



Natural Help for...

Pet Pregnancy



What is Pregnancy?

So your beloved dog or cat is pregnant! Now what? It helps to know a few details about **your pet's pregnancy** and what to expect before embarking on this wonderful journey.

The first important detail to know is the gestation period. Unlike the long 9 months necessary for human gestation, for most cats and dogs, **pregnancy lasts approximately 9 weeks or 63 days**, give or take a few days on either side.

Diagnosing Pregnancy

In cats and dogs, you may not notice any changes within the first 3 weeks of conception. If you do suspect that your pet is pregnant, your vet can run some tests or perform some **imaging scans to accurately diagnose the condition** and possibly even estimate a due date. However there, are a few tell tale signs that may suggest your pet is pregnant.

In cats, the cessation of the regular heat cycle may be the first thing you notice, while in dogs, the first sign is often the **clear vaginal discharge** that becomes evident between 4-5 weeks after conception.

An enlarged abdomen is often noticed in cats at about 5 weeks; however, many dogs can **come to full term without looking noticeably pregnant**, making it an unreliable method of determining pregnancy.

Other subtle symptoms include

- increased affection and attention seeking
- an increased appetite
- prominent nipples which tend to become pinker
- decrease in physical activity and increased sleeping
- a firm abdomen
- nesting behaviors
- frequent urination

Caring for Your Pregnant Pet

The first thing to be done if your suspect your pet is pregnant is to make an **appointment with your pet's veterinarian**. An all round check-up will help to pick up on any potential problems and your vet will also be able to advise you on any dietary changes or supplements that may be necessary.

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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.

If your pet has any parasites then it is important to discuss treatment options with your vet before administering any drugs. Remember, **drugs should be avoided during pregnancy**, unless prescribed or recommended by your vet.

The next important consideration is your pet's diet. Many pets do well on their regular diets through out their pregnancy term, provided it is a **high quality and nutritious diet**. However, it may be advisable to start adding premium kitten or puppy food to your pet's diet from 4 weeks as it is higher in nutrients and this is when your pet will need it.

You can **increase the amount of puppy or kitten food** each week so that by the time she is in her final week of pregnancy her usual diet has been replaced with the puppy or kitten food. She can remain on this diet through out the lactation period as well as this is a very nutritionally demanding time for your pet.

In addition to the diet change, it is important to start increasing the frequency of her daily meals. Most **pregnant pets do best on eating 3-4 times per day** and during the last two weeks of pregnancy she should be eating between 1 and 3 times her usual amount of food, as this is when most of the fetal growth takes place.

With the dietary changes in place, the rest is fairly simple. You should **encourage moderate exercise in your pet** to retain healthy muscle tone, and avoid unnecessary weight gain, but make sure it is gentle and easy exercise – no rough and tumble!

Approximately two weeks before your pet is due to give birth, it is advisable to **provide her with a nesting area** such as a box, basket or even a laundry basket will do for most cats. Make the area comfortable with some clean towels and let her become accustomed to the area. The box should be placed in a **warm room that is free from noise and distractions** as this is the place she will most likely give birth.

The Birthing Process

The birth processes in cats is often referred to as queening, while in dogs, the term used is whelping. It's always advisable to speak to your vet about what can be expected during the birthing process. For some pets, the process is quick and simple, you may even wake up one morning and find you cat has already given birth and is happily nursing her kittens. However, the process can also be dangerous for mom and her litter, especially if it is a first-time mom.

The first signs of labor are not always obvious. Your pet may stop eating as early as 24 hours before giving birth and she may display more nesting behaviors. As contractions begin, she may become restless, start panting, and may even vomit during this stage. As contractions continue, the cervix will dilate and a colorless discharge from the vagina is often apparent.

This labor stage of whelping or queening may take up to 12-24 hours.

The second stage starts when your cat or dog actively starts pushing out the first puppy or kitten. The first puppy or kitten generally takes the longest, and you may see your dog or cat straining and pushing. The first thing to be seen is usually the amniotic sack or water bubble, which should bust as it comes out. You pet will then have to remove the sac from the puppy or kitten, and if she doesn't then you may



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.

have to do this for her so that the pup or kitten can breathe. The mother should then lick the newborn (often quite vigorously) which stimulates breathing. Within a few seconds, the new puppy or kitten should be breathing, moving around and becoming vocal. The mother will also bite off the umbilical cord between 1 and 3 inches from the newborn, and if she doesn't do this after approximately 4 min, you may need to clamp the cord and cut it yourself, using only sterile equipment.

The third stage of the process is the delivery of the placenta. Remember that each kitten or puppy has a placenta and these are usually delivered with each newborn. Try keeping track of the placentas because if one is not delivered it can result in infection. Your cat or dog may eat the placenta as it offers great nourishment, however, eating too many may cause digestive upset.

Between each birth, the new puppies or kittens may already start to nurse. Keep a watch out that they do not get in the way or get stood on during contractions. Make sure the new comers also get a chance to nurse without being bullied by the others as it is essential that they all get their fair share of colostrum – a special type of milk available for the first 24 hours that contains anti-bodies to guard against illness and infection. Once all is done and mother is looking happy with her new litter, you can relax a little and begin to enjoy the pleasures of these new additions.

Natural Remedies

For many seasoned breeders, the biggest concern is not the [pregnancy](#) itself, but the lactation process after the puppies or kittens are born. This is because **problems with lactation are fairly common** and if the mother doesn't produce enough milk, the puppies or kittens will not get the required amount of nutrients necessary for optimal growth.

Luckily, there are herbal and homeopathic remedies which can aid in problem free lactation are which are perfectly safe for your pet and her new litter. Milk Thistle is an example of an herb that helps **prompt the production of milk** in nursing mothers, and because it also supports liver health, it helps to reduce the amount of toxins passed through the milk to the litter.

Another recommended herb for breastfeeding pets is Goat's Rue which promotes milk production and encourages a steady flow for milk. Fennel and Borage are also useful in both the production of milk and the recovery process after birth. Both these herbal ingredients **help with digestive functioning and bowel regulation**, and Borage has excellent anti-inflammatory properties to assist with recovery.

Tips for your pregnant pet

- As your pet progresses along in her pregnancy, her body changes to make room for the developing puppies or kittens. This means she may not be able to eat large portions of food without feeling uncomfortable. Try increasing the frequency of her meals rather than increasing portion sizes.
- Do not poke and prod your pet's belly to feel for the puppies or kittens. This can cause damage to the undeveloped fetuses and may even cause miscarriage. While it may seem obvious, you may need to explain this to children in the house.
- Whelping or [Queening](#) can be a stressful time for your pet, and so it is

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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.

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[Natural Holistic Health Blog](#)

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important to give her some room. Some pets will want you there, but others would prefer if you simply kept watch from a distance. Excitement, noise, or additional nervous energy in the room can cause your pet distress and cause birth complications. Some pets will even delay birthing as long as they can or until things settle down. Try not to interfere with the process unless necessary.

- Once the puppies or kittens have been born, keep an eye out for the weakest of the litter. It is essential that each one gets enough feeding time, especially when it comes to getting the immune-facilitating milk colostrum, in the first couple of days.
- Watching the pups or kittens grow is an exciting time. Remember that they should be fully weaned by 6 weeks and should not be taken away from the mother before this. When finding homes for the little ones, make sure you stress the responsibility of taking on a new pet, and be picky about who takes them so that they only go to loving homes.

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,



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



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

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:

LacToll: Optimize healthy milk production in nursing dogs and cats

LacToll is a **100% safe and natural combination of herbal ingredients** for the support of colostrum and milk production in nursing pets, as well as providing a natural tonic for the nursing female dog or cat.

[Learn more about LacToll](#)

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

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](#).





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Alternative Healing Academy

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[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The **Alternative Healing Academy** has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer **basic courses** as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
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Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

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