

# Tonic Remedies

Your animals can benefit from occasional doses of remedies known for their tonic action to support the body during times of rapid growth, development, stress and change. Along with dietary and nutritional adjustments, these mineral remedies help maintain wellness and a healthy, vigorous vitality and zest for life.

**Calc phos:** This remedy has a tonic effect at times of rapid growth. It helps with the assimilation of nutrients and therefore growth, bone and tooth formation, digestion, glandular swellings and the like. Consider a course of *Calc phos* during periods of rapid growth when the appetite is poor and nutrition is deficient. Useful when young animals are tired with bored, discontented behaviour.

**Ferrum phos:** This is the oxygen carrier and is useful in the early stages of the inflammatory process and when generally 'off colour'. Conditions that may benefit include fever, congestion, earache and nose bleeds or after loss of body fluids such as from dehydration or haemorrhage.

**Kali mur:** Helps reduce mucous congestion, colds and sinus infections. Acts as a glandular tonic so consider for glandular swellings and inflammatory conditions.

**Kali phos:** Is a useful nerve tonic and provides nutrient to nerves, nourishing and supporting. The calming effects of this remedy is used for pets who are anxious or stressed.

**Mag phos:** Affinity for nervous system and a deficiency can result in cramps and spasmodic pains. It is indicated to soothe muscle movement and to relieve neuralgic pain. Abdominal pain and colic.

**Nat mur:** Helps balance fluids in your dog's or your cat's body. It is used for water distribution problems such as excessive dryness or water retention. It is also indicated for anemia.

**Silica:** Is for cleansing and eliminating waste, improving connective tissues, skin and coat. It is indicated for chronic skin conditions and in initiating healing processes. Aids bone health and where there is poor assimilation of nutrients.

*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.

**Books and Info Sheet:** Download and print our **Animal** info sheet or refer to our **Homoeopathy for the Home Prescriber** book or **eBook**. We also have excellent Homoeopathy for Animals **books** and **free information** available through our website.

Follow this link to receive monthly **Animal** information.

