

Helping *Man's Best Friends* with Essential Oils

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We all have special stories of the horses, dogs, cats, birds, and other animals that are so important to us in our families and lives. Sharing their adventures and unique experiences of life connects us to the natural world and creates a source of health and well being that we all need. It is humbling when we look at how much our animal friends do for us day-in and day-out.

Animals and humans are intertwined “in sickness and in health.” Our animals will often pick up on our dis-ease. I have loved horses all my life and learned by experience at a horse ranch outside of Logan, Utah, that natural, non-invasive methods of healing work well for both humans and animals.

The concept is far from new. In early farming cultures, you often saw directions on labels that read, “One for a man and two for a horse.” On the farm or ranch, the cat who lived in the barn was the family’s best protection against mice and rats and their diseases; the horse was transportation, a hunting partner and the puller of the plow; and the family dog helped to hunt for food, provided protection, herded the cows and the sheep, and baby-sat the toddlers! The well-being of these animals was as important as any other member of the family.

Today, our animals have vastly different roles in life. Most are indoor companions, frustrated by lack of exercise and freedom, and confined to small yards or city

apartments. They are taken to the vet for routine injections and fed out of cans and bags. They are quietly put to sleep when they have taken on our human degenerative diseases and can no longer heal themselves. This is a far cry from where we started.

Domestic and wild animals alike turn to green plants when they need balance or internal cleansing. Every dog or cat owner has seen their pet eat grass and vomit within an hour. My friend Barb learned just how important greens, in the form of chlorella, are when her cat insisted on having some of hers every time she took the container out of the cabinet. Having seen a healthier coat and better teeth on her own cat, she is now helping other cat owners. Animals need chlorophyll and greens for nutrition and proper digestion. Wild animals with free access to herbs naturally know what plants to go to when they need healing. They don’t suffer from the same debilitating diseases (heart disease, diabetes, kidney failure, cancer, arthritis) that plague “domesticated” people, dogs and cats.

In this article, we will concentrate on a few natural forms of healing for our animals. For those who want more details on these products and ordering information, please go to my website, www.jumpstart-yourhealthspa.com. Tom Harper’s marine phytoplankton is especially helpful for caged birds, as Jackie in Arizona found out. She adds just one drop of this vital liquid to her bird’s drinking

water. Alaskan Essences™ also has a liquid called Animal Care, that is easy to add to your pet’s water with benefits ranging from prevention to treatment of serious conditions.

Not sure what your pet wants or needs? Then just ask! I put a plant substance or oil essence on my hands and let the animal smell and then lick it off—or turn away if it’s not what they need. If your pet wants more, massaging it into their fur and skin always feels wonderful to them. Just take a few drops in hand and massage it in. For wounds, you would massage around and away from the sore area, or spray it on.

For horses, narrow the selection of essential oil down and offer each to your horse, one at a time. Humans smell with both of their nasal cavities at once, but horses use each nostril individually. It will smell first with one nostril and then the other. Waft the uncapped bottle under his nose, then slowly draw the bottle away. If your horse follows the bottle or shows interest, it’s a go! If he turns his head away, don’t use that oil. Balance the proportional amounts of several different oils based on your horse’s response. Combining 3 or 4 oils



in a blend is plenty. High-quality, cold-pressed vegetable oils can be used as carriers for the essential oils, but may be harder to wash off. Aloe vera gel works great as a penetrating carrier, especially for horses. Water can be used as a carrier, or witch hazel for sprays, but since oils are not water-soluble you will need to shake these combinations well before using.

Adding drops of essential oils to your favorite pet shampoo is an easy way to incorporate the oils' benefits. And you can add oils to their food. Here are some testimonials to give you an idea of how well oils can work. Jessica Heimer from Gallatin Gateway, recently told me:

"Being a horse owner all my life, I have had more than a few bouts with colicky animals. Last year, we had a mare that came down with quite a bad case. It didn't take long for the situation to turn ugly. Within hours, she was hardly standing and not taking in any fluids. I remembered

that I had great success with basil oil for my own stomach cramps, so I thought, 'Why not for horses?' I quickly got out my basil oil, dripped some on my index finger and wiped it in the corners of her mouth, which she licked. I also massaged it onto the bottom of her stomach. I repeated this twice. Within 15 minutes there was drastic improvement. She was drinking and moving around within an hour. It was nothing short of a miracle, and I have had several such success stories since. Every time and in record time, the basil oil has helped bring colicky horses around to health. I will never be without my basil in the barn again!"

"We also had a gelding with scabies on his fetlocks. The vet prescribed pastes, that seemed to do more harm than good, and no matter what we tried, the problem persisted. I thought of using the essential oils, as they are always beneficial for me. I tried a mixture of lemongrass, oregano, and thyme applied neatly, undiluted and directly to the infected area. The scabies died away, and they haven't been back since—a supposedly incurable disease, defeated by Forever Young™ essential oils."

"My German Shepherd got into a dog fight at the trailhead one day. I didn't notice until a few days afterward, that she had sustained some serious damage to her front leg. A large flap of skin was folded back underneath the wound site. If I had seen it sooner, it would have demanded stitches. Knowing it was too late for stitches, and thinking that I would have to remove the dead skin myself, I cleaned the wound thoroughly and applied lavender

and tea-tree oil neatly on the wound. I decided to wait and closely monitor her. The next day, there was great improvement in the appearance of the wound. By the eighth day, the skin had completely grown over and all you could see was a scar where the hair hadn't grown in yet. I was amazed at the rate and quality of the healing she experienced and I attribute it all to the oils!"

"I also have a Rottweiler that sustained a serious injury to his front leg when he was a pup. The vet informed me that it would need to be amputated by the time he was three, because by then the pain would be unmanageable. I am happy to report that, with the help of birch, orange, and Cairo Care oils, he is still running like a puppy at five years old. Some days, when he experiences stiffness after a particularly hard workout, I get out his oils and he is practically rolling over at my feet to get me to apply them. He knows that they make him feel better, and he loves them as much as I do! After I apply the oils, he's as-good-as-new again."

Thanks to Jessica for those great stories! Here are some of the most commonly used oils for helping our animal friends. Basil calms spasms and is good for muscle aches and pains. Birch can be wrapped around joints in a liniment, and is great for bone spurs, as an astringent, and as a counter-irritant. Cypress is great for the circulation. Dill can be used for the digestive system as it settles the stomach and calms flatulence and colic; it will also kill off parasites. Eucalyptus, native to Australia, has long been used and extensively researched for the treating of respiratory conditions. It is also good as an

insect repellent, will remove lice, and can treat skin infections and parasites.

Frankincense, known throughout history as the oil of kings, crosses the blood-brain barrier, bringing oxygen to the brain cells, and increasing intercellular communication throughout the body—it's truly worth its weight in gold! Geranium, very helpful as an anti-inflammatory, has also been used historically for both emotional and physical wounds. Helichrysum works wonderfully to calm the nervous system. Mix it with geranium to stop bleeding. Mix it with lavender for stings, bites or burns. Lavender is known as the universal oil—if all else fails, use lavender!

Lemon is one of the most beneficial oils. Use it to help a toxic, overworked liver and a weakened immune system. It also aids in fat-burning and reducing obesity. Lemongrass has been used in East Indian cultures for hundreds of years. Its uses include the treating of infections and fevers. It is excellent in massage as it targets weary tendons, cartilage and joints. Marjoram, taken internally or used topically, is great for soothing muscles and healing bruises. Orange, the oil of joy, is used for overall skin health and for the repair of broken bones. It's a must-have for your animal's first-aid kit.

Oregano oil is effective for parasites, ticks, fleas, lice, and mites. The most active ingredient



in wild oregano is carvacol, a potent, naturally occurring compound, which has remarkable effects against all types of microbes, such as bacteria, viruses, fungus, and molds. (If it's not a wild variety, it will be less potent and not yield the same results.) Peppermint is

one of the most common and versatile of oils as it relaxes and energizes at the same time.

Not all brands of oils are recommended for internal use, but what you put on your skin you might as well be eating, since it will go into your body anyway! I recommend Forever Young™ essential oils. For a reference chart and more information, e-mail me at simplysoybasics@bresnan.net. ■

Join us for free at our regular, 6 pm, Friday-night oils trainings. Bring a friend, soak your feet, and learn about the oil of the week. Then stay for the advanced training at 7 pm (\$10 materials fee). We're located at 313 West Mendenhall St., in Bozeman. Call Marlenea at 585-8482.