

med cat herb guide

med cat herb guide serves as an essential resource for pet owners and veterinarians seeking natural remedies to support feline health. This comprehensive guide provides detailed information on medicinal herbs specifically beneficial for cats, highlighting their therapeutic properties, safe usage, and potential risks. Understanding the role of herbs in feline medicine is crucial, as cats have unique metabolic processes that require careful consideration when introducing herbal treatments. The guide covers a variety of herbs commonly used in veterinary herbalism, their applications for common ailments, and guidelines for dosage and administration. Additionally, it addresses important safety precautions to prevent adverse reactions. This med cat herb guide aims to equip readers with reliable knowledge to make informed decisions about incorporating herbs into feline healthcare routines.

- Understanding Medicinal Herbs for Cats
- Common Medicinal Herbs Used in Feline Care
- Benefits and Applications of Herbal Remedies
- Safe Usage and Dosage Guidelines
- Precautions and Potential Risks

Understanding Medicinal Herbs for Cats

Medicinal herbs have been used for centuries to treat various health conditions in humans and animals alike. When it comes to cats, herbal medicine requires specialized knowledge due to their distinct physiology and sensitivity to certain compounds. This section explores the principles behind using

medicinal herbs for feline health, explaining how these natural substances interact with a cat's body and the importance of selecting appropriate herbs.

The Role of Herbal Medicine in Feline Health

Herbal medicine utilizes plant-based compounds to promote healing, reduce inflammation, and support the immune system. For cats, herbs can serve as complementary treatments alongside conventional veterinary care. The bioactive constituents in herbs, such as flavonoids, alkaloids, and essential oils, provide therapeutic effects that may enhance recovery and improve overall well-being.

Unique Considerations for Cats

Cats have a limited ability to metabolize certain substances due to their liver enzyme differences compared to other animals. This metabolic constraint makes some herbs potentially toxic or harmful. Therefore, understanding which herbs are safe and effective is critical to preventing adverse effects. Careful selection and dosing are necessary to ensure feline safety.

Common Medicinal Herbs Used in Feline Care

This section highlights several well-known herbs that are frequently incorporated into feline herbal treatments. Each herb is described in terms of its main properties, typical uses, and any relevant safety notes specific to cats.

Chamomile (*Matricaria chamomilla*)

Chamomile is valued for its calming and anti-inflammatory properties. It is often used to soothe digestive upset, reduce anxiety, and alleviate skin irritations in cats. Due to its gentle nature, chamomile is considered one of the safer herbs for feline use, though allergies should be monitored.

Milk Thistle (*Silybum marianum*)

Milk thistle is renowned for its liver-supporting benefits. It contains silymarin, a compound that helps detoxify and regenerate liver cells. This herb is particularly useful for cats exposed to toxins or those suffering from liver disease. Milk thistle should be administered under veterinary supervision to determine appropriate dosage.

Catnip (*Nepeta cataria*)

Catnip is well-known for its stimulating effects on cats, inducing playful behavior and mild euphoria. Beyond entertainment, catnip can aid digestion and act as a mild sedative for anxious cats. It is generally safe but should be given in moderation to avoid overstimulation.

Valerian Root (*Valeriana officinalis*)

Valerian root is used primarily for its sedative and calming effects. It can help manage stress, anxiety, and insomnia in cats. While effective, valerian should be introduced gradually and avoided in cats with certain health conditions, such as liver issues.

Goldenseal (*Hydrastis canadensis*)

Goldenseal is an antimicrobial herb that can assist in treating infections and promoting wound healing. It contains berberine, which has antibacterial and anti-inflammatory properties. This herb should be used cautiously and preferably under professional guidance to avoid toxicity.

Benefits and Applications of Herbal Remedies

Herbs offer a range of health benefits for cats, addressing both physical and emotional well-being. This section explores the primary applications of herbal medicine in feline care and the advantages they

provide.

Supporting Digestive Health

Herbs like ginger, chamomile, and slippery elm can soothe digestive tract irritation, reduce nausea, and promote healthy gut function. These remedies are useful for cats experiencing upset stomach, diarrhea, or constipation.

Enhancing Immune Function

Adaptogenic herbs such as astragalus and echinacea help strengthen the immune system, enabling cats to better resist infections and recover from illness. These herbs may be used during periods of stress or convalescence.

Relieving Stress and Anxiety

Many herbs, including valerian, catnip, and chamomile, possess calming properties that help reduce nervousness and behavioral stress in cats. These natural sedatives can improve quality of life in anxious or hyperactive felines.

Promoting Skin and Coat Health

Topical and oral herbal treatments can alleviate itching, inflammation, and infections of the skin. Herbs such as calendula and aloe vera are often employed to support wound healing and improve coat condition.

Safe Usage and Dosage Guidelines

Proper administration of herbs is paramount to ensure efficacy and avoid harm. This section outlines best practices for dosing, preparation methods, and monitoring when using medicinal herbs with cats.

Dosage Recommendations

Dosages vary depending on the herb, form (e.g., tincture, dried, fresh), and the cat's weight and health status. Generally, small amounts are recommended initially to assess tolerance. Dosage should always be calculated carefully and adjusted as needed by a veterinary herbalist or veterinarian.

Forms of Herbal Administration

Herbs can be administered in various forms, including capsules, teas, tinctures, powders, and topical applications. Selecting the appropriate form depends on the condition being treated and the cat's acceptance of the remedy. Oral administration is common, but some herbs may be better suited for topical use.

Consultation with Veterinary Professionals

Before introducing any herbal treatment, consulting with a veterinarian experienced in herbal medicine is essential. Professional guidance ensures safe integration with existing medications and helps tailor treatments to the individual cat's needs.

Precautions and Potential Risks

While medicinal herbs can be beneficial, they also carry risks if misused. This section addresses common safety concerns and precautions to protect feline health.

Toxic Herbs to Avoid

Several herbs are toxic to cats and must be avoided entirely. Examples include onions, garlic, chives, and certain essential oils derived from plants like tea tree. Awareness of these harmful herbs is critical to prevent poisoning.

Allergic Reactions and Sensitivities

Cats may develop allergic reactions or sensitivities to certain herbs. Signs include itching, swelling, vomiting, or lethargy. Introducing herbs gradually and observing for adverse effects helps minimize risks.

Interactions with Medications

Herbal compounds can interact with conventional drugs, altering their effectiveness or causing side effects. Disclosure of all treatments to veterinary professionals is necessary to avoid dangerous interactions.

Quality and Source of Herbs

Using high-quality, contaminant-free herbs from reputable sources is vital. Poor-quality herbs may contain pesticides, heavy metals, or adulterants that can harm cats. Verified organic or pharmaceutical-grade herbs are preferred.

Summary of Key Medicinal Herbs for Cats

- Chamomile – anti-inflammatory, calming

- Milk Thistle – liver support
- Catnip – digestive aid, mild stimulant
- Valerian Root – sedative, anxiety relief
- Goldenseal – antimicrobial, wound healing

Frequently Asked Questions

What is the Med Cat Herb Guide?

The Med Cat Herb Guide is a comprehensive resource that provides detailed information about medicinal herbs commonly used for cats, including their benefits, dosages, and safety precautions.

Are medicinal herbs safe for cats according to the Med Cat Herb Guide?

The Med Cat Herb Guide emphasizes that while many medicinal herbs can be beneficial for cats, safety depends on proper identification, correct dosages, and consultation with a veterinarian to avoid toxicity or adverse reactions.

Which herbs are recommended in the Med Cat Herb Guide for calming anxious cats?

Herbs such as chamomile, valerian root, and catnip are often recommended in the Med Cat Herb Guide for calming anxious cats due to their natural soothing properties.

Can the Med Cat Herb Guide help treat common cat ailments?

Yes, the Med Cat Herb Guide offers herbal remedies and suggestions for treating common cat ailments like digestive issues, skin problems, and respiratory conditions using safe and natural herbs.

How does the Med Cat Herb Guide suggest administering herbs to cats?

The guide suggests various administration methods including dried herbs mixed with food, herbal tinctures, and teas, but always recommends starting with small doses and monitoring the cat's response.

Does the Med Cat Herb Guide address potential herb-drug interactions for cats?

Yes, the Med Cat Herb Guide highlights the importance of understanding potential herb-drug interactions and advises consulting a veterinarian before combining herbal treatments with conventional medications.

Where can I access the Med Cat Herb Guide?

The Med Cat Herb Guide is available online through specialized herbal and veterinary websites, and sometimes as downloadable PDFs or eBooks from trusted sources focused on feline health and herbal medicine.

Additional Resources

1. Medicinal Cats and Herbal Remedies: A Comprehensive Guide

This book explores the fascinating relationship between domestic cats and herbal medicine. It provides detailed information on herbs that are safe and beneficial for cats, along with natural remedies for common feline ailments. The guide also includes tips on how to prepare and administer herbal

treatments at home.

2. The Herbal Cat Companion: Natural Healing for Your Feline Friend

Focusing on holistic care, this book offers a thorough overview of herbal options to support your cat's health. From calming herbs for anxiety to plants that boost immunity, it presents safe and effective herbal alternatives. The guide is ideal for cat owners interested in natural wellness.

3. Healing Herbs for Cats: A Practical Guide to Medicinal Plants

This practical manual covers a wide range of medicinal herbs suitable for cats, emphasizing their uses and benefits. It provides step-by-step instructions for making tinctures, infusions, and salves to treat various feline conditions. The book also highlights important safety considerations and dosage guidelines.

4. The Cat's Herbal Medicine Chest: Traditional and Modern Remedies

Combining ancient herbal wisdom with modern veterinary insights, this book offers a balanced approach to feline herbal care. It features profiles of herbs known to alleviate common cat health issues such as digestive problems, skin conditions, and stress. Readers will find recipes and case studies to guide treatment.

5. Natural Healing for Cats: An Herbal Guide for Pet Parents

Designed for pet owners seeking natural alternatives, this guide explains how herbs can enhance your cat's well-being. It covers topics like herbal nutrition, detoxification, and preventive care, along with recommendations for specific herbs and blends. The accessible language makes it easy for beginners to follow.

6. Herbal First Aid for Cats: Quick Remedies for Everyday Ailments

This concise handbook focuses on immediate herbal treatments for common feline injuries and illnesses. It includes remedies for cuts, bites, inflammation, and minor infections, helping owners provide prompt care. The book emphasizes safe herb selection and proper application techniques.

7. The Feline Herbalist: Exploring Medicinal Plants for Cat Care

Delving into the science and tradition of herbal medicine, this book educates readers on the therapeutic properties of various plants for cats. It discusses how to identify, harvest, and prepare herbs to optimize their healing potential. The text also addresses integrating herbal care with conventional veterinary practices.

8. Herbs and Cats: A Guide to Safe and Effective Herbal Use

This guide prioritizes safety in herbal treatments, detailing which herbs are beneficial and which should be avoided for cats. It offers comprehensive information on dosage, administration methods, and potential side effects. The book is an essential resource for anyone interested in responsible herbal care for felines.

9. Botanical Wellness for Cats: Using Herbs to Promote Health and Longevity

Highlighting the role of botanicals in maintaining feline health, this book explores how herbs can support aging cats and those with chronic conditions. It presents herbal strategies for improving vitality, reducing pain, and enhancing quality of life. Readers will find practical advice for incorporating herbs into daily care routines.

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med cat herb guide: The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs Heather Boon, Michael Smith, 2004 The most current scientific information from the world's leading medical journals. Although there is growing consumer awareness of alternative and complementary medicine, there is a lack of comprehensive information available on herbal products. While pharmacists, physicians and other health care professionals sometimes offer advice, their patients want more information. The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs is a comprehensive, fully-illustrated reference to the 50 most commonly prescribed herbs. A complete description of each herb is featured along with its other common names, possible adverse effects, therapeutic uses for treating illness and disease as well as potential drug interactions. Some of the herbs included are: Aloe Vera Evening Primrose Goldenseal Scullcap Burdock Tumeric Tea Tree Oil Meadowsweet This guide is written by professional pharmacists, one a naturopathic doctor, using the most current research and clinical testing. The authors'

easy-to-understand text, combined with the latest findings and clear directions for safe dosages, makes this practical reference on medicinal herbs a primary resource of data.

med cat herb guide: Veterinary Herbal Medicine Susan G. Wynn, Barbara Fougere, 2006-11-29 This full-color reference offers practical, evidence-based guidance on using more than 120 medicinal plants, including how to formulate herbal remedies to treat common disease conditions. A body-systems based review explores herbal medicine in context, offering information on toxicology, drug interactions, quality control, and other key topics. More than 120 herbal monographs provide quick access to information on the historical use of the herb in humans and animals, supporting studies, and dosing information. Includes special dosing, pharmacokinetics, and regulatory considerations when using herbs for horses and farm animals. Expanded pharmacology and toxicology chapters provide thorough information on the chemical basis of herbal medicine. Explores the evolutionary relationship between plants and mammals, which is the basis for understanding the unique physiologic effects of herbs. Includes a body systems review of herbal remedies for common disease conditions in both large and small animals. Discusses special considerations for the scientific research of herbs, including complex and individualized interventions that may require special design and nontraditional outcome goals.

med cat herb guide: *The ABC Clinical Guide to Herbs* Josef A. Brinckmann, Bernd Wollschlaeger, 2003 This well referenced, instructive, and clinically accurate guide provides everything you need to know about the safe and effective use of medicinal herbs. Published by the American Botanical Council (ABC), the book contains comprehensive, scientifically based information on 29 herbs and 13 proprietary herbal products. The reference is also the first of its kind to include a continuing education module for a wide variety of healthcare professionals. Each herb analysis includes an extensively referenced therapeutic Monograph, a 2-page Clinical Overview for quick reference, and a 1-page Patient Information Sheet for the health professional to copy and give to patients. Pharmacological activity, herb-drug interactions, adverse effects, preparations, dosage, name brands, regulations, and detailed tables of clinical studies, are all accurately presented in this important educational guidebook. Key features of the ABC Guide: In depth data - thorough and detailed information for the most popular herbs and herbal products sold in the US market today More than 40 tables of clinical studies, including 180 commercial products Incorporation of science-based and traditional information Standardized and regimented layout ensures quick and easy access to information National continuing education credit - 10 to 13.5 credit hours available to health professionals in five disciplines Message to customers: The University of Texas Medical Branch at Galveston (UTMB) has extended CME credit for physicians for The ABC Clinical Guide to Herbs. The current \$20 fee will no longer be charged. This will now be offered at no cost with purchase of the book. In addition, CE credit has been extended for nurses, pharmacists, and dietitians. THE ABC CLINICAL GUIDE to HERBS provides healthcare professionals with what they want: factual, current, scientifically based information and guidance on the top selling herbs in the United States. A must have reference for every practice Published by the American Botanical Council. Thieme is proud to be the exclusive worldwide distributor for this book.

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authority in the field and a veteran health writer, *The Essential Herb-Drug-Vitamin Interaction Guide* is organized alphabetically by herb, with an index of medications at the end of the book so you can instantly locate the information you need, Comprehensive, thoroughly researched, and easy to use, this is one health guide you can't afford to be without.

med cat herb guide: *The Guide to Complementary and Alternative Medicine on the Internet* M Sandra Wood, Lillian R Brazin, 2020-07-24 Learn to identify Internet-based complementary/alternative medicine resources you can trust! This well-organized book takes a commonsense approach to getting the most out of the Internet when it comes to finding reliable information on complementary and alternative medicine. Author Lillian Brazin teaches classes on finding and evaluating health information on the Internet. In this book, she shares her years of experience in using and evaluating medical Internet sites to teach you to spot authoritative resources and avoid misinformation, sales pitches, and out-and-out quackery. In addition to showing you where to find the information you need, this book stresses the importance (the how and why) of working closely with your physician to get the best results from your complementary/alternative medical experience. More than 20 screen shot illustrations give you a preview of what to look for on various sites! The Guide to Complementary and Alternative Medicine on the Internet will show you how to separate the wheat from the chaff when confronted with hundreds of Web sites purporting to provide reliable information. This jargon-free book addresses vital questions, such as: How can I be certain that the information I find is correct? How can I locate a Web site that was recommended to me? How do I start out to research a particular health problem? What do Internet terms like .com, .edu, .gov, listservs, :, BTW, LOL, flames, netiquette, etc. mean? This book will also help you understand controversial hot topics that include: the Pilates exercise method that Jacqueline Kennedy Onassis helped popularize in the 1960s is trendy again, with Pilates studios in most major cities supermarket supplements, such as St. John's wort, ginkgo biloba, and vitamins A-Z: how can I find out which, if any of them, are for me? the validity of celebrity endorsements for supplements and alternative therapies While providing you with the skills to find the information you seek, this book reflects the author's cautious perspective. The Internet can be frightening and overwhelming because there is so much information to sift through, digest, and evaluate. The Guide to Complementary and Alternative Medicine on the Internet (first in the new Internet Guides to Consumer Health Care series from The Haworth Information Press) will help you identify Internet resources for complementary and alternative medicine that you can trust.

med cat herb guide: The Consumer's Guide to Herbal Medicine Steven B. Karch, 1999 Provides two lists: Part A: Herbs and their applications; Part B: Ailments and Diseases with recommendations for herbal remedies.

med cat herb guide: Alternative Medicine (2 Books in 1) Iren Soulevar, 2021-08-24 *Alternative Medicine (2 Books in 1): Herbal Antivirals The Ultimate Guide to Herbal Healing, Magic, Medicine, Antivirals, and Antibiotics + A Comprehensive Guide to Herbal Remedies Used as Natural Antibiotics and Antivirals* by Iren Soulevar. The easy guide that will allow you to enhance health but also prevent illness and cure diseases thanks to the antiviral power of leaves, seeds and plant roots! Alternative Medicine is one of the most ancient practices that exist and is worldwide known. It is based on using herbs and seeds as antivirals or remedies against illness. However the word natural doesn't always mean safe. So, if you are tired of using the nasty chemicals in medicine to fight your and your family's illnesses and you want to learn how to use herbs in a safe way, you can now discover it thanks to *Alternative Medicine* by Iren Soulevar. Here's what you'll find inside: modern Herbal Medicine and Herbal Medicine in history traditional African medicine and its relationships with modern medicine keys fact about emerging viruses (warning signs, viral diseases, types of viruses) challenges associated with monitoring safety of Herbal Medicines what viral encephalitis and respiratory infections are how to use Herbal Remedies safely the 17 best herbs with antiviral activities tips when growing herbs Herbal Remedy recipes ...and much more! To start choosing and using herbals in a safe way, you only have to learn it with *Alternative Medicine* by Iren Soulevar. Add it to cart now!

med cat herb guide: *Herbal Antivirals Book* David Laramie, 2022-01-31 The book that will become your personal and easy guide to start to get knowledge about Antivirals Herbs and how to use them. Herbal medicines and purified natural products provide a rich resource when it comes to fighting viruses. Their use has in fact grown in the last few years in substitution to chemicals medicines and drugs. Here is what you are going to discover: keys fact about emerging viruses (warning signs, viral diseases, types of viruses) how viral respiratory infections spread, signs and symptoms and how to treat them what viral encephalitis infections are, signs and symptoms and how to treat them the 17 best herbs with antiviral activities tips when growing herbs ...and much, much more!

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med cat herb guide: *The Herbal Dog* Rita Hogan, 2025-02-04 "Even if skeptical readers don't come away completely convinced, they'll be enormously educated—Hogan imparts a huge amount of biological information about dogs, and does it all with an easy readability that will make quite a bit of it stick. An informative and sometimes eye-opening examination of natural remedies for helping your dog."—Kirkus Reviews • Teaches the tenets of holistic herbalism for the individual dog • Presents safe, clinically proven, and effective protocols for common canine conditions, from acid reflux to allergies to itching, scratching, and yeast • Lays out a comprehensive materia medica of canine-specific herbs, including what conditions they are good for, their energetics, internal and external use, safe dosages, and contraindications In this comprehensive guide to holistic care for dogs, clinical canine herbalist Rita Hogan explains that by looking at dogs as individual ecosystems with unique personalities, physiology, and needs, we can select effective and personalized herbal remedies to support their constitutions and provide relief from many different ailments. Hogan, who has spent more than two decades working with canines, uses energetic principles (cool, warm, dry, damp) to reveal how herbs are not one size fits all and how to find the root cause of chronic imbalances. She discusses in depth how a dog's main organ systems work, how they are connected to each other, and why we need to understand them when choosing specific herbs and foods. Presenting safe, clinically proven, and effective protocols for common canine conditions—from acid reflux to allergies to itching, scratching, and yeast—Hogan presents a wide variety of holistic and herbal remedies: from herbal tinctures, glycerites, and phytoembryonics to flower essences, essential oils, medicinal mushrooms, and homeopathy. Her comprehensive materia medica of canine-specific herbs that she uses in her practice details what herbs are good for which conditions and why, what types of energetics are involved, safe dosage recommendations for each herbal remedy, and when to discontinue an herb. Allowing each of us to take a hands-on approach to our canine companions' health and longevity, this herbal guide outlines how to help them live their best lives by our sides.

med cat herb guide: *10 Herbs for Happy, Healthy Cats* Lura Rogers, 2001-02-15 Catnip Isn't the Only Herb Your Cat Will Love! If you're a dedicated cat lover, you know the amazing intoxicating effect that catnip has on most cats. But did you also know that catnip can help calm a frantic feline during an extended car trip? Or that catnip can ease feline gastrointestinal distress? In fact, there are many common herbs that can do wonders for your cat's health. In *10 Herbs for Happy, Healthy Cats* you'll find ten of the safest, most versatile herbs for feline health. You'll learn everything you need to know about growing these herbs and buying or making your own herbal teas, tinctures, capsules, and poultices. You'll also find expert advice on calculating the proper dosage of an herbal remedy and administering it to your cat -- including how to catch that feisty feline and help make the medicine go down easily!

med cat herb guide: *Textbook of Family Medicine E-Book* David Rakel, Robert E. Rakel, 2011-03-24 Edited by Robert E. Rakel, MD and David P. Rakel, MD, Textbook of Family Medicine

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med cat herb guide: The Essential Guide to Herbal Safety Simon Y Mills, Kerry Bone, 2004-12-23 Winner of American Botanical Council's 2005 James A. Duke Botanical Literature Award, the *Essential Guide to Herbal Safety* offers a balanced and objective perspective on the principles of herbal medicine safety as well as the complex challenges relating to self-prescribed or professionally prescribed herbal medications and supplements. With contributions from leading international practitioners and authorities, it contains comprehensive reviews, in monograph format, of the published safety data for 125 common herbs. You'll also find coverage of issues of quality, interactions, adverse reactions, toxicity, allergy, contact sensitivity, and idiosyncratic reactions. Provides the most current information on safety issues in herbal medicine. Presents authoritative and credible safety information from two experienced herbal practitioners. Combines theoretical chapters with 125 well-researched monographs, making it the most thorough and comprehensive text on the market for herbal safety in practice. Provides clear information using the most current evidence-based reviews, covering factors that influence herb safety, including the negative placebo effects (nocebo), various types of unpredictable effects, the basis for interactions between herbs and drugs, and quality issues. Uses an established grading system for assessing safety in pregnancy and lactation that is realistic and appropriate to herb use. Thoroughly critiques the dominant misinformation in the media and medical journals on herb safety issues. Contains 83 documented case studies on hepatotoxicity and the effects in relation to kava. Kava safety is a hot topic. Includes two useful appendices detailing herbal references for pregnancy and lactation considerations.

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providing information on how to best use CBD-rich skincare, bath, and body products. An overview of other complimentary soothing herbs is provided, as well a “how-to” guide for crafting CBD face masks, salves, and massage oil. Beverages and Food: Find your inner mixologist with CBD beverages, from CBD mocktails and cocktails to CBD coffee, matcha, and more. Learn how to make your own CBD oil at home and go gourmet with CBD honey, olive oil, butter and other infusions to craft delicious CBD cuisine. Fitness: With opioid addiction on the rise, athletes are looking for new ways to manage pain, reduce anxiety, alleviate stress, and enhance performance. This section focuses on CBD and fitness by exploring the different ways that CBD may benefit the body during physical activities, such as yoga, running, skiing/snowboarding, and contact sports. An overview of CBD supplements and relief balms, as well as a “how-to” guide to making a post-workout balm to relieve sore muscles. Pets and Other Uses: It turns out that our four-legged friends may also benefit from CBD. Learn how to safely share CBD with dogs and cats for anxiety reduction and pain management. With all this and more, including expert spotlights featuring some of the top names in CBD-related businesses, this is the go-to resource you've been looking for.

med cat herb guide: Prepper's Natural Medicine Cat Ellis, 2015-06-09 This comprehensive guide features holistic medicines, salves, and ointments for treating a broad range of ailments and injuries during a crisis. When disaster strikes and you lose all access to doctors, hospitals and pharmacies, natural medicine will be your family's best hope for survival. With easy-to-read herbal charts, a breakdown of essential oils, tips for stockpiling natural medicines and step-by-step instructions for creating your own elixirs, salves and more, this book offers everything you need to keep you and your loved ones safe. Prepper's Natural Medicine is the definitive guide to creating powerful home remedies for any health situation, including: •Herbal Salve for Infections •Poultice for Broken Bones •Natural Ointment for Poison Ivy •Infused Honey for Burns •Essential Oil for Migraines •Soothing Tea for Allergies •Nutritional Syrup for Flu

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