



Ylang Ylang



Cedar

Essential oils

Beneficial for our companion animals too

Many people are experiencing the benefits from essential oils.

Essential oils are natural oils obtained by distillation from the plant and provide not only the characteristic fragrance of the plant (flower, seed or root) from which it is extracted but also according to some the wellness of being to those that use them. Use of these oils is a holistic approach and not something that should be practiced for an immediate cure to a specific physical ailment. There *are* some incidences where essential oils can be used as treatments for some immediate ailments.

are also blends of these oils to make it easier for someone new to this to try it. It makes for some very interesting reading. If you have access to an aromatherapist or experienced professional in this field, I would encourage you to take the time to talk with them. Those that have experience with animals would certainly be a plus.

I am sure we are all familiar with *Bach Rescue Remedy* an oral solution that will help calm the dog. This was based on the Bach flower essences. These were developed by Dr. Edward Bach (1886 –1936) a physician and homeopath living in Great Britain at the turn of the last century. Holistic Veterinarians

are usually skilled in creating solutions from these flower essences and I would leave it those experts to create an oral solution for my dog. (TRS published an article by Dr. Larry Berstein, VMD on this topic in the Winter 2013 issue.)

Essential Oils should be used in one of two ways – either topically or with a diffuser.

Two types of diffusers that are most often used:

- One is a nebulizer, which blows a burst of air across the oil and disperses it into the room. This method produces a concentrated dose that will immediately fill the room with odor.
- The other most common

Why not consider your dog in these benefits?

Essential oils for dogs were typically first used to induce calming behaviors. But it goes further than that if you do your research. The whole body can benefit from this practice of use. It's not only good for us, it's also beneficial for our animals.

There is a lot of information out there on the history, how to use these oils, and how to combine each of individual oils for different benefits. There



used variety is a water mister that mixes the oil with water and disperses a mist into the air.

An advantage of using the water mist option is that different oils can be combined to create your own personal formula. Both types usually come with timers for adjustments to adapt to individual preferences.

A topical application can be created by mixing the oil with a carrier such as fractionated coconut oil to apply to the coat. Or one or two drops of oil can be rubbed between your palms and then applied to the coat. This allows the oils to be inhaled. For safety precautions always avoid areas around the eyes, inside of ears and noses. One of the bonus points of topical application to an animal involves human touch- something which all animals constantly crave and need for their domestic survival. It goes without saying that gentle touch strengthens the bond that we share with our companions.

Unlike perfumes that some dogs may shy away from, the natural scents of essential oils when properly diffused or applied are enjoyed – just like they would smell in nature itself. How many of our little love creatures just have to stick their noses into our garden beds? And we should also take their cue on scents that are too strong or not pleasing to them.

Quality is key when purchasing essential oils. Not all oils are made the same or have the same level of concentration. Do your research and possibly talk to an aromatherapist about their recommendations and why they prefer the brand they use. We can always buy something online – but at times we don't really know what we are getting. Look for 100% pure therapeutic or medicinal grade. If it is not stated, send an email and ask how they are graded and see what the response is. Don't give them the answer before hand!

There are many books on the market. One that I liked was *SpOIL Your Pet: A Practical Guide to Using Essential Oils in Dogs and Cats* written by Jan Jeremias MSc and Mia Frezzo, DVM

It has a lot of helpful information about how essential oils are used and most importantly to me – what NOT to use.

I had the opportunity to talk briefly with Jan and found her most informative and willing to give unbiased information. She is a wellness counselor for people and their animal companions. She teaches people how to create a peaceful home environment and how to restore their own emotional

well-being and that of their dog or cat companion. She is a certified yoga teacher, reflexologist and Aroma Touch practitioner and holds several degrees in science. She is co-author of a top selling aromatherapy book *SpOIL Your Pet: A Practical Guide to Using Essential Oils in Dogs and Cats*. Sessions work equally as well by phone, Skype, or in person. She will come to your home if you live in the New York, New Jersey or Connecticut area. For more information or to schedule a session, contact 917-865-2155 or jan@spoilyourpeteo.com or visit PawsPath.com.



Enjoy your journey into a new experience and let me know how it goes and I will do the same.



Mary Pat Brunson
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*Fractionated Coconut oil is a product that has
It can usually be purchased at your local health food market. Not to be confused with an ingredient in sun tan lotion it does not have a scent and because of the properties it has a long shelf life.
It should also NOT be confused with Organic coconut oil that we us as a supplement.*

