HERBS FOR ANIMALS

20 HERBS TO KNOW & USE

ALFALFA LEAF Medicago sativa
Arthritis, kidney tonic, provides nutrients, cardiovascular health

ALOE VERA
Flea bite relief, minor burns and rashes, itch and scratch relief
TIP: ALOE SHOULD ONLY BE USED TOPICALLY

CALENDULA Calendula officinalis
Minor burns and cuts, itch and scratch relief
Make a soothing and healing calendula salve for topical use to apply on your pet's insect bites and minor cuts. Get the Salve Tutorial on the Herbal Academy of New England's blog.

CATNIP Nepeta cataria
Mild sedative (only for humans, not for cats!), digestive aid
TIP: WHEN LOOKING FOR CATNIP TOYS FOR YOUR FELINES, SHOP STORES WITH HIGH TURNOVER TO GUARANTEE FRESHNESS. LOOK FOR TOYS WITH QUALITY HERBS AND NO FILLERS.

CHAMOMILE Matricaria recutita
Skin problems
Chamomile Tea Spray: Make an infusion using dried chamomile. After cooling, pour tea into a spray bottle and apply to animal's skin where irritated. Keep refrigerated.

DANDELION ROOT Taraxacum officinale
Allergies, liver support, skin conditions, provides nutrients, urinary problems
Bladder Infection Relief for Horses: Add 3 cups (ponies) or 5 cups (adults) of chopped dandelion plant to feed for 4 to 5 days.

ECHINACEA ROOT Echinacea angustifolia
Antibacterial and antiviral, immune booster, pain relief
TIP: ECHINACEA IS WIDELY USED FOR PETS TO BOOST IMMUNITY. PREPARED AS TINCTURES, DECOCTIONS, DRIED, AND FRESH. GENERALLY, 10-20 DROPS TINCTURE, 3X PER DAY IS A CONSERVATIVE DOSAGE FOR SMALL ANIMALS LIKE DOGS AND CATS. LARGE ANIMALS AND LIVESTOCK CAN BE FED A COUPLE HANDFULS OF THE DRIED HERB PER DAY TO BOOST IMMUNITY. DOSAGE IS VARIABLE SO ALWAYS CONSULT WITH YOUR VET.

EUCALYPTUS Eucalyptus globulus
Respiratory problems, insect repellent
TIP: USE AS AN ESSENTIAL OIL FOR A NATURAL INSECT REPELLENT. DO NOT APPLY ESSENTIAL OILS DIRECTLY ON ANIMAL’S SKIN.

FENNEL Foeniculum vulgare
Tick repellent

HAWTHORN BERRY Crataegus laevigata
Strengthens heart, antioxidant

LAVENDER Lavandula angustifolia
Analgesic, sedative, antiseptic, skin problems, wounds, flea and tick repellent

NETTLE
Allergy relief, skin disorders, arthritis
TIP: ADD DRIED NETTLE & NETTLE LEAF TO DUCK AND CHICKEN MEAL TO BOOST Niacin.

OATSTRAW Avena sativa
Provides nutrients, skin problems, anxiety and stress

PARSLEY LEAF Petroselinum crispum
Urinary problems, bad breath remedy
TIP: FRESH IS BEST WHEN USING AS A REMEDY FOR BAD BREATH!

PEPPERMINT Mentha x piperita L.
Helps control parasites, bug repellent, motion sickness
TIP: HANG PEPPERMINT, CATNIP & LAVENDER IN YOUR CHICKEN COOP TO REPEL INSECTS FROM YOUR FLOCK AND KEEP YOUR COOP SMELLING FRESH! INCLUDE LEMON BALM TO HELP WARD OFF UNWANTED RODENTS.

SAGE
Gingivitis, antimicrobial and antibiotic, ringworm remedy, helps control parasites

SLIPPERY ELM Ulmus rubra
Diarrhea and vomiting, cough remedy

ST. JOHN’S WORT Hypericum perforatum
Skin conditions, anxiety

VALERIAN ROOT Valariana officinalis
Analgesic & sedative (stimulant in cats)

YARROW Achillea millefolium
Skin problems

GENERAL DOSAGE FOR ANIMALS
This dosage scale is a good starting point, but consult with your local veterinarian before giving herbs to your animals. Always attempt to address the underlying cause of a condition before relying on herbs.

CATS & TOY DOGS
1/8 - 1/4 the dose for an adult human

Dogs
Correspond to adult human dose according to weight

GOATS & SHEEP
1 - 2x the dose for an adult human

HORSES
5 - 15x the dose for an adult human

INFUSION GUIDELINES FOR PETS
2 Tbsp of herb to 16 oz of water
Average dose for a 30 lb animal is 2 Tbsp, 2x daily
Adjust dose accordingly depending on weight

REMEDY
Sleep Pouch: Combine 1 part fennel & 1 part anise into a tied pouch and place in your dog's bedding. Dogs love the smell of anise & fennel is a good tick repellent.

REMEDY
Natural Flea Collar: In a small dish, add 3 drops of lavender essential oil to 1 tablespoon of water. Rub this liquid onto your pet's collar or bandana. Reapply weekly.

REMEDY
Oat is a great nerve-calming herb. Add cooked oatmeal to your pet's diet to help relieve anxiety and depression.

REMEDY
TIP: HANG PEPPERMINT, CATNIP & LAVENDER IN YOUR CHICKEN COOP TO REPEL INSECTS FROM YOUR FLOCK AND KEEP YOUR COOP SMELLING FRESH! INCLUDE LEMON BALM TO HELP WARD OFF UNWANTED RODENTS.

REMEDY
Cough Soothing Tea: Make an infusion of sage leaves and water. Let cool to room temperature. Mix in 1 Tbsp of honey to 2 Tbsp of tea. Give to your dog before meals.

REMEDY
Make a yarrow poultice or soak to treat animal wounds. The scent of yarrow is very strong, which will keep your pet from licking off the application.

TIP: Absolutely identify plants before using them as food or medicine.