



dogs naturally

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Pau D'Arco

Botanical Name: *Tabebuia impetiginosa*

Family: Bignoniaceae

Part Used: Bark

Common Name: Taheebo or Lapacho



Pau d'arco has been used medicinally in South America for centuries, with the medicine being made from the wood of the tree and by scraping the inner bark (called phloem) and brewing it as a tea, which has a cool, bitter flavor. This tea has been used for a myriad of ailments including malaria, syphilis and various other infections, to fight cancers, anemia, respiratory ailments, arthritis, for healing ulcers and boils, reducing fever, and dysentery. It's used internally as well as externally to treat arthritis and inflammation. It is a common yet important ingredient for tribal medicine in the Amazon rainforest.

Lapacho is the name used in South America for the pau d'arco tree that grows in upwards of 120 feet with a large canopy and light purple flowers and resists fungal growth, even in its native rain forests. Lapacho is also the name of the herbal medicine extracted from the inner bark and the common name used globally.

The chemical constituents of the bark that have been studied most are isolapachone, lapachone and lapaschol. In lab tests they've been shown to kill certain bacteria, fungi, parasites and viruses. They also have anti-inflammatory properties specific to osteoarthritis. Herbalists attribute the healing properties to the plant's tannins. It's high in calcium, cobalt, fiber, silicon, zinc and mostly selenium (a vital mineral can reduce the risk of cancer and auto-im-

mune diseases and has antioxidant properties). Pau d'arco has a well-documented history as a healer in herbal medicine all over the world.

Its properties are astringent, anti-inflammatory, antimicrobial, antifungal, antiviral, antibacterial, antiparasitic, anti-cancer, analgesic and laxative. In other words, pau d'arco thins blood, kills yeast, (especially candida) and viruses, expels parasites, relieves inflammation therefore pain, enhances immune system, is mildly laxative, reduces some tumors and fights free radicals.

Pau d'arco is the key ingredient to heal serious internal or external fungal infections, especially in dogs who've lived with yeast for so long that their skin is elephant-like in look and feel. I've worked with several dogs in this poor state of health using pau d'arco tea internally and externally simultaneously with great success, where conventional medicine had failed them miserably. Of course, this success came with a complete diet change as well, but the results were much more successful with this medicine. It's very

palatable for dogs to drink on its own in a bowl but can be added to the food if need be.

Pau d'arco may be quite mild tasting but there is nothing mild about the anti-inflammatory properties that work with the entire body but also have affinity to reduce the inflammation in the prostate gland and gastrointestinal tract. It removes this inflammation and detoxes the surrounding area, discarding the toxins and heat.

To make a tea with the inner bark of pau d'arco:

1. Use 1 tablespoon of the inner bark to 3 cups of clean water
2. Bring this to a boil then lower the heat to a light boil for 30 minutes
3. Strain when cooled. Use immediately or refrigerate up to 24 hours

For dogs with moderate to severe yeast: Feed 1 oz of tea per 20 lbs body weight, twice daily.

You can use the same recipe topically. Apply it with fine mist sprayer or wipe it on with a clean, lint free cloth, two to four times daily or as needed. 🌿



Joyce Belcher is an herbalist and formulator of pet supplements and herbal medicinals for veterinarians and is the founder of Herbs for Life Inc. She lives in York, Maine with her husband, two dogs and two cats; they are all rescues. Visit Joyce at petwellnessblends.com