

# Our Elderly Pets

Growing older is such a complex process. The effects of aging occur due to a decreased supply of blood to all organs, and an accumulation of toxins which the body is becoming less effective in expelling. The diseases associated with old age can be, to a great extent, moderated by using timely preventative measures, which are best commenced while the animal is still active.

The first consideration is to look at reducing meat in the diet by half from the animals 7<sup>th</sup> year and compensate for this by giving protein such as yogurt, cottage cheese and the occasional egg. A healthy ratio for the elderly dog is 1 part meat or protein, 1 part cereal and 2 parts vegetable.



Homoeopathy offers a range of remedies, which can provide invaluable help to the sufferings of old age.

**Arnica 30c:** If things are slowing down one dose a week of Arnica can aid circulation.

**Merc sol:** Constantly thirsty but the urination is quite infrequent and scanty.

**Formica:** Slim animals inclined to rheumatoid illnesses.

**Baryta carb:** Premature ageing, forgetful, heart problems.

**Laurocerasus:** Troublesome cough from chronic heart damage.

**Carbo veg:** Lack of reactivity and flagging vitality.

**Rhus tox:** Stiff and lame, better from moving about. Restless.

In addition to these and any other indicated remedies, care should be taken in the husbandry of these dogs, especially if arthritis is a problem. A padded, raised bed, warmth, non-weight bearing exercise (eg. swimming) are all measures that can add to their comfort.

*Written in conjunction with Dr Clare Middle who runs a natural therapies only veterinary practice in Balingup. Ph: 0405 009 804, [www.claremiddle.com](http://www.claremiddle.com)*

**Repetition of doses:** As a general rule you should reduce the doses of a remedy as it starts to act and not continue once the situation has resolved.

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