



# Natural Help for...

## Pet Constipation



### What is Constipation?

**Constipation** is a common problem of the digestive system. All animals can suffer from **constipation**, but older dogs are most prone to the condition. The term ranges from **less frequent bowel movements** than normal to more difficult passage of stools or a combination of both. Being constipated can make your pet feel uncomfortable, bloated, heavy and sluggish.

Regular elimination of waste products from the animal body is vital to maintaining health. If waste is not removed your **animal's system is polluted and at risk**. The colon is the organ in the animal body that gets rid of waste, toxins and bacteria. It contains and moves waste materials throughout the body.

When the waste materials become clogged inside the colon, **constipation** occurs. Because the colon walls are so thin, clogged waste material that stays in the colon too long can result in the **leakage of harmful toxins and bacteria** through the colon wall and into the body to cause further complications. If the colon is not in regular use it can become weak finding it difficult to move or pass waste through the body.

The signs and **symptoms of constipation** in animals include:

- Abdominal bloating
- Cramps or abdominal pain
- Experiencing hard, compacted stools that are difficult or painful to pass
- No bowel movement or the urge to move bowels
- Loss of appetite

### Related symptoms include:

- Flatulence with the inability to pass a stool
- Halitosis
- Coated tongue
- Nausea and appetite loss
- Diarrhea

### What Causes Constipation?

**Constipation** can result from a number of factors and they include:

- A diet low in fiber (lacking whole grains, bran, fresh fruit and vegetables)
- Insufficient intake of water
- An inactive lifestyle



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.

- Stress
- Medical conditions such as irritable bowel syndrome (IBS), underactive thyroid gland (hypothyroidism), spinal injury, kidney failure, colon or rectal cancer, too much calcium in the blood, tumors and lesions of the bowel can all result in [constipation](#)
- Changes in the environment
- Poorly healed pelvic injuries
- Medications given your pet for other ailments (such as antibiotics).
- Parasite infestations
- Blockages caused by ingested, and undigested, grass or bones.

## Diagnosing Constipation

It is important to monitor your pet's bowel movements. Indoor cats are easier to monitor as one can check the sandbox. Look out for any **changes in stool color or consistency**. Veterinarians stress that it's important to be aware of any [signs of constipation](#) early on and deal with them quickly.

Long standing [constipation](#) can lead to a condition called megacolon – a **stretched and flaccid colon** no longer able to contract as it should. If you notice any changes in your pet's bowel movements take your animal to your vet for a check up.

## Help for Constipation

Various treatments can help to ease the [symptoms of constipation](#) and promote a healthy digestive system. Conventional medication, complementary therapy and natural remedies together with a high fiber diet and regular exercise will **keep your digestive system regular**.

If your animal is constipated, conventional laxatives are often prescribed. Giving your pet a mild laxative, if advised by your vet, can solve the problem. However, keep in mind that smaller dogs are likely to require smaller amounts than larger dogs – make sure you get the correct dosage from a professional. Enemas are also performed, however it is not pleasant and **may be stressful for your pet**. If a blockage is suspected, x-rays may be needed.

## Natural remedies

There are many natural and holistic treatments that can help with [constipation](#) and promote easier digestion for your animal, without the side effects commonly associated with veterinary prescribed drugs. Treatments such as herbal and homeopathic remedies can **restore balance and regularity to the digestive system** and bowel. Psyllium nigrum husk and Avena sativa (Oats) are very high sources of dietary fiber and has been used for centuries to promote [regular bowel movements](#).

Aloe Ferox is known for its beneficial effect on digestive functioning and acts as a natural system cleanser while Natrium Muriaticum helps to maintain the body's water balance and is an essential component of all living cells helping to ease [constipation, diarrhea, vomiting, indigestion and bloating](#). Remember to source your natural remedies from reputable companies to ensure maximum



## 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.

effectiveness and safety.

## **There are various ways to prevent constipation and they include:**

- Add high fiber foods such as whole grain oats, wheat bran, rice and fresh vegetables to your pet's diet
- Encourage your pet to drink plenty of fresh water to stimulate the bowels (you may even try adding water to pet food)
- Regular exercise such as walking your pet everyday can help to both prevent and [relieve constipation](#)
- Encourage [regular bowel movements](#) for your pet by walking them outside an hour after meals.
- Limit foods that contain flour, excess sugar and dairy
- Do not exceed a 20% protein limit in your pet's diet.
- Make sure your pet does not have access to objects that may block the colon or bowels (coins, buttons, keys, large bones).
- Adding canned pumpkin to your dog's meal might produce a successful movement – ask your vet about this solution.

## **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

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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](#)

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 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:**

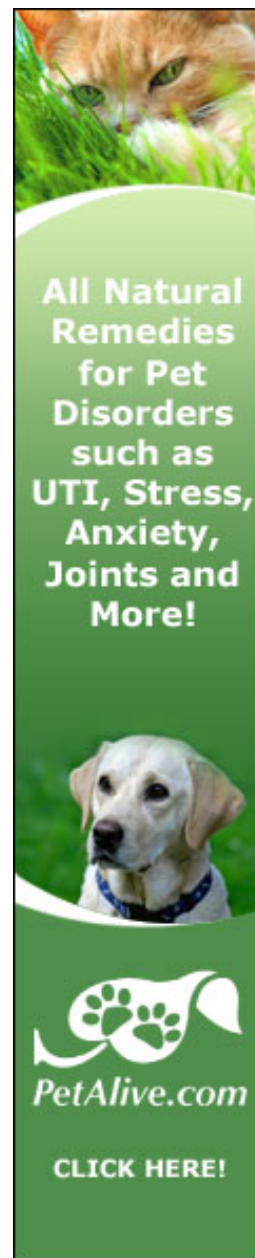
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3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

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.

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