# **Thrive Wholistic Veterinary Care: Home Remedies for Pets for Aches and Pains in the Winter**

The Winter season is associated with Cold in Traditional Chinese Veterinary Medicine and the Element Water.

**There are 3 characteristics of Cold:**

1. Cold can interrupt body balance by damaging energy and vitality.
2. Cold can impair body functions by causing body structures to close – like pores on the skin or tightening of muscles and tissue. There is an adage that “Cold contracts.”
3. Pain is caused by Cold creating Stagnation in the flow of Qi (life force).

Cold can invade your pet’s body due to cold climate, overconsumption of Cold foods, drugs, antibiotics, vaccines and GMO foods.

**What to look for:**

* Older pet
* Stiff and sore worse in winter
* Pale tongue
* Warm seeking
* Cold ears, feet and back
* Has arthritis, disc disease or spondylosis

**Rest and Assess:**

Make your comfortable and let them rest. Rest is when the body releases healing hormones. Take a deep breath and take time to assess your pet and make your plan.

<https://www.holisticactions.com/forum/threads/helping-pets-with-injuries-like-joint-and-knee-problems.42443/>

**Food Therapy:**

* Winter is the time for broths, soups, stews, roasts and baking. Cold and raw foods should be minimized when your pet is stiff and sore.
* **Feed** foods that Resolve Stagnation (manage pain): ginger, turmeric, cinnamon, chicken, shrimp, lamb, venison, carrot, radish.
* **Avoid** Cold/cooling foods when your pet is painful: raw diets, duck, white fish, rabbit, turkey.

**Ginger Cookie Recipe:**

Ginger is a warming herb; it is anti-inflammatory and works along the same pathways as NSAIDS to reduce pain and inflammation. It can also help drain the liver to eliminate toxins, lumps and cysts.

Cream together:
1/2 cup butter
1/4 cup molasses
1 egg

Combine:
2 1/4 cups almond flour
2 tsp dry ginger
3/4 tsp dry cinnamon
1/4 tsp sea salt

Add dry ingredients to wet ingredients, mixing well. Roll into 1 1/2-inch balls and place on cookie sheet. Bake at 350 degrees for 10-12 minutes. Makes 2 dozen cookies for your dog to enjoy!

**Warming Diet for Arthritis Worse in Winter**

(from Yin Yang Nutrition for Dogs by Judy Morgan)

1# chicken or lamb chopped or ground

6 oz. sweet potato cooked and mashed

3 ounces kale finely chopped

2 tsp fresh ginger root grated

Top with 2 sardines at the time of feeding.

Mix ingredients together and cook at 325 degrees for 30-45 min in a loaf pan or cook in slow cooker on LOW for 4-6 hours. If you want to add grains, add ½ cup cooked white rice or oats before baking. If using a slow cooker, add ¼ cup of dry grain and allow to cook with other ingredients.

Feed as ¼ to ½ of your pet’s meal.

**Resolving Stagnation Diet**

(from Yin Yang Nutrition for Dogs by Judy Morgan)

1-pound chicken or venison (if old and cold), or crab (if young and acute injury) chopped or ground

8 ounces summer squash or butternut squash chopped or processed

2 ounces watercress chopped or processed

2 ounces kale, dandelion greens, or mustard greens chopped or processed

1 large organic carrot grated or processed

1 crushed clove garlic or 1 tablespoon ground fresh ginger root

If you like to feed grains, add ½ cup of cooked barley (for hot pets) or oats (for cold pets) before baking.  If making this in a slow cooker, ¼ cup dry grain can be added at the time of preparation and allowed to cook with the other ingredients.

This diet can be mixed together, cooking at 325 F for 30 45 minutes in a loaf or square baking pan, cooked on low for 4-6 hours in a slow cooker.

Feed as ¼ to ½ of your pet’s meal.

**Essential Oils:**

**Copiaba:** one of the safest and most widely used essential oils for the animal kingdom. In native medicine, Copaiba has been used for humans over many hundreds of years. Research indicates that this essential oil has many properties and pathways like NSAIDS that we currently use for joint discomfort in conventional veterinary medicine.

Many of the NSAIDs we use in veterinary medicine can be damaging to the liver, but essential oils can be anti-inflammatory and can protect the liver.

Copaiba can also enhance the effects of other medications, therefore providing adjunct support for your dog. It contains high levels of β-Caryophyllene, a chemical constituent also found within CBD.

**New Mobility by AnimalEO for dogs**

Fractionated Coconut Oil, Essential Oils of Spruce (Picea mariana), Copaiba (Copaifera officinalis), Lavender (Lavendula angustifolia), Marjoram (Origanum majorana), Peppermint (Mentha piperita), Helichrysum (H. italicum), Balsam Fir (Abies balsamea), Lemongrass (Cymbopogon flexuosus), Frankincense (Boswellia carterii), Basil (Ocimum basilicum), Blue Cypress (Callitris intratropica)

**Kitty Boost by AnimalEO for cats:**

Fractionated Coconut Oil, Essential Oils of Frankincense (Boswellia carterii), Copaiba (Copaifera officinalis), Helichrysum (H. italicum), Oregano (Oreganum vulgare), Thyme (Thymus vulgaris), Basil (Ocimum basilicum), Cypress (Cupressus sempervirens), Marjoram (Origanum majorana), Lavender (Lavandula angustifolia), Peppermint (Mentha piperita), Catnip (Nepeta cataria), Fennel (Foeniculum vulgare), Myrrh (Commiphora myrrha), Citronella (Cymbopogon nardus), Melissa (Melissa officinalis).

Dosing: Petting method – put 1-2 drops in your hand and rub hands together. Pet your dog over the achy or sore area.

**Acupressure Points:**

**Bai-hui** – (100 Meetings Place) Bai Hui is located behind the hip bones on the midline of the sacral part of your pet's back. Stimulating this area with massage and pressure can decrease pain, increase blood flow, reduce anxiety, and improve the health of organs like the spleen, liver and kidneys. You can use rhythmic, back and forth motion for 10 seconds then release for another 5. Repeat this 5-6 times per treatment. You may also apply heat in this area to stimulate.

**ST-36** – Stomach 36. ST-36 is located on the outside hind leg just above the knee joint and stimulating this pressure point is good for muscle and tendon problems as it increases blood flow and oxygen to tissues and organs. It is also a very good point for hind limb and lower back issues, while tonifying the whole body. Stimulate this acupoint with your fingertips, with medium pressure for 10 seconds then release for another 5. Repeat this 5-6 times per treatment.

**BL-60** - Aspirin Point or BL60 is a pain reliever and relaxes muscles. It’s located in the depression at the base of the Achilles tendon, between the tendon and anklebone, in the skinny part of hock on the outside of the leg. On the opposite side of this point is the Great Creek or Ki3. It strengthens the kidneys, which are instrumental in bone health. Try a gentle pinching action and hold these points together for about 15 to 30 seconds. Remember to stimulate these points on both hind legs.

**LI-4**- helpful for reducing pain in the shoulder, elbow, and wrist. It’s located on the front foot. Gently massage between the first and second toes at the level of the dewclaw with a back and forth motion. Remember to stimulate this point on both front paws.

**Massage and Ice/Heat:**

The degree of pain felt by your pet can be reduced by applying other inputs for the brain to focus on simultaneously. By touching your animal using massage or even plain ol’ pets, you can modulate or dilute out pain. Using ice and heat also provide information that the brain needs to process, so these modalities can affect blood flow, inflammation, tension within the targeted areas and provide some pain relief as a result.

- When doing massage on your pet, use broad contacts like the pads of your fingers or even the palms of your hand. When in doubt about which direction to move your hand or fingers, you can follow the direction of the fur to provide a comfortable experience for your pet.

- When using ice or heat on your pet, consider the thickness of their coat and skin. A light towel may be needed as a barrier between the ice/heat and your pet if they have a light coat. Only leave the ice/heat pack on for about 10 minutes at a time, but feel free to use this modality several times throughout the day.

**Quantum/Bio-Field Energy:**

Bio-Field energy works by emitting frequencies or energy waves that communicate with your pet’s nervous system and the cells in your pet’s body to support healing and repair, vitality and balance. PEMF devices emit a unique series of Pulsed Electromagnetic Fields at precise frequencies targeted on four key tissue types resulting in increased circulation, reduced inflammation, improved mobility, and pain relief. They work with your pet’s body to increase circulation, nutrient delivery to cells, and to enhance electrical potential in cells. PEMF can enhance the speed at which our animals heal by enhancing cell function.

**Pet Relief Disc** – A wearable collar tag that produces bio-energy waves delivering messages to cells that assist with mobility, stiffness, discomfort and more. $90 available at Thrive.

**Assisi Loop**– Pulsed Electromagnetic Field loop that is placed over area of injury or soreness and offers a minimum of 150 15-minute at-home treatments. $299 available on-line.

**Richway BioMat** – The BioMat emits [far infrared](https://biomats.com/what-is-far-infrared/) warming energy and negative ion therapy enhanced by amethyst crystals to help with healing, circulation and discomfort. Pets will gravitate to the mat when they need it. They can also sleep on the mat. $700 available on-line.