



## Notes for Owners

Always begin to offer the extracts in the recommended order, as this will ensure your animal can give a clear indication of how they wish to proceed. If your animal has chosen a number of different oils, they may well indicate a preference to take certain oils in the morning (usually for physical ailments) and other oils (usually for behavioural issues) in the evening - this is absolutely fine.

Offer the oils 1-3 times a day depending on the animal individual needs and the severity of the condition. Hold the open bottle firmly in your hand, covering as much of the bottle as possible - animals have been known to swallow bottles whole (mainly horses). Keep away from children.

Your extracts (unless otherwise stated) will be safe to offer for inhalation, or to be taken orally. If your animal indicates that they would like to lick the remedy, dab a small amount onto your hand and allow them to lick it off, repeat this if required. Your animal may wish to medicate by inhalation alone - this is a very potent method of receiving these essential molecules, especially if working with behaviour, as their chemical messages go directly to the brain. Do not try to influence the animals' method of application chosen.

When offering aromatics to small animals (dogs and cats) for the first time, try to introduce the aroma gently, and allow room for them to move towards or away from you if they wish. Each animal will react differently, and each will prefer a different intensity of aroma, watch carefully and let your animal guide you.

Some animals will prefer a space of at least 3 metres between them and the open bottle and others prefer the bottle to be directly under their nose. The most important element to consider is to allow your animal to choose how close they wish to be and respect their decision.

Most animals select their chosen extracts for between 1-14 days. Keep in touch with your teacher and try to keep records of your animal's interest in the oils.

Relax, enjoy and be observant. Positive signs are different for each animal, and for each condition being dealt with. A slight flaring of a nostril, followed by withdrawal whilst the animal processes the information is a highly positive reaction. Please remember that Zoopharmacognosy allows the animal work with its natural instincts to heal itself both physically and emotionally, with certain individuals this may take time, however signs of improvement are usually seen within days and sometimes immediately.

Zoopharmacognosy does not involve massaging aromatic oils into an animal's skin/coat. Each hair follicle has its own blood supply so to rub oils into the skin/coat would not be appropriate. If an extract to be applied topically, it will be prepared in an appropriate base (such as clay, aloe, beeswax etc) to be offered for application to a specific area. You will have most likely been left a selection of aromatics that will usually have been diluted into an appropriate base oil or water, at a dilution suited to your animal. If you have any cause for concern whilst offering aromatics, please contact your teacher.

Please note that your remedies will be freshly made from natural plant extracts, and (unless otherwise stated) will last for 6 months - 5yrs if stored in a cool, dark place. The essential oils used in these remedies are of the highest quality, and where possible organic. Certain oils may contain compounds that may stain fabric or skin - please be cautious.

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To maintain professionalism and promote a wider understanding and acceptance of Zoopharmacognosy, it is strongly recommended that you inform your Veterinary surgeon that your animal is to be offered plant extracts on a self selection basis only. Should they wish to discuss any aspect of this therapy, they should contact myself or Caroline Ingraham [caroline.ingraham@gmail.com](mailto:caroline.ingraham@gmail.com). It is important to note that most oils/extracts used have not been formally drugs tested; therefore aromatics should be treated in the same manner as prescription medication. It is recommended that they should not be offered at least 10 days prior to any competition participation.