

## Animals and Winter Ills

Animals can be susceptible to ailments during changes in weather in Autumn/early Winter and then again in Spring, exposure to the elements or contact with respiratory viruses. You can treat these symptoms easily with your homoeopathic remedies by observing the symptom picture and selecting a remedy to suit.

A good initial remedy for early low-grade fever or early flu, which may be the odd sneeze from cats or a throaty cough from dogs, is **Ferrum phos**. At this stage, it also helps if you can dose with Vitamin C, a pinch of powder twice daily in food for cats to a teaspoon of powder or 1000mg tablet for a large breed dog.



Additionally, herbs such as Echinacea, Olive Leaf, Andrographis, Astragalus, and Reishi/Shitaki mushroom can help the immune system. Dose range: from 1/8<sup>th</sup> of a human dose for a cat or small dog to a whole human dose for a large dog.

**Belladonna** is a good remedy if they are aimlessly wandering and restless with a fever, often feeling hot at the top end of the body but with cold feet. Consider **Allium** for copious running of nose and sore eyes, **Kali mur** for thick white discharge and mouth ulcers, **Arsenicum** if restless and chilly or **Nat mur** if discharges are 'egg white like' and the animal is unsociable and seemingly depressed.

For later in the course of the illness, when the cough (in dogs) and sneeze/runny nose (in cats) has developed, then useful remedies are **Gelsemium**, when the animal just wants to be alone and to rest quietly, or **Pulsatilla** if seeking company and bland pale yellow discharge, **Phosphorous** if blood-flecked, **Hepar sulph** if irritable, with sore/excoriating discharges. **Bryonia** is a good cough remedy when the cough starts up every time the animal gets up to move around, or is worse out on a walk, but settles when resting.

*Written in conjunction with Dr Clare Middle who runs a natural therapies only veterinary practice in Bibra Lake. Ph: 08 9494 1243, [www.claremiddle.com](http://www.claremiddle.com)*