



THE (ALMOST) A-Z OF HOW TO KEEP YOUR DOG...

# TIP TOP NATURALLY



Written by Collar Club



# NATURAL REMEDIES

## FOR TREATING MINOR AILMENTS

Fleas, ticks, cuts and scrapes are all quite common issues in dogs. Not all issues need medical treatment from a vet, and most can be treated to some degree with ingredients and items found around the home.

Check them all out in our handy A-Z guide of minor ailments and natural remedies.

Disclaimer: The Content provided is not intended to be a substitute for professional veterinarian advice, diagnosis, or treatment. Always seek the advice of your veterinarian with any questions you may have regarding the medical condition of your pet. Never disregard professional advice or delay in seeking it because of something you have read in this guide.

# BEHIND THE BRAND

## THE COLLAR CLUB STORY

Winston is a nightmare for causing himself mischief. He is forever diving into hedge growth, nettles, and under fences which means he get loads of nicks, cuts and bruises.

He also suffers horrendously from carsickness and inevitably has other minor health issues that need addressing from time to time. Having a home remedies kit that is made from all the lovely things already in our home has been a great help.

I don't panic so much when he goes adventuring now!

So here is our A-Z of ailments, natural remedies & recommended products that you can use on your dog at home!



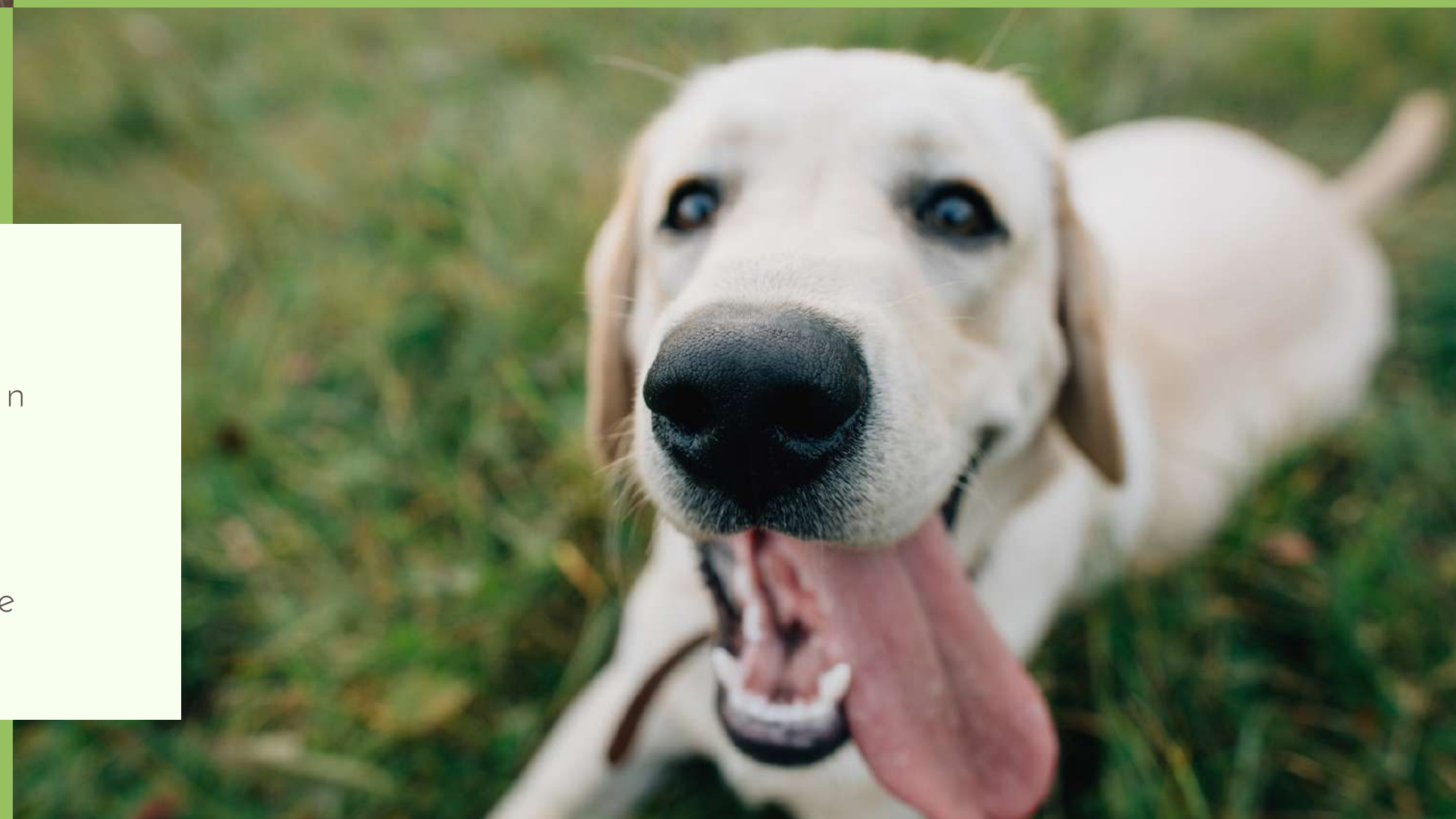
## ALLERGIES

Allergies can be caused by all sorts of things. Environmental element such as dust, grass & pollen or food allergies are the most common ones.

Use ground oatmeal in baths to soothe skin, and then add a 50/50 mixture of ACV and water to their coat to help restore skin PH. (Not if the skin is broken.) You can also feed apple cider vinegar in their water or food or feed raw local honey to give they immune system a boost!

## BAD BREATH

Bad breath can be a sign of dental issues so eliminate this as an issues first! Sometimes however, dogs breath just... stinks. Make natural breath fresheners using melted coconut oil, chopped parsley and mint and chill in an ice cube tray. Pop one in their dinner or feed as a treat for super fresh breath!





# Cracked Paws

## COCONUT OIL

Coconut oil is literally my favourite natural remedy. The natural antibiotic and anti viral properties can help with a whole host of ailments. It can be used topically for sore paws, hotspots, itchy skin and more!

For cracked paws just apply directly to the pads and then try to stop your dog eating it... Don't worry it's totally safe to eat it just wont work if they eat it first!

Alternatively, use a paw balm like the one shown left from *The Dog and I* ([click here](#)) The added healing ingredients help mask the tasty coconut oil smell.

Coconut oil can also be fed (purposefully!) to aid digestion, improve coat condition and even help with bad breath.



# DANDRUFF, EARS & FLEAS



## DANDRUFF

Lime juice washes can be great at removing existing dandruff from your pet, and adding needed vitamin C to their coat. Combine with feeding fatty omega 3 such as salmon or coconut oil to really help soothe flaky skin.



## EARS

Serious or persistent ear infections will require a vet, however you can help your pet to soothe the itch so they don't scratch and make it worse. Calendula is great for bacterial infections, apple cider vinegar for fungal, and coconut oil for both!



## FLEAS

Neem oil is a great natural bug repellent. I first discovered it to save my vegetables from flies! heavily diluted it can be applied to both humans and dogs as a flea repellent. Mix with citrus smells to mask the acquired scent for a double bug busting spray!



# GINGER

## THE MIRACLE WORKER

While not an ailment, it is one of those natural ingredients that can treat a variety of issues. Ginger is literally one of the best things I have found for nausea - it really helped Winston in the car as he is terribly car sick. See below our recipe for some homemade doggy ginger biscuits!

240g (2 cups) Buckwheat flour

60g (1/2 cup) Coconut Flour

120g (1/2 cup) Crunchy Peanut Butter

2 tsp Ground Ginger

A mug full of warm water (added gradually)

Add all dry ingredients to a bowl and mix well. Add the peanut butter and then water. Knead into a dough. Roll out, cut and bake at 160 degrees until golden brown.



## HOT SPOTS

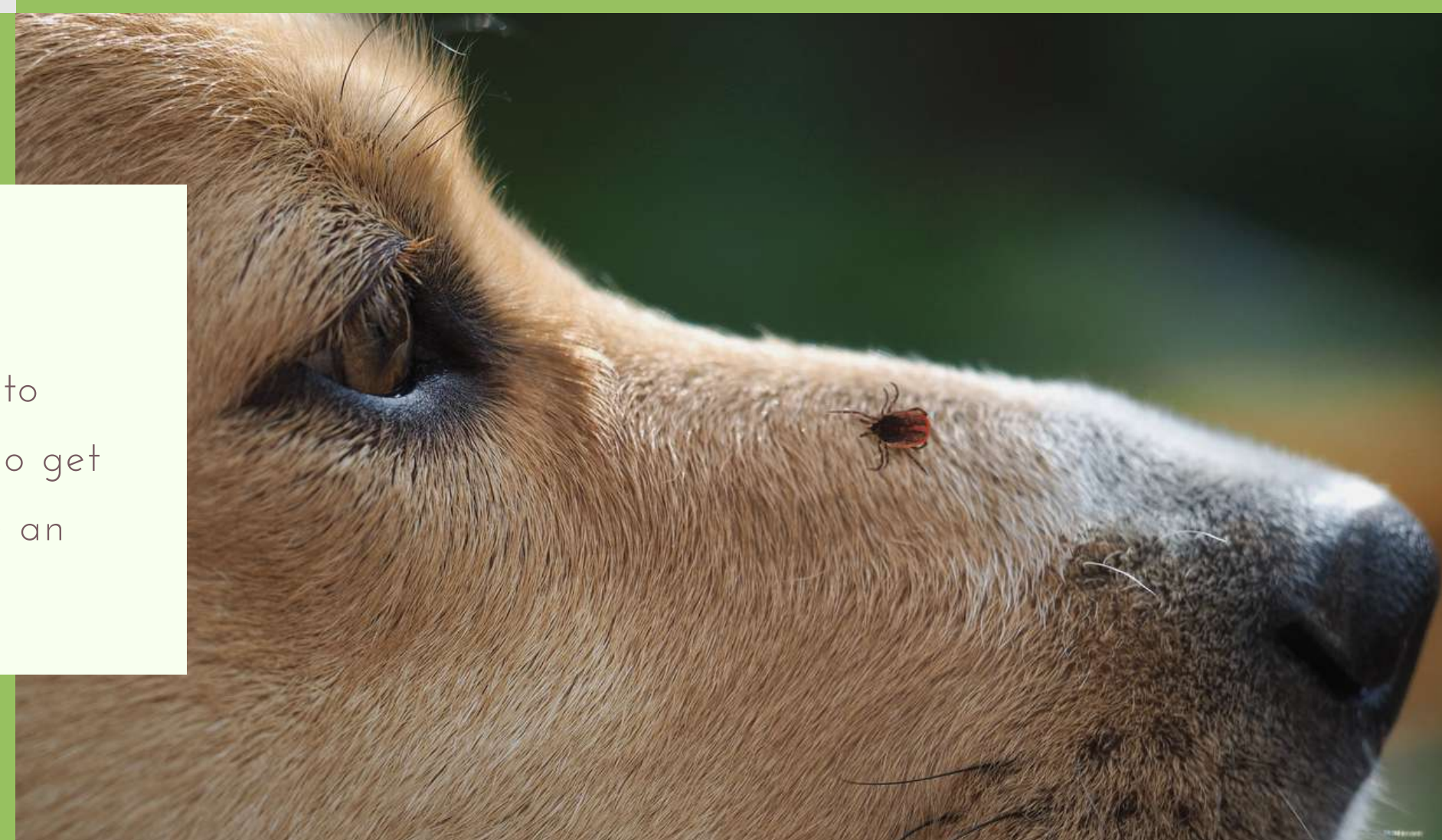
Hot spots can be caused by all sorts of things. Insect bites, allergic reaction or even consistent licking and chewing of the same area. You can use cooled black tea bags to help "dry out" any oozing hot spots as the tannins in tea will help to dry the skin out.

You can then apply a balm containing calendula to help prevent infection and boost the healing process.

We like the *soothing skin salve from the Dog & I* ([click here](#)) which contains both of the above ingredients.

## INSECT BITES

Fleas, Ticks and other bug bites can all cause serious discomfort to your pooch. Prevention is better than cure (page 7) but if they do get bitten you can use a mixture of baking soda and water to create an alkaline paste that can be applied to relieve the itchiness.





# JOINTS, KEEPING CALM & LOOSE STOOLS



## JOINTS

Turmeric is a great treatment for ageing dogs or those with creaky joints. It is an anti-inflammatory and proven to reduce the symptoms of arthritis. You can buy (or make your own!) golden paste which can be gradually added to your dogs diet. We recommend the **Golden Paste Co** who provide a variety of turmeric products.



## KEEP CALM

Anxiety can be caused by lots of things; being left alone, noise or travelling are common triggers. CBD oil can be used to treat anxiety & works relatively quickly meaning you can dose regularly or only when needed. We recommend you speak to a holistic vet or company specialising in CBD to obtain correct dosage.



## LOOSE STOOLS

Activated charcoal is a natural substance that helps your pup (and humans too!) to help absorb and expel any toxins or bugs that are causing them to have diarrhoea. Start with a 12 hour fast followed by a day of bland food & charcoal. Should their diarrhoea worsen or last longer than 24 hours, seek veterinary advice.



# Motion sickness

## AND PROBLEMS TRAVELLING

The issues with motion sickness is two-fold as we found with Winston. There is the actual motion sickness (which thankfully most dogs grow out of between 6-12 months) and the anxiety caused by the knowing that the car makes them sick - which in turn... makes them sick.

Motion sickness can manifest in many ways; the obvious being vomiting but lip smacking, excessive drooling and panting are all signs your pooch isn't enjoying their road trip.

Ginger, fennel and peppermint are great for soothing nausea (see our ginger biscuit recipe on page 8!) while valerian & lavender can help to sooth the anxieties.

Please note: Rarely, some dogs (Winston included!) become hyperactive on valerian, so test first! **Dorwest herbs** offer a great variety of natural products to settle anxious pooches.

# NOSES

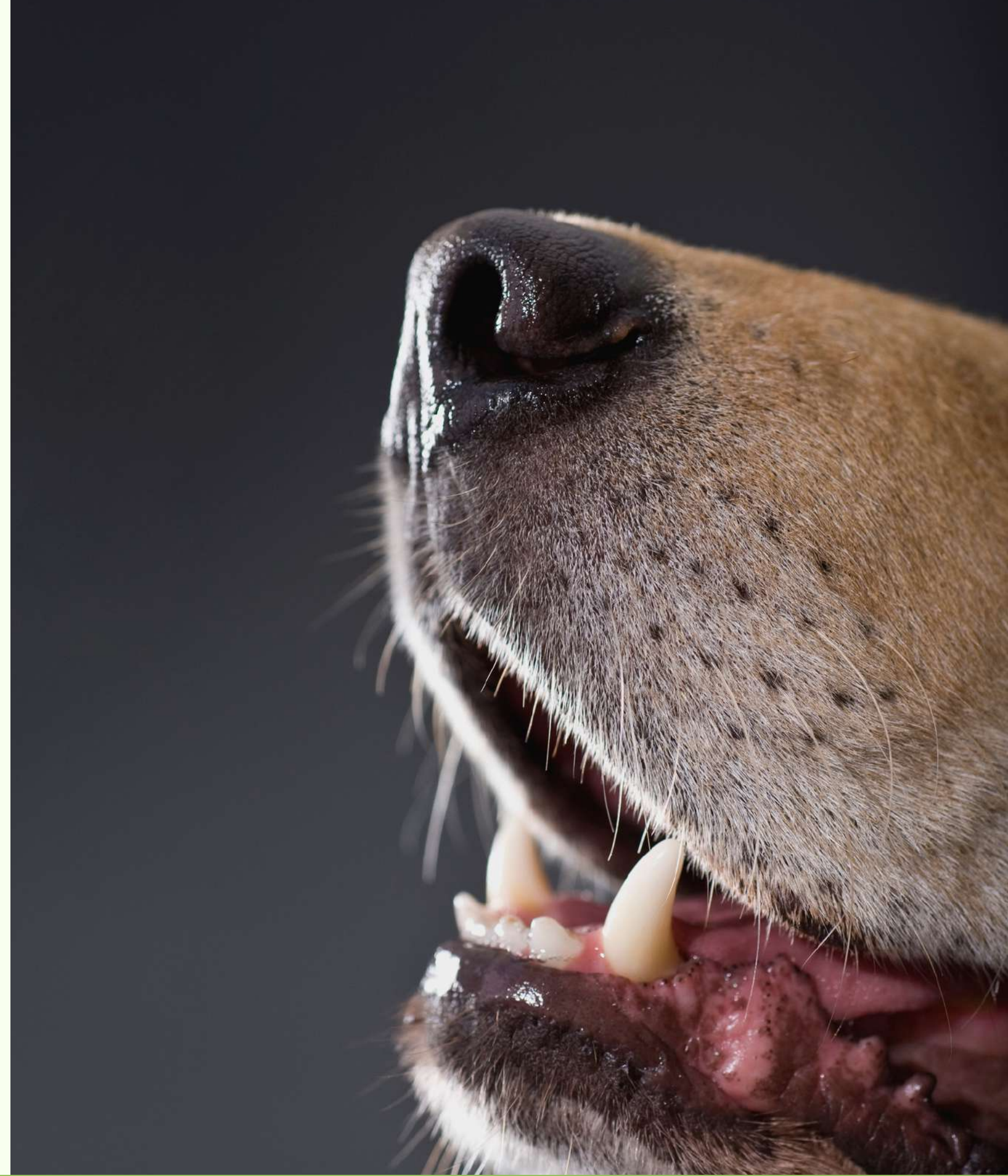
## CRISPY, DRIBBLY AND SUNBURN.

We are all taught that a cold wet nose is the sign of a healthy dog, meaning that we start to panic when they are dry and a bit crispy... Fortunately, this isn't always the case. Dog noses are SERIOUSLY sensitive and a dry nose can mean anything from a more serious illness to an allergy or even just that your pooch has just woken up and hasn't licked it in a while (seriously!)

For minor cases of cracked, flaky noses we recommend applying a moisturising oil such as coconut oil (which will also treat any bacterial or fungal issues).

Don't forget, dogs get sunburn too! If they have bare skin where their nose meets their snout, be sure to use a natural sun cream as this can burn really easily.

We recommend *"The snout soother"* by the *Natural Dog company* which is scent free (important on the nose!) 5 moisturising oils, vitamin E and camomile to help them heal quickly and provide much needed protection.





## OBESITY

Sadly as a nation we are used to seeing overweight dogs. This means that we can allow our own to pile on the pounds and not really notice. Use the body conditioning scale to help decide if your pooch is the right weight. The ribs should be easily felt but not seen and a defined waist should be visible.

Kelp & dandelion are great at helping to increase and regulate metabolism. For treats, stay away from high protein meat & cheese and try cubed carrots, apple and blueberries as training snacks.

## PSORIASIS

Psoriasis can be caused by all sorts of things. Usually, the key to curing it is boosting the immune system. Up your pooches intake of Omega 3 with fish oils and Vitamin C by feeding carrots, pumpkin & sweet potato.

Exposure to UV light has also been proven to help with psoriasis. Not only does sunlight help improve your levels of vitamin D but it helps kill T-cells which are the cells that can cause inflammation. So get out in that sunshine and take a walk, ideally everyday.



# QUICKS, REVERSE SNEEZE & SCOOTING



## QUICKS

Cutting your dogs nails can be a nightmare, especially if your dog wont stay still! If you do accidentally cut your dogs quick, you can use cornflour to stem the bleeding. Take a pinch in your hand and pack it onto the end of the nail. It should create a nice gloopy paste that will set and stop the bleeding.



## REVERSE SNEEZE

The first time i saw Winston first "reverse sneeze" I panicked. I was half way out the door to the vets and then it just stopped. Seriously - youtube it. Reverse sneezing is a totally natural way for your dog to expel irritants from their nose. Look at our suggested remedies for allergies as these will all help. If the sneezing is persistent - then it's time to head to the vets.



## SCOOTING

Dogs scooting usually means that they are struggling to express their anal glands and can be accompanied by loose stools. To firm them up, ensure your dog is getting enough fibre to give the stool structure, which in turn will help with the release. We recommend feeding raw, non weight bearing bones. Rib bones are a perfect place to start.

# Ticks

## AND HOW TO BEAT THEM.

Ticks are the scourge of summer - especially if you walk in woodlands and or live near livestock. They latch onto your pet and can be really hard to find quickly; they are most noticeable after they have fed and therefore larger. Sadly, if they have managed a good feed this also means they could have possible transferred nasty diseases too. Prevention in this case is always better than cure and luckily there are loads of natural things that ticks hate.

Try mixing any of the below oils and adding them to a cloth collar bandana or adding to a liquid base oil to create a tick repelling spray.

- Geranium
- Basil
- Lemongrass
- Neem.

**Note:** never apply undiluted essential oils direct to your dog as it can cause irritation. If you find a tick on your pet, don't panic. Remove them using a tick removing tool and a twist motion. If you're really concerned you can freeze the tick to take to the vet for testing should you later notice any other symptoms in your dog.



# WORMS

## THE GROSSEST THING ABOUT DOGS.

Well, in my opinion. Worms come in all shapes and sizes - some way more serious than others. In addition to the health schedule that you usually provide for your pet, consider feeding them treats with fur on. Yup. that's right. Treats that have the fur still attached are a great natural dewormer and will help to dislodge any worms in your dog's stomach.

We recommend *JR Pet products* who do a whole host of natural fur treats including rabbit ears and hide.





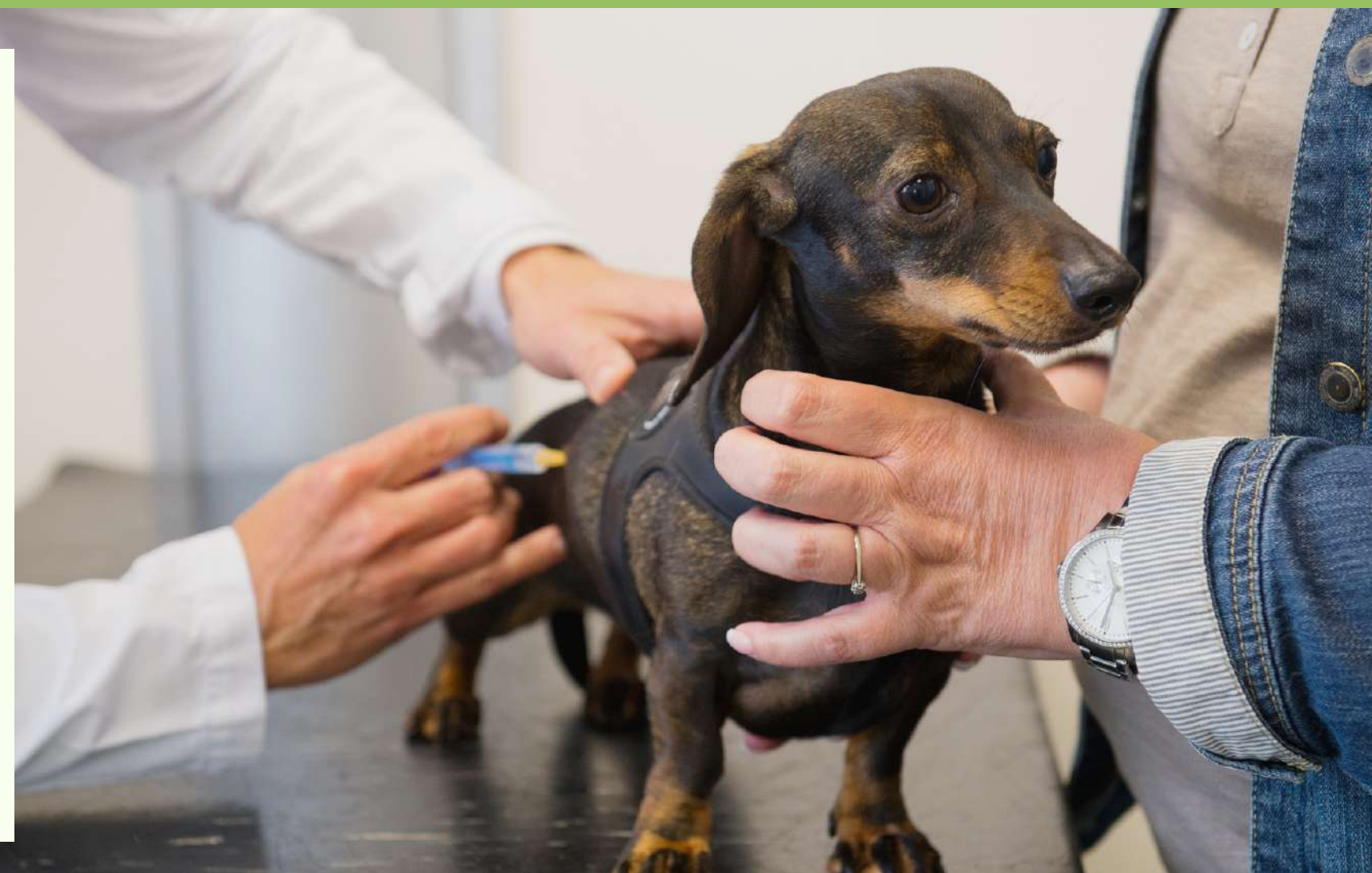
## URINARY INFECTIONS

Are quite common in dogs. If your dog has never had these issues before, we highly suggest seeking advice from a vet. However, if they keep reoccurring, apple cider vinegar can help. By adding a teaspoon or two to your dogs water the natural anti bacterial properties will help boost their immune system, kill existing bacterial and help prevent future infections.

## VACCINATIONS

There is no denying that vaccinations help against contracting disease however there is also alarming evidence that over vaccination can cause some pretty nasty side effects too.

It's also suggested that like humans, some vaccinations last a life time and yearly administration is not necessary. Consider titre testing instead. This is a blood test which determines if a dogs anti-body level is considered high enough for them to have immunity. This way you can avoid unnecessary injections (and cost!)





# EXCITEMENT, YEAST AND ZZZ...



## E-X-CITEMENT

Some dogs struggle to settle if their brains are constantly on the go.

T-Touch is a massage therapy which by using circular motions can help release tense muscles and create a sense of calm. You can find basic exercises to try at home online or complete a full course to give your pooch a full pamper session.



## YEAST INFECTIONS

Yeast infections can result in smelly, red and raw areas. Use coconut oil and oregano oil added to food; both of which have anti-fungal properties. You can also apply coconut oil topically along with ACV to help get a yeast infection under control.



## ZZZ...

The most natural healer of all. There is truth behind the saying let sleeping dogs lie. Like us, dogs need their beauty sleep! It helps them to relax, gives their immune system time to repair and is good for their (and our!) mental health. An adult dog can sleep between 12-14 hours a day so don't worry if they want a duvet day!