



# Dogs Naturally

Be your dog's hero

## VACCINES AND ALLERGIES

### Lyme Disease and Vaccines

### a new look at ALLERGIES

### MEAT SECRETS

### SOY

### UNDERCOVER

### PARVO SURVIVAL



## Schisandra

**Botanical name:** *Schisandra chinensis*

**Family:** Magnoliaceae

**Parts Used:** fruit and seed

**The Chinese name for Schisandra is Wu wei zi, which means five flavor fruit as schisandra has all five flavors recognized in traditional Chinese medicine: sweet, sour, salty, bitter and pungent. This means schisandra benefits the liver, kidneys, heart, spleen and lungs and balances all five of the Chinese elements, earth, wood, water, metal and fire.**

**S**chisandra's properties are many: it is an adaptogen, hepatoprotective, nervine, expectorant, astringent, antioxidant, anti-inflammatory and enhances detoxification. Schisandra lignans act as free radical scavengers. The berries contain essential oils and Schisandra is also high in vitamins A and C, fat, chromium, cobalt and magnesium.

Schisandra can reduce stress hormones produced by the adrenal glands. Unlike other adaptogens, it also has a strong impact on the nervous system. In Chinese medicine, it is said to calm the shen (spirit or emotions) in the heart. In Western terms, it enhances memory and reflexes, is antidepressant and anticonvulsive. It affects the central nervous, sympathetic, endocrine, immune, respiratory and cardiovascular systems.

As the largest organ of elimination, skin plays a vital role in the immune system. Symptoms like rashes, skin irritations, yeasty ears, itchiness, bald or thin spots in the fur, allergies, runny eyes, pH imbalance, growths or tumors can all be signs that the liver and other eliminatory organs may be overburdened. Processed foods, public drinking water, pharmaceuticals, vaccinations and flea-tick chemicals can overload the body with toxins, including heavy metals.

Schisandra can help eliminate many toxins while protecting the body.

Schisandra fruit increases enzyme production in the liver and digestive organs, especially the bowel, helping to metabolize and eliminate toxins. Schisandra is hepatoprotective (prevents liver damage) and it

increases hepatic glutathione, an essential liver antioxidant. It is an excellent adjunct therapy for dogs undergoing treatment for heartworm. It may prevent liver damage caused by medications and vaccinations, and is best given in advance for 14-30 days, continuing during, and after for 14-30 days. If using certified organic dried and powdered berries: ½ tsp. per 25 lbs. body weight. If using 1:5 extract in certified organic alcohol/water: ½ drop per lb. of body weight.

Schisandra is calming and relieves anxiety. It has a dual effect on the nervous system by enhancing mental acuity and calming overstimulation to help create balance. Schisandra can improve the performance of working dogs by heightening mental focus without causing agitation or overstimulation. It provides respiratory support, enhances reflexes, facilitates recovery and overall improved body function.

Service and guide dogs can face health challenges when they take on the energy of the person they assist. Schisandra can provide a balance of focus and mental clarity without boredom, as well as energetic and physical protection. For additional protection, Schisandra flower essence can be used along with the extract or ground berry powder. Yarrow flower essence (tri-color) combines well with schisandra to block unhealthy energy, providing a welcome safety net for these animals.

This herb is quite helpful for dogs with asthmatic symptoms, especially if the kidneys are weak. This is partly due to its anti-inflammatory properties and is useful to treat wet coughs and wheezing.

Schisandra blends well with Rhodiola Root, Milk Thistle, Cilantro, Bacopa and Oatstraw. 

### Caution

*Schisandra should not be used in pregnant animals. It is sometimes used in humans to promote childbirth in late pregnancy. Studies with rabbits show that it increases reproductive cells in males and females.*



*Joyce Belcher is an herbalist/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](http://petwellnessblends.com)*