

Holistic First Aid

Here are some suggestions from a recent holistic first aid lecture from Dr. Megan Bamford. You can reach her office by emailing frontoffice@redrowan.com.

First, when in doubt, visit a vet! But here are some things to watch out for and to do for your dog in addition to or on the way to the vet.

Know your dog in his or her normal state. A dog's normal temperature is between 100 and 102.5 degrees. What do your dog's eyes, ears, gums, skin, etc. normally look like? You'll need to know that to notice when anything is awry. Eyes should be bright and clear, with pupils the same size, the whites relatively white (not for example yellow or red). The ears should be a light pink with no discharge, odor or difference in skin thickness. The nose should be cobbly without discharge. The gums should be pink and when you press on them that pinkness should come back within 3 seconds.

Homeopathy is a form of holistic medicine that states that a substance that can cause certain symptoms in a healthy animal can cure similar symptoms in an unhealthy animal. Homeopathy aims to aid and stimulate the body's own defense and immune processes.

Some homeopathic remedies to have on hand include Arnica (for most emergencies, especially trauma, bruises and abrasions); Ledum (for insect stings and puncture wounds); Apis (for allergic reactions and insect stings); Belladonna (for heat stroke); Hypericum (for too much pain); Phosphorus (for bleeding); Arsenicum Album (for stomach upset, vomiting and diarrhea); and Nux Vomica (for overeating, constipation and adverse reaction to drugs). Give 30c, and repeat the dose every 15 or 30 minutes or until you reach your vet; if the remedy is helping you should see some sign of relief within 2 to 6 doses. Generally dosage at this level can only help but cannot hurt your dog.