health, talk to the person who gave you this newsletter. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

Complete Guide to Natural Health for Dogs and Cats by Dr. Pitcairns.

The New Natural Cat by Anita Frazier

The Healthy Dog and Cat Cookbook by Joan Harper.

The Complete Herbal Handbook for the Dog and Cat by Juliette de Bairacli Levy.

Natural Healing for Dogs and Cats by Diane Stein.

stress. If your pet has insomnia, then consider **Herbal Sleep Formula**, which can also calm restlessness or help you pet adjust to travel or new situations.

Digestive Problems

As with people, digestive health is important to general health. Probiotics are important to the health of animal's digestive tracts, just like they are important in human beings. **Probiotic Eleven** is a good probiotic supplement for dogs and cats.

Animals sometimes get diarrhea from digestive upset. **Activated Charcoal** is an excellent remedy for easing diarrhea. It absorbs the toxins that are irritating the system and firms up the stool.

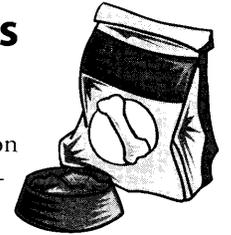
Catnip and Fennel is a good remedy for digestive upset in cats. Cat's really do like catnip, and it is good for them. Dogs are sometimes prone to irritable bowel syndrome. When this is the case, **Intestinal Soothe and Build** will provide soothing relief and promote healing of the intestines.

Liquid Chlorophyll benefits digestion, too. It will alkalize excess acid, settle digestion and relieve bloating.

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Basic Supplements For Pets

Herbal Trace Minerals is a combination of kelp, alfalfa and dandelion. Rich in minerals, this blend was originally designed as a supplement for pets. It contributes to general pet health and healthy fur and skin. Just mix the powders from the capsules with the pet's food.



Many pet owners add **Liquid Chlorophyll** to the drinking water of their pets. Chlorophyll is found in green plants and is nature's blood-cleanser for animals. It helps red blood cells take up oxygen and supports the immune system. It also aids digestion and deodorizes the body. Taken daily it will help prevent halitosis, reduce body odors and dispel gas.

Animals also need good fats in their diet, so **Super Omega-3 EPA** can be a good supplement for your pet. It contains EPA and DHA fatty acids which benefit the cardiovascular system, the liver and the nervous system. These EFAs will help maintain healthy skin and bones and protects cell membranes from oxidative damage. They also support the immune system, helping your pet resist inflammation and arthritis.

In general, cats like the taste of Omega-3, but should your cat or dog turn their nose up at it then try **Flax Seed Oil**, which contains both Omega 3 and Omega 6 essential fatty acids. Flax seed oil helps pets with dry skin and allergies. Good fats also help rid the body of pesticides.

A good supplement for your pet's immune system is a mixture of **goldenseal**, **echinacea** and **garlic** powders in equal parts. Just mix the powders with their food. This strengthens the immune system, promotes gastrointestinal health and prevents parasites and infections.