

Natural approaches to an upset tummy.

For the most part diarrhea and vomiting are nature's way of allowing the body to cleanse and remove a toxin. Supportive care via natural therapies can assist. You should be observant and in the cases where your dog is lethargic, bloated, feverish or large amount of blood in the stool or vomit, veterinary assistance should be obtained immediately.



Fast & Diet

For most animals they will naturally fast themselves to aid in their own healing.

Following a 12hour fast, a bland food diet of white rice and low fat meat can also assist along with low fat cottage cheese.

Probiotics help re-populate healthy bacteria in the gut and enhance cellular repair and is always a good idea after any antibiotic use or where digestive upsets might be related to increase in stress. Use of a probiotic for a few weeks is often a good idea.

Herbs

powdered
powder
make a
powder



like **slippery elm** is a great herb to consider with digestive upset. In form give a quarter teaspoon for every 6kg of body weight mixing the into the food. Capsules can be used if more palatable. Alternatively you can syrup with honey where you add a cup of cold water with a teaspoon of and bring to the boil while stirring, turn down the heat , stir and simmer for 2-3 minutes and then add 1 table spoon of honey and let cool. For dogs around 25kgs use 2-4 tablespoons mixed into the meal and give up to 4x daily.

Homeopathically there are a number of remedies than help,

although the most common one that can assist is Nux Vomica, particularly where dogs may have eaten too much or the wrong kinds of food. One dose at a 30C potency is usually sufficient but you can repeat every couple of hours if need be.



Chronic tummy problems can be a sign of endocrine and other problems, so always good to get a blood text and see your vet if this is the case.

