



Useful complementary first aid tools

My preference is to have user friendly, safe and effective tools on hand to complement conventional therapies or that I may recommend to my clients to have as part of their first aid kits at home. Most of these products are easily available in New Zealand and there is also a tremendous wealth of scientifically validated information to support the use of most of these therapies.

- Emergency Essence (Australian Bush Flower Essences) or Rescue Remedy (Bach Flower Essences) or *Biopet Relax: a couple of drops may be applied to the inside of the lip every five minutes until the animal is stable or settled. Generally this works well and it is also often useful for the animal owner to have some too!
- **Traumeel: A complex homeopathic/low dose herbal remedy available in tablets, drops, gel and injectable ampoules. It has powerful inflammatory modulating effects assisting hugely in bringing down swelling, stopping bruising, relieving pain and speeding up healing generally.
- Vitamin C: a remarkable and safe all rounder helping to combat infection and assist wound healing often with dramatic results. It is a very useful support in cases of poisoning where it assists detoxification. In very high doses, generally beyond what is available from oral dosage, and therefore needs to be supplied by intravenous infusion, it has anti-cancer properties making it a superb natural chemotherapy agent. Use 250mg per 5 kg animal weight twice a day.
- *Biopet Immune support and **Heel's Echinacea compositum or Engystol are excellent to boost the immune system and prevent infectious disease from developing and progressing.
- *Biopet Digestion or **Heel's Nux Vomica Homaccord are very useful to assist with digestive upsets.
- Slippery Elm powder is a particularly helpful internal poultice to help soothe and heal the inflamed gastro-intestinal lining. Use 20-40 mg of dried slippery elm per kilogram three times a day mixed in water or food. Alternately mix 1 teaspoon of powder in 1 cup of water and give kittens ¼ teaspoon, cats and small dogs 1 teaspoon, medium dogs 30 – 60 ml and large dogs 90 – 120 ml 3 times daily.
- Aloe Vera Gel: Very soothing for skin rashes and fantastic to help stop hot spots from progressing.
- Calendula: used topically it's very effective at aiding the healing of skin and is also very useful to help stop bleeding.
- Manuka honey has profound anti-bacterial properties and helps to provide the ideal environment to assist with wound healing and may be applied as a poultice.

* The Biopet range has been developed by a New Zealand Vet and has very useful complex homeopathic remedies for a variety of conditions.

** The Heel range encompasses many homeopathic/low dose herbal remedies in tablet, drop, gel and injectable ampoule formulation. Heel is a German company who pride themselves in producing excellent remedies that prove to be as good if not better than various drugs in terms of safety and efficacy in scientific trials.

Remedies are formulated for specific conditions eg. Vomitusheel for vomiting, Diarheel for diarrhea and can be applied with a conventional diagnosis. There is also further scope for the remedies to be used in a strategized arsenal in the science and art of Homotoxicology which helps organisms to detoxify of subtle accumulations of various substances, thereby allowing healing to take place.