



Dogs Naturally

Be your dog's hero

**FEEDING PUPPIES
FOR OPTIMAL HEALTH**

**PONDERING
STERILIZATION**

**AUSTRALIAN
BUSH FLOWER
ESSENCES**

**Know Your
Cannabis**

PYOMETRA

**Puppy
Vaccine
Dilemma**





Elecampane

Botanical Name: *Inula helenium*

Family: Compositae

Part Used: root

Medicinal Properties: aromatic, bactericidal, fungicidal, expectorant, antitussive, stomachic, antibacterial, diaphoretic, anticatarrhal

Plant Signature: large leaves stand on surface area and have strong actions for the skin and lungs.

Elecampane is native to Europe and Asia and grows (naturalized) throughout most of the temperate climates of North America. The aerial part of the herb grows up to five feet tall and is covered with soft hairs and a lovely flower in midsummer. The roots are very starchy, containing 40 percent inulin. This creates a slippery effect when mixed with digestive fluids, which soothes the lining of the digestive tract while providing the benefits of viscous fiber. The scent of the root powder is reminiscent of a blend of warming culinary herbs, and it's almost cinnamon-like.

Three percent of the root is an essential oil containing sesquiterpene lactones that have been successfully used as anthelmintics (which kill and expel worms from the digestive system), as well as for their bactericidal and fungicidal properties, making elecampane very effective in stopping diarrhea and clearing yeast infections in the bowels. Elecampane is one of the main herbs I would recommend in a formula for dogs with systemic yeast.

The roots should be harvested between September and October, and if they are large, cut into small pieces and either dried in the sun, or in a dehydrator at 120 to 160 degrees.

The most common use for elecampane in pets is for infection of the bronchi (bronchitis) or a mild pulmonary infection. Its actions are specific for irritating bronchial coughs as the mucilage has a relaxing effect along with the stimulation from the essential oil contained within the root.

The demulcent properties soothe inflamed tissues and combine with the antibacterial effect. Elecampane can alleviate asthma symptoms and has been used to treat tuberculosis in people quite successfully. It's indicated for most respiratory ailments including hoarseness.

The bitters action makes elecampane useful in stimulating digestion and appetite. Anticatarrhal herbs help the body remove excess catarrhal buildup, whether in the sinuses or elsewhere. When too much catarrh or mucus is produced, it's usually in response to infection so the immune system helps the body remove the troublesome organism. For respiratory issues it combines well with coltsfoot, nettle leaf, peppermint, chamomile, mullein, yarrow or pleurisy root. If flavor is an issue and vitamin C is indicated for the respiratory ailment, the addition of hibiscus or roses would be warmly welcomed, as well as lemon balm for stress.

Elecampane essential oil can prevent bacterial and intestinal infections, increase metabolism, reduce respiratory distress, stimulate the circulatory system and support good dental health. As a safety precaution, when using essential oils with pets, dilute them using a carrier oil such as organic sesame or coconut oil.

To prepare elecampane as a single herb, pour two cups of cold water on one tablespoon of the shredded root, let stand for eight hours then heat up and mix with food or offer it to your pup on its own in a bowl. Dose one tablespoon per 50 lbs of body weight, three times daily or as needed to clear the respiratory ailment. 🐾



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