

Natural Remedies

To Treat Common Dog Ailments



Learn how to treat everyday problems with your dog naturally, including:

- Arthritis
- Digestive disorders such as constipation, diarrhea & gas
- Preventing motion sickness when traveling with your dog
- Many skin disorders such as itchy or dry skin and hot spots
- Safely manage and treat stress in your dog



[Dog Care Knowledge.com](http://DogCareKnowledge.com)

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Introduction

Similar to humans, dogs can greatly benefit from alternative and natural remedies for some common ailments that many dogs experience.

Having said that, I always advise to seek veterinary help if you think your dog is suffering from a serious medical condition and always check with your vet before starting any supplements if your dog is on medication.

The natural remedies I suggest in this e-book are merely for the common ailments dogs suffer that we can handle at home. If we just knew how!

I have focused on five common ailments; Arthritis, digestive problems, motion sickness, skin disorders, and stress, but provide a variety of options for each one.

Don't try all the suggestions at once, but instead try one at a time and see how they work for your dog before moving on to another alternative. All dogs are different so will reactive differently to each remedy. Our job is to find which one works for our dogs!

WARNING: ADVERSE REACTION

If, after starting a particular remedy you notice any side effects, such as vomiting or diarrhea, stop the treatment. You can either move onto an alternative solution, or try the same supplement, herb, or remedy but at a smaller dose. If you already know your dog is particularly sensitive, it would be a good idea to start each remedy at a lower dose than recommended and slowly increase the amount if no side effects occur.

Medical Disclaimer:

The text contained herein is not intended to replace medical advice or direction obtained from a licensed veterinary or medical professional. Always obtain the advice of a veterinary professional before treating your dog. The information provided in this e-book, is not a substitute for a face-to-face consultation with a health care professional, and should not be construed as medical advice. The end user acknowledges this disclaimer and assumes all risk in purchasing and/or using these suggested remedies.

Natural Remedies for Arthritis

Diet

Diet plays a key role in controlling arthritis, with grains often being the culprit for aggravating symptoms. Feeding your dog a grain-free diet usually helps but feeding a home cooked diet, or raw, is best as you'll know exactly what's in your dog's food. Keeping your dog lean is also important, as too much weight will put unnecessary stress on the affected joints.

If your dog is overweight, then ensuring they lose a few pounds is the best way to start. I know this can sometimes be challenging but that's where feeding raw or home-cooked diet will also help. Unfortunately most commercial dog foods contain high amounts of carbohydrates which are high in calories and contribute greatly towards weight gain and inflammation, both of which makes arthritis worse. Sometimes just by switching to a more natural diet will help your dog lose weight.

Anti-Inflammatory Foods & Herbs

You can add anti-inflammatory foods and herbs to your dog's diet such as **ginger**, **celery**, and **alfalfa** as well as certain fruits like **papaya** and **mango**. Fruits should be blended and are best served over-ripe and vegetables should be cooked or at least pureed. Anti-inflammatory herbs you can add are; **turmeric**, **curcumin**, **hawthorn**, **nettle leaf**, **licorice**, **meadowsweet** and **yucca root**.

Don't add them all to the diet at once but instead choose a few and rotate periodically. You can also buy products that contain a combination of these herbs such as: **Animal's Apawthecary's Alfalfa/Yucca blend**, **Azmira's Yucca Intensive** and **Dog Gone Pain (DGP)**.

Exercise

Exercise plays a key role in keeping joints supple, with walking and swimming being excellent choices. **Although exercise is good, too much, isn't!** Therefore you need your dog to avoid vigorous exercise such as running and jumping as this can stress the joints and speed up the progression of the disease. It's much better to take your dog on a moderate daily walks rather than a long walk only at the weekend.

There are also a number of alternative methods that help greatly with alleviating symptoms of arthritis such as hydrotherapy, acupuncture, as well as specific massage therapy. The best way to find these services is to find a good holistic vet or one that practices chiropractic therapy.

You can [find a holistic vet here](#) or [find a chiropractic vet here](#).

Natural Supplements to Start

Once you've addressed diet and exercise, the key supplements to try are Chondroprotectants and nutraceuticals. These are natural supplements that reportedly protect the cartilage from further deterioration and assist in cartilage repair.

The most widely used supplement for arthritis is any combination of Chondroitin and Glucosamine. Choose from a number of good alternatives on the market such as; **Arthroplex, Cosuquin, Dasuquin, Flexile-Plus, Glycoflex, K-9 Glucosamine Syn-Flex, and Synovi-G3**. You only need to try one and see how your dog reacts. Follow dosage instructions on the label.

Also adding fish oil is great at reducing inflammation. You need fish oil that is high in Omega-3 fatty acids such as salmon oil or EPA oil rather than liver oil. Dosage for the fish oil is 300mg per 10lbs of body weight. You should also include vitamin E when supplementing with fish oil.

Dog's Weight	Dosage for Vitamin E
Up to 25lbs	100 IU daily
26lbs - 75lbs	200 IU daily
Over 75lbs	400 IU daily

These are all a good starting points and are best used early on in the course of treatment to prevent further damage.

Frequently, addressing diet, exercise, and adding supplements containing Chondroitin and Glucosamine, may be all you need to see an improvement in your dog. But, if that is not the case with your dog, then don't worry, as there are plenty of other natural alternatives you can try.

Other Natural Supplements to Try For Arthritis

There are a number of natural remedies that can greatly improve the mobility of the joints and reduce the pain of inflammation.

Ashwaganda (*Withania somnifera*)

Ashwaganda is an anti-inflammatory that also has an anabolic chemical that works to strengthen the atrophied muscles that surround the arthritic joint.

Boswellia (Salai)

Boswellia is also a potent anti-inflammatory that is able to shrink inflamed tissue. It is usually the inflammation in the tissue that causes pain in arthritis. By reducing the inflammation, it relieves stiffness and pain associated with arthritis.

Inflammation can also damage blood vessels and Boswellia has been shown to improve the blood supply that in turn can repair damaged blood vessels.

You can combine both Ashwaganda & Boswellia in one remedy as they work well together. If this works for your dog, expect to see significant improvements within 21 days; severe cases may take up to 3 months.

Dog's Weight	Form	Dosage for Each Herb	
		Ashwaganda (<i>Withania somnifera</i>)	Boswellia (Salai)
Up to 20lbs	Liquid	10 drops twice daily for each 10lbs of body weight	10 drops twice daily for each 10lbs of body weight
21lbs - 30lbs	Capsule or tablet	1 x 500 milligram twice daily	1 x 500-milligram twice daily
31lbs - 60lbs	Capsule or tablet	1 x 500 milligrams three times daily	1 x 500 milligrams three times daily
> 60lbs	Capsule or tablet	1 x 1,000 milligrams twice daily	1 x 1,000 milligrams twice daily

These herbs can be purchased through most health food stores or online at <http://www.ayush.com>. There is also a manufactured product that contains both herbs sold under the brand name of Boswelya Plus. Also from www.ayush.com.

Du Huo Jisheng Wan

Du Huo Jisheng Wan is used for treating dampness in joints. This works well for dogs suffering from lameness during cold and wet months. This should be used for 1 – 3 weeks and then, once improvement is seen, use whenever your dog is limping.

Dog's Weight	Dosage for Du Huo Jisheng Wan
Up to 25lbs	2 to 3 pills, twice daily
26lbs – 75lbs	5 to 6 pills, twice daily
Over 75lbs	Up to 10 pills, twice daily

Dismutase by BioVet.

Dismutase is a great product for helping with inflammation that slows down the destruction of cartilage damage.

Dog's Weight	Dosage for Dismutase
Up to 40lb	6 tablets daily
Above 40lbs	Up to 10 tablets

Tablets should be given on an empty stomach. Give Dismutase for at least 1 month. Then slowly reduce dosage to an effective maintenance level.

If Dismutase is going to work for your dog, you should see a noticeable difference in their movement and energy levels within 3 weeks, maybe even a few days. Dogs that do well on this supplement tend to walk, run, and jump more like they used to before arthritis.

Goat's Whey

Capra Mineral Whey – contains important minerals for joint health and helps to restore missing sodium in joint tissue. Long-term use can loosen joints and appears to dissolve calcium deposits.

This method will take at least 3 months for improvement to be seen.

Dog's Weight	Dosage of Capra Mineral Whey (human-grade)
Under 20lbs	One-quarter the full human dose on the label
Up to 50lbs	One half the label dose
Over 50lbs	Full label dose

Mix Whey power into food.

Methylsulfonylmethane MSM

For severe joint problems methylsulfonylmethane MSM works well but takes a little longer to notice any effects, usually around 6 -8 weeks.

Dog's Weight	Dosage for MSM
30lbs	1/8 teaspoon of powder or 1 x 500 milligram capsule twice daily for 1 week.
60lbs or over	¼ teaspoon.

After one week, reduce to one dosage daily. Mix well into food.

Supplement Treats

Sea Jerky is baked into a tasty treat dogs love. Dogs often show improvement within a couple of weeks. You can replace other supplements if your dog responds well to these treat. Refer to packaging for dosage.

Natural Remedies for Motion Sickness

If you dog suffers from motion sickness, it is always best to avoid feeding them prior to travelling. Instead feed them upon arrival at your destination. Ensure plenty of stops for a potty break and offer fresh water each time.

If you are going on an extended journey, you can start the remedy a day or two before your journey begins. Here are a few remedies you can try:

Ginger Trips by Soloray - Dosage: 1 or two wafers

Cocculus Indicus (for nausea) – Dosage: use 3-4 pellets

Rescue Remedy – Dosage: a few drops

CalmStress - follow label instructions for dosage.

You can combine more than one remedy at a time. Try combining CalmStress with Rescue Remedy by adding 6 drops of Rescue Remedy to a bottle of CalmStress. Shake well and add to drinking water as well as giving directly in the mouth several times a day.

Natural Remedies for Digestive Issues

Dogs suffer from digestive upsets from time to time but you should always take your dog to the vet if he has any of the following signs or symptoms:

Seek Immediate Attention

- The vomit is bloody or resembles ground coffee.
- Retching accompanied by bloated or swollen belly or seems very uncomfortable.
- You think your dog may have ingested something that may be blocking the digestive tract; in particular rope, string, or cloth.
- If the diarrhea is predominantly blood.
- Diarrhea accompanied by vomiting, loss of appetite, and has ingested ibuprofen, Motrin, Advil, naproxen, or Aleve, or aspirin in the past week. Either by accident or administered for pain.
- If she has severe abdominal pain with persistent vomiting and a loss of appetite.
- An adult dog that shows clear signs of weakness, i.e. too weak to walk, or a puppy less than 6 months old showing signs of lethargy and weakness.
- If the temperature is above 103°F.
- If the whites of the eyes, gums, or insides of the ear have a yellow tinge to them.
- If your dog has other medical conditions such as diabetes, kidney disease or cancer. Or if your dog is taking digoxin or digitoxin for heart disease.

Less Urgent Symptoms

- Diarrhea or stool contains streaks of mucus or blood.
- Diarrhea as the result of antibiotics.
- Vomit is yellow or orange bile. (usually an indication of vomiting on an empty stomach.)

Assuming your dog *isn't* suffering from any of the symptoms listed above, you can try some of these natural remedies for temporary digestive problems.

Constipation

Dogs don't often suffer from constipation but when they do, it is usually due to too many bones, particularly pork bones. For this reason, I would advise against feeding your dog pork bones, or at least cut back on them if you don't see regular (daily) bowel movements.

If your dog is suffering from constipation you can give them some Metamucil as this works well. If you do use Metamucil or similar product, make sure it is NOT the sugar-free type as they may contain Xylitol, which is toxic to dogs. **You can also add cow's milk, green beans, or baby food to their food.**

Diarrhea

Fasting your dog for 24 hours is probably the best solution to stop diarrhea in your dog as it allows the digestive system to rest. Once you re-introduce food to your dog, do so with a bland diet, chicken, rice and yogurt is good, then add their own food back in gradually. You can also mix in some natural remedies that will help to calm an upset stomach as below.

Applesauce

Adding applesauce to your dog's food will help mild cases of diarrhea and is a good option to add into your dog's food once reintroduced.

Body Weight	Dosage for Applesauce
<20 lbs.	1/8 tsp.
20-50 lbs.	1/4 tsp.
50-90 lbs.	1/4 tsp.
>90 lbs.	1/2 tsp.

Bentonite Clay

You can find bentonite clay in most health food stores and it is a wonderful product that has a sponge-like quality that makes it ideal for use as an anti-diarrhea agent.

Bentonite clay will attract microorganisms in the gut and flush them out like an intestinal broom. If you are also using probiotics, make sure you take them 2 hours apart from the clay otherwise the clay will soak up all the good bacteria in the probiotics too.

Bentonite clay can be added to your dog's water or food. An ample supply of fresh water **MUST** also be available.

Slippery Elm

Slippery Elm is also good at soothing an inflamed digestive tract. Dosage 1 teaspoon of powder 2 or 3 times a day for each 25lbs of body weight. Mix in with warm water or chicken broth. Give at time of feeding.

Body Weight	Dosage
<20 lbs.	1/2 tsp.
20-50 lbs.	1 tsp.
50-90 lbs.	2 tsp.
>90 lbs.	1 Tbsp.

Probiotics

Adding probiotics to your dog's food is always a good idea to get their digestive system back in shape. There are many probiotics to choose from, I prefer [Probiotics Miracle for dogs](#).

Whichever probiotic you choose you'll need to follow the directions on the label. In general, give your dog 5 to 8 billion microorganisms twice a day, no matter what size of dog. If you are also using Bentonite Clay, make sure you take them 2 hours apart from the Probiotics otherwise the clay will soak up all the good bacteria in the probiotics too.

Gas

Unfortunately many lower quality dog foods result in excess gas for your dog. Feeding a higher quality dog food usually resolves this problem, however, some dogs, especially seniors, may still have the occasional bout of flatulence. Here are a few natural remedies you can try for gas.

Carbo Vegetabilis

Carbo Vegetabilis is basically a homeopathic remedy using charcoal. It works very well in relieving flatulence in your pet and can be obtained from most health food stores or homeopathic suppliers. Make sure you purchase the lower potency i.e. 6c to 12c potency for stomach disturbances. Use once a day.

Ginger Snaps

Ginger is a great digestive aid that also relieves gas. Feed one ginger snap with meals to relieve symptoms of gas

Preventing Blocked Anal Glands

Blocked anal glands are frequently caused by a diet high in carbohydrates or a diet that causes loose stools. Once the anal glands become blocked, your vet or groomer can express (empty) them. **You need to be careful with this route as the more you have the anal glands expressed, the more they'll fill up.** It's much better to prevent them becoming blocked, naturally.

The best way to do this is to feed a diet that results in firm stools. A raw diet or home cooked diet that is rich in meat, bones, and vegetables will usually achieve this.

Other things you can try to prevent blocked anal glands include:

- Silicea - 6c twice a day for two or three days
- Coconut oil - 1 teaspoon of coconut oil per 10 pounds of body weight, which is 1 tablespoon per 30 pounds, per day. Start with small amounts and increase gradually.
- Add dried fruit (prunes, apricots, or figs) to your dog's meal.
 - Small dogs – 1 to 2 pieces of dried fruit every other day
 - Large dogs – 2 or 3 pieces of dried fruit per day

Try adding prunes first as they work very well in preventing the glands from becoming blocked.

Natural Remedies for Skin Disorders

Many skin disorders in dogs can be prevented and treated by using a good quality natural shampoo. You can find a great range of shampoos that treat specific skin conditions *naturally* by [clicking here](#).

Natural or home remedies work very well for treating skin disorders in dogs and usually work within a few days. Most of the things you need will either be in your cupboard already or will be available from most supermarkets or at least a health food store.

Treating Hot Spots

Apple Cider Vinegar Method

Apple Cider Vinegar has antibacterial and anti-fungal properties that work well in clearing hot spots rapidly. Here's how to use it:

Dilute the apple cider vinegar with equal parts of warm water. **DO NOT USE REGULAR VINEGAR, ONLY APPLE CIDER VINEGAR SHOULD BE USED.**

Pour the solution into a spray bottle and squirt directly onto the hot spot 3 or 4 times per day.

Black or Green Tea Method

Green tea contains polyphenols that has an anti-inflammatory agent. Black tea has tannins that help to dry out the area. Either one can be used or a combination of both.

The tea solution is best used before the Epsom salts method (below).

1. Steep 1 or 2 teabags (dependent on size of hot spot) in boiling water for 5 minutes
2. Remove teabags and allow to thoroughly cool
3. Place teabags on affected area for 5 minutes
4. Remove teabags and dry area thoroughly
5. Repeat about 3 or 4 times per day

Epsom Salts Method

Epsom salts also works well to dry the area and fight the bacteria. It will also provide a welcome relief from the itching immediately.

1. Completely dissolve 1/2 cup Epsom Salts in 1 gallon of warm water. Stir well to ensure salts are thoroughly dissolved.
2. Saturate a soft cloth in the solution and dab on the affected area.
3. Dry the area thoroughly.
4. Repeat as necessary, about 3 or 4 times per day.

Supplements for Itchy Skin

Skineze

Skineze is a Chinese herbal supplement that can be used for any type of itchy skin problem in dogs. Follow label instructions for dosage.

Phytogel

This gel can be used on any skin problem from minor injuries, to infections, eczema and hot spots. It's an Ayurvedic herbal remedy from India that has significant healing properties. Follow label instructions for dosage.

Neem Plus from Ayush Herbs

Neem Plus works from the inside out. It's particular useful for skin disorders that are the result of intestinal disorders, such as yeast.

Dog's Weight	Dosage for Neem Plus
Up to 25lbs	10 drops per 10lbs of body weight twice daily
26lbs - 30lbs	1 tablet twice daily
31lbs - 60lbs	1 tablet three times daily
Over 60lbs	2 tablets twice daily

Home Remedy for Dry Skin

Dogs that have dry skin will benefit from monthly baths using a good [colloidal oatmeal shampoo](#). Following the bath with a moisturizing rinse will help to restore your dog's natural oils and relieve his dry itchy skin.

You can make your own moisturizing rinse using Alpha Keri bath and shower oil (or generic version). Mix about 1 ounce of Alpha Keri Bath Oil in a quart of water. After shampooing your dog and fully rinsing with warm water, pour the mix over him and allow it to remain on the coat as he dries. You don't rinse this off.

You can also make up a spray bottle containing one part Alpha Keri Bath Oil to three parts of water. Spray this to areas that are difficult to get to, or use on really problem areas, such as the belly and insides of legs. Again, don't rinse off.

The moisturizer won't come off or leave residue on your upholstery or carpets but your dog may appear to look wet long after he has dried. The downside to this remedy is that your dog's coat will continue to look wet or greasy for a few days after using it. It won't feel greasy though and it'll be a lot more comfortable for him.

If you find your dog still has itchy dry skin, you can squirt him with the Alpha Keri mix on a daily basis.

Natural Remedies for Stress

Some dogs get anxious or stressful during certain events, such as thunderstorms or when you leave them alone. Below is an exhaustive list of stress indicators as identified by Turid Rugaas in her book "Calming Signals".

- Diarrhea
- Vomiting
- Dandruff
- Panting
- Aggression
- Pacing
- Excessive licking
- Digging
- Excessive tail wagging
- Biting the leash
- Shedding
- Foam drool
- Sweaty paws
- Red eyes
- Shivering (when it's not cold)
- Tense muscles
- Bloat
- Excessive barking, whining
- Chewing
- Dilated pupils

Luckily there are a number of natural remedies you can try to alleviate your dog's stress and help him to calm down.

DAP (Dog Appeasing Pheromone)

This is a natural remedy that can keep your pup or dog calm under stressful situation. In nature, all lactating females release “appeasing pheromones”. In dogs “appeasing pheromones” help calm the puppy and provide reassurance, particularly in stressful situation.

D.A.P. (Dog Appeasing Pheromone) mimics the natural “appeasing pheromones” of a puppy’s mother. It provides comfort to dogs of all ages not just puppies. D.A.P. comes in a calming collar, diffuser, or spray.

Synergy Pet Calm

Richards Organic Pet Calm is an organic product that treats anxiety and stress as well as reducing hyper-activity in dogs. It may be used every six hour and takes about 30 minutes to work.

Dog’s Weight	Dosage for Synergy Pet Calm
Dogs up to 40 lbs.	1 to 4 ml
Dogs over 40 lbs.	3 to 6 ml

One dropper equals one ml. If in doubt, consult your veterinarian.

PetAlive PetCalm

PetAlive Pet Calm contains a special blend of herbal and homeopathic ingredients known for their calming and soothing effect. It works particularly well in dogs that are highly-strung, chronically anxious or those with nervous dispositions by helping them to withstand stress and providing a tonic for the nervous system.

Dog’s size	Daily Dosage of PetAlive PetCalm
Small Dogs	Large pinch of granules sprinkled into the mouth
Small to Medium Dogs	- Two pinches sprinkled into the mouth
Medium to Large dogs	1/4 cap of granules sprinkled into the mouth

Improvement should be noted within the first few doses with continued benefits observed over time.

Thundershirt for Dogs

Thundershirt - As the name suggests, was originally designed for calming anxiety in dogs due to thunderstorms. They’ve also had great success using it for dogs that suffer from separation anxiety but can be used for any stressful situation.

The Thundershirt applies constant pressure that calms the nervous system; I believe it’s similar to the “swaddling” effect used on babies.

Pet Naturals - Calming Treats

This is a chicken & liver flavored treat-based product so is good for those dogs that are difficult to give drops to. It works to support calming and relaxation without causing drowsiness to anxious pets.

Dog's Weight	Directions for Pet Naturals Calming Treats
26-50 lbs.	1 chew daily
51-100 lbs.	2 chews daily
Over 100 lbs.	3 chews daily

During times of increased stress: It is safe to double or triple the above amount, as needed.

Flower Remedies

Flower remedies are always a good option for dogs and there are few that work for stress. Rescue Remedy is probably the most used for stressful situations and already contains a blend of flower essences. Other than that, you can try mixing and matching some of these to custom-make your own potion.

Flower Essence	Behavior Treated
Agrimony	Helps with general anxiety
Aspen	Helps with barking and provides a sense of security
Chicory	Addresses attention-seeking through negative behavior
Heather	Addresses loneliness
Sweet Chestnut	Helpful for anxious dogs that worry about being abandoned
Vervain	Helps to stop barking

Dosage

You can combine up to five flower remedies into one treatment (Rescue Remedy counts as 1). You add about 2 drops of the potion in your dog's drinking water, or you can also add a drop to a treat, on food or rub it on the paws or ears.

Most of these remedies for stress work well if given about one hour before needed. You can obtain most of these remedies [here](#).