

The Nuts & Bolts of Homeopathy for Dogs

(In other words, the version that promises to not make your eyes glaze over!)

Homeopathy can be ridiculously confusing. I know. I get it. I feel you.

As a practicing homeopath I still get overwhelmed at times when working up a particularly difficult case. You wouldn't think that tiny vial of white pellets you picked up at your local Whole Foods could be that complicated, but then you learn it is. If you have tried using homeopathy in the past with little or no success, if you have tried studying homeopathy only to toss the book aside in frustration the moment you read such words as materia medica, simillimum, succussion, and repertory, or if seeing 6c, 200ck, 12X, and 1LM make you think you probably should have paid better attention during algebra (I'm just kidding, it's not really algebra), then this is the article for you! I am going to explain homeopathy and how to use it in a simplified way with the hope that you will be able to take away some helpful information that you can actually use.

Let's get to it.

Homeopathy is an ancient form of natural medicine. It was founded over two centuries ago by German doctor and genius, Dr. Samuel Hahnemann. Merriam-Webster defines homeopathy as: the treatment of disease by minute doses of a natural substance that in a healthy person would produce symptoms of disease. Hahnemann referred to this as the law of similars, meaning that what a substance can cause, it can also cure. (We're getting to the good stuff, stay with me.) Homeopathy is safe, natural and highly effective when used classically. You can easily treat your dog at home for simple, straight-forward maladies. Homeopathy is inexpensive and can be purchased online or in most health food stores. For more complex cases, or for chronic issues I recommend consulting with a homeopathic practitioner.

This is where those little white balls of natural medicine come in.

Did you know that the same dose of the same remedy can heal a cat just as easily as an elephant? Unlike allopathic medicine, homeopathic doses are not based on the weight of the animal. It also means that you can't use 2 pellets of a 6c remedy to make the remedy 12c. That is a common misconception, people often

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think that if they use more of the pellets that it makes the remedy stronger, this is not true.

When the pellets are made, the solution is diluted so much so that by the time your pellets are actually created, and you have prepared your medicinal solution to give to your dog, there are virtually no particles left from the natural ingredient used to create the remedy in the first place. By the time you give your dog the remedy, you are using an energy-based medicine. So don't worry, when you give your dog Lyssinium (see insert) you are not pouring the saliva of a rabid dog into your dog's mouth.

Yup, you read that right.

In classical homeopathy we only use one single remedy at a time. The combination remedies you can buy in your health food store that are labeled for colds, allergies, etc. are not classical homeopathic remedies. I do not recommend these with the exception of Traummeel or T-Relief, which is a homeopathic "aspirin" and can be used as directed on the bottle. When you purchase a homeopathic remedy you want to buy the vial of white pellets, just don't follow the instructions listed. That is where classical homeopathy starts to get complicated and the point when you can turn to the highlighted inserts in this article for a fool-proof guide of how to properly prepare and administer homeopathic remedies to your dog.

Also in the highlighted inserts is a list of common remedies. You can purchase remedies individually or they come in handy kits that are easy to take with you when you travel. Helios has an excellent homeopathic kit for dogs.

Homeopathic remedies are often just called "remedies," and the remedies come in a wide range of potencies. Below are the potencies I recommend, and how to choose which one is appropriate:

- Use 6c and 12c if you need to give multiple doses or daily for an extended period of time—by multiple doses I mean more than 2 times daily. For emergency situations that are acute and/or life-threatening you can repeat a 6c or 12c remedy every 5-60 minutes until you see improvement. I also use lower potency remedies for elderly dogs and dogs with a weak vital force regardless of how often I am giving the remedy.

- Use 30c remedies if you only need to give the remedy 1-2X daily. This potency is best for otherwise healthy dogs with a strong vital force. If a healthy dog is having an acute issue you can use 30c as often as 4 times a day for 48 hours.
- Common higher potencies are 200c, 1M and 10M and should be used under the guidance of a homeopathic practitioner even if they are readily available in your local store.

An easy rule of thumb to remember is that the lower the potency, the more often you can safely administer it. The higher the potency, the less frequently you are able to give it. Remedies typically do not need to be used for more than a few consecutive days. For chronic conditions you can give 6c and 12c potencies daily long term, and 30c potencies monthly. A single 30c potency dose can continue to "work" for up to a full month.

As of December 2017 there are over 8,000 homeopathic remedies available across the world. Yes—eight thousand. You certainly will never use even a fraction of these, but there are still many more remedies you can learn about and safely use to treat your dog aside from the ones listed in this article. I suggest the following books if you are interested in learning more and expanding your remedy collection: *Homeopathic Care for Cats and Dogs – Small Doses for Small Animals* by Don Hamilton, DVM and *A Veterinary Materia Medica and Clinical Repertory* by George Macleod MRCVS, DVSM.

And if you are itching to know what some of those ridiculous sounding words at the top mean, and can't wait until your books arrive; repertory is a list of symptoms and materia medica is a list of remedies.

There you have it, the basics of using homeopathy for your dog. Next time we will explore how to effectively and safely use essential oils.

Be well.

Jessica Montañez is the founder of The Holistic Being LLC. THB provides holistic and spiritual well-being services for animals and their people. Jessica works with animals and people all across the world as they search for true health of mind, body and spirit. You can learn more about her and her work at www.theholisticbeing.com

HOW TO PREPARE A Homeopathic Remedy

Add 4oz of distilled or spring water to a sterilized glass jar with a tight cover.

You can sterilize the jar and cover by boiling for 15 minutes. Always allow the jar to fully cool before preparing the remedy.

Add the dry pellets from the remedy vial to the jar without touching the pellets. Touching the pellets can neutralize the remedy.

SMALL dogs 2-3 pellets | MEDIUM dogs 3-4 pellets | LARGE dogs 4-6 pellets

Add ¼ tsp of clear vodka to stabilize the remedy.

Label with remedy name and potency.

Store in a cool, dry, dark place.

Prepared remedies may last up to 1 month if stored in optimal conditions. When clouding starts to form, it is time to prepare a fresh mixture.

Store vials with dry pellets at room temperature out of the way of direct sunlight.

*You will use only one remedy at a time. Do not combine remedies in the same jar.

Giving Your Dog a Remedy

A dose is 1 tsp regardless of size, with the exception of Toy breeds. Toy breeds may have ½ tsp.

Give remedy 1 hour apart from food and ½ hour apart from water. Apply remedy to your dog's gums, go slowly allowing the remedy to linger on the gums for as long as possible. Do not add to food, water, or pour down your dog's throat.

Do not shake the bottle before giving the remedy, instead you will succuss the bottle 5X before each dose by smacking the bottom of the jar against the palm of your hand.

Emergency Situations

Crush dry pellets between two spoons and apply to your dog's gums without touching the powder.

First Aid Remedies for Dogs

Aconitum – extreme fright, fear
Apis Mellifica – insect bites & stings
Arnica Montana – general pain and soreness
Arsenicum Album – vomiting, diarrhea, poisoning
Belladonna – high fever
Borax – fear of loud noises such as thunder & fireworks
Cantharis – urinary tract infections
Hepar Sulphur – abscesses, hotspots, & painful anal glands
Hypericum – nerve related pain
Nux Vomica – digestive upset
Pulsatilla – false pregnancy
Rhus Tox – arthritis, joint pain, muscle pain, itching skin
Ruta Grav – tendon & ligament injuries
Silicea – foreign bodies
Ledum – puncture wounds

Helpful Remedies for Show & Performance Dogs

Aconitum – fear
Gelsemium – “stage fright”
Pulsatilla – for bitches who are hormonal prior to coming into season
Silicea – when a dog needs more “grit”, to be more resilient

Whelping Remedies

Weak Contractions 1 dose of Caulophyllum 30c. If necessary you may repeat every 15 minutes for a total of 4 doses. Do not give more than 4 doses.

If Caulophyllum does not work try 1 single dose of Pulsatilla 30
If Pulsatilla does not work try up to 2 doses of Secale 30c, each dose 15 minute apart

Bridge Puppies Repeat 1 dose of Pulsatilla 1M every five minutes until the puppy is in the correct position

Newborn Puppies Prepare Arnica 30c in a 1 or 2 oz glass dropper bottle using distilled or spring water, a few drops of clear vodka and the dry pellets. After each puppy is born give them a single drop of the remedy.

Brood Bitch After all puppies are born, give your bitch 1 dose of Arnica 30c

Discharge For bleeding that is brown, profuse or with a foul odor, give 1 dose of Secale 30c

Mastitis For hard, hot, red breasts give a dose of Belladonna 30c every 15 minutes for a total of 4 doses

In cases where there is little milk, hard breasts, and painful to the touch – give a dose of Bryonia 30c every 15 minutes for a total of 4 doses

THB Rabies Vaccine Protocol

To vaccinate your dog or not is a controversial subject, and not something I am going to discuss in this article (I'm on a word limit!).

However, the one vaccine that is required by state law is the rabies vaccine.

I have been using and recommending the following protocol since 2006 to minimize both acute and chronic adverse reactions.

Thuja 30c the night before

Lyssinium 30c immediately following the vaccination, bring your prepared remedy with you to your veterinary appointment. Timing of this remedy is crucial.

This remedy can be purchased at www.elixirs.com

Thuja 200c 12 hours post vaccine

The list of rabies vaccinosis symptoms is long; some of the more common reactions include: restlessness, distractibility, being destructive, skin problems, allergies, reverse sneezing, leg tremors, aggression, anxiety, fear of thunder/fireworks/loud noises and fear or obsession of water. Should your dog develop symptoms following a vaccine (even if it is many months later), seek the help of an experienced homeopath.