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DISCOVER THE BENEFITS OF HERBAL INFUSIONS:

*A Step-by-Step Guide to Creating
Soothing Herbal Infusions for Your
Furry Friends This Winter!*

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Why Herbal Infusions?

As the colder months approach, it's essential to adjust the care we provide for our animals to keep them healthy, comfortable, and balanced. Herbal infusions are a wonderful, natural way to support them during the winter months. This guide will help you create your own herbal infusions for your animals, for self-selection purposes based on your animal's specific needs.

These infusions are an excellent way to help support your animals' immune systems, digestion, joint health, relaxation, and overall comfort during the winter months and offering them for self-selection allows your animal to choose what they instinctively need, thereby promoting natural healing. This guide will help give you the confidence to implement this technique into your animals' care routine.

Understanding Herbal Self-Selection

Just as we can intuitively select what our bodies need, animals can do the same. By offering your animals a variety of herbal infusions, you allow them to engage in the self-selection process, where they can choose the herbs that resonate with their current physical and emotional states. This self-selection process is empowering for animals, as it honours their natural instincts and gives them the opportunity to support their own health. Whether they are seeking relaxation, digestive support, immune-boosting properties, or help with stress relief, allowing them to select the herbs that best align with their needs helps promote balance and wellness in a way that respects their intuition. Providing a selection of herbal infusions enhances their physical wellbeing and promotes a connection with their innate healing ability.



Benefits of Self-Selection:

- Supports your animal's natural ability to heal and balance their body.
- Empowers them to make choices based on their physical and emotional needs.
- Provides a way to engage your animals in their own health care.

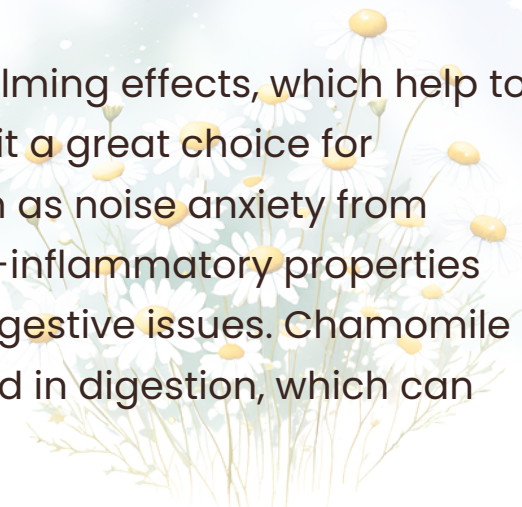
Herbs for Winter

The following herbs can help support digestion, ease joint discomfort, strengthen the kidneys, and soothe the nervous system, all of which are essential during the colder months when animals are naturally more vulnerable to common seasonal health issues.



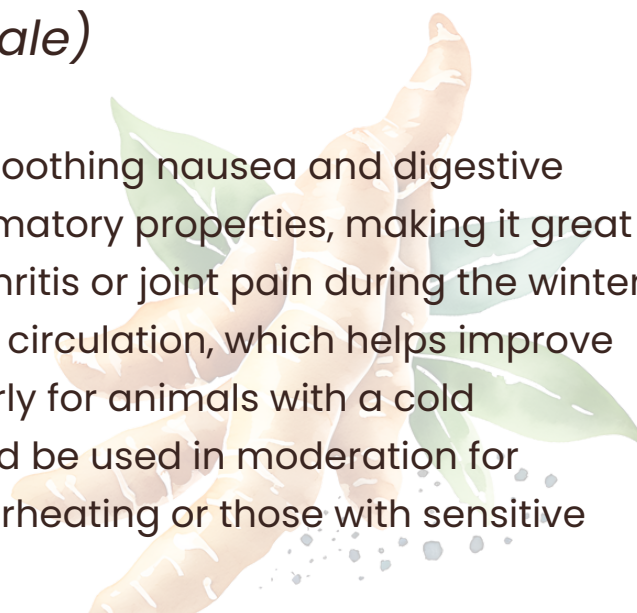
Chamomile (*Matricaria chamomilla*)

Chamomile is well-known for its calming effects, which help to reduce stress and anxiety, making it a great choice for animals with phobias or fears, such as noise anxiety from storms or fireworks. It also has anti-inflammatory properties that can help with joint pain and digestive issues. Chamomile can soothe upset stomachs and aid in digestion, which can become sluggish in colder months.



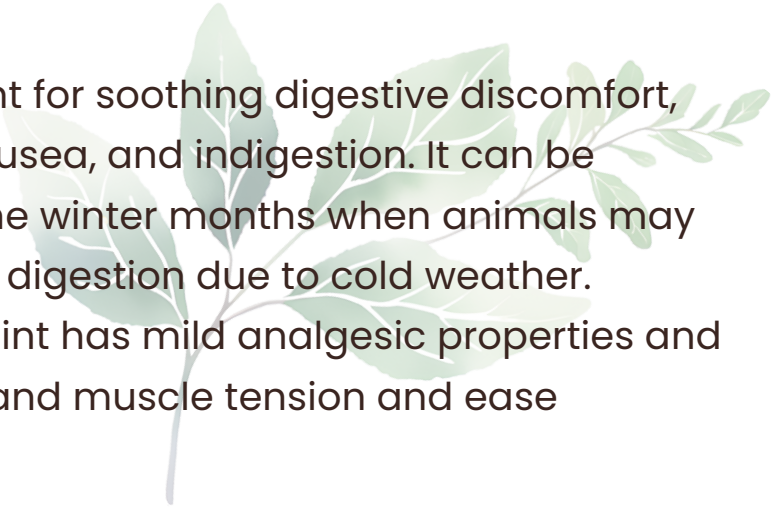
Ginger (*Zingiber officinale*)

Ginger is a powerful herb for soothing nausea and digestive issues. It also has anti-inflammatory properties, making it great for animals suffering from arthritis or joint pain during the winter months. Ginger can stimulate circulation, which helps improve warmth and vitality, particularly for animals with a cold constitution. However, it should be used in moderation for animals who are prone to overheating or those with sensitive stomachs.



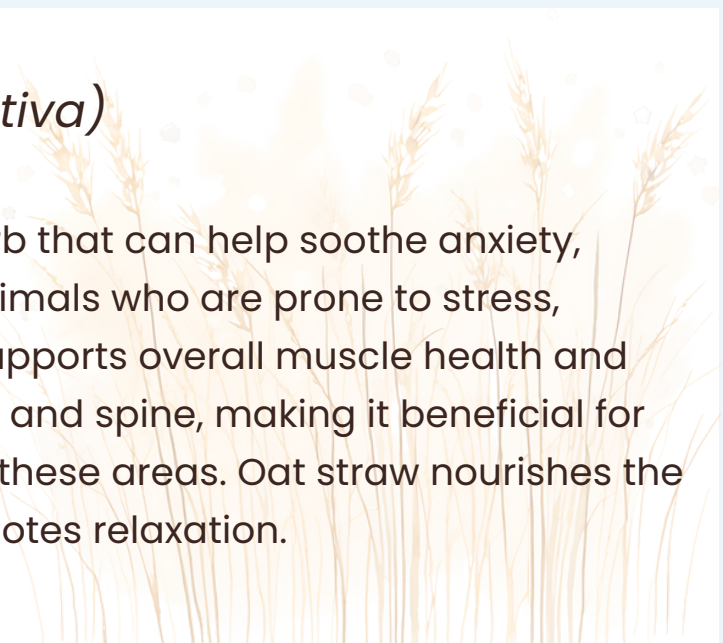
Peppermint (*Mentha × piperita*)

Peppermint is excellent for soothing digestive discomfort, including bloating, nausea, and indigestion. It can be especially helpful in the winter months when animals may struggle with sluggish digestion due to cold weather. Additionally, peppermint has mild analgesic properties and can help relieve joint and muscle tension and ease headaches.



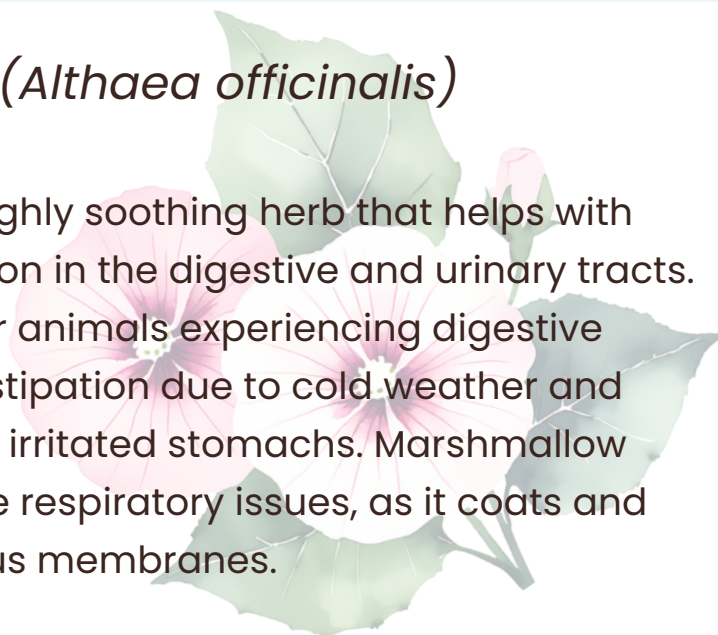
Oat Straw (*Avena sativa*)

Oat straw is a calming herb that can help soothe anxiety, making it beneficial for animals who are prone to stress, phobias, or fears. It also supports overall muscle health and helps strengthen the back and spine, making it beneficial for animals with weakness in these areas. Oat straw nourishes the nervous system and promotes relaxation.



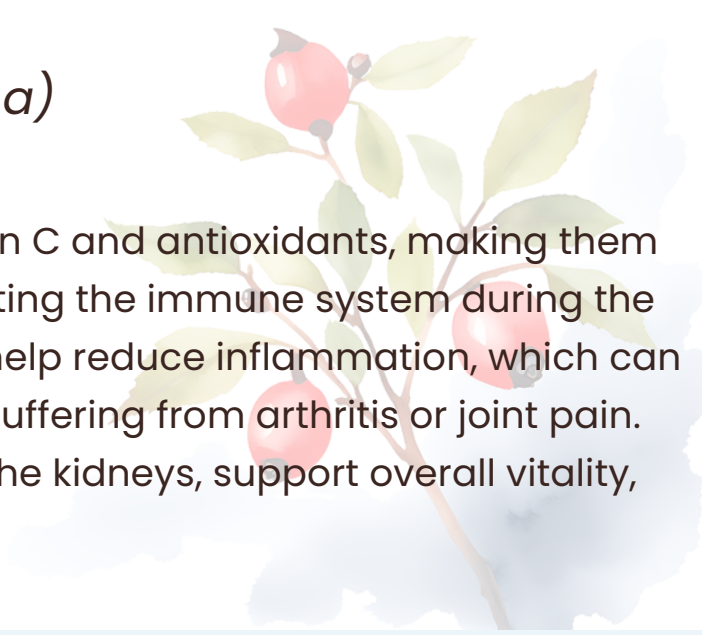
Marshmallow Root (*Althaea officinalis*)

Marshmallow root is a highly soothing herb that helps with inflammation and irritation in the digestive and urinary tracts. It is particularly useful for animals experiencing digestive discomfort, such as constipation due to cold weather and animals with sensitive or irritated stomachs. Marshmallow root can also help relieve respiratory issues, as it coats and soothes inflamed mucous membranes.



Rosehip (*Rosa canina*)

Rosehips are rich in vitamin C and antioxidants, making them an excellent herb for boosting the immune system during the winter months. They also help reduce inflammation, which can be beneficial for animals suffering from arthritis or joint pain. Rosehips can strengthen the kidneys, support overall vitality, and promote healing.



How to Make a Herbal Infusion

- 01 Prepare**
Brew your selected herbs, allowing them to steep in hot water for about 10 minutes. This process ensures that the beneficial properties of the plant are fully infused.
- 02 Dilute**
Once the steeping process is complete, dilute the brewed tea with an equal amount of cold water, to ensure a safe drinking temperature for your animal.
- 03 Pour**
Pour each diluted infusion into labelled individual bowls.
- 04 Offer**
Arrange the bowls in a safe and accessible area for your animal to explore. Renew the infusions daily to maintain their vitality.



Signs of Selection

- Sniffing, licking or drinking the infusion
- Soft blinking eyes
- Laying near the tea
- Hovering around the tea

Top Tip

Place the bowls of tea in a quiet place, **away from their regular drinking water.**

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Your animals' health and happiness are at the heart of what we do at Hedgerow Healing. I hope this guide has provided you with the knowledge and inspiration to support your animal companion through the winter months using the healing power of herbs.

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