

Natural Supplements & Herbal Remedies for Pets

A Practical Guide to Safe, Effective Natural Support — Free Download

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Natural herbs and supplements can offer remarkable support for your pet's health — but they must be used correctly, at the right dose, and with knowledge of species safety. This guide introduces the most trusted and widely used natural supports for dogs, cats, parrots and rabbits.

■ Top Herbs for Dogs & Cats

Herb	Best For	Notes
Chamomile	Anxiety, gut, skin	Very gentle. Weak tea added to food. Safe for dogs & cats.
Milk Thistle	Liver support	For pets on long-term meds or with liver issues. Dogs & cats.
Calendula	Skin, gut, wound healing	Anti-inflammatory. Tea rinse for skin or internal gut support.
Turmeric	Inflammation, joints	Always combine with black pepper + fat for absorption. Dogs only.
Slippery Elm	Gut, diarrhoea, reflux	Soothing coating for gut. Very gentle. Dogs & cats.
Valerian Root	Acute anxiety, fireworks	More potent calming herb. Use sparingly. Dogs only.
Lemon Balm	Generalised anxiety	Gentle nervous system support. Dogs & cats in small amounts.

■ Herbs Safe for Parrots

- ✓ Chamomile — gentle, calming and digestive support. Offer as a very weak cooled tea.
- ✓ Calendula petals (dried) — anti-inflammatory, can be scattered in food.
- ✓ Milk thistle seeds (ground) — liver support, excellent for detox.
- ✓ Echinacea — immune support during times of stress or seasonal change.
- ✓ Dandelion leaf — liver and digestive support. Fresh or dried.
- Always introduce any new herb in tiny amounts and monitor your bird's response carefully.
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■ Herbs Safe for Rabbits

- ✓ Dried chamomile — digestive support and mild calming. Can be scattered in hay.
- ✓ Dried lavender (small amounts) — calming, pleasant enrichment scent in the habitat.
- ✓ Dried rose petals (no pesticides) — enrichment and mild digestive support.

- ✓ Dried mint — digestive support in very small amounts.
- ✓ Dandelion leaf (fresh or dried) — liver and digestive support.
- Avoid essential oils entirely for rabbits — their respiratory system is very sensitive.
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■ Key Supplements Worth Knowing

Supplement	Species	What It Does
Omega-3 (fish oil)	Dogs, cats	Reduces inflammation, supports skin, coat, brain and joints
Probiotics	All species	Supports gut health and immune regulation
Vitamin B Complex	All species	Nervous system, energy, stress support
Colloidal Silver	All species	Natural antimicrobial — use with guidance
Slippery Elm Bark	Dogs, cats, rabbits	Soothes and protects the gut lining
Spirulina	Dogs, parrots	Immune support, antioxidants, detox

■■ Important Safety Reminders

- ! Always introduce any new herb or supplement in small amounts first and observe your pet carefully.
- ! Species matter — what is safe for a dog may be toxic for a cat. Never assume a herb is safe across species.
- ! Cats are especially sensitive — many herbs and essential oils are toxic to cats due to liver enzyme differences.
- ! Natural does not automatically mean safe — always use herbs and supplements with knowledge and care.
- ! If your pet is on medication, consult a qualified practitioner before adding any supplement.

Want a Personalised Herbal Protocol for Your Pet?

Book a Holistic Consultation with Jolandie — a qualified Holistic Animal Practitioner and Animal Herbalist. Receive a personalised PDF wellness plan tailored to your specific animal.

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