

ARTHRITIC ANIMAL CARE.COM

FLAIR UPS, RECOVERY AND PREVENTION IS POSSIBLE!

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ARTHRITIS can flair up in conjunction with, or as a direct reaction to a prior accident or injury to the vertebrae or joint, a genetic predisposition (hip dysplasia), an infection (feline leukemia, tick fever) and even from certain “reactive” (allergies) or autoimmune conditions where the body attacks its own joint and tendon tissue cells (lupus). Weakened organ systems, especially involving congested or malfunctioning liver, kidneys, adrenal, and thyroid glands, seem to go hand-in-hand with chronic arthritis. Symptoms can best be suppressed and possibly eventually reversed homeopathically and/or herbal while the structure (joints, bone, ligaments, tendons and muscles) is strengthened through nutritional supplementation. Remember that homeopathy stimulates the body into symptom-suppression while the herbs and nutrients support (symptom-suppress temporarily) and fuel the body repairs (plus strengthening) for long-term symptom reversal. Acute arthritic-reactions can be successfully “suppressed” with a few doses of *homeopathy*, such as our **Flexi Drops** or **D’Toxifier**, given five to fifteen minutes apart in lower potencies (3X to 30C).

Environmental Considerations

- **Slick floors (tile, wood, linoleum; wood shavings or torn newsprint on hard surfaces, etc.)** do more damage resulting in or worsening

arthritic conditions than all the car accidents and broken bones combined— plus *it is so preventable*. Keep birds, foals, puppies and kittens on non-slick surfaces for the first six months of their lives to allow the full strengthening of their ligaments and the proper growth of their bones, reducing the instances of slipping “spread-eagle.” This position can tear the vital tissues stabilizing the knees, elbows, shoulders and especially the hips. For elderly pets, slick floors can twist ligaments, tear tissue, break bones and create anxiety resulting in pain, a loss of mobility and life enjoyment. Please consider carpet or carpet runners for your home. Keep nails trimmed as these can cause poor footing and arthritic toes.

- **Exercise** is vital to strengthening the bones, muscles and ligaments when preventing or reversing an arthritic condition. Daily play, running and rolling on the ground helps maintain the flexibility needed for optimum structural ability. Jumping high off the ground to catch a flying disc or ball is not recommended, as it puts too much pressure on the joints, back and neck each time the pet lands, including cats. Asking a small dog to jump up into and down out of a car and up and off a high bed or couch will soon lead to arthritic pain. Always provide another means of access. As a rule of thumb— do not ask any aged dog or cat to jump higher than twice their height or comfort level.

Azmira Herbal Remedies for Arthritis

- **Yucca Intensive** is a very effective anti-inflammatory. The roots

contain steroidal saponins, which react in the body as chemical steroids do, without the side effects; they also reduce tissue inflammation and pain. Be sure to use a cold-pressed extract found in Azmira[®]'s rather than the low potency by-product powder or even weaker, teas or tincture. Standardized extract contains up to eighty-five percent more bio-available saponins and is easier on the digestive tract than any other forms.

- **Garlic Daily Aid**, *doubled the daily dose*, is a wonderful supplement for joints affected by inflammation. Regular foundation dose is excellent maintenance to prevent inflammatory reactions. Provides sulfur for connective tissue repair and strengthening.

- **Daily Boost** contains six excellent dietary herbs for liver and blood detoxification, reducing free radicals that can irritate joints, and improving nutrient utilization for structural support.

- **Calm & Relax** promotes arthritic pain control through restful sleep, relaxed muscles and a greater sense of wellbeing. Especially effective when combined with Yucca Intensive.

- **Blood & Lymph D'Tox** helps detoxify the body of impurities which, when left circulating in the blood, feed the inflammatory response by settling in the joints and surrounding tissues. This formula works more towards a reversal of the weakness which leads to chronic inflammation and joint deterioration. Helps repair damaged tissues and regulates the body's immune system. It is excellent to use when a pet suffers arthritis due to autoimmune disease, or a multitude of other ailments in addition to the arthritic condition.

- **Viral D'Tox** protects the joints from further deterioration while reducing inflammatory reactions in infectious arthritis from both viral *and bacterial* sources. Joint inflammation is *secondary to an infectious state* as seen with cases of tick fever (ehrlichiosis), feline leukemia, FIP, parvo and even periodontal disease.
- **Yeast & Fungal D'Tox** was formulated to fight infectious arthritic conditions associated with Northwest and Valley Fevers plus most other fungal infection/infestations both internally and topically (added to **Rejuva Spray** for the best ear wash and help in addressing hot spots, toes, belly, etc).
- **Skin & Liv-A-Plex** is beneficial for cases of skin, liver and joint inflammation.
- **Stress & A'drenal Plex** promotes vitality, restoring integrity to the adrenal glands when arthritic pain has exhausted the animal. As an adaptogenic formula, these herbs reduce the stress on a body that is constantly exposed to excessive physical or emotional conditions preventing or reversing a severe loss of energy, with anemia, low blood pressure and anxiety.

Azmira Nutritional Supplements for Arthritic Pets, *in order of benefit*

- **Increase Super C 2000** (up to 1000 mg. per twenty-five pounds of body weight per day) helps strengthen ligaments and tendons, reduce inflammation, and allergy sensitivities.
- **MSM** is a sulfur-based product, which not only helps reduce inflammation, repair connective tissue and strengthen the joints but is also

wonderful for the poor skin and coat conditions which often affect arthritic animals. This is a great supplement for the whole body, especially the hips. For general arthritic conditions; MSM used with herbal Yucca Intensive is a powerful combination.

- **Joint E'zer**, pharmaceutically-pure Glucosamine and Chondroitin Sulfate, helps repair connective tissue and lubricate the joint for stability and improved movement. These ingredients, contrary to popular belief, do not reduce inflammation on their own, so the joint can still cause discomfort and deterioration, therefore **Yucca Intensive** is also recommended in severe cases.

- **Glucosamine** aids in the repair and strengthening of connective tissues to stabilize joints. "Tighter" joints, which do not slip in and out of the joint capsule, help reduce some pain and may slow bone destruction which can lead to more severe arthritis. Glucosamine is especially beneficial for arthritic conditions of the neck, back, knee, elbow and hips.

- **Shark'Rah** is supportive to Azmira's Glucosamine or MSM by providing *Chondroitin sulfate*. This acts as an additional pain reliever by promoting the replenishing of vital synovial fluid, which is easily lost to age and injury: a shortage of which can create the rubbing of bone upon bone (causing increasing pain due to potential calcium build up which leads to even more dysfunction in the joint) which can result in more severe arthritis.

- **GlucOChondro** is formulated with Glucosamine, MSM and Chondroitin sulfate. For those pets with more advanced cases—who would

benefit from all three supplements combined.

- **Calcium with Boron-3** aids in proper calcium absorption and strengthens bone density. It helps the body avoid calcium build-up or over-calcification, common in arthritic conditions, especially for joints which are breaking down from excessive grinding through hard work or old age. Three months on Calcium with Boron-3 is a must for any pet who has broken a bone or cracked a vertebra—to help prevent severe arthritis from developing.

- **L-Pheny Pet** is a powerful, non-addictive analgesic found in clinical research to be as effective in relieving pain as morphine or opiates. It seems to be responsible for increasing the brains endorphins and is beneficial to add when Yucca Intensive and Calm & Relax are not enough to reduce and manage pain.

- **Coenzyme Q10** may be used to aid in the prevention or reduction of fibromyalgia (a debilitating muscular dis-ease, often with severe spasms in pets who suffer debilitating, chronic arthritis). This supplement is an excellent over-all nutrient for older, arthritic animals.

- **Mega Omega-3** fatty acids, according to holistic veterinarians and breeders reporting back to Dr. Newman (who, as a Rottweiler breeder and companion for over twenty years, also personally experienced) at Azmira, have been found to help prevent the development of arthritic conditions when added to the daily diet. A reduction in inflammation and stiffness is often reported with omega-3 oils, as well as a reduction in muscular tension. We chose Azmira's due to their higher, human-grade quality purified oils, which

are sealed in individual gel capsules for optimum freshness and resulting effectiveness.

Homeopathic Remedies for Arthritis

- **D'Toxifier** contains *Arsenicum* which is an excellent general homeopathic arthritic remedy, especially in an animal with a history of poor nutrition and a toxic lifestyle. Many arthritic animals respond well just to **Step One's** homeopathic detoxification for this reason. Additional remedies are found in **D'Toxifier** which improves nutrient utilization and waste elimination, vital to the management of an arthritic condition. It aids in slowing or reversing premature aging and can be augmented with additional targeted remedies:

- *Arnica* reduces swelling, general muscular pain, and discomfort. Excellent after trauma occurs or after a hard day running the trails.
- *Bryonia* helps when the pet is stiff upon standing and *cannot* walk out of it.
- *Rhus Tox* is for the pet that is stiff upon standing but *can* walk out of it.
- *Hypericum* reduces nerve irritation and pain. Found in animals who are constantly licking their legs and feet, sometimes even their backs, with no evidence of an allergy present. They are licking at the numbness they feel from impinged nerves in their inflamed arthritic joints.
- *Ruta* is best for severe tendon or ligament strains, common in nutritionally-depleted pets. Combine with *Hypericum* for degenerative intervertebral disc dis-ease causing never pain.