

Tales About Tails
Natural Cures
for your
Dog's Health



**Cheap and Simple Remedies
That *Really* Do Work
-Without Pills and Potions-**

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My Introduction – Why We Turned to Natural Cures for all Our Dogs

Hi,

I'm Steve and welcome to Tales about Tails.

When you take in as many street dogs as we've done over the past eight years, you quickly learn that a trip to the vet isn't always an option; it can be expensive and the dog's problem or illness can come at the most inconvenient of times too. I have lived here in the Philippines for twelve years now, originally from England, and unfortunately out here in the island of Palawan, where I live, there's no big animal sanctuary within easy reach, and no real rescue center that provides a free service either — so, it's just me and my partner Ruth doing what we can with limited funds in our pocket that come in from my monthly UK pension, and her little income that she earns from her job; and we have a house full of dogs who depend on us; dogs who we have rescued from the streets, cured, and kept at home — Yes, all eighteen of them — the record number was twenty three at one time!

Most of them, when we found them and took them in were in terrible shape — skinny and thin, or covered in skin sores, some had mange, most had ticks and flea infections, and three or four were limping in pain mainly from injuries they had picked up from the traffic on the busy roads; two of them even had distemper which can be a killer if not treated properly.

We never set out to become a dog's rescue center, or to house so many dogs, who does? But we've never been able to walk past a dog in the street, seeing it stretched out in pain, just laying crouched by the side of the road, neglected, ignored and passed by and treated like another bag of garbage. So, we do what we can, even when the monthly funds are almost gone and the produce that we use to heal and treat these dogs is all about used up.

In the beginning, we spent a fortune on vet bills and branded products. Some worked, some didn't. But over time, we began to notice that the *simplest, most natural things* often brought the best results; a bit of coconut oil on a sore patch of skin, a thorough rub down with diatomaceous earth for a flea infection, a sprinkling of turmeric on their food for a bad stomach, and so on.

Bit by bit, we gradually built up our own work list of natural cures — slowly put together by our own experience of carefully testing and trying — using such natural foodstuff like ordinary fruit, vegetables, and herbs, some of which we can grow ourselves or afford to buy locally; just natural stuff that helped our dogs heal, and importantly, stay healed, and in good health.

This book isn't written by a vet, a scientist, or a professional dog groomer. It's written by me, just an ordinary guy with no medical experience at all, but someone who's seen so many dogs go from hungry and hopeless, to happy and healthy, simply by using remedies that come straight from nature. This is what I want to share with you in this book.

Please let me repeat something very important — every healing process covered in these pages has all been tried and tested on our own rescue dogs and so come highly recommended — and trust me on this, we've seen some really unbelievable results with our own eyes just by using natural produce instead of giving the dogs pills and potions and chemicals. So, everything that you will read and discover in the following pages is NOT based on theory — it's based entirely on practical usage; our own practical usage!

This is not a theory-packed book; it's a genuine list of tried and tested cures. Having said that, out of interest, in case they apply to you and where you are in your area, I have included a few extra, hand-picked cures that have been highly recommended from a trusted friend back in England, but never tried by us on our dogs, mainly because either there was no need to, or that we could not get the ingredients locally. But, very importantly, even though I have included them, it is impossible for me to personally recommend them, simply because they are untried by Ruth and me.

Equally important, we're not saying that the following natural cures that you will read about here, replace proper medical care from a qualified vet; if you see that your dog is seriously sick then please see a vet as soon as you can. And sometimes, I have to say, that natural cures and vet-prescribed cures *do* work very well together. But for all those common and problematic everyday issues that tend to come along — itchy skin, upset tummies, dull coats, ticks and fleas, aching joints — the natural approaches that I have covered here concerning healing and maintaining good health can work wonders and save you a small fortune too.

I will include some genuine photos of our own dogs, and I dearly wish that I could include some 'before and after' shots, but at the beginning when we first got started with the dogs, I never thought that I'd ever be writing about this in books so I'll just show some of the dogs who inspired this book. Every photo tells its own story — a story of trust, recovery, gratitude and love. They're living proof that sometimes, the simplest of natural cures, carried out with love and care, can make the biggest difference.

If our shared experience can help even just one more dog to live a happier, healthier life, then it's worth every word I have written here. Oh, and on that note, please forgive any grammar or spelling mistakes as I am not a professional writer, I'm just an ordinary guy. But, if I repeat certain facts, that is done deliberately, I do it to try and get the point I am making stay with you and not be forgotten.

From us both, and from all the tails wagging around my feet as I write this short book — thank you for reading, and thank you for caring.

Steve and Ruth
'Tales about Tails'

Contents:

Chapter 1 – Skin and Coat Problems

Chapter 2 – Teeth, Gums & Bad Breath

Chapter 3 – Joint Pain & Mobility

Chapter 4 – Stomach & Digestion

Chapter 5 – Fleas, Ticks & Parasites

Chapter 6 – Common Ailments & Quick Fixes

Chapter 7– Nutrition & Everyday Care

Chapter 1 – Skin and Coat Problems

If there's one thing we've learned from rescuing street dogs, it's that unhealthy skin takes time to cure — lots of time and lots of patience! Many of the dogs who we see living in the streets have patchy fur, open sores, and even carry that terrible smell that comes from months, maybe years, of infection and neglect.

We used to buy expensive shampoos and medicated creams for our own dogs at home, but the costs were impossible to keep up, especially with the amount that we needed. Ok, yes, I agree, shop-bought shampoos are well packaged, look nice, smell nice and come highly recommended, and therefore seem like the best thing to buy. But with so many dogs needing regular treatment, not just skin treatment, the high costs were just impossible for us to maintain, so, that's when we started reading up about natural healing and eventually turning to natural cures by using simple, effective, natural ingredients, not just on our own dogs but on street dogs too — simple everyday food stuff that you probably already have in your own kitchen or can buy cheaply from your local shops — and, once we tried them and used them, we were amazed by how well they worked.

Let us begin:

1. Coconut Oil — Nature's All-Round Healer

If we had to choose one item that every dog owner should have, it's coconut oil. It really is the Ace in the Pack. It soothes the skin, heals small wounds, fights bacteria, and brings dull, patchy hair back to life. We are blessed where we live, surrounded by coconut trees, meaning that organic coconut produce is available everywhere, and is very affordable.

How we use it:

- If it has been kept in the fridge, it will harden, so melt a small amount and then gently rub it over the dry or itchy areas. If possible, do this morning and night.
- You can also mix a little into their food a few times a week — this helps from the inside out. As always, be cautious on the amounts taken internally, not only with coconut oil but with every other natural supplement that you use, as obviously, dogs come in all sizes and weights, so not one amount suits all. I would recommend 1 spoonful of coconut oil for every 10 kgs (20 lbs.) weight of the dog.

Our own results: One of our rescued dogs, Winnie, the tiny little pup that we found hiding under a tricycle in a shopping mall car park was almost bald from mange and covered in sores from scratching herself raw. We bathed her and started applying coconut oil daily to her skin and also added it to her daily meals. Within three to four weeks her skin had calmed, the redness had almost gone, and her hair began to grow back thick and shiny. You should see her luxurious coat now!

Just be warned — Dogs love the taste and often lick it off because it tastes so nice!



2. Apple Cider Vinegar Rinse for Itchy Skin

A simple to use rinse that kills bacteria and helps relieve itching— especially after stings and flea bites.

How we use it:

- Mix one part apple cider vinegar with two parts water, because if it's not diluted, it can be far too strong, especially on open wounds.
- Pour it gently over the affected part, making sure the whole of the troubled area is well covered. Then let it dry naturally and do its job – do not rinse it off.
-

This is so easy to use and so effective. It is brilliant for keeping the skin clear and healthy and also for reducing any “doggy” smell your little one may have. Please though, make sure you dilute it, and be careful to avoid deep and open wounds, as even when diluted, it can still sting.

Our own results: Where we live is open countryside and our dogs are free to roam out and about as there is hardly any traffic to worry about. So, many times when they return and run straight inside our house for water, or just to escape the hot sun and cool down in the air-con, you can almost bet that some are carrying all sorts of cuts and grazes that they have just picked up from their run-around, and not only that, but unfortunately, sometimes they also come back carrying smears and patches of carabao dung too that they seem to like to roll around in. Hence the regular use of Apple Cider Vinegar!

3. Aloe Vera

I have saved the best option, in my opinion, till last. However, it does come with a slight caution. If you use the plant, rather than a shop-bought product, certain parts of the plant can be toxic and cause minor stomach problems. So, if licked off and swallowed it may cause stomach upset to your dog, but don't worry, because if used and applied correctly there will be no problems, only benefits. If using the aloe vera plant, which we do, you must cut away the outer skin and use only the clear, inner gel; that way it is perfectly safe. We have 100's of aloe vera plants growing on our land, so for us to buy a commercial product just would not make sense. Having said that, I have seen, bought and tested commercially sold aloe vera many times and it is excellent!

How we use it:

- So simple yet so effective. If using the sap from the plant, be sure to cut the outer skin away and use the inner clear gel. Rub the affected areas, the graze, or dry skin, and even an open wound, with the clear sap and leave it to dry. It will not hurt or burn or sting, in fact it is very soothing.
- Using a shop-bought version is even easier to use and still just as effective, as there is no pre- preparation with cutting leaves; just simply apply a good layer of the gel to cover the whole problem area and leave it to dry. And remember, if your dog starts to lick it off, it's not a problem; the clear gel is perfectly safe and also gives benefits internally; a double whammy!

Our own results: We use aloe vera on all of our dogs with no exception. As mentioned earlier, where we live is real countryside, and as well as that, our land is very big too; about the size of a football pitch. So, you can imagine how eighteen active dogs like to run, chase, and play-fight in the long grass; long, spikey grass that is full of bushes and brambles, sticks and stones and fleas and insects. Now you know why aloe vera is such a quick and easy fix – quick and very, very effective!

Here, Below, are Two Cures for Skin Problems that Have Been Recommended to us but Not Personally Used:

A. Turmeric Paste for Sores and Inflammation

Turmeric is a brilliant natural anti-inflammatory cure; we use it in our dog's food on a daily basis as it not only helps with skin problems it also improves joint health when taken internally by adding it to their food. However, we have never used it directly on the skin as, to be honest, we've never felt the need to. But I have been told by a very reliable source, my friend back in England who helps with animal charities, that when applied directly on the skin, it reduces redness and helps the wounds to heal; apply twice daily if possible.

How to make and use it:

- Mix a small spoonful of turmeric powder with a splash of coconut oil. You can then rub a small dab on to sore skin. Apparently, it works wonders.
- The only downside is that if you are applying it topically to a skin wound it can stain their fur slightly, so use sparingly on lighter colored dogs. This mixture will store in the fridge for up to a week.

B. Oatmeal Wash for Dry and Sensitive Skin

Another lotion we have never personally used on our dogs, basically because we have other options, but where you live, and according to what you can buy locally, this may be the perfect answer for your dog's problem. If your dog has very dry, delicate skin, this one is reported to be as gentle as it gets; gentle yet so effective.

How to make it and use it:

- Blend a cup of oats, ordinary 'breakfast oats', into a powder and mix with the warm bath water.
- Wash thoroughly and then let your dog soak in the bath for at least 10 minutes to let the mixture have time to do its job, and then rinse off using clean water.

This is a very simple mix to make and, we are assured, is so soothing and calming, and leaves their fur soft and clean. Your dog will love it, and it is such an easy-to-do process.

Final Tip for Skin Health

Good, home-cooked food with a blend of meat or fish, fruit, vegetables and herbs is vital for your dog, not just for the skin, but for the dogs' all-round good health in general. I will give some food and ingredient tips at the end of the book.

Please do not cut corners and just rely on commercially manufactured tinned dog food and biscuits; ok, yes, it will stop the hunger, but do little else. And, depending where you live, a dog, every dog, needs plenty of sunlight if possible, and heaps of love; this combination is the best medicine of all. Natural cures work best when the dog feels safe and cared for, loved and wanted — that's the time when their mind and body reacts and starts to heal properly.

So, if you've got a dog struggling with skin issues, don't lose heart and don't give up. Start slowly, keep it simple, be patient, and let nature take over.

Chapter 2 – Teeth, Gums & Bad Breath

If you've ever bent down to get close to give one of your dogs a kiss and a cuddle and nearly been knocked backwards by their breath — welcome to the club! A few of our dogs, when we first took them off the streets and brought them home, had mouth problems like swollen gums, damaged and rotten teeth, or teeth completely missing from scavenging in the bins for food; not all of them, mainly the older dogs, not the young pups. But just like with people, poor dental health can lead to all sorts of other health problems — infections, weight loss, and even heart issues, so good mouth health is something not to be ignored

When we checked and found out how much the vet charged for dental cleanings, I started experimenting with simple, natural ways to keep their mouths healthy — and thankfully, what I discovered have all worked a treat. Here are a few, easy-to-make, simple to use, yet very effective treatments.

1. Homemade Dog Toothpaste

Forget the fancy stuff on sale in the shops; it's expensive and not necessary. This simple little mix keeps teeth clean and breath fresh — and if your dog swallows it, not just spits it out on your clean carpet, it won't do any harm at all; which is vital because most dogs won't spit but dribble!

How we make it:

- 1 tablespoon of coconut oil
- 1 teaspoon of baking soda
- A sprinkle of turmeric (optional, for whitening and anti-bacterial effects)

Mix it all into a paste and store it in the fridge in a small jar.

How we use it:

- Dip a soft cloth or dog toothbrush into the mix. You can even use your finger.
- Gently rub along the teeth and gums once or twice a week.
- Don't worry if they lick it off — it's all edible.

This won't make their teeth look like shiny, glimmering pearls overnight, but it will stop plaque from building up and help to freshen up that *dragon breath* so that once again, you can kiss your little angel without collapsing and gagging for breath:)

2. Crunchy Natural Cleaners

If brushing your dog's teeth sounds like hard work, and even turns into a wrestling match, like it so often does with some of mine at times, don't worry, nature's got an easier option; and it works just as well. Crunchy foods help scrape away the plaque as dogs chew on them. So, with difficult dogs this may be your best way for them to keep their mouth, teeth and gums all nice and healthy.

My favorite ones are:

- **Raw carrots** — great for small and medium dogs; my dogs love them.
- **Coconut chips** – very healthy and very effective, either mixed with their food or used on its own
- **Dried sweet potato slices** — healthy and tasty. Don't cook them, give them raw.
- **Plain dog biscuits** — the old standby for last-chance emergencies. Not the best but better than nothing.

All of these work very well, we use them all; obviously not all dogs like the same thing, so experiment and see which one, or ones, your four-legged friend likes best as it's good to vary them from time to time, to keep their interest high.

3. Fresh Breath Helpers

Sometimes the issue isn't the teeth, it's the gut and the stomach — bad digestion can easily cause bad breath.

Here are a few natural helpers:

- **Mint leaves** — chopped up and mixed with the food, but use lightly.
- **Plain yogurt** — adds good bacteria to the gut, helping both digestion and bad breath smell. I started adding a spoonful of plain yogurt to the breakfast snacks and foods for a few of mine, and the difference was amazing.

I also heard that chopped parsley mixed in with their food works very well too, but parsley is not easily available here, so another one that I can't personally recommend, only tell you to try.

A Quick Story

One of my little darlings, Marlene, used to have such bad breath that you could almost smell her coming! I knew what I wanted to do, but she'd panic at the sight of me coming close and holding a toothbrush and run off quickly. So, I began adding a little coconut oil and plain yogurt to her meals, plus a raw carrot now and then, playing with it, teasing her and tempting her to bite it. Within a few weeks her breath was bearable again, and even her teeth looked whiter.

Final Tip for Dental Care

If your dog's gums ever bleed heavily, or you notice that the teeth are loose, then that's one of those times to find a reliable vet. But for general care and mouth health, these simple natural tricks really can save you time, money and trouble, and keep those kisses pleasant again :)

Chapter 3 – Joint Pain & Mobility

When you've got a house full of dogs — young or old, slow and limping or highly active, and everything in between — you can't help but notice which ones seem to start slowing down, hanging back, or even struggling to jump up onto a chair, when before it was so easy for them to do. Sometimes it's an old injury playing up again, or merely from age, or just years of fending for themselves on the streets catching up with them. Watching a dog struggle to stand or walk properly is heartbreaking though, especially after they previously were so active. You want to help but what happens when you can't afford constant and expensive visits to the vets for medication or pain-relieving injections.

That's what led me to explore natural ways to ease joint pain. I just *had* to help. And, in time I found out how to treat and help them, put them out of pain, and get them to become active once more. I discovered some gentle, affordable, and safe remedies that I still use to keep my little friends moving, healthy and happy.

1. Turmeric & Black Pepper Mix (The Golden Healer)

One of my favorites again – Turmeric! Turmeric isn't just for skin problems, it's absolutely brilliant for joints too. It reduces inflammation and helps with pain and stiffness; it helps keep dogs more comfortable as they grow older; keeps them mobile and active.

How we make it:

- Mix 1 teaspoon of turmeric with a tiny pinch of black pepper and half a teaspoon of coconut oil.

- Stir the mixture into their food once a day. Remember – all dogs are not the same – big or small, heavy or light, so start slowly with smaller portions and gradually increase until you see the results. You'll often notice better movement and less stiffness within a couple of weeks. After that you can reduce the intake, but keep it going in smaller doses as a kind of maintenance.

A Real Story: Ken.

One of my oldest dogs, Ken, who we rescued from a shopping mall car park when the management warned us that he, and any other dogs who were hanging about, were about to be taken away and put down; we acted immediately and took him home; the others all quickly went their own ways too!

But over time we noticed that he started to slow down and walk in a strange, hobbling kind of way; he had always been so active before, so we knew something wasn't quite right — it looked like his back legs and hips were painful and stiff. But after a few weeks of having the turmeric mix and a gentle daily massage he began improving and after a while even started trotting again. He'll never run in the Olympic marathons, but he's now happy and out of pain and discomfort — and that's what matters most.



2. Fish Oil & Sardines – Natural Joint Lubricants

Fish oil is full of omega-3 fatty acids, which fight inflammation and supports healthy joints. I do sometimes buy the capsules, but most of the time I go to the supermarket and buy a basket full of large tins of plain sardines in oil — not mixed with anything like chili or tomato sauce, or even in brine – I always buy them in oil. Much cheaper than the capsules, and so much easier to give to my dogs in food rather than trying to tempt them with a capsule, and the dogs love the taste, so no refusals and no problems when given this way.

How we use them:

- 2–3 sardines either given on their own, or mixed into meals a few times a week.
- Or break a small fish oil capsule and mix in with their food (once again, please test slowly and check dosage for your dog's weight and size).

This is so simple, even with the most difficult dog. And, the benefits are that it keeps their joints flexible and their coats glossy too. It's so simple yet so powerful. One thing that beats me with this though, is that as soon as my dogs smell the sardines, raw or cooking, they all want some, not just the one who needs treatment! No; they don't all pretend to start limping, but I wouldn't be at all surprised if they did, as my lot are smart as paint :)

3. Gentle Exercise, Warmth and Rest

No fancy tricks here — just common sense and a reminder that gentle movement keeps joints healthy. Even the sore ones. Short walks, slow and steady, are better than no walks at all.

And afterwards, or when your dog needs a rest, give him a soft, warm place to rest — not just let him stretch out on a cold floor; that will only make the condition worse. Give him an old blanket to lay on, or better still, lift him up onto the sofa to sit with you where you can gently massage and pet him— a simple act like that can make a huge difference, both to the dog's mental awareness and to his health. Sit with him and cuddle him if you can, and do this at any time, but especially on cold and damp days.

I've seen loads of dogs regain their vitality, health and wellbeing, simply by feeling comfortable, feeling loved, and being gently encouraged to move at their own pace. Sometimes you really do need to encourage your dog to make the move, otherwise most of them would just take the easy way out, and lay there sleeping.

4. Warm Compresses for Aches and Pains

A simple, old-fashioned tip that really works. I do it even though it's always warm here, never cold, and whichever dog I'm doing it to, they never struggle or try to move away. They really like it as it soothes the problem and takes the pain away.

- Soak an old towel in warm water, wring it out, and gently press it onto stiff areas for 5–10 minutes. Keep the towel warm by soaking it again when necessary
- It works by the warmth of contact increasing the blood flow to the painful area, and that relaxes the muscles and eases the stiffness and pain. Some of my older dogs, Stinker and Claire, when they needed it, even fell asleep while I was doing it —and when I did it to Ken, he used to go all dreamy and dozy, it's that comforting to them.

Final Tip for Mobility

Don't underestimate the power of small routines. An arm wrapped round your dog as you sit together, a warm bed to lay down and rest on, short daily walks together, and a little turmeric mixed into their food can transform a stiff, tired dog into a happy one once again. Every wag of their tail, every stretch, every easier step they take, is a victory for you and for your loved one, and you should be proud of how you have helped your best friend gain better health.

Chapter 4 – Stomach & Digestion

If there's one thing street dogs must have, it's having lead-lined stomachs that can digest even the dirtiest, oldest, most stale food they can find in the roadside bins — or so most people think! But that's not true! The real truth is, that after years of scavenging in the dirt and rubbish bins, the damage has already been done and many of them suffer from worms, parasites, bloating, or just from plain bad guts. I've seen dogs so thin and weak that even eating a small and simple meal made them throw it all back up.

This chapter is an important one as it's dealing with an internal problem, rather than something you can physically see. It's about helping your dog heal from the inside out using gentle, natural methods that support digestion, ease discomfort, and re-build strong, healthy guts. Yes, even the most well-kept dogs can pick up germs and diseases when they start sniffing around on their walks in the park with you, so here are some effective, yet gentle, cures you can use.

1. Yoghurt – Friendly Bacteria

Just like humans, dogs need good bacteria in their gut. A simple and natural way to boost that is with plain unsweetened yoghurt. I don't mean those highly flavored varieties, or those with added ingredients, just a plain, Greek style yoghurt.

How we use it:

- A small spoonful of yoghurt added to the breakfast snack.

This strengthens their immune system and improves digestion — especially useful after they have been taking antibiotics for an illness. So simple, and once again, so effective, and with this all you need to be careful of is the amount you give, because, as we said before, not all dogs have the same tastes and likes, and so sometimes the yoghurt needs to be disguised in with their favorite snacks.

2. Rice & Chicken – The Healing Meal

When a dog's been vomiting or has diarrhea, you can't beat the classic bland meal:

- Boiled chicken – just the meat, no bones, no skin
- Plain white rice

Start with small portions, given a few times a day, until their stomach settles and you can see that good health has been restored.

This simple to prepare and cook meal really is the classic. I have never known a dog refuse this, even when suffering from the worst cases of sickness and diarrhea; it's easy to digest and gentle on a damaged gut, and importantly, because it is so bland, yet tasty, it helps the gut to heal and recover. This is my very special meal for even the worst looking dogs I find in the streets; it fills them, yet can heal their digestive problems too; so, a double bonus! But please - no added spices, no skin and definitely no bones that can splinter and get stuck inside the mouth, throat or gut!



3. Coconut Oil – The Gentle Cleanser

Coconut oil, yes, once again. It really is the 'Jack of all Trades' when it comes to health and healing. This time it will help clean out bad bacteria from the stomach and support the immune system. It's also great for skin and coat, as we said before in chapter 1.

How we use it:

- Start small, maybe just with ¼ teaspoon daily for smaller dogs increasing up to 1 teaspoon for medium to large dogs
- Mix with food.

Another so simple to use method that works really well. As always, please test with small amounts at first, as if your dog is not used to it, large portions can cause loose stools until they adjust.

4. Dehydration & Rehydration

Many stomach problems come from dehydration. Dogs lose fluids fast when they are ill, so I always keep an eye on that with my dogs at home, and especially when I'm feeding the dogs in the streets, with water hard to find in the hot months that we have here.

So, if your dog has been vomiting or has had diarrhea the chances are that he will be dehydrated and need water:

- Give clean water regularly, in clean, washed-out bowls, and keep changing the water every day as germs and infections can quickly infect it.
- A little unsweetened coconut oil mixed in with the water can help restore electrolytes to their correct levels.
- I normally keep well away from salt and sugar, but in this case, you can even mix a small pinch of salt and sugar into warm water as a simple rehydration drink; then feed just a few drops into the mouth with a syringe. But as I always insist – please be careful with the dosage, and any signs of worsening, please stop and consult your vet.

Water; clean water given in a clean bowl, can be a blessing to sick dogs as it helps readjust various health issues ranging from high temperatures to joint problems. I never give my dogs tap water as it is packed full of harmful chemicals that can do more harm than good. My advice would be for you to buy in fresh, purified water from the shop for your dogs, and only use tap water to wash out their food bowls!

Here is Another Cure that Has Been Recommended to us but Not Personally Used:

A. Pumpkin/Squash

Here is another treatment that comes highly recommended from my friend in England. But once again being as I have never used it, never needed to, I can only pass this on but not endorse it.

It might sound strange, but plain pumpkin, or squash, whatever you choose to call it where you come from, when freshly cooked and mixed with food in small amounts is supposed to work wonders for both diarrhea *and* constipation.

Warning – too much can cause problems though, so use sparingly as only small amounts is all it takes to do a healing job on your dog. And always serve plain, not mixed with such extras as butter or pastry or such like.

How to use it:

- For larger dogs mix 1 cooked, not raw, tablespoon full into their food once or twice a day. Smaller dogs should need only a teaspoon full. I was informed that this is a regular practice and that results can be seen as early as within two or three days.

Final Tip for Happy Tummies

When healing sick, weak dogs, always feed little and often and never force them to eat if they refuse; they know best! So don't overload their stomachs, thinking that they need more, as quite often, less means more! Rather than forcing food on them, simply giving them your time, some love and gentle care, works so well. And, you *will know* when their digestion improves, because you'll see the difference in their coat, energy, and personality.

A healthy belly makes for a happy dog — and a happy dog makes for a home.

Chapter 5 – Fleas, Ticks & Parasites

Ask any dog owner what drives them mad, and they'll probably say the same thing — fleas and ticks. They spread like wildfire, cause endless itching, and can even lead to serious internal organ damage and blood loss. I've had dogs so covered in ticks that you could barely see their skin. You can spray, dip, and dose them with chemical treatments, but those products are expensive and can be harsh — especially for dogs already weak or malnourished. So, over the years, I've learned a few natural tricks that actually work — and won't poison your dog or empty your wallet.

1. Diatomaceous Earth (Food Grade)

Let me start off with the one that I favor most of all. If you've never tried this, it's a game-changer. It's a natural powder made from millions of years old fossilised algae that kills fleas and ticks by cutting into them and also by drying them out — It is completely safe for dogs if you use the *food-grade* type.

Note: There are two grades, so always buy the 'food-grade' one, not the 'pool grade' one

How we use it:

- Sprinkle a light dusting on your dog's coat, making sure to keep away from their eyes and nose, as you need to be careful that your dog does not breathe in the fine dust powder.
- Massage it in to their hair and get it right down to their skin and then leave it on for a few hours before brushing off again.
- You can also sprinkle it around their bedding, towels and sheets, or on the floor where they sleep in case the fleas are spreading around.

This stuff really is the tops! I can't recommend it highly enough! I've used it on dogs that if you saw what was happening to their skin, it would make your flesh creep. It's cheap, easy to use, and it works! No need for expensive or harsh chemicals — get some Diatomaceous Earth!

My Story: Ronnie

We have been feeding a dog called Ronnie ever since he was a pup, about five years now, in a place called Baywalk, a tourist area situated by the sea. About six months ago, he came running up to me where I was sitting outside having a coffee break, shaking his head and wriggling about. When he had come up close, I reached down for him to give him my usual greeting and couldn't believe what I was seeing. Both ears, inside and out were covered in fleas; you really could not see any skin. And these were those dangerous ones that enter the bloodstream and cause internal havoc! So, I bought him his usual meal from the café where I was sitting and quickly went to my car to fetch the box of diatomaceous earth that I always carry with me. Whilst he was eating I gently rubbed it in, not only in his ears, but also all over his back and belly, as those things like to spread. I even checked between his toes too, because when my dogs have caught them, tucked deep between the toes seems to be a favorite hiding place for them.

Three days later I went back, I can't go every day as it is right over the opposite side of town to where we live, and when he came to me, could instantly see that most of the fleas had gone. I brushed him down, applied more, fed him and left him. When I checked on him after another three days he was as clear as anything. Not one flea on him! Honestly, this stuff is the best by far!

1. Coconut Oil Rubdown

Yes, this miracle worker makes another appearance! Fleas and ticks *hate* the taste and smell of coconut oil. But please note; this will NOT kill the insects, but acts as a good repellent.

How we use it:

- Rub a small amount between your hands until it warms and becomes easy to use.
- Massage into the dog's coat, going right down to the skin, and focusing mainly on the neck, ears, belly, feet and tail base.

- Never wash it off only if your dog is due for a bath. Keep a close eye for any unwanted insects, and if necessary, repeat every couple of days during flea season.

It makes the fur soft, and keeps off unwanted fleas, mites and ticks. Not as deadly to the insects as Diatomaceous Earth but still pretty good at keeping them away!

3. Apple Cider Vinegar (Again!)

You'll notice this ingredient pops up in several chapters — and for a good reason; it works! Once again, Apple Cider Vinegar does not actually kill fleas and ticks, but like coconut oil it changes the smell of the skin and therefore acts as a repellent, as the insects hate the smell of it. Given a choice I would always go for Diatomaceous Earth every time!

How we use it:

- Mix equal parts water and apple cider vinegar in a spray bottle.
- Lightly mist the coat daily, or dab on with a cloth.
- If your dog's skin is sore and the Apple Cider seems to make it worse, simply add a few drops of coconut oil to the mix to make it gentler.

4. Clean Bedding & Environment

You can treat the dogs all day, but if their bedding or sleeping spots aren't kept clean, the fleas and ticks will be back in no time.

Every week we do the following 3 steps:

- Wash blankets in hot water with a splash of vinegar. The dogs have their own washing machine for all their towels, sheets and bedding, so that our clothes and bedding don't get mixed in together with theirs and affected
- Sweep and mop their sleeping areas with a diluted bleach and then rinse off with clean, boiling water.
- Spray lemon or vinegar mix around all corners and tiny cracks where these unwanted insects seem to hide.

It's simple but necessary. Yes, another household chore to add to your list, but it keeps reinfestations down, especially in warm climates like ours, here in Palawan.

Final Thoughts

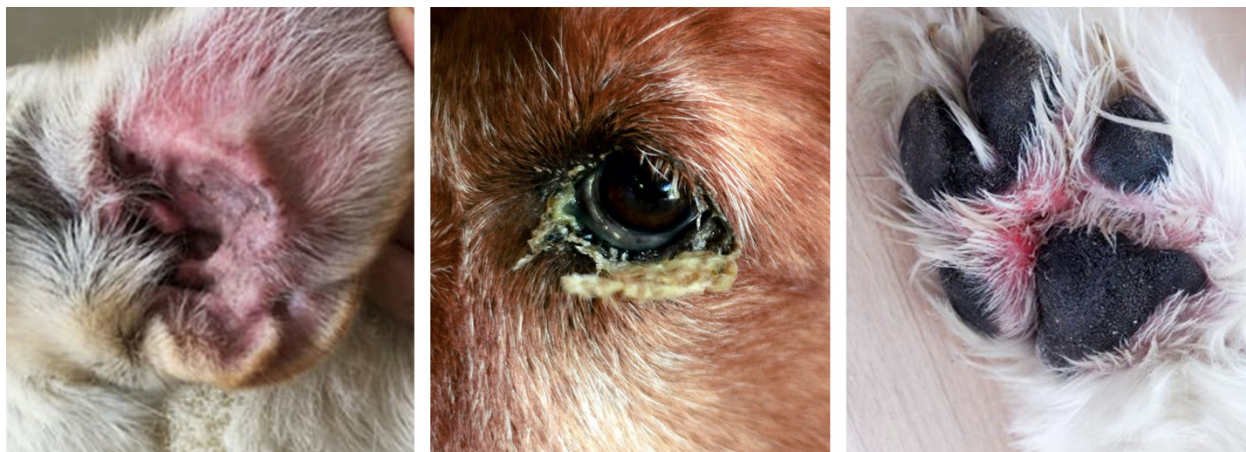
Fleas and tick infections can, at times, seem like you are fighting an endless battle, but it really *is* one that you can win if you are determined and prepared to put in the time and effort— And the battle against these unwanted insects can be victorious without relying on dangerous chemicals that will burn your wallet and also your dog's skin.

Consistency is the secret. A bit of prevention every few days keeps everyone happier — You, your dog and your home!

Chapter 6 – Common Ailments & Quick Fixes

When you've got a pack of dogs like we have, there's always something going on — an itchy ear here, a sore paw there, a bit of coughing and sneezing, or a small cut or graze from some rough-play.

In time you learn to spot problems early and deal with them before they get too serious, and most of the time, a gentle, natural approach sorts things out well before you need to call the vet. Let's have a look at some of the things we do and use.



1. Ear Infections & Smelly Ears

Dogs with floppy ears or those who love rolling around in the dirt often end up with ear infections. You will know because they'll shake their heads or scratch themselves constantly. The big, floppy ears also seem to be a magnet for small, hardly seeable, tiny insects too, so, it is vital to check your dog's ears and keep them clean and healthy.

What we use and how we use it:

- Apple Cider Vinegar. Mix equal parts of Apple Cider Vinegar and warm water.
- Soak a piece of cotton wool, never use a cotton bud stick, and gently wipe the outer ear (never push anything deep inside).
- Do this once a day for a few days until the itchiness has cleared and your dog seems quite content once more.

A word of caution: Never use those cotton bud sticks, as they only do more harm than good by pushing dirt, wax and anything else present inside the ear, deeper into the earhole.

And as I always say, if the ear smells *really bad* or has thick discharge, it's best to go and see a vet — but for mild cases, this natural method works wonders.

2. Sore or Cracked Paws

Hot pavements, sharp stones, and rough ground can crack paw pads. I see this all the time with some street dogs.

What we use and how we use it:

- Wash your dog's paws in warm salty water to clean out dirt.
- Dry them well, then apply a bit of **coconut oil** or **aloe vera gel**.
- Try to get them to rest on a clean towel for a while so that the oil or gel has time to work.

You can also make little dog boots from your old socks for protection until they heal! And most dogs seem to enjoy wearing these sock-boots, thinking it's a game, so just keep an eye on them in case they manage to pull the sock off completely.

Another problem that happens quite a lot, might be that a thorn or prickly bush part has embedded itself into your dog's paw, so check carefully for that too, looking deeply inside the toe pads, as that really can be painful and stop the dog from walking comfortably; look for the give away signs of them limping or raising one leg, or even standing completely still and refusing to move.

3. Runny or Irritated Eyes

Dust, wind, or allergies can make a dogs' eyes red or watery, and not being able to gently rub their eyes by themselves, this is another *must-do* job you should do for your pet.

What we use and how we use it:

- Boil some **chamomile tea**, let it cool completely. Never use water that is still hot!
- Use a piece of cotton wool to gently wipe around the eyes. Don't reuse the cotton wool, once you have wiped the dog's eyes one time, throw the soiled cotton wool away and take another clean piece.
- Do this twice daily until it clears.

It's gentle, soothing, and completely safe.

4. Minor Cuts & Scrapes

Dogs love to explore, play, and rough and tumble with themselves, with their doggy pals, and even with their owners — so, as you can imagine, little cuts, sores and grazes are all part of the deal.

What we use and how we use it:

- Wash gently with warm salt water.
- Dab with Hydrogen Peroxide
- Then, immediately dab with Betadine
- Finish with a small amount of coconut oil or honey to protect and heal.

Hydrogen Peroxide and Betadine are available at any chemists. Honey, especially raw, organic honey is brilliant for healing wounds. Nature's own antibiotic

5. Hot Spots & Itchy Patches

These can come on suddenly — a wet coat or a flea bite turns into red, raw skin overnight and can cause your little friend so much discomfort.

What we use and how we use it:

- Clean gently with cooled chamomile tea or warm salt water.
- Pat dry, then apply a little aloe vera gel or coconut oil.
- Keep the area dry and let it breathe.

I usually trim away fur around the patch so that I can apply the oil or gel to the area also surrounding the problem, and also, by doing that fresh air can reach the actual trouble spot and naturally dry it out

6. Worms & Parasites

Many dogs I see walking the streets have worms, it is so easy to see and diagnose. Some of ours had the same problem of worms too, when we first took them in — you can easily tell if a dog has worms by the tell-tale of symptoms of a bloated belly, or dull looking coat, or if you see them dragging, or scooting, their bottom along the ground in that funny looking way; but not funny to them, of course.

What we use and how we use it:

- My first option would be without any doubt, to add a small amount, depending on your dogs' weight and size, of Diatomaceous Earth to their daily food for a few days. This has always worked so well on all of our dogs when they needed it.
- Or add a small pinch of ground pumpkin seeds or papaya seeds, if available, to their food every day for a week.
- You may need to follow up with a vet dewormer, if necessary, but only if you don't see any improvement in your dog. But as said before, there are times when a vet's prescribed treatment can work miracles when used together with your own natural treatment.

Pumpkin and Papaya seeds paralyse worms so they can't grip to the stomach lining anymore and pass safely out of the body. The same thing applies with one of my favourite cures, Diatomaceous Earth; I urge every pet lover and owner to keep a jar of D.M in stock to save wasting time in buying it in, when it is needed

7. Anal Glands & Scooting

That funny “bum scooting” across the floor again? If not worms, then it could be that the dog can't empty his bowels properly.

What we use and how we use it:

- Add more fiber to their meals. Basically, use anything from the vegetable and fruit family to get things moving and functioning properly again; sweet potatoes work very well, but so does brown rice too
- Regular walks help too. Get your dog up from the couch, switch off the TV and take him to the park. Movement creates bowel movement!
- If it continues, get them checked by the vet — ok, his treatment will be medically-based but will almost certainly do the job

My Story – Billy's Skin and Eyes

One of our y own dogs, *Billy*, had awful looking patchy hair, badly infected skin and crusty eyes that looked terrible when he was first dragged up our path by his mother. Yes, we had rescued the mother from an abandoned warehouse just down the road to us, only a few days earlier, when the workers closed up and left her behind – But no; hand on heart, I never saw her very young, very tiny pup, or I would have brought him as well. So, as soon as we saw him we knew that he needed urgent treatment. Instead of rushing for antibiotics, I used chamomile tea twice daily for his eyes, and a good covering with Diatomaceous Earth to kill off all the ticks and insects that were crawling all over him and nesting in his ears and body. Within 2 days his skin was clean, no hair growing yet of course, but soon did, and within a week, his eyes were clear and bright — Two natural cures and he never needed anything stronger; sometimes, the best medicine is simple, when given with a good dose of love and patient care.

Final Thoughts

Most minor problems don't need panic tactics or piles of pills when a calm, gentle hand and a few natural ingredients can do wonders. Always watch for signs of pain or the condition worsening, though — that's when it's time for professional help; time to go and see your vet.

But for everyday scrapes and sniffles, nature's cupboard has all you need — and your dogs will thank you for it with wagging tails and wet noses.

Chapter 7– Nutrition & Everyday Care

You can try every remedy under the sun, but if a dog is not eating well, and most importantly not eating good, healthy food, then no medication, or method of health treatment will work for long. Good food is the foundation for everything — strong immunity, shiny coat, good digestion, even better behavior too.

Now, when I say, good healthy food, I'm not talking about expensive brands of canned meat or fancy packaged kibble. When you're feeding a house full of street dog rescues on a small budget, you have to learn how to make *simple, wholesome food* that keeps them strong, healthy and happy, and doesn't hit you too hard in the pocket. I mentioned earlier in this book that I would offer you some tips, so let us take a look at what kind of meals and

ingredients, that not only do my own dogs at home get, but also those poor souls who I feed in the streets on a daily basis get too – By the way, I've thought about putting a big sign on my old pickup truck saying 'Doggy Meals on Wheels' but all my regulars know the sound of my old truck by now and usually sit waiting patiently for me to come along...Just joking.

1. The Basics of a Good Diet

A healthy dog's meal should always contain three simple parts: four as an extra bonus; five as the final healing touch.

2. Protein – chicken, beef, fish, or eggs.
3. Carbohydrates – rice, sweet potato, or pumpkin/ squash
4. Vegetables – carrots, cucumber, green beans, leafy greens.
5. Fruit - apples, bananas, watermelon, papaya, pomelo (we grow papaya and pomelo on our land)
6. Herbs: Turmeric and Cinnamon, Oregano, Basil, Malunggay, Coriander (Turmeric and Cinnamon we buy in powder form. The other four we grow ourselves)
- 7.



How I cook and feed mine at home, and those in the streets: always the same ingredients

- I blend the carbohydrates, vegetables, fruit and the fresh herbs into a thick sauce, using clean purified water, not tap water, and make enough to last for three or four days and keep it in the fridge. I use a generous portion of this for every meal
- I cook the meat, usually chicken heads or fish, in a big pot, along with the blended sauce, and a generous splash of oil; Olive oil, or Coconut oil.
- I cook a big bowl of rice in a separate pot.
- I let it all cool and then put half in my cooler box to take out for the street dogs, and half I keep for evening meal times for my dogs and then equally portion it out into eighteen bowls for my hungry lot at home.

For me, it's a definite 'no-no' for spicy seasoning, salt, or sugary scraps from human meals to be included — dogs don't need it and if they did have it, it would not do them any good.

But when the food is cooking, I always add a dash of Turmeric and Cinnamon in the food. Once again, the golden rule is to try this in small doses at first to test for any bad reaction before heaping big spoonfuls into the mix. I am cooking for many dogs at once so I do need to use a sensible amount, but if you are cooking for just one or two, be very careful, test, and if necessary, adjust.



2 Large Pots of home cooked food for them to enjoy!

2. Natural Health Supplements

You don't need expensive pills and medicines to perk your pooch up. Nature gives us all we need: and importantly, when added to their food, the dog is unaware that he is being treated, and so doesn't run off and hide, as most dogs tend to do if they think that something strange is about to be given to them. Here are some very effective additives:

- Coconut oil - for skin, coat, and energy.
- Turmeric - anti-inflammatory for joints and digestion
- Cinnamon – anti-inflammatory for joints, and digestion.
- Pumpkin - great for digestion.
- Eggs - one or two a week added to the food for protein and shine.
- Bone broth - for joint health and hydration.

These little extras turn the ordinary daily meal into a tasty, yet powerful, healing mix that your dog will lap down.

*Controversial Foods

There will always be differing opinions about what you should or shouldn't feed your dog. This applies especially to certain ingredients that some people swear by and others avoid completely. The old saying still holds true: *"If in doubt, leave it out."*

Onions, Garlic, and Root Ginger;

These three often come up in discussions about dog diets. In my own kitchen, cooking for over thirty dogs every day in two large pots, I sometimes blend small amounts of these into sauces or broths. However, it's important to be aware that **onion and garlic can both be harmful to dogs** if given in anything more than tiny traces. They contain compounds that may damage red blood cells and lead to anemia, particularly in smaller dogs or those with existing health issues.

Root ginger, on the other hand, is generally considered safe in moderation and may even help with digestion and inflammation.

My advice is simple: **if you're unsure, leave it out or ask your vet first.** Every dog is different, and what works in my big batch cooking might not suit your single-dog meal.

3. Clean Water – The Forgotten Essential

Sounds obvious, but many dog owners underestimate and overlook this. Dogs need fresh, clean water every day, especially in hot weather; and definitely not chemically-loaded tap water. I buy the big, gallon vessels of purified water each week and keep them in a cool part of my kitchen working area.

I keep all the water bowls in shaded spots too, and wash them daily. I have eight water bowls dotted around, and always placed in the same spot every day, so that each dog knows exactly where his water is when he gets thirsty.

Each morning, I throw away any remaining water left in the bowls and replace with clean in clean, washed-out bowls. Stagnant water breeds bacteria, and that can make your dog become sick fast.



4. Feeding Schedule & Balance

Dogs love routine — it makes them feel safe. I feed twice a day; morning and early evening. Every morning, we put biscuits down for them and then, early evenings is when they get their cooked food. But wait for this; and I swear it's true... Ruth and I like our toast and marmite for breakfast with our coffee. Can you guess what happens? Yes, most, not all, our dogs sit around, staring pitifully at us until we share the toast and marmite with them. They have more than us! But feeding them twice a day keeps their energy steady and stops any petty fights and squabbles over food.

Older dogs or those recovering from illness sometimes might need three smaller meals a day, depending on their own tastes and requirements; the same goes with young pups. A case of little and often works best. You'll learn by experience what works best for each one.

5. Special Cases

Some dogs need a bit of extra care such as:

- Underweight, malnourished dogs: Add boiled eggs, coconut oil, or bone broth.
- Allergy-prone dogs: Avoid chicken or beef — try fish or, plain cooked vegetables
- Older dogs: Softer food with less fat, but still rich in nutrients.
- Never be tempted to use chicken bones, as they have a tendency to splinter and get stuck in your dog's mouth, intestines, or stomach. I mainly cook chicken heads as they are cheap and nutritious and do not contain any splintery bones.

It's all about watching, listening, and adjusting. By tuning into your dog's thoughts and watching his movements, you will easily pick up on what does, or does not, ring his bell

6. Hygiene & Everyday Care

Clean surroundings mean healthy dogs. Every week I follow this routine:

- Wash towels, blankets and sleeping covers
- Sweep and mop their play areas with a splash of vinegar.
- Hairbrush the dogs and check for long nails that may need trimming, and examine their skin, ears and feet for ticks or sores.

It doesn't take long for each dog, and it's a nice little 'fussy' session that brings you even closer together to your little wag-tail, but it's well worth it as it prevents half the problems before they have a chance to start.

A Story from the streets – Amazing Transformations

When I first started feeding the dogs in the street, money was a little tight so I couldn't afford to buy those big sacks of biscuits, and meat was completely out of the question – well out of my affordability.

So that's when I started cooking up cheaper food that I could lay my hands on, which was basically, cheap produce off the local market, like greens and carrots, and fruit which grew on our own trees like banana and pomelo, and a collection of home-grown herbs such as oregano, coriander and basil; all blended and cooked with turmeric and cinnamon, and then mixed in with cooked rice.

I used to feel sorry for them, not being able to give them what I thought was 'real' dogs' food, like meat and beef bones. But, within weeks, I began to see amazing changes in the regular dogs who I was feeding out in the streets; they began to put on weight, their skin went from being scabby and sore to beautiful looking healthy hair and skin, and even their energy seemed to have returned; instead of just laying there, waiting for me to drive up, they started to jump up and run to the car! That's when I truly understood one very important fact of dog care — food *is* medicine.

Final Thoughts on Diet

Dogs don't need or even expect, perfection — they need love and care, consistency, and, whenever possible, real home-cooked food made with love. Feed them well, keep their surroundings clean, and they'll reward you with love, gratitude and loyalty; such wonderful things that money just can't buy.

Every full belly and every happy wag of the tail remind me why I do this, even when I could really do with sitting back, feet up, and watching a good movie, hahaha, no such luck! My belief is that if you can feed even just one hungry dog, you've already made the world a little better.

Closing Words and Thoughts.

When we started rescuing street dogs, many years ago, we didn't know half of what we know now. We just knew they needed help: they needed food, a little kindness, a place to feel safe, and shelter from the extreme weather patterns that we have here.

Over the years, we've learned that dogs are far stronger and more forgiving than we ever give them credit for. With a little patience, love, and the right natural care, they bounce back from almost anything without carrying a grudge for neglect or cruelty that has been handed out to them in their past. We, as human beings can learn such a lot from our dogs.

I can give you my own dog 'Lunar' as an example of that; hit by a truck, left for dead on the side of the road, somehow managing to get around and scavenge for food on his three remaining legs, and with hardly any hair on his sore and infected skin; that was until the day we found him and took him home. His treatment took around two months to notice much improvement in his looks, his skin and his damaged leg; but seeing positive change in his fear of people coming anywhere near him took much longer; obviously still traumatized, shy and very careful. But, no matter how he was cruelly neglected and treated, when I look at him now, he seems like the happiest dog in the world, hopping around and playing with all the others; and always with a big happy smile on his face, and full of forgiveness, love, and gratitude! You can read his complete story in; 'TalesAboutTails: True Stories of Street Dog Rescue: No.1



Every scar tells a story. Every healed wound is a victory. And every wagging tail reminds me why this mission matters so much.

If you've read this far, you already have the most important ingredient — *a heart that cares*. Whether you have one dog, two dogs, or even eighteen, whether they're purebred or come from the streets, your love is what truly makes their happiness and heals their wounds and sorrows.

Thank you for reading, and thank you for caring. Together, we can make the world a kinder place, one dog at a time

God Bless.

— *Steve and Ruth*
Tails About Tales
Palawan, Philippines

-FREE-

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Please be sure to check back regularly as more true stories of Street Dog Rescue are always on the way – Thank You

Support Our Mission

If you’ve enjoyed this book and want to help us feed, care for, and rescue more street dogs here in Palawan, you can support us via Ko-fi.

Every bit of time spent with them, every meal given, every bit of treatment, that we are able to give these dogs only happens because of kind people like you.

If you’d like to help us with the street dogs here in the Philippines, could you please make a small donation? Every cent collected all goes straight to the dogs, no middlemen, no nonsense and definitely no wastage....

Thank you for being part of their story.

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It may be hard to believe but even just \$1 buys two days of cooked meals for a street dog

Our Recommended Product for Your Dog:

Kindly note that the following recommended product is an affiliate link. This means that if you click through and decide to make a purchase, we at *Tales About Tails* will receive a small commission from the seller — at no extra cost to you.

Every bit of financial support that we receive goes directly towards helping us feed, care for, and help more street dogs here in Palawan.

We only promote products that have been personally recommended to us from trusted friends who do the same as us, but in other countries; street dog support. Living where we do, it would be impossible for us to buy.

But **NHV Natural Pet Products** are high on the list of natural and safe, dog-related products and have made a real difference to so many dogs in those other countries. Take a look and see what you think.....

Thank you from all of us — and from the dogs!

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Thank you for supporting the work we do — and for helping more dogs to finally live happy, healthy lives!

Please Read My Disclaimer

I am not a veterinarian, or qualified in any medical way, and the information I give in this book is based purely on my own experiences gained from caring for rescue dogs here in the Philippines. Everything shared in my books — from natural remedies to feeding methods — has worked for my own dogs, but every dog is different, and I always urge you to test carefully before jumping right in to any new healing method. What worked for me and my dogs may not necessarily work for you or your dogs.

Always use your own judgement and, if you're unsure, consult a qualified vet before trying anything new. These natural methods are meant to support your dog's health, not always to replace professional care.

The aim of this book is simple: To help people care for their dogs safely, naturally, and affordably — especially when a trip to the vet isn't always possible or affordable.