

Animal WELLNESS

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The best ESSENTIAL OILS for repelling pests

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BONUS INSIDE!

Quality essential oils have more health benefits for dogs than you may realize



Essential oils are often used as natural pest repellents (see page 46). But they offer many additional health benefits, according to veterinarians Dr. John Hanover and Dr. Susan Albright, who regularly use them in their practices.

“Essential oils are very powerful tools,” Dr. Hanover says. “They are a safe and easy way to support an animal’s health without side effects. Essential oils are effective alone, but are synergistic with other modalities, including chiropractic, acupuncture, applied kinesiology, homotoxicology, herbs and glandulars, as well as allopathic treatments.

“Essential oils are a part of our daily routine in the practice,” adds Dr. Albright. “Every morning, three or four diffusers are set up to run in the waiting area, exam rooms and kennels. Each case seen includes an essential oil recommendation. I use them for their calming effects during an exam and for enhancing the effectiveness of other modalities such as acupuncture and chiropractic.”

“I frequently offer an animal an essential oil scent to take the edge off their stress,” Dr. Hanover says. Before touching an anxious animal, Dr. Hanover will use a Peace and Calming blend from Young Living Essential Oils to lower the animal’s stress levels. This particular blend includes Ylang Ylang, Orange, Tangerine, Patchouli and Blue Tansy oils. “I also use essential oils to promote skin health.”

Additional oils Drs. Hanover and Albright often use include a Young Living blend called Valor, which contains Black Spruce, Blue Tansy,

Rosewood and Frankincense. “It gets used on every dog receiving acupuncture and/or chiropractic treatments,” says Dr. Hanover. “I also use Lavender and Geranium for stress and anxiety.”

Young Living offers a range of quality essential oils, singly or in blends, for use in both people and animals. It also has a specific Animal Care line of topicals that includes a shampoo, pest repellent and more. All the oils are safe for dogs when used properly and diluted as needed. Dr. Hanover cautions that it’s very important to use high quality oils, and that because there are more precautions in using essential oils with cats, it’s important to work with a holistic veterinarian trained in the use of essential oils.

“I am putting the health of my patients on the line, so I need to be certain I am using the best products available to me,” John explains. “Young Living has over 20 years of experience and is dedicated to quality. They have eight farms on four continents, which enables them to control every aspect of growing their botanicals. Many other companies don’t control how their oils are processed, and rarely know the growing conditions. Others claiming to be experts have only been in the field a few years and don’t have the education or experience to know everything that goes into high quality oils.”

“Young Living also has a dynamic infrastructure in place for support and education in the proper use of essential oils,” says Dr. Albright. “Having a trusted resource to further my knowledge and integration of essential oils into my patients’ healthcare plans is of utmost importance.”