



dogs **naturally**

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Special Homeopathy Issue

WALKING THE TALK

THE ART OF **DOSING**

MANAGING **KIDNEY DISEASE**

Immunity Without
THE NEEDLE

THE CREEPING TIDE OF **Technology**

LIVING WITH **HEAVY METALS**





Medicinal Berries For Fall

'Tis the Season! The closing of the year brings limited (if any) aerial medicinal plants in many parts of the country yet this change offers many berries, roots and barks for our herbal apothecaries. Here are a couple of my favorite useful berries for dogs.

Juniper Berry

Botanical Name: *Juniperus communis*

Family: Cupressaceae

Parts Used: Berry

Juniper berries look a lot like small blueberries (though very hard to the touch) and grow on a cedar-like shrub. The berries contain potent oils of pinene, myrcene, sabinene, terpinene, camphene, thujone and limonene with antibacterial, anti-inflammatory, antiviral and carminative properties.

Juniper berry can remove impurities from blood passing through the urinary tract. This can help to eliminate kidney and bladder stones and offer relief from urinary tract infections. It works well to treat bacterial or yeast infections in the gastrointestinal tract, lessen inflammation in the spine and relieve congestion for easier breathing.

For this congestion you can make a spray using juniper essential oil. Use a fine mist spray bottle made of colored glass, add 10 drops of essential oil per 3 oz water, roll gently to mix. To use, gently mist 3 to 4 squirts in the air high above your pup so she can gently breathe it in for a few inhalations. This can help lessen or stop a cough. Juniper

berry's properties are antibacterial, antiviral, circulatory, diaphoretic, diuretic, emmenagogue, sedative and vulnerary.

Use as a tea, by steeping 1 part berries to 10 parts water for 30 to 40 minutes. Dose 15 ml per 40 lbs of body weight twice daily for bacterial infection until cleared, or as tincture 1:4, dosing 1.2 ml per 40 lbs body weight. If using topically, use the tea at 1 part berries to 2 parts water, cool and place on the wound several times a day until free of bacteria.

Caution: don't use whole fresh unprocessed juniper berries for dogs. Not for use during pregnancy or kidney disease. I recommend using berries from a reputable herb supplier, not from an ornamental shrub.

Hawthorn Berry

Botanical Name: *Crataegus monogyna*

Family: Rosaceae

Parts used: Berry, or Leaf, Flower and Berry

Hawthorn berries are rich with heart-healthy compounds like flavonoids, rutin, epicatechin, vitexin, catechin, proanthocyanidins, quercetin and hyperoside which help to dilate blood vessels and improve blood

flow. The leaf, flower and berry combined have a relaxing effect on arteries, improving blood circulation and regulating blood pressure, with a tonifying effect on the heart and vascular system. Hawthorn has been used for centuries to uplift and strengthen both the physical and emotional heart and has been used successfully to lower anxiety, regulate digestion and to help clear intestinal infections including parasites.

The energetics are slightly warm, both sweet and sour. The actions are diuretic, hypotensive, cardioprotective, vasodilator, anti-viral, anti-inflammatory, anti-microbial, anti-spasmodic.

Whether just the berry or the leaf, flower and berry, hawthorn finds great synergy with dandelion leaf to help remove excess fluid that causes coughing. The beauty of the dandelion is that it's high in potassium so doesn't deplete this mineral as some pharmaceutical diuretics can. This combination can also help overall with better heart and kidney health in dogs that have trouble with either. 🌿

Cautions: Not for use during pregnancy. Wild berries can have high cyanide content so only use berries processed by drying, tincture or tea.



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