



# Natural Help for...

## Inflammation



### What is Inflammation?

Inflammation refers to any part of the animal body that swells. Inflammation can be slight – redness of an animal's skin for example (due to a flea allergy, insect sting or dermatitis), or **inflammation can be more severe** – such as the swelling of an animal's joints or hocks (in the case of dogs).

The areas of the animal body that are most commonly affected by swelling of tissues include the limbs, joints, skin, lymph glands, and internal organs. Inflammation is **generally not cause for major concern and often occurs in warmer weather** or as a result of superficial wounds – small cuts and scrapes. If swelling occurs throughout the animal body, this may be a sign of a long-term, progressive disease.

### What Causes Inflammation?

General inflammation may occur **as a result of any injury in the animal body, or an allergy**. It can also be caused by scrapes, cuts, burns, abrasions and bruising. A variety of factors and medical conditions can cause swelling and these including malnutrition, pregnancy or as a result of surgical procedures.

Conditions that may contribute to inflammation in the animal body include:

- Injury or trauma
- Allergic reactions
- Blockages in the lymphatic system
- High blood pressure
- Heart failure
- Thyroid disease
- Liver disease
- Chronic kidney disease

### Help for Inflammation

Treatment usually depends on the underlying cause of the inflammation. Excessive inflammation should be checked thoroughly at your vet. Conventional medications that are commonly administered by vets to minimize swelling include antihistamines (for allergy) or **medications for swelling** associated with arthritis such as EtoGesic, Rimadyl and Previcox.

However, these drugs may have side effects and aggravate other conditions. Fluid and sodium intake and output may also be monitored as well as your pet's weight. If **cuts, scrapes or burns develop** on parts of your pet's body that have

Sign up for our  
Email Newsletter  
for Even More  
Natural Health  
Information!



[Click Here >>](#)

The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your veterinarian or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

swelling, healing may be prolonged and your pet may be prone to infection.

## Natural remedies

Natural and holistic treatments have long been used to address [inflammation](#) of skin tissues and structures in the body. Astragalus membranaceus (Huang Qi) has a beneficial effect on immune functioning while also being an excellent anti-inflammatory – effectively **promoting the healing of wounds** and injuries as well as chronic skin conditions.

Echinacea angustifolia reduces [inflammation](#) and inhibits growth of bacteria, viruses and fungi while Arnica is a highly respected ingredient in homeopathic medicine and has powerful **anti-inflammatory and tissue healing properties**. Calendula is highly effective in aiding post-operative recovery, reducing scarring and treating pain.

### In order to prevent swelling, certain measures can be taken and these include:

- Make certain adjustments to your pet's lifestyle to reduce swelling – this can be easily remedied by providing a healthy, low sodium diet, exercising your pet regularly and making sure your pet maintains a healthy weight.
- If your pet is overweight, get them onto a healthy eating plan to lose weight and thus reduce the pressure placed on your pet's lower limbs and joints
- Encourage your pet to drink fluids to keep his or her skin as cool as possible in hot weather
- When traveling with your pets on long trips in the car, stop regularly to stretch their legs

## Tips for Inflammation

- Don't ignore severe menstrual symptoms as normal or "part of life". The [symptoms of Inflammation](#) can be debilitating and negatively affect your whole life, even your emotional wellbeing. Left untreated Inflammation may also worsen and lead to complications.
- Take regular exercise – apart from all the other health benefits, exercise will strengthen your liver as well as keep oestrogen levels balanced.
- Avoid prescription drugs especially hormonal medications, pain killers and NSAID's.
- Eat a healthy, balanced diet based mainly on organic, whole food with lots of fruit and vegetables. Avoid refined and processed foods as well as caffeine-containing food and drinks as these may contribute to higher levels of estrogen and thus worsening the symptoms of Inflammation.
- When buying meat or fish, try and buy from organic sources known to come from farms which follow organic farming methods, without the use of antibiotics, growth hormones and artificial pesticides. Make sure that eggs and poultry come from farms which feed whole grain to their birds and no animal derived food.
- Make sure your diet includes Omega-3 fatty acids which are found in fish, flax seed, and eggs, and in many available supplements.
- Take the time to relax and de-stress. Stress hormones tend to aggravate the pain associated with menstrual cramps and Inflammation so consider exploring some relaxing activities, meditation, yoga or deep breathing



### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies for both people and pets. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

exercises.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors and veterinarians. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors and vets (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Just like humans, domesticated animals like dogs and cats are affected by the health hazards of modern living. Pollution, poor nutrition, stress and unhealthy lifestyles can lead to a variety of illnesses and conditions that are very similar to those experienced by humans. In fact, many, if not most pet health concerns can be addressed by helping your pets to live a healthier lifestyle. While it has its place, conventional medicine for animals and 'modern technology' have failed our pets in many ways.

According to pet expert and author CJ Puotinen, most holistic veterinarians and animal health care professions list annual vaccinations and commercial pet foods as the major contributory cause in the rising rates of chronic illness in pets today. Similarly, Juliette de Bairacli Levy, respected author and renowned animal breeder, points out that contrary to the belief that mass vaccination and antibiotic use will contribute to a decrease in disease, the opposite has in fact proved true. Like their human counterparts, today's pets are becoming more and more vulnerable to chronic disease and ill health. This has led many veterinarians to search for alternatives and to espouse more holistic methods of keeping our pets healthy.

"In the wild, animals instinctively seek out healing herbs to help them when they are ill or undernourished. In fact, Asclepius, the ancient Greek god of medicine, respected dogs very highly for their ability to seek out and eat medicinal herbs in the wild. This ability is shared by other animals, including cats. We are coming to realize that nature often has the answers - but animals have always known this! Natural medicine can help your pet just as it can help you. While there is always a place for conventional veterinary medicine, natural medicine can compliment conventional veterinary care and in many cases do just as well. I have applied the same care and research that have gone into our Native Remedies range for adults and children to the development of pet-friendly, safe and effective natural remedies for animals. As always, all remedies are formulated to the highest therapeutic standards and manufactured under strict pharmaceutical conditions for your peace of mind and the well being of your pets. " Michele Carelse, Clinical Psychologist.

"When a veterinary surgeon practices the use of homeopathic medicine and is

## Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

## Great Health Sites

[Natural Pet Health Blog](#)

[Natural Holistic Health Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Remedies4...Free Natural Health Ebooks](#)

asked why he does so, he may give one of several answers. The simple answer would be that the results are good, an emphatic answer would be that homeopathic treatment has no unpleasant or dangerous side effects, while still achieving successful results.

The [PetAlive Homeopathic range](#) has been formulated with this knowledge and is specifically designed to treat your pet in a holistic and natural manner."

Dr. Glenn Ferguson  
M-Tech Homeopathy, Doctor of Chinese Medicine

## **Related Natural Remedies:**

**PetHeal**: Promote health in connective tissues, soft tissue, tendons, muscles & bones


PetHeal, like all the PetAlive products, is a natural remedy and contains a blend of herbal and other natural ingredients. This remedy is taken internally and helps to support health in the immune system as well as in the muscles, bones, tendons and all body tissues, **supporting the natural regenerative functions** of the body naturally.

[Learn more about PetHeal](#)

Read the testimonials for these quality products [here!](#)



All Natural Remedies for Pet Disorders such as UTI, Stress, Anxiety, Joints and More!



PetAlive.com

CLICK HERE!

**Six Good Reasons to choose PetAlive as your trusted suppliers of herbal & homeopathic remedies:**

1) All PetAlive products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) PetAlive and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a PetAlive product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your pet's health.

6) We offer an unconditional [One Year Money Back Guarantee](#).





**Read more about the Native  
Remedies Full Spectrum  
Approach™**

Find More Great Pet Health Ebooks at  
[Remedies4.com](http://Remedies4.com)

The statements regarding these products have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The information on this Web site or in emails is designed for educational purposes only. It is not intended to be a substitute for informed medical advice or care. You should not use this information to diagnose or treat any health problems or illnesses without consulting your pediatrician or family doctor. Please consult a doctor with any questions or concerns you might have regarding your or your child's condition.

All images on this site are property of Native Remedies LLC and/or the original image licensors. The content of these images is not meant to suggest that the person depicted uses or endorses our products or services. Informational material and representations have been provided by the manufacturers of the listed products. Copyright © 1997-2008 Native Remedies, LLC. All rights reserved.