

Working with Animals:

If you plan on working with animals using any complimentary modality, you will still need to follow general guidelines, cautions/contra-indications and dosage. Whether using Essential oils, herbal remedies or homeopathic remedies, it is vitally important that you never use any of these in place of proper Veterinary Care. It is not only unfair to the animal, but it also very irresponsible. Most Veterinarians are open to complimentary therapies as long as you ask their advise, show them what you want to use, and how you plan to use them.

I used 2 Veterinarians, one for my horse and goats, and one for my dogs and cats. Both knew I used a more Holistic approach. I would not hesitate to not only call the Vet, but I let him know what I wanted to use, how I planned to use it, and his thoughts or suggestions. Vets are highly trained professionals. They have studied animal anatomy and how the system works on animals. When you assume you know more than a Vet, you are not only risking your animals health and well-being. If we do not use complimentary therapies with responsibility we take the risk of having them taken away.

I have used a combination of complimentary therapies ranging from herbs, essential oils to homeopathic remedies and folk medicine. A wonderful place to start with if you plan to use herbs for your horse is herbs4horses.com. I used their products on many occasions and with the the approval of my Veterinarian. Make sure you show your Veterinarian the product and the label, any information you have on the products, action and properties as well as uses.

Care must be taken regardless of the size of the animal. Animals cannot tell you if an oil burns, however they can and do react in a negative way. Care must be taken to protect the individual applying the essential oil. You should never force an Essential oil on an animal, always let them smell it first. You should never use an essential oil internally unless directed by a qualified Veterinarian or Clinical Aromatherapist trained in animal aromatherapy. Always dilute your Essential oils in a carrier for application, unless otherwise noted as safe for “neat” application.

Hundreds of animals are poisoned every year from plants. Some essential oils and herbs are toxic to animals. The ASPCA reports these animals wind up with gastrointestinal distress and death can occur. Good intentions from well meaning pet owners, without the proper knowledge and research, can slowly poison their beloved family members and cause death. For a complete list of toxic plants to cats, dogs and horses please visit the ASPCA web site. As you look over this list match the names of plants that also produce an essential oil, find out which part of the plant is toxic. If it is the oil from the plant by all means do not use it with your animal. There are safe essential oils to use and numerous books on the subject of Aromatherapy for animals. I will provide the names of the books as we proceed in this session.

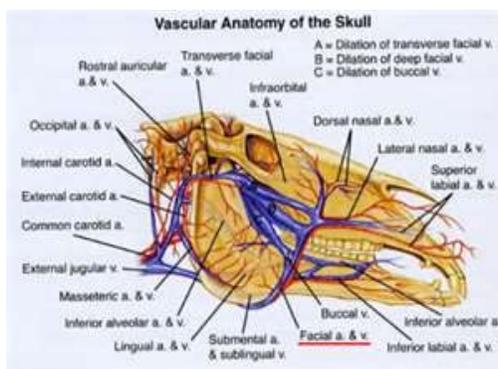
Equine – Horses:



Horses have been a huge part of the American Culture for centuries. The United States Army and Native American People have relied heavily on the use of the horse from transportation, working fields, to hunting in backwoods and rocky terrain. Horses have such a keen sense of smell not only to detect a predator from a distance, to knowing which plants can heal and which can harm or poison.

Domesticated horses are however unable to forage for plants found in nature, most are kept in stalls or pastures with mainly grass. They no longer have access to wild plants as their ancestors once had. They are fed dried hay from bales and processed feed from bags which contain additives. These majestic creatures have been given a keen strong intuition, they know that which is good and that which will harm. Horses are fantastic judges of character, with their keen sense of smell and insight, they can determine if friend or enemy/predator. It is a defense mechanism that assures the survival of the breed, protects their young and activates the flight or fight response. If you want to know if a storm is coming your way, watch a horse, they can sense danger before it arrives. The modern horse kept today not only has it's food altered from the natural, but we put blankets on them to help them shed faster, we shave them to enhance their appearance. In essence we change the natural function of their complex system by trying to rush normal changes in nature. We often find ourselves wondering why then is our animal sick or not responding they way we feel they should. This is where Complimentary therapies can help, they can put the horse back in touch with nature. Give the horse the power to choose that which it knows can help.

Equine Sense Of Smell – Olfactory System:



Horses have long cavern like nasal passages which help to take in air in large quantities during exercise and running, as well as smell any unfamiliar aromas that may signal danger. Horses can also detect the smell of fear in another being. The olfactory system in horse have millions of elongated nerve cells that are specialized and located in the mucous membranes in the upper part of the nasal cavity. These specialized nerve cells allow the horse to analyze any aroma. When an airborne aromatic molecule enters the nasal cavity, they interact with little

hairs from the receptor cells. These receptor cells are connected directly to the olfactory nerves and twin bulbs at the front of the brain. Horses actually have 2 olfactory systems.

The second pair of the olfactory is under the horses nasal cavity. It is called the Jacobson's Organ. This organ detects pheromones and sexual chemical signals during mating season. Curling the lip is called flehmen or testing which helps the horse to trap scents to analyze. Horses can only breathe through their nostrils.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 7 – ANIMALS

Introducing Essential Oils:

When working with horses it is important to remember that just because they are large animals, does not mean you need a massive amount of Essential oils. Horses respond very well to minute amounts. Never apply essential oils “neat” to your horse, they cannot let you know if it is burning. If a “neat” or “hot” oil is uncomfortable to you it will be uncomfortable to your horse as well. By doing so could result in the fight response and the individual applying the oils could get hurt, remember you are dealing with a very intelligent and powerful animal. Your horse needs to be able to trust you and such an application can violate that trust.

Allow your horse to inhale the essential oil with both nostrils. Note any reactions good or bad, if your horse turns and walks away do not use that oil. When introducing an Essential oil make sure you introduce only one oil at a time. Allow the horse to smell the chosen oil several times during the course of the day. Never let your horse get a hold of the bottle, keep it tightly in the palm of your hand with only the very top of the bottle visible. Do not let the bottle touch the horse's nose, once the essential oil is on the skin your horse will not be able to escape the aroma should it not like it. You can also apply the essential oil to the back of your hand and let the horse inhale from both nostrils, this way the bottle is a safe distance away. If you want to use several essential oils for a blend, introduce the first oil one day several times, the second oil the second day and so on. If the reaction to the essential oils is positive then create your diluted blend.

Guidelines:

Never use an Essential oil without permission from the horse. If they do not like an oil do not use it. The recommendations are a total of 5-10 drops essential oil to 12ml of base or carrier. 10-15 drops to 50ml of carrier or base. Here is a list of a few Essential oils that have been used successfully on horses:

Basil	Bay Laurel	Birch	Chamomile
Cypress	Eucalyptus	Fennel	Frankincense
Geranium	Helichrysum	Lavender	Lemongrass
Niaouli	Peppermint	Patchouli	Rosemary
Tea Tree	Thyme		



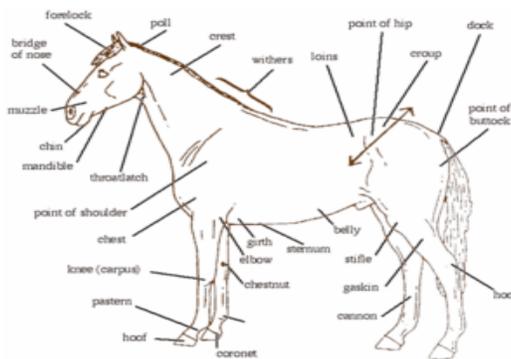
CAROLE FAITH MICHELE, HIBBY, BARBARA

For more information on using Essential Oils for horses I highly suggest you purchase the book *Essential Oils For Horses* by Carole Faith. This book will help guide you and give you a better understanding of the use of Essential Oils and our Equine friends.

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Application:

There are a number of ways to use Essential oils with your horse. You can make ointments for sores, itch spots or hair loss. Fly sprays or wipes, add essential oils to shampoo, add essential oils to a carrier for liniment to use on sore muscles and equine massage.



I found applying diluted blends to the pulse points has been very effective and beneficial. You can also use Vita Flex to help stimulate circulation if your horse will allow it. Make sure you test the Vita Flex technique first. Horses also benefit greatly from Equine Massage, it not only helps to stimulate the lymph but aids in relaxing and nourishing the muscles. Only perform that which your horse will allow, and with essential oils your horse has chosen. Always diluted for the safety of your animals. Watch for any reactions such as rash, biting or constantly itching the application site, ears flat,

uneasiness, tremors, weakness, lethargy or any type of depression and unusual behavior. Never use essential oils directly in the eyes or ears. When applying sprays make sure you cover the eyes with your free hand. This goes for all animals you work with.

Simple Recipe:

Fly Spray:

200 ml Water
10 drops Patchouli
10 drops Lavender
10 drops Eucalyptus

Combine the above and add to a spray bottle. Shake before each use. You can also spray a cloth then rub down the horse including the legs. You can add the above Essential oil combination to shampoo. Create this blend and store in a 15ml bottle with orifice so it is ready when needed. I sometimes will add catnip extract of 2 oz to the water first.

Cautions:

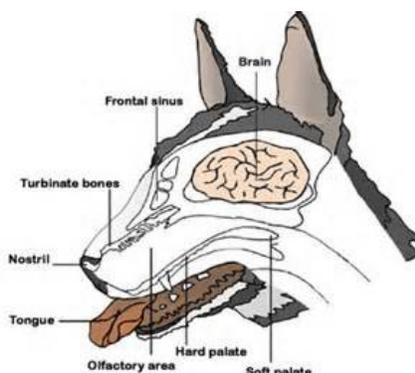
Follow the guidelines with each Essential oil. Follow the guideline for humans when it comes to pregnancy and nursing mares. Always lower the dosage on foals as you would for babies and young children. Caution should be taken with older horses as you would with the elderly. Never force and Essential oil or blend of oils on any animal. Always keep accurate notes on reactions to oils, either by inhalation or application. My gelding would not come near me if I had Frankincense on or in hand, so just because one horse likes it does not mean they all will. Each horse is a unique individual as we are. Respect your horse and they will respect you. Trust your horse to know what they like and what they don't like. Essential oils are a wonderful way for horse and human to bond, don't destroy that by good intentions and well meaning wishes.

Our Canine Friends:



It is my belief and that which I have taught my children, that God has placed us here not only to protect animals, but to be the keepers of his creatures. Dogs are a man's best friend, they are there to greet us with a happy dance, a wagging tail and some kisses. The well meaning human with good intentions wants to do whatever they can to help them, soothe them and care for them. They are our family in which we sometimes treat them as children. For some the dog replaces the family or children one never had. Dogs are our friends, our babysitters, our ears at night, our companions and a trusted member of our life.

Canine Olfactory System:



The olfactory system of the canine breed contains more than 200 million scent receptors, compare that to humans with only 5 million. The system consists of soft tissue, nerves and bony structure. The cavities are lined with scent receptor cells which connect to olfactory nerves, these nerves then connect with the olfactory lobe in the dog's brain. Inside the nose the canine have large folds of mucous membranes that contain the scent receptors. Their olfactory bulbs are roughly 4x larger than a human. The longer the nose or muzzle the more scent receptors the canine will have.

According to Dr. Gary Settles, “when a dog sniffs, he uses a different route of airflow than for normal breathing. A structure just inside the nostrils called the alar fold, opens allowing air to flow through the upper area of the nasal passages. A bony pocket traps odor molecules and they are dissolved in the mucous covered scent receptors where signals of this chemical change travel from the receptor along the olfactory nerve to the olfactory bulb at the end of each nasal passage.

When the dog exhales, the alar fold closes off the upper part and pushes air down and out through the slits on the side of the nose, which stirs up even more scent particles. Odor molecules emanate from the source in a cone shape. Depending on environmental factors, odor molecules will be denser at the source and thinner as they disperse into the air. Scent detection dogs will scan this scent cone as they trail the source, often making a ‘whuffing’ sound.”

This is one reason you only need a small amount of essential oils or combination of oils when helping your canine friend.

Introduction of Essential Oils:

Most dogs I have used essential oil with do not have a problem with them, and most love and crave the aromas. However you will find some dogs that do not like, and will hide or run when you are trying to introduce an essential oil. There are some essential oils that they may want to lick and some they just want to smell, that is okay. Never force an oil on them, they too are intelligent creatures with a keen sense of smell.

Introduce one essential oil at a time, let them smell it, preferably on the back of your hand. Dogs will want to lick the bottle, this can contaminate the essential oil. Please keep the bottles away from your pets. You don't want an accident waiting to happen – happen! I had a Great Pyrenees cross female named Ali, she was my oil baby. When we first brought Ali home she was 16 weeks old. She was scared, shaking, amongst strangers and away from her mom for the first time. I let Ali smell Lavender and Frankincense at first, she love them so I created a blend. I blended 2 drops Lavender, 2 drops Frankincense in 1 TBLSP Sweet Almond oil. From the very first day I would massage Ali everyday with this diluted blend. I can honestly tell you that Ali was the calmest, most loving and receptive dog I have ever owned.

Guidelines:

Always use 100% pure Essential oils from a reputable supplier. Always dilute essential oils with a carrier or base. Try to avoid chemical based products or carrier oils and bases. It is best to use as natural as possible, remember synthetic chemicals have the same effect on animals as they do on humans. Dogs have an highly keen sense of smell, you do not need to use an exaggerated amount of essential oil.

The smallest amount in a carrier is all that is needed. I have always followed the guidelines given for children and small babies, it has shown at least with my animals to very effective. No more than 10 drops of an essential oil or combination of essential oils to ½ oz carrier oil. Ex: 4 drops lavender, 3 drops frankincense, 3 drops myrrh. Avoid essential oils high in phenols or ketones, also known as “hot” oils. These essential oils are therapeutically very strong, and only require minute amounts. Introduce oils slowly, especially if you have never used essential oils around your pets before.

With their keen sense of smell, what is a light aroma to you can be very overpowering to you dog. Smaller toy breeds use less essential oils such as you would use for an infant. Avoid using essential oils on puppies younger than 16 weeks old. Follow the cautions/contraindications set forth for essential oils, this is universal for human and animal. For pregnant or nursing dogs it is best to avoid essential oils, some oils stimulate contractions and some are not safe for your babies or puppies. These oils can be transferred through breast milk. Never use essential oils in the eyes, the eye area. Never apply essential oils to the inside of the ears, they can damage the ear drums. When using according to guidelines and cautions, you should be able to successfully use essential oils with your pet.

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Guidelines:

Below is a partial list of essential oils GRAS for use on dogs:

Bergamot	Carrot Seed	Cedarwood	German Chamomile
Roman Chamomile	Clary Sage	Eucalyptus	Geranium
Ginger	Helichrysum	Lavender	Marjoram
Niaouli	Peppermint	Sweet Orange	Valerian

Application:

Washing wounds:



This is the method I use to bathe wounds. Make sure the water is luke warm before you add the essential oils. A miniature schnauzer was attacked by a Rottweiler, she had bite marks all over her body. I added 4 drops lavender to 2 qts. Water, mixed it together well. You then take a washcloth and dip in the water and gently wring out so it is not dripping. What is left in the washcloth is then gently squeezed over the wound. You may have to do this several times. Lavender helps to speed the

healing as well as acts as an antiseptic. If you have a large animal such as a horse, cow, goat etc., you can add this to a spray bottle and mist the area. Tincture of cayenne and geranium essential oil can help to stop the bleeding.

Canine Massage:



Dogs love and soak up the attention from a good canine massage session. This is a wonderful way to bond with your new puppy, older dog or rescue dog. I have used this method with several of my dogs. It is excellent to use for toy or miniature breeds that have a tendency to become over excited or anxious during the 4th of July. Any of the calming essential oils or blend of oils will do fine. Make sure your dog likes the scent you are

planning on using. Most dogs will relax immediately and some may even drift off to sleep. Using no more than 5 drops to 1 oz carrier oil, you would begin by placing several drops in the palm of your hand. With a gentle kneading motion begin from the base of the skull down each side of the back muscle, do not massage the spinal area. Knead the larger muscles of the shoulder and hip area. Move to each leg and gently with the thumb and first 2 fingers, massage up the leg towards the heart. Now move to the top of the head in between the ears, gently massage in a circular motion. You can add more drops to the palm of your hand as needed.

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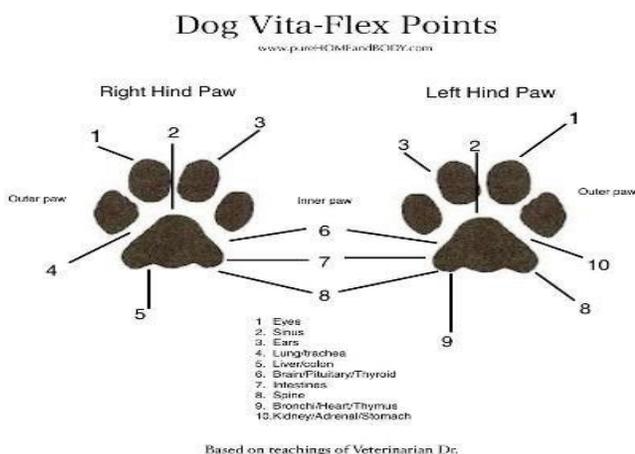
Direct Application:



This method is used if you need to apply an blended diluted oils to an incision or wound you are not able to bathe. I have used this method mainly after surgery on females that have been spayed. I have also used this method on larger animals who have cut a leg in a fence etc. You would blend your essential oils in the proper carrier oil, roll between your palms to blend well. To make sure your pet does not get a hold of the bottle, put several drops in the opposite hand. With the dominant hand swirl one finger in your blend. With a gentle touch apply the diluted essential oils to the outside of the incision. Never apply the mixture directly on top to the incision, you do not want the skin to grow over the stitches. Always be aware of any adverse reactions.

I have used this method on a young female who was spayed. Several days after surgery, she became very active and it was hard to keep her calm. She wanted to play and rough house. The incision site began to swell and became inflamed and very warm to the touch. I checked with the Vet to see if I could use a blend of 2 drops Frankincense and 2 drops Myrrh in 1 TBLSP carrier oil. Once I had his approval, I created the blend and began applying it on the site several times a day. Within the first 24 hours after application the heat in the site diminished. Several days later the swelling began to go down. The female dog would no longer lick the site trying to eliminate the irritation.

You can also apply diluted essential oil to the paw area. The dogs paws are like our feet and have a large number of pores, this makes essential oils absorption a readily available method.



The method of application would be the Vita Flex method. You want to make sure that you dog, like some people, will allow you to massage the bottom of their feet. For some dogs this is a very sensitive area and may take time for them to get used to it.

You would only use a few drops of diluted blended essential oils. Add to the palm of your hand and begin massaging with the thumb. Once your dog accepts this method, they will begin to relax and enjoy the attention.

Another direct application is removal of a tick.

Do not grab and try to pull the tick out. Simply put 1-2 drops Lavender, Cedarwood, Cinnamon onto a q-tip and touch the butt of the tick. The tick should back out instantly leaving the head in tack and not under your animals skin. Ointments and sprays are another wonderful way to apply oils directly.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 7 – ANIMALS

Cautions:

Follow the guidelines set for when using essential oils. Follow any cautions/contra-indications listed for any of the oils you want to use. If an essential oil is toxic to you, it will also be toxic to your pet. If an essential oil is “hot” when applied, it will be “hot” to your pet. Follow safety guidelines set forth for pregnancy and nursing, this is true for pets as well. If your dog has a tendency to have seizures, you need to avoid essential oils that can induce seizures. Make sure your Vet knows what you are using, although it is hard to find a Holistic Veterinarian, I have found the ones I have dealt with are receptive to complimentary therapies.

Try to use natural products with your pets, avoid synthetic chemical laden, fragrance filled pet store junk. Most manufacturers use a combination of synthetic fragrance and a touch of essential oils. There is no therapeutic value in the products in Pet store chains. You can use Dr. Bonner's Castile soap for bathing your dog, simply add your essential oils to it.

Recipe:

Flea and Tick Spray:

4 oz Neem Extract or Catnip extract
5 drops Patchouli
3 drops Cedarwood
2 drops lemongrass

Blend in a spray bottle and mist your dog before they go outside. You can also mist their bed. If you suspect fleas in the carpet, you can add this blend to food grade diatomaceous earth. Let the mixture sit in a bag overnight to blend, sprinkle it on your carpet and wait about 10 minutes then vacuum up. This mixture worked very well for us while living in the country and hiking the back woods.

Feline Friends: Cats:

The Ugly Truth:

First things first. Cats Do Not and Are Not capable of metabolizing Essential oils. They lack a hepatic enzyme called glucuronyl tranferases, known as glucuronidation. This makes ingestion, inhalation or application of an essential oil dangerous. I do not use essential oils on cats for this reason, I feel it is better to be safe than sorry. There are some Veterinarians today that are conducting experiments with cats and essential oils, however they are not only trained in the anatomy of the feline but also in Essential oils. By using essential oils on cats it causes elevated liver enzymes Because they cannot metabolize essential oils, the oils remain in their system and can accumulate. Destruction may not happen immediately, but over time can cause the cat to have liver failure.

Dr. Susan Wynn DVD has stated that essential oils high in phenols, and benzyl alcohol are toxic to cats. Especially essential oils of Tea Tree, Thyme and Cinnamon. Citrus oils are also toxic to cats. They cannot excrete the essential oils from their system.

Dr. Safdar Khan DVM with the National Animal Poison Control Center states, “Cats are known to be deficient in their ability to eliminate compounds through glucuronidation. Glucuronidation is an important detoxification mechanism present in most animals except cats, and can lead to a build up of toxic metabolites in the body causing toxicity.

Because cats cannot excrete es essential oils and they can accumulate in their bodies, it can lead to impaired liver functions. You could slowly be poisoning your beloved feline with good intentions of helping. It is also important to note that you should not diffuse essential oils in a room where a cat is located. Never diffuse in a closed room where the cat has no escape route. Never apply essential oils to your cat in any way. Regardless of what you have been told, it is best until more case studies have been completed by qualified individuals, to never use essential oils around your cat. You can be safe or you can be sorry. The Veterinarians currently working with cats not only understand the chemical constituents of the essential oils, but they have access to run necessary test to monitor the cats health.

The average person today using Essential oils is in most cases, repeating what they have been told without any research on the matter. The vast majority of Aromatherapist today suggest avoiding the use of essential oils with cats, they recommend using a much gentler method using hydrosols. To read more I suggest “Holistic Aromatherapy for Animals” by Kristin Leigh Bell. Below is a list of known toxic essential oils to cats, these are just a few:

Birch	Bergamot	Cassia-Cinnamon	Citrus Oils
Clove	Lavender	Tea Tree Melaleuca	Oregano
Peppermint	Pine	Sage	Spruce
Thyme	Wintergreen	Any Phenols	Thujones

CERTIFIED AROMATHERAPY COUNSELOR COURSE—SESSION 7-QUESTION/ANSWER

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail it back to us at sacredeartharomatics@hotmail.com. We will grade your question & answer session and will let you know if we have any questions or concerns.

- 1.) What care must be taken when working with animal?

- 2.) Where would you go to find toxic plants to animals?

- 3.) Briefly describe the Equine Olfactory System.

- 4.) How would you introduce an Essential oil to a horse?

- 5.) How many receptor cells do Canines have? And Humans?

- 6.) Name 2 guidelines when working with a Canine.

- 7.) Why are essential oils dangerous to cats?

- 8.) Name 3 signs of a toxic reaction.