

NATURAL COMPLEMENTS TO CONVENTIONAL DOG CARE



A clear and simple guide to which alternative remedies and lifestyle changes are appropriate for common canine medical conditions.

by Shawn Messonnier

CONDITION	DEFINITION	CONVENTIONAL TREATMENT	NATURAL REMEDY	DIET CHANGE	LIFESTYLE CHANGE
ALLERGIES	A hypersensitive skin reaction to foreign proteins (allergens) in genetically predisposed pets	Steroids, antihistamines; antibiotics for secondary infections	Herbs, homeopathics, fatty acids, antioxidants	Natural diet; avoid grains, processing and byproducts	Baths with an organic anti-itch shampoo formulated for frequent bathing; keep off grass treated with chemicals
ARTHRITIS	Joint inflammation, usually caused by chronic wear and tear; more common in older dogs	NSAIDs (non-steroidal anti-inflammatory drugs), steroids, analgesics (pain medications)	Chondroitin and glucosamine supplements, hyaluronic acid, acupuncture, fish oil, enzymes, cold laser	Natural diet; restricted calories, if needed, fewer treats or low-fat treats	Weight loss, controlled exercise
BAD BREATH	Inflammation and infection of the teeth and gums, resulting in bad breath	Dental cleanings, antibiotics	Coenzyme Q-10, fatty acids, antioxidants, herbs, homeopathics	Adding a small amount of plain yogurt to the diet might help	Brush teeth at home; provide dental treats
CANCER	Abnormal growth of cells involving any tissue in the body; cancer cells lose the ability to die and continue to reproduce	Chemotherapy, radiation, surgery	Herbs, homeopathics, antioxidants, fatty acids	Improved diet; lowered carbohydrates and increased proteins and fats, especially omega-3 fatty acids	No vaccines
DIABETES	Increased blood sugar due to variety of factors, including decreased insulin production and insulin insensitivity	Insulin; rarely, oral medications that lower a dog's blood sugar	Herbs, supplements made of extracts from glands; homeopathics	Increased fiber	Increased exercise; small, frequent meals
DRY SKIN, COAT	Can be benign or a sign of a more serious condition	Depends on cause; often none	Fatty acids, antioxidants	Natural diet, increased omega-3s	Baths with an organic hydrating shampoo formulated for frequent bathing
EAR INFECTIONS	Infections of the outer ear canal, caused by mites, bacteria or yeasts	Medicated drops, oral medications like antibiotics and steroids	Herbal ear drops, antibacterial and antifungal herbs, olive leaf extract	Natural diet	Clean ears regularly; limit swimming
EPILEPSY	A condition that results in seizures; epilepsy is diagnosed when other causes of seizure disorders are not discovered	Phenobarbital, bromide	Choline, B vitamins, herbs, homeopathics	Natural diet; reduced-protein diets help some pets	No vaccines; eliminate seizure triggers, if possible

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HIP DYSPLASIA	Looseness or dislocation of the hip joints	NSAIDs, surgery	Chondroitin and glucosamine supplements, hyaluronic acid, acupuncture, fish oil, enzymes, cold laser	Natural diet; reduced calories, if needed	Weight control; controlled exercise, especially swimming
HOT SPOTS	Acute moist dermatitis, often of unknown cause	Steroids, antibiotics	Herbs, homeopathics, fatty acids, antioxidants	Natural diet	Eliminate possible causes, such as fleas or allergies
IBD (inflammatory bowel disease)	Inflammation of any part of the gastrointestinal tract; diagnosed by biopsy of the affected part	Steroids, antibiotics	Enzymes, probiotics, glutamine, herbs, homeopathics	Natural diet	Eliminate possible causes, such as food intolerances, food allergies, infections
KIDNEY OR LIVER DISEASE	A decline or breakdown in function of either organ. Acute: Usually from infection or toxins. Chronic: Common result of aging	No medication available: fluid support, phosphorus binders	Herbs, homeopathics, fatty acids, antioxidants, probiotics	Natural diet; reduced phosphorus and proteins, if needed	Fluids administered at home as needed
SEPARATION ANXIETY	Behavioral problem resulting in destruction to the dog or house	Mood-altering medication	Flower essences, herbs, theanine, homeopathics	Natural diet	No vaccines; behavior modification
UTI (urinary tract infection)	Bacterial infection of the urinary tract, usually the bladder; stones and tumors in the bladder can also cause urinary tract disorders	Medicated diet, antibiotics; surgery for stones; chemotherapy for tumors	Herbs, homeopathics, olive leaf extract	Natural canned food or natural moistened dry food	Feed a moist diet to encourage frequent urination

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