

## Pet Treatment Tips

It can sometimes be a challenge to get your pet to take herbs and supplements. Here are some suggestions that we have found useful:

### Pills or Capsules

1. If your pet is a good eater, then just hiding them in the regular food may work. Most products can be given with food, but it is a good idea to ask if this is the case.
2. If necessary, try hiding them in a special treat such as grass-fed cheese (<https://grasslandbeef.com>), healthy hot dogs, tripe, butter or coconut oil. If none of these work, you can try these commercially made products:
  - a. Meat Butter: <https://www.danubeadornments.com/product-page/farmstead-meat-butter>
  - b. Pill Hiders: <https://www.lordjameson.com/collections/pill-hiders> (please note that these are not recommended ingredients, so should be used as a last resort):
3. For the more adventurous, you can try this natural nut butter recipe:

#### **Nut Butter Pill Pockets**

¼ cup water

¼ cup smooth organic nut butter with no additives (we do not recommend peanut butter)

½ cup almond or coconut flour

1. In a small bowl, combine all ingredients and mix well
2. Line a baking sheet with wax paper
3. Scoop ½ teaspoon into balls and place on paper. Use the back end of a chopstick (or something similar) to form indentations in each ball
4. Store in the fridge for up to 1 week, or the freezer for up to 6 months

### Liquid

1. This can be put in the food directly, but may change the flavor so some pets may not tolerate the taste.
2. Giving it directly in the mouth apart from meals is usually the best option so there is no association with the regular food
3. Some products can be diluted to make the flavor more mild, but check with your practitioner on this one.

### Powder

1. Mixing in with the food is the easiest option if your pet does not mind the taste. If your pet stops eating, be sure to try a meal without the powder to assure that it is not just the taste of the herb that it doesn't like.
2. If your pet will not eat the herbs in the food, you can buy empty capsules and then hide in a treat as mentioned above (buying a capsule-filling kit makes this much easier). Then hide the capsules as in number one.