

## Separation and Boarding

The most important tip is to book early for boarding animals over Christmas. That way you can select the kennels that best suit your pet. Some boarding kennels/catteries will accept homoeopathic nosode disease prevention these days (hurray!), but they may need to discuss this in advance if it is new to them, so now is a better time than in the middle of the Christmas rush.

A few days before your dog or cat goes boarding, give a top up dose of animal cough and flu nosodes. Also give a few days of Echinacea/five mushroom or other immune boosting herbs in the animal's food – from 6 drops daily for a cat or toy breed dog, to 5ml for a large dog. Vitamin C in the food daily is very helpful too – a pinch to a teaspoonful of powder depending on the size of animal.



Remember that grief can be a greater cause of kennel cough, cat flu or other ailments than the presence of virus – as the Chinese say, ‘the lungs are the seat of grief’, so treating to reduce grief from pets missing their owners will do the most to reduce these respiratory ailments. Give homoeopathic [Ignatia](#) in any potency you have, daily for a couple of days before boarding and the Bach remedy combination – Rescue Remedy (for stress), Honeysuckle (for grief) and Walnut (for adaptation to change). Starting as soon as the pet knows ‘something is happening’ even until the owner's return.

Of course all this can apply to animals left in the house with a house sitter, too.

Another option is to get the great little book from the RAC on where you can holiday and take your pet with you.

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**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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