

dogs naturally

November - December 2019

**CHRONIC
INFLAMMATION**

RETRIEVING FOR
DUMBBELLS

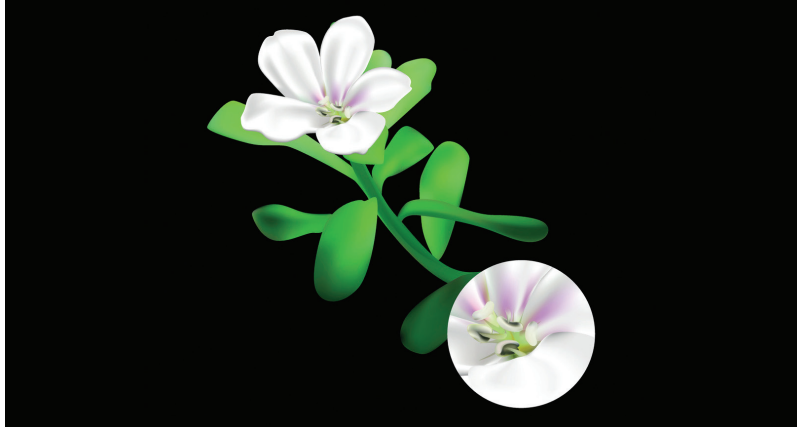
**SOLD ON
NOSODES**

**PET GROOMING CAN
BE SCARY AND TOXIC**

GMO
GOD MOVE OVER

GRIEF AND
SUDDEN LOSS





Bacopa Monnieri

Common Name: Brahmi

Family: Scrophulariaceae

Parts Used: Fruit, leaves, stem and root

Bacopa is native to southern and eastern India and Australia, as well as Europe, Africa, Asia, North and South America. It grows in moist areas and thrives in Hawaii, Florida and other southern US states as long as it's near a pond or other natural water source. During the growing season, the plant produces white to light blue flowers as well as fruit. All are used in the medicine. The leaves are succulent, so, unlike most herbs, it's *not* aromatic. Bacopa is widely used in Ayurvedic medicine.

In India, *gotu kola* is often adulterated or substituted for bacopa; both are sold commonly in Indian markets under the same vernacular name, brahmi. Brahmi (which means "expands consciousness" in Sanskrit) is the common name for bacopa, so use caution when buying the herb, and, as always, buy from a trusted source.

Bacopa is known as a nootropic (a drug that enhances cognitive ability), so it helps improve memory. It increases concentration and learning retention while reducing stress and anxiety, especially when stress is based in the gut. It reduces cortisol levels.

Nootropics not only improve cognitive function, but they can also support and nourish ocular health.

D-mannitol is one of the alkaloids in bacopa that's proven to help decrease pressure

in the eyes, so it can be helpful in reducing glaucoma and supporting eye health in general. Bacopa also has many antioxidant properties that help improve or protect eye health. It can help prevent ocular degeneration in an older dog, and support younger dogs' ocular health.

The antioxidants in bacopa also reduce fat oxidation in the bloodstream, helping support a healthy cardiovascular system. Ayurveda has used bacopa for centuries to treat epilepsy, to reduce tumors, as a blood purifier, to improve digestion, anemia and various inflammatory issues, especially involving the eyes.

Bacopa has adaptogenic properties that are shown to be anti-cancer, antidepressant, antioxidant, astringent, anxiolytic, cardiogenic, cognitive-enhancing, diuretic, slightly laxative, sedative, and vasoconstrictive.

Bacopa can find great synergy with other herbs that have antioxidant and eye-specific chemistry. Some of the herbs that combine well for ocular health include eyebright, a blood purifier that enhances liver function and can strengthen the eyes. It has antibiotic and astringent properties that are exceptional for cleaning the eyes and may provide systemic stimulation of the liver, helping to release vitamin A that makes its path to the eye. Calendula extract is high in lutein which slows or

prevents macular degeneration. Amalaki is a high source of natural vitamin C and tannins, which are indicated for ocular health. It's helpful for conjunctivitis or other eye infections, it nourishes eyes to make them stronger and binds to free radicals to stop cataracts.

The most effective way to use these herbs for ocular health is in liquid extract form, in synergy using all four herbs: bacopa, eyebright, amalaki, and calendula. This blend can be dosed orally at 1 drop per 2 lbs of body weight, twice daily, when there is history or degeneration present.

Caution: Safe use with pregnancy has not been determined, so don't use bacopa in pregnant animals. 🐾



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