



MARCH 25, 2010



## THE HERB SOCIETY OF AMERICA BATON ROUGE UNIT

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

MISSION: The Herb Society of America is dedicated to promoting the knowledge, use and delight of herbs through educational programs, research, and sharing the experience of its members with the community.

VOLUME III, NUMBER 4

### PLANTS FOR PETS

Larry D. McCaskill, D.V.M., C.V.A.

*What is the most effective thing people can do to improve the lives of their companion animal?* Answered in one word: FOOD. No herb or supplement can bring about perfect health to a poorly fed animal. Food should be raw and fresh as much as possible. Include bones, protein, grains, vegetables, fruits, seeds and nuts. Once you have the right diet in place, try adding herbs such as nettle, alfalfa, rosemary, calendula flowers and seaweed. These herbs are rich in vitamins and trace minerals. Also, try adding spirulina, its minerals and chlorophyll is cleansing to the kidneys and liver. Use lots of Garlic. It is really good for animals. Make garlic vinegar and put a little in their food each day (see recipe). For those not able to provide an all-raw diet for their pets, enzyme supplements are available to replace enzymes killed by the cooking and processing of food

*What should pet lovers know about using herbs?* Because our culture is so accustomed to the methods of allopathic medicine, it is easy to look at herbs as simple replacement for pharmaceutical drugs but this is a mistake. Herbs aren't a quick fix the way drugs often are; they go deeper, to the source of the health problem and they are usually gentler and slower acting.

*What is the most common health problem in dogs and cats?* The most common chronic condition in dogs is Arthritis. Most holistic vets often recommend glucosamine sulfate in combination with alfalfa for arthritic dogs and horses. Another common condition is urinary tract infections in cats. Make a cleavers or cornsilk tea because they are a soothing kidney tonic and mild diuretic.



Learn how to work with herbs not only to help repair problems with your animals but to prevent problems altogether. When you use whole plant ingredients like flowers, leaves and roots, whether fresh or dried, in teas or powders or tinctures, you're using materials that don't have to be measured like prescription drugs. These are forgiving living substances.

*The Encyclopedia of Natural pet Care*

**From The Desk of Rita:**  
**IMPORTANT! Grow Your Own Herbs, buy plants from HSABR and the money stays here to put on programs like this.**

*The Baton Rouge Herb Study Group, organized in 1989, became the Baton Rouge Unit of the Herb Society of America, Inc. in October 1991.*

- Officers:**
- Rita Salman, Chairperson
  - Lori Mann, Vice-Chairperson
  - Kathy Mullin, Treasurer
  - Sondra Thornhill, Secretary

The Baton Rouge Unit of The Herb Society of America's meetings are open to the public. There is a \$3 fee for non-members and includes handouts and a free plant. Members attend free. Unless otherwise specified, meetings are held at the Baton Rouge Garden Center, 7950 Independence Blvd. at 7:00 PM.

2010

- April 22- Propagation
- May 27- LA Culinary Institute
- September 23 - Cayenne - Hot Enough For You?
- October 28 - Citrus-Orange You Smart!

The HERB SOCIETY OF AMERICA, Inc. was founded in 1933 for the purpose of furthering the knowledge and use of herbs.

\*The BR Garden Center is located at 7950 Independence Blvd.  
QUESTIONS: Rita Salman, 225-291-5684, [ritasalman@cox.net](mailto:ritasalman@cox.net)

## Homemade Treatment for Fleas

*The Encyclopedia of Natural Pet Care*

**To sooth flea allergies and the itching, scratching and coat problems:** Make a tea using equal amounts of fresh or dried red clover, nettle, calendula, rosemary and yarrow. Brew as a strong infusion that steeps for eight hours or more. If the herbs are fresh, use about a handful for each cup. If they are dried use one or two tablespoons per cup of water. Apply cooled tea to the affected area or just pour on directly as a rinse. Repeat every few hours. This tea is so cooling and healing that it reduces the inflammation right away.

**To get rid of fleas:** Use natural liquid castor oil soap and add essential oil of pine. You may also add calendula and rosemary extracts to keep the skin and fur clean and soft. Just lather it up, rinse it off and the fleas fall off dead.



## HERB SOCIETY BOOKS:

- The Herb Society of America New Encyclopedia of Herbs & Their Uses, by Deni Brown
- The Herb Society of America's Essential Guide to Growing and Cooking with Herbs, edited by Katherine K. Schlosser.

### Other Recommended Readings:

The Nature of Animal Healing, by Martin Goldstein DVM

The Veterinarian's Guide to Natural Remedies for Dogs, by Martin Zucker

The Encyclopedia of Natural Pet Care, by C.J. Puotinen

---

## Garlic Vinegar

*The Encyclopedia of Natural Pet Care*

Fill a pint jar with chopped garlic and cover with organic brown rice or apple cider vinegar (something that is raw and hasn't been heated or distilled like white vinegar). Let stand a few weeks and you have a strong vinegar tincture with all kinds of healing properties. You can give a teaspoon a day to a large dog, half a teaspoon to a medium dog, down to an eighth of a teaspoon for a cat or very small dog. A few days on and a few days off often works well as to give animals a break so they don't eat the same herbs every day.

Quote from Melinda Winans:

*"I have used pennyroyal in a tea mixture to combat fleas on my dogs. I used it as a rinse when I bathe them. I have also planted it outside the fence to deter fleas.*

*I have also added fresh chopped parsley to their food for their doggie breath".*



Quote from Kathy Mullin:

*"I grow oat grass in three inch pots for my indoor cat. In the past I have bought seeds from the pet store, but Rita said that they are available as "oat groats" at Our Daily Bread on Florida Boulevard near Airline Hwy. When the sprouts are about two inches long, I put them on the floor by the food bowl. My cat is very fond of the new sprouts and will often pull the grass stems out of the potting soil in his enthusiasm. Some cats enjoy chewing on the grass after it has been misted with water. Other cats will chew on the sprouts for the juice, but not eat them.*

*After a couple of weeks, the grass will be very long and your cat will have lost interest in it. I've tried cutting it back to about one inch, and that does encourage some new growth. Usually I just start on another pot and toss the old one in the compost bin".*

**Raise money for your favorite charity or school just by searching the Internet or shopping online with GoodSearch - [www.goodsearch.com](http://www.goodsearch.com) (search for Herb Society of America in Kirtland, OH).**