

# Essential Oil Therapies

## Keep your Pets Healthy with Essential Oils

As the Earth's axis begins tilting increasingly towards the Sun and the length of daylight swells, it's not just humans that are looking forward to the change in season. Our best friends, whether they are dogs, cats, hamsters, or even larger animals like horses, are just as happy to feel the warmth and see the Sun. Emerging from the frozen months of winter, it is imperative that we as pet owners provide our furry friends with the optimal health they deserve.

Animals—just like humans—become ill and suffer from numerous physical ailments. Some of these are genetic, but others are simply the result of day-to-day living and can be improved by diet and other natural solutions. Many animals will ingest plants in order to settle an upset stomach, promote vomiting, or because they need the greens. Fresh plants have all the nutrients of essential oils. Therefore, it stands to reason that our pets would benefit from essential oils, just as we do.



From arthritis to infections and even behavior, essential oils cover the gamut when it comes to providing top-notch health for your animal. These everyday oils will help you and your pet enjoy newfound health:

### Purification



- Use for parasites such as fleas, ticks, and mosquitoes for your dog or horse
- Can be used for cats, but at 75% dilution
- Wet a towel in the oil, and wrap the cat (or pocket pet) in a “burrito wrap”
- For birds, mist cage with oil rather than apply directly to the bird
- Reapply as necessary without the fear of toxic effects

### Valor



- Useful in all pets for fear, behavior, and training
- Useful for skin masses, itching, allergies, and infections
- Used with purification
- Place around the collar or on the leash
- Useful during stress, can be used with behavior/stress relieving oils

### Peace Calming



- The main calming blend of the group
- Useful for fear, anxiety, behavior problems, car rides and excitement
- Used with Valor for added positive behavior change
- The combination provides the calming needed but also builds the confidence to face treatment of a wound or new environment
- Use through diffusion, on the collar, blanket, toy, or place on a towel

### Peppermint



- Useful along with Pan Away for any injury
- The major oil used for overheated horses and dogs; provides cooling quickly
- Can be used on long hikes and a drop into water provides internal cooling as well
- Cats need to have the oil diluted
- Can be used for acute injury since it is both analgesic and non-infectious

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### Pan Away

- The best oil blend for pain after injury, especially involving the bones
- Can be used with cats if diluted
- Has been used for urinary issues to decrease spasms from the feline urinary issues
- Can be used for pain of acute injury, osteoarthritis pain, dental extractions, or post surgery; also used with sinus and bladder issues
- Use topically in warm compresses, in raindrop technique, on vita flex points, and in acupressure/puncture points
- Often combined with Relieve It to add to soft and bone tissue pain relief



### Thieves

- The mainstay of treating injury with contamination out in the field
- Is the strongest anti-infectious agent in the package
- Can be used in all pets if diluted appropriately
- Provides significant pain relief, particularly for dental problems
- Has antiparasitic properties; is especially useful for ticks
- Can be used topically or internally and is non-toxic
- Use in diffusion, topical or oral applications, raindrop technique or vita flex



### Lavendar

- Is ideal for injuries while hiking or riding
- Is gentle, but anti-infectious
- Combined with peppermint, increased healing, decreases infection and relieves pain
- Repels parasites
- Is calming
- May be helpful for masses and anti-tumor properties



### Frankincense

- Safer, less strong oil that is a favorite for smaller pets and birds
- Is used in every aspect of pet care, including wounds, tumors, behavior, infections, bacteria, fungus, and so forth
- Is one of the best all-around oils to use
- Dilution is still recommended as with lavender
- Is the mainstay essential oil used in many cancer protocols along with oils; usually used in a rotating schedule



### Lemon Oil

- Used to increase awareness in training or in cognitive issues
- Is an excellent antiparasitic; can be used in combination with others
- Is excellent for skin and subcutaneous conditions; one of the main oils used for lipomas and sebaceous cysts
- Can be used topically, diffused or ingested



### James Niederland, LCSW Psychotherapist/Wellness Consultant

Phone **201.906.2994**

Email [oilman@essentialoiltherapies.com](mailto:oilman@essentialoiltherapies.com)

[www.essentialoiltherapies.com](http://www.essentialoiltherapies.com)

Young Living Member #: 290271

