

Bach Flower Remedies

are very easy to use and inexpensive. There are 38 of them plus the one named **Rescue Remedy** which is a combination of 5 of these and is the leading one for animals and for humans. It's been used to wonderful effect for any traumatised or upset animal. Put 7 drops of Rescue Remedy per clean bowl of drinking water daily and you will soon notice the result. **Walnut** is also a good Bach Flower Remedy to give an animal going through a change in home circumstances.

The Bach Flower Remedies can also be applied by dropping 2 drops onto the animals' nose from where they will quickly lick it off (cats and dogs particularly). Or you can part the fur on the nape of the neck and rub the drops in there where they are easily absorbed through the system.

To quote the Bach Flower manufacturers, Healing Herbs Ltd of Hereford, U.K.:

'The beneficial effects of Bach Flower Remedies are derived from small, regular use rather than by the amount taken. An inappropriate remedy will not hurt or cause adverse reaction. There is no need for fear of overdose or error - feel confident and trust yourself.'



New Zealand Bush Bitters & Herbal Products

Pukatea helps dogs suffering from arthritis. Carefully measure 1/2 tsp per 1/2 ice-cream container of water. Swedish Bitters, a well-proven herbal remedy for many ailments, is made in New Zealand and is available as a tincture or a cream. The tincture has helped dogs with bladder cancer and the cream can be used to clear small skin cancer spots.

Homeopathy for Animals

Homeopathy works for animals just like it does for humans.

Argentan Nitricum (commonly called Arg. Nit.) is of excellent assistance for timid, frightened animals.

Arnica can be used in cases of maltreatment or injury.

Sulphur - a dose of this is always good for animals as a detox and a cleanse, especially if you are not sure what circumstances the animal comes from. Excellent for an animal which has been in a negative environment. Sulphur is excellent as a tonic; especially good after de-worming.



Thanks to Amanda Beauchamp, Homeopath, of the Kapiti Coast; Jean Mossman & Sandy Hooper, both of Napier Herb Society; Anne Webb & Jeannie Samuel of the Kapiti Herb Society, Carolyn Press-McKenzie of the Pakuratahi Animal Sanctuary, Angela Chadwick at www.selfheal.co.nz and also to Mrs M. Grieve's A Modern Herbal for part of the above content and to Stubby, phone +6427.445.3768, for his delightful sketches!



Presented on behalf of the Herb Federation as part of Herb Awareness Week in March 2009 by



Sharon Fredriksson
President
Ph: 04 976 7624

For additional info go to our website:
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HERB FEDERATION OF NEW ZEALAND

Herbs are the Helpful Plants

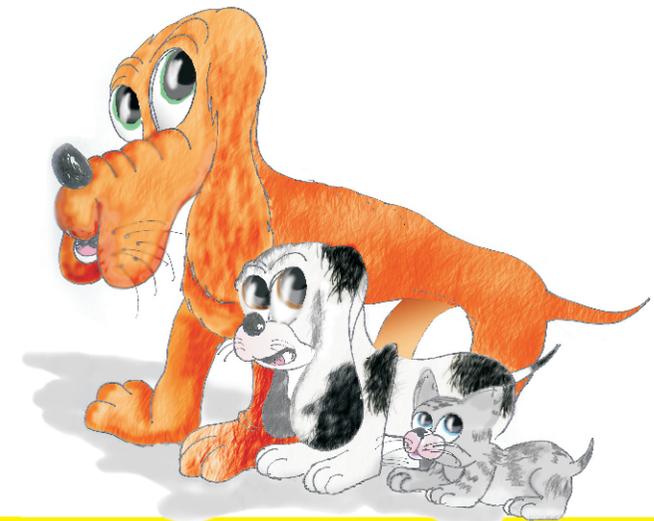


Affordable, Herbal Help

When bringing your pet to its new home and taking care of its ongoing well-being

So you're thinking of taking a little animal home to join your family? Or perhaps the thought of possible medication costs up ahead is putting you off?

Natural help from the herbal plant world can often provide an excellent result at a fraction of the cost of pharmaceutical medicines and without the possible side-effects of those. This folder is designed to give you a few handy remedies which we trust will save you time and money over the years and assist your pet in maintaining good health and happiness!



It's good for budgies as it acts like an energiser. Use for scaly excema, which caged birds are prone to. Put Sulphur in the drinking water so all the birds in the cage get it and all of a sudden they'll start to sing!! It heals the excema completely and all the birds will become much more curious and friendly. It's a really good remedy to use twice a year for animals when they are moulting; losing feathers and looking scruffy e.g. in spring when they go into a lighter coat.

Where to buy Bach Flower and Homeopathic remedies? In the Wellington district Simillimum Homeopathic Pharmacy in Panama Street has them, as do several health shops and pharmacies. They will always make up a remedy for you - explain the animals' symptoms and circumstances. A very small percentage of alcohol is added to preserve the remedies for animals. Expect to pay under \$10 for a small bottle of these homeopathic veterinary potentised drops.

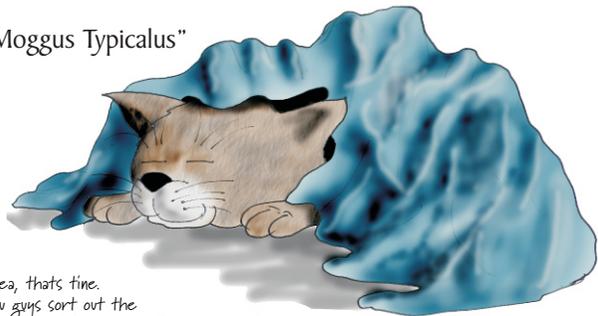
Away with fleas!

A chemical-free solution to your pet's flea problems is to make a large herb pillow containing **dried pennyroyal, thyme,** and **wormwood** and put it in your pet's sleeping area, basket, or whatever.

Pennyroyal (*mentha pulegium* - *pulegium* means fleas!) grows wild, especially near water. It's a part of the mint family, has tiny grey-green leaves and reddish-purple to lilac-blue flowers which grow in whorled clusters of ten or a dozen rising in tiers.

Common Thyme is the popular herb used in cooking (think dried thyme sprinkled on pizza). It usually grows to no more than 30cm high, has numerous round, hard, branched stems, and tiny greenish-grey leaves formed in pairs. The flowers terminate the branches in whorls and are a pale purple colour. Thyme has an intriguing, aromatic (meaning it comes out when pressed or crushed) fragrance.

"Moggus Typicalus"



"yca, thats fine. You guys sort out the Thyme and Pennyroyal. Toss in a bit of Wormwood too. Mix it all up and sprinkle it all around here, OK? If you want me I'll be just over there... havin' a nap!"



"It might be a Herbal/aromatherapeutic bath to you... But to me it's just another BAD HAIR DAY!"

Wormwood (*artemisia absinthe*) has a white main stem (which you might find is a little woody in older plants) with the flowering stems covered in fine silky hairs, and whitish-grey, fern-like leaves.

To use these herbs collect only on a dry day, after the sun has dried off the dew. Tie loosely in small bunches and dry them in an airy place in the shade or semi-shade: if dried in full sunlight the aromatic properties will be partly lost. Ensure all parts of the plant are fully dry before using as this will mean they are free from mould - animals usually have better senses of smell than we do! Discard any sharp stalks and find a thin cloth bag (perhaps make one from muslin fabric) or pillowcase to fill.

To Heal Wounds

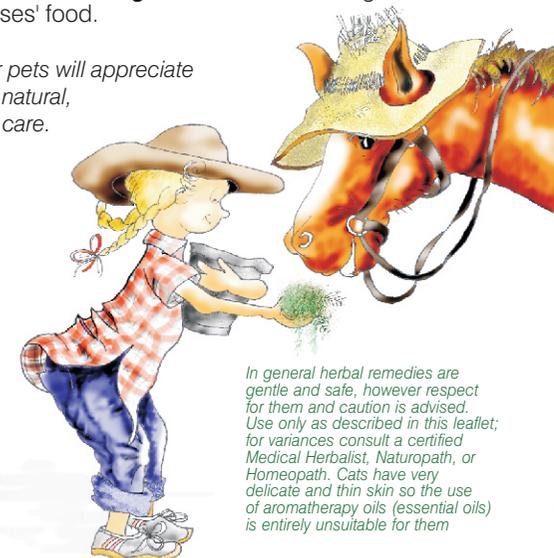
Plantain (*plantago major*) (the plant, not the vegetable) **has the ability to both heal quickly and draw out infection** so is one of the best things out for healing infected wounds, cuts, abrasions & tissue damage. You'll find this plant growing wild in most gardens - it's the soldier leaf kids play soldiers with - google it for an exact picture. You can use either the broad or narrow leaved type. Make an infusion of it like this: in a double boiler saucepan put water in the lower pot and a handful of plantain leaves with some olive oil into the top pot. Heat it through gently for 6 hours and the result is a well-dosed plantain oil which, when cooled, you just rub into the affected area to treat cuts & abrasions. If a poultice is needed to draw out infection you use the leaf matter remaining after pouring off the oil. Once it has cooled apply it to the affected area and wrap with a clean bandage.

For Friends of Horses, Pigs & Lambs

Horses do well on a splash of **cider vinegar** and a few **cloves of garlic** added to their bran when you are mixing it with the molasses. The cider vinegar is a tonic and clears the urinary tract breaking down calcium (extra helpful if you live in an area with high calcium content in the water). Garlic clears and prevents worms in horses, likewise in pigs, as does **couch grass** (both leaves and roots) & pumpkin seeds. If you have a nery horse, comfort it by adding the water from boiled **Comfrey leaves** and a few drops of **Arnica tincture** or **Hypericum (St John's Wort** - wort meaning herb) **tincture** to its mash. This will also help bruises and sore bones. For any nerve damage to its face or body rubbing in **Hypericum oil** will give relief and repair. Wrapping comfrey leaves early on around the broken leg of a horse or a lamb can mend it. This works to heal the break very quickly; Comfrey used to be known as **Knitbone**. **Aloe Barbadosis**, a plant native to the South Pacific basin & which is similar to Aloe Vera, but which spreads itself out more & looks like it's doing an octopus act, is wonderful for their skin; it's a marvellous help to both soothe and heal burns, of course. Break a leaf in half and apply only the clear gel in the centre to their coat; the thick skin of the plant and the yellowish juice adjacent to that can be an irritant. You can give **Echinacea** to your horse to build its immunity. Weleda in the Hawkes Bay market a **Seaweed tonic** with **Garlic** which is helpful for horses and can be given at any time of the year.

Horses' general health will benefit from extra **cleavers, dandelion and plantain** which you save from the weeding and toss over the fence for them to eat. **Willow** given after horses have been gelded for a week or 2 or 3 is an excellent tonic and it's a pain-reliever too. **Olive leaves** can be given as an anti-oxidant. Left over **green tea** and the dregs can be added to horses' food.

I am sure your pets will appreciate you choosing natural, herbal, health care.



In general herbal remedies are gentle and safe, however respect for them and caution is advised. Use only as described in this leaflet; for variances consult a certified Medical Herbalist, Naturopath, or Homeopath. Cats have very delicate and thin skin so the use of aromatherapy oils (essential oils) is entirely unsuitable for them