

Janet Roark:

I remembered to record this time, guys, but thank you for all the reminders. I do appreciate that. Last week, I was a little bit behind the ball on the first question. All right. Really quick announcement before we get started with questions is, next week, Dr. Eric Z. is going to come on. He's going to talk a little bit about cancer and a couple of other really important topics. Hopefully give us a few protocols, that I'm really hoping he'll share, that is the most current research as far as essential oils. And he is starting at 4:30 Central Time, so 30 minutes earlier than normal, because he has kids to put to bed and he's on the East Coast. So, really, really excited to have him. I'm just so honored that he is... We're just having some pretty awesome speakers, back-to-back guest speakers on some really important topics. So I am really excited to have him present.

Janet Roark:

I believe he will share his slides, but I won't know for sure until I hear back from him. It just depends on if they've got like proprietary stuff on it or not. So, hopefully he'll be able to do that. And if so, I'll let you guys know either way at the start of the presentation how that goes. Now he, I do know, likes to have questions beforehand so he can prepare for them in the best possible way. That's 4:30 Central Time, so 5:30 Eastern Time, so 30 minutes earlier than our normal... So 30 minutes earlier than right now, whatever that is in your time zone, that's when we're going to start next week. So if you have a question or two, if you want to email those to me, I will compile them.

Janet Roark:

Go ahead and email those to actually [animalaromatherapyspecialist@gmail.com](mailto:animalaromatherapyspecialist@gmail.com), and I'll pick the best ones or the most common ones, if there's time after his presentation to answer. If he doesn't get to them or if they're specific to animals, then I might reserve those to answer the next week. After that, because the animal stuff it's going to be my realm of expertise, not his. His is more the research side of things and the human side of things. But he's a wealth of knowledge and very, very honored to have him on board.

Janet Roark:

I'm going to prep him with questions and make sure that if they don't get answered during the presentation, I'm going to go ahead and ask him. You guys will all stay muted during that one. You guys can still have your Zooms on and your cameras and stuff like that. And please keep commenting and stuff, giving him some encouragement during, but we'll have all everybody muted. And Kathleen, "May I ask questions related to humans?" You can. He's not a human doctor, so he might not be able to answer some of those, if it's related to medicine at all or diagnosing, but you can certainly ask it. And I know he's going to provide us with his protocol so you will get the protocol.

Janet Roark:

Oh, I don't know. A lot of those types of questions are going to get answered just in his normal presentation. Try to get those questions to me by this weekend so that I can get those. All right. So the first question we have, I'm going to do the questions that are posted first. Oh, Jennifer says, "Dolche had his first acupuncture session this past week and he was so good. I'm completely sold on acupuncture now." Yes. Acupuncture is one of my favorite things besides essential oils. And there's a lot of things I use essential oils for obviously, obviously, obviously for everything. And there's a few things that I absolutely love acupuncture for. Now, not everything is good for acupuncture. It's not good for

everything, but it is really good for a lot of things. It's a great combo. I just spent this last week teaching veterinarians acupuncture points.

Janet Roark:

So with Dr. Nell. Dr Nell, some of you guys met Dr. Nell. And it was really, really good. This was their last session before these veterinarians take their exam in veterinary acupuncture. Next month, they're going to have two days of mentoring and get to be one of the mentors for the equine side of things, which is super exciting. And then, they have two days of testing and I won't be there for that because they have a separate exam committee that does the examinations. Evelyn, "Because I love acupuncture, I would love a course for animals. Nobody here are doing it for animals." I'm not sure where you're at, Evelyn, but in the United States, only veterinarians can do acupuncture, or people who are certified in acupuncture and working under the scope of a veterinarian in human acupuncture.

Janet Roark:

So, it really should be a veterinarian sticking needles in an animal, because there are certain places you definitely don't want to stick in a needle, but certainly acupressure and massage techniques, that's one of the things we actually teach in this course. Dry needling is acupuncture to me. Electro acupuncture is different, but you stick the needles in first and then you attach the e-stim. All right. Let's get to your guys' questions because we do have a hard stop at 6:00. Am I sharing my screen? I am not sharing my screen. Okay.

Janet Roark:

All right. You should be able to see it now. All right. Okay. Djamilia has our first question. "Hi, Dr. Roark, just had a quick question about rosemary oil. I remember from level one and your safety guide that it's listed as a hot oil. Someone pointed out to me that it isn't actually hot oil. So I looked it up and I didn't see anything about it considered hot on doTERRA's website or in the ADR II, for instance. So now I'm confused as to whether it is or it isn't. Can you shed some light on this?"

Janet Roark:

It is a strong oil. So strong oil, I do consider it to be one that causes some sensitivity. It's one that you do need to be careful with. For animals that have high-blood pressure, it can actually increase blood pressure. And you do need to be careful with animals with seizures. It can decrease the seizure threshold. And rosemary is also one that you do need to be careful with, for... What other things? For a lot of things, it's just one thing you want to make sure that you're properly diluting, which is why it is... It does have to be diluted. It's not like frankincense or copaiba, which, on occasion, you can use those undiluted. Rosemary, you always want to dilute. All right.

Janet Roark:

Elaine Markey, "Dr. Roark, during your vet consultation, do you prefer to sell already diluted oils depending on the self selection or you do prefer the sell of the entire oil bottle and after mixing the oil with the carrier oil, do you know how much time the mix is okay to be used? Thank you." Yes. So I actually have people purchase the oils themselves and then mix up the dilution themselves. And sometimes I'll leave them like a diluted bottle for them to use in the meantime, if they don't have their oils on hand yet. But that's how I do it. You're certainly welcome to do it either way. But I've had good success with it this way. Just like creating an account and ordering their own oils so they don't run out.

Janet Roark:

And they don't need me to mix it up for them every time they run out every week because I don't have time for that. And they certainly don't want to pay me to do that. And then after mixing the carrier oil, the mix is going to be okay for as long as the carrier oil is okay, or whatever you use to mix it with. So you would do it based on the expiration date of the carrier oil for that, or aloe vera juice or aloe vera gel or however you're mixing it up.

Janet Roark:

Paula, let's see. "Hi, Dr. Roark or Dr. Janet. Last week, my cat, Lego, started to sneeze and last Thursday I took him to the vet because it was getting worse. I found out Lego has rhinotracheitis. Fortunately, the lungs are okay. The vet put him on antibiotics. He's seven years old, a delicious inside, outside cat. My vet suggested trivalent, a vaccine as well after healing. Yesterday, I took him to the vet because he wasn't eating or drinking and I was concerned. And the vet put him on a drip and suggested to continue with the same antibiotic."

Janet Roark:

"I'm diffusing a lot in the house 24/7, usually a blend from Dr. Shelton, animálEO, with copaiba, grapefruit, wild bergamot sunshine in a bottle, which is his favorite one. I'm using KB Sunny which is another blend specific for cats from Dr. Shelton. I'm in hurry and have to get to work. Any suggestions from you would be much appreciated. Greetings to all the beautiful people in here." She also wanted to add, that he has a very inflamed eye and the vet suggested an antibiotic in the form of a cream. So what do you guys think about this one? Rhinotracheitis, which is a respiratory thing. Respiratory support for a kitty. Yes, that's a really good point, Stephanie.

Janet Roark:

Dr. Abby, I'll set everybody up as a wholesale customer because they can upgrade to a wellness advocate for free later on if they just so desire, but let's get back to this kitty. Okay. So cardamom, Breathe, copaiba, magnolia... Lots of cardamom comments, Easy Air or Breathe. Jene says On Guard diffuse, which is another doTERRA blend. Audrey says colloidal silver for the eye. Suzanne say fennel, which is a mucolytic, also good if there's mucus involved with this sneezing. So, yes. All really good options. Lemon. Thank you Dr. Robin. Dr. Robin says lemon, so lemon and cardamom. Lisa says arborvitae, would also be another good one for diffusing. And I also really like rosemary. So this would be one I would use. So rosemary, arborvitae, lemon, cardamom, diffusing or even diluted topically.

Janet Roark:

Tracy says lavender or Immortelle for the eyes. Yes. So if the eye are irritated, doing a cold compress with lavender is very, very good. Steph says manuka might be a good one as well. And thank you. Jennifer says Stronger for the immune system as well. So Stronger on the ears as we want to boost the immune system. So basically that's what the Kitty Boosts supposedly doing, but you need to apply that twice a day on the ear tips. Ear tipping's a good way to apply that or you can apply along the spine to support the immune system. Stronger has rose and litsea in it, and some other oils, and so, those are all really good immune supporting oils.

Janet Roark:

All right. So the next question is another one from Elaine, "Hi, Dr. Roark, could you tell me where to get your... Do you get your top reference for the top priority properties of essential oils depending on the

system, infers to the monthly training where you list some essential oils and their properties. Was it your experience or you found this information from a book? Thank you. For veterinary practice, which reference book do you prefer?" Hi, Elaine. So, Elaine, in your training, in your level one training, I did post a list of books, a list of books. And as far as like what oils are good for what systems, it was actually from my aromatherapy training that I did in addition to experience and practice and in addition to multiple references. So, the Medicinal Essential Oils book from Dr. Scott Johnson, Essential Oil Safety with Robert Tisserand, which does a lot of studies on animals. And then, oh, really just like a conglomeration of different references.

Janet Roark:

So those would be the top two. And then Melissa Shelton's ADR II is really good. Dr. Mia Frezzo's SpOil Your Pet book is good. A lot of those are based on research articles. And so, a lot of that is also based on research articles. So remember in level one, one of your homeworks was to actually go to PubMed, and look up a research article, and to outline that, and that sort of thing. So the reason I had you guys do that is so you could see how many articles there are on essential oils or on essential oils, period, or on essential oils for specific systems.

Janet Roark:

And so, there's a lot of that information in there as well. So I don't have one specific reference where I'm like, "I just copied this from that book," Because that actually isn't how I did that. It's a conglomeration of things over the past eight years of me practicing using essential oils and building up my library, so to speak. So, hopefully that's helpful. It'd be so nice if you just had a book with all that information in it. But that's what these courses are for. Okay. All right.

Janet Roark:

Sigal says, "I have a client that has a 18-year-old mare. Her first issue was to help Wendy the mare with calcification in the outer part of her hoof. We started working on it and there was an improvement, but then Wendy had an accident and it threw the process off course. The owner was also interested in working on Wendy's fertility. About three years ago, there was an attempt to impregnate her that ended with creating inflammation in her uterus. As my client describes, Wendy underwent lavage." It would actually be a uterine lavage, probably, Sigal. So that's probably what happened. And then, in addition, she had an allergic reaction to a particular antibiotic and fainted, my question is, do we want to encourage an 18-year-old male with this history to get pregnant? I have two concerns: 1. How will the actual breeding affect her legs when a stud will be climbing on her? How long would she need to wait to heal the calcification? 2. Given what took place in the past, is it the right thing to do, to help Wendy to get fertile and go through this? My intuition is saying, let her be. And I care about the well-being of Wendy, but obviously it's not my place to tell her owner what to do. The owner is asking for support with the oils and I want to know that I'm doing what's best for the horse. Thanks, Sigal.

Janet Roark:

All right. I'm just going to take over this one guys, because this is a veterinary opinion one. And if anybody else wants to chime in, feel free, I personally would not breed this mare. I would advise against it. This mare has a history of having a uterine infection, so it's very likely that it will happen again. Carrying a foal to full term is very hard on mares. Foals are big and heavy and the more weight you're putting on those legs, if she's lame or in pain, then it's just going to make it worse. And so, we strongly discourage against it, strongly discourage against it. I don't think breeding this mare is the best thing to

do. Of course, you can still support her. You can give her pain relieving oils around the corona bands. Obviously, we've got siberian fir, peppermint, lemongrass, for instance, copaiba, turmeric, all of those beautiful things.

Janet Roark:

So Anna says, "I've seen this happen and the mare had to be put down. It was awful. And I've seen it happen multiple times, unfortunately. As you have a mare that is valuable or you really like and you want to have an offspring from her. And so, you are like, 'Now's the chance,' so that you breed. And then she ends up, one, not carrying to term and, two, having to be humanely euthanized, because the pain just gets to be too great. And they can founder and all sorts of things that are just horrible. So, it is heartbreaking and devastating, and I wouldn't wish that upon anyone. It's very, very scary and... I mean, it's just quite deadly.

Janet Roark:

I mean, you're putting 200 extra pounds on that mare walking around every single day, with carrying a baby around for 11 months. So that is not advisable. Plus, she could get a very deadly uterine infection on top of that. And just carrying it full to term is hard on mares anyways and there's no guarantee for a live foal. As far as the calcification in the hoofs, it sounds like ring bone of some sort or calcification of her collateral cartilages. And in those cases, you just want to use your pain relieving oils. Once it's calcified, you can't reverse the calcification. That's not going to go away. You can just help with pain and inflammation and hopefully preventing the additional calcification of that. Yes, Jene. So the oils for ring bone on a horse, if they're still barrel racing, you would just be using your pain relieving oils, your anti-inflammatory oils, your analgesic oils, lots and lots of it. So, yes.

Janet Roark:

It is scary that that isn't obvious to the owner. Some owners, they want everything to be perfect and everything to turn out right. Sometimes it's worth it to them, if they can just get one good viable foal. But with an older mare like that... Older mares can get pregnant, but it is riskier. It's just like with people, as women get older, well, any species, the older the animal, the more risks there are likelihood that there's complications with pregnancies, and that can be life threatening. Jennifer is suggesting, is surrogacy an option. Doing like an embryo transfer might be an option. I don't know if they have that over where you're at, Sigal. But that would be another viable option. It's just harvesting the mare's eggs and then doing an embryo transfer to a younger, healthier mare to carry the foal to term, if they're just wanting to continue with the genetics of that particular mare. All right. Next question, that was hard and sad.

Janet Roark:

Anybody have questions about that one? That's hard. And I'm just going to make that call. Just based on my experience so that... Like Anna said, I've seen it happen and the mare didn't survive. And so, in my opinion, it's not worth it. All right. Shaylane, I got an iTOVi for Christmas. Yay. Happy New Year. Merry Christmas. That's very exciting Shaylane. I wondered if there was a complete list of oils for cats and oils for dogs and oils for horses somewhere in the Facebook group. I could add them manually, but it would be so much quicker to refer to a list. I started an Excel file that I use as a data sheet, but it's not complete. Just wondering, all of the oils except for the ones that are contraindicated, so I'm going to say that.

Janet Roark:

So basically if you run a scan on a cat and it comes up with tea tree oil and wintergreen and cardamom in your top three, you're going to skip those first two, because they're contraindicated and you're going to go with cardamom. Okay. So just do it that way, and that's a good way to do it. And if you are only using it for cats and dogs, then you can actually take those three oils out of there, wintergreen, birch, and tea tree oil. And you can take them out of there. You can actually uncheck those ones. So you check all and then uncheck those three oils, if you're only going to be using it for cats and dogs.

Jennifer:

You can skip my question, Dr. Roark.

Janet Roark:

Did I already answer yours?

Jennifer:

Yesterday? I was a little emergent because the poor cat is like sliding home.

Janet Roark:

Oh, that's so hard. I'm so sorry. Okay, Natalie, did we answer this one? Yes, we did answer that one. I think we did answer yours, Natalie. Okay. Let me stop my screen share. Anybody live, have questions? Stephanie, go ahead.

Stephanie:

So mine's actually not for me. Helene had to go to bed and she texted me something. She wanted to know if the Kill It blend can be used for tongue cancer.

Janet Roark:

Yes.

Stephanie:

So where would you put it?

Janet Roark:

You would apply it on the lymph nodes underneath here.

Stephanie:

Underneath? Okay.

Janet Roark:

Mm-hmm (affirmative). So the submandibular lymph nodes is where I would put it. You can actually palpate those on any animal. And then I would, for sure, do oral ingestions of oils. And I would not use a capsule, I would use a dropper, mix it in with the food, an oil meatball or however you want to do it, and get those oils internally as well.

Janet Roark:

Tongue cancer, oral cancer in a dog or a cat is very aggressive, very, very aggressive. And so, if you can do an integrative approach to this one, it's usually the best. You get the best outcome, longest term, longest longevity, a little bit more longevity and a better quality of life for that. It is very aggressive. Those tend to bleed a lot. And so, that sucks. I'm sorry.

Stephanie:

Okay. I'll let her know. Thanks.

Janet Roark:

Yes. Just tell her what time to watch it, right at 30 minutes or so, or 25 minutes, I guess. All right. Jennifer Kline, and then we'll do Sarah.

Jennifer:

Hi, Dr. Roark. We ran into a lady at like a local Petco. They do local rescue and we were talking a little bit about what we do. And she had mentioned that she has a cat, since he was weaned off of his mom's milk, that he's had chronic diarrhea. They have tried everything through their vets, from probiotics to all kinds of different food, steroids, antibiotics. They even recently did a fecal transplant, which I had never heard of. And she mentioned...

Janet Roark:

They're a lot more popular these days. Yes.

Jennifer:

Yes. I'm like, I don't know if I would've heard of it or not. But it was interesting to learn a little bit about it. And so, thinking about what's happening now, so it managed to get worse. The cat is eight years old on part raw, part dry food. She has 20 cats. She saves all the ones that nobody else wants. So I was originally thinking like certain oils, maybe like cardamom or fennel to start off with. And then I looked on that cheat sheet you have, and it says they're diuretics. And I thought, well, the cat's constantly having diarrhea, that might not be the best thing. So currently the cat is in a separate bathroom. She's cleaning up multiple times a day because she just can't control what's going on. So I'm looking for any expert recommendations.

Janet Roark:

Yes. So the first question, I would... Oh, Suzanne, we never want to add lemon to water in any species, just FYI. Okay. So, Jennifer, the first question I would ask her, and you might not, not know the answer to this, but it would be a good question to ask her is, what is the protein source that you're feeding now and what have you tried in the past? There are some cats that are allergic to certain proteins like chicken or fish, actually. If she's feeding a certain protein source, the first thing I would recommend is probably switching to a different protein source. For example, she's feeding a chicken one or a chicken and salmon, then I would say, "Let's try something more like a beef-based one, or if she's eating poultry, switch to fish, or she's feeding fish, switch to poultry, which is a little bit more gentle on the tummy. Turkey is very neutral to the digestive tract.

Janet Roark:

And rabbit is very cooling. And diarrhea tends to be what we call it "hot disease" in Eastern medicine. And so, we want to cool that digestive tract, and so switching to a rabbit or something like that might be helpful. Doing a gently cooked instead of raw can really help those guys. Debra says, "My cat is very sensitive and does really well with rabbit." So rabbit is cooling. And so, a lot of cats hot in like an Eastern medicine way of thinking. Not always, not always, there are cold diarrheas, but that's just the typical one, especially if she was born with it. And then, as far as oils go, I love cardamom, I love fennel, those are great choices.

Janet Roark:

The other thing... What else do you guys suggest? I'm going to ask the masses here. Terry says, "I've had a lot of success with lamb and rabbit in a highly sensitive cat." Lamb is a very, very hot food, so you do have to be careful with lamb. Some animals do well with it, especially if they're just allergic to one of the foods. So Jennifer and Terry both suggests Tamer, so if you're a doTERRA person, a kid's blend, Tamer, is excellent for kitty cats. Victoria Sloan says, "Peppermint." So you'd have to do it just super diluted, like a 0.5% for peppermint, so one drop in a 10 milliliter roller bottle. DigestZen or ZenGest is also another great option. Dr. Abby Coltman, she's also a holistic veterinarian, is suggesting venison. That's also a really, really good option. If your cat is allergic to one of those proteins, which can happen more than we think, and if she's doing any milk proteins, then she should stop that, for sure.

Janet Roark:

Milk dairy is another one that they tend to be very sensitive to. Cats like it, but it can be pretty hard on them. If she does want to do like a milk type of thing, then do a raw goat's milk, something that's super high in probiotics or goat's milk yogurt would be okay as well. Audrey said, "Would a Hemopet Nutriscan scan help identify issues?" Potentially. Potentially if it is an allergy type of thing. If you go to Hemopet, there is what's called Nutriscan, which tests for different allergens that they could potentially be allergic to. So that would be another option. It's a little more expensive, but it might help narrow things out a little bit.

Janet Roark:

I like that idea, Audrey. If that's possible, that would be a good suggestion. And that's something that the owner can order off of Hemopet's website. It's a saliva test. And so, they can actually do it themselves and send it in without having to go to their vet to get blood work or any... Like doing the intradermal testing, which is quite expensive and actually doesn't test for foods. Jene says, possibly Melissa... There we go. Annetta says ginger. Ginger is another really good option to mix in there. I like that.

Janet Roark:

Good. Yes. Good job. Anna says ginger as well. So cardamom, ginger, fennel, peppermint, some of those. And then doing possibly a digestive enzyme probiotic. I would not stop the probiotics, so whatever the vet recommended, you can definitely continue with that or do the complete pet probiotics from Dr. Mercola. Those are another good option. And then a multivitamin, but I would definitely look at diet with this one. You can fix a lot of these with just some food therapy, getting off of the hot foods and switching to cooler foods. Okay. Does that help a little bit? Gives you the next steps anyways.

Jennifer:

I have a lot of info. Thank you so much.

Janet Roark:

I know it's a little too much information sometimes. Cipher through it. Just take what you like, leave what you don't, and then go from there. Suzanne's like, "What about..." Okay, so a bunch of people are asking about oil in water.

Janet Roark:

So I don't like oil in water for dogs and cats, and sometimes for other species, but especially dogs and cats because of two things. One, oil sits on top of the water, it does not mix in with the water. And so, when they ingest it, they're going to basically just get pure oil. Two, it makes the water smell funny, and so, dogs and cats will not drink, in a lot of cases, if something smells funny or they don't like it. And there is nothing ever that we want to make... We never, ever, ever, ever, ever want cats or dogs to stop drinking. And cats and dogs will dehydrate themselves very easily. Cats, especially, will just be like, "I'm never going to drink again. It's fine. You just kill me and whatever." And they will just like completely stop drinking and they won't drink with in there.

Janet Roark:

And that's exactly the opposite of what this cat needs, because this cat has diarrhea and is already working on a nice case of dehydration, so we don't want to do that. You can mix it with food. So oils, if you want to give it orally, I recommend mixing it with wet food or something like that. And for birds and things like that, they don't really have super strong sense of smell, and rabbits, and things like that, I will recommend a drop in maybe like a litter of water for those guys. It still sits on top, but because of the way that they drink, it gets bubbles up in there, then it mixes in with it occasionally, and they just get a very, very small amount of that, but like small animals, birds, they don't seem to mind it as much.

Janet Roark:

So you want to do water in those, you can. Horses and cattle, putting oil in the water troughs can be helpful in some cases. It's just one that I don't recommend a lot because you can mix it with food and you can guarantee a certain amount that that animal's going to get that way as opposed to just in the water, if there are multiple animals drinking from it, you just can't regulate it. So that's my thinking on that. And so, I don't recommend it to people very often, except for chickens. Yes. I say it for chickens a lot. With chickens, it's like use it with their food or use it with their water. And that's really all they get most of the time, unless they are chickens that can be handled and you can do feather mists and stuff on them, but a lot of chickens you can't handle.

Janet Roark:

And so, that's all you can do for their flock health. Okay. Let's see. Any other questions in the thing. Jene, "For a stomatitis cat, would Hemopet be something that would show any autoimmunity or allergies?" It'll show the allergies, Jene, so that would be... If you're concerned about that for a stomatitis kitty, you can. But again, a stomatitis kitty, stomatitis is red and hot. And so, switching to cooling foods can be really helpful for those guys. Stomatitis. I've had really good success with acupuncture with those guys and then our cooling oils, so lots of cooling oils as well. All right. Sarah.

Sarah:

Okay. Thank you. I have a question about a new case study, but it's prevention. Because this horse is around 20 years old and he has skin reaction, allergic reaction, seasonal, when mosquito and everyone. But we have not diagnosed it yet. The owner doesn't know exactly why. And I don't know what we can

do before the problem arrive. I was thinking antihistamine oil like lavender and Roman chamomile, if you have other suggestion...

Janet Roark:

Yes. And you can even do those internally. You said it was a horse?

Sarah:

Horse.

Janet Roark:

Okay. I just want to make sure I heard you right. So, we have a horse that basically breaks out in hives seasonally, so what do you guys think about this one? What would you recommend, everybody? I know you guys are going to get this one right, not that it's a quiz. It's not a quiz. All right. Regina, I love it. Lemon, lavender, and peppermint, so like our allergy trio internally. So I would start preventively, two to five drops twice a day, mixed with feed and start there. And then I would also probably do... Oh, you guys are the best. But what else? What else is good when there's allergies? We've got the antihistamine oils, but we also have to address inflammation, right?

Janet Roark:

There we go, Joanna. Copaiba, Roman chamomile. OnGuard is a good one for just like supporting a proper immune response instead of an improper immune response. And Frankincense. Yes, I love it. So those would be the ones I would use. A couple people are recommending melissa and helichrysum. So helichrysum would be another good one topically that you could use for when that happens. But topically, we want to use some of those oils as well. You can mix up a spray for those. And the other thing that I would recommend is a management type issue is, a lot of times they get these hives and it's either a mosquito, hypersensitivity, mosquito bite hypersensitivity, or a fly bite hypersensitivity, which is really, really common down here. And we recommend those horses either come in a stall during when the peak insect time is.

Janet Roark:

So like at dawn or dusk, if it's mosquitoes, if it comes in during the day for flies and out at night. And then also getting like what we call a fly sheet, so a fly sheet and leg wraps can be really helpful. And so, that's basically just like a mesh sheet that's just like a blanket that you put on them, but it's a sheet, so it's not hot in the summer time and let's airflow through it, but doesn't let bugs bite them, so that would be another one, if it is an insect bite hypersensitivity. Is that helpful?

Sarah:

Yes. And we can use something inside the box where they put her inside like a supporter for environment to keep them....

Janet Roark:

Yes, absolutely. And then, of course, like our fly spray recipes, all of that stuff. Yes, for sure.

Sarah:

And a very, very fast other question for another case, they ask me when they can start to use oil for the wound after surgery, if they can use immediately or they have to wait?

Janet Roark:

Immediately, but not over sutures. They can use it immediately after surgery, but not over the sutures or if there's glue, not over the glue. So you would go around the incision to help with bruising and healing. Wounds heal from the outside, in like that, so if this is the cut, they heal this way anyways, so you're putting the oils where the skin is actually going to be healing. And the bruising, we want the bruising to stay down. And then once the sutures come out, you can go right over the wound.

Sarah:

Thank you.

Janet Roark:

After two weeks.

Sarah:

Thank you.

Janet Roark:

Julie, "A horse grazes in the sun, if it ingests lemon, which is photosensitive oil, is it okay or only topical?" Does anyone know the answer to this one? Or you want me to answer it? Yes, it's okay. Victoria, look at you guys. I love you guys. Yes. Only topical. So internal is actually not photosensitizing, unless it's in massive amounts. But I haven't heard of internal, it's only topical applications. Good job, guys. Everyone got it right. Everyone is a winner today. All right. Sarah, was that your last question? Okay, cool.

Sarah:

I have another one, if you have time.

Janet Roark:

Let's go to Kathleen, and Anna, and then we'll come back to you. How's that, if we have time,

Sarah:

Thank you.

Kathleen:

I have a quick question. The dog that I'm working with is taking a probiotic already and we're not getting much results. So she is quick to get skin issues, but not quick to turn back around. And they were already on a probiotic. So the owner asked me, should she change to the Mercola, which is the one I suggested. Because they hadn't told me prior that they were on one. And I said that I would find out, but I don't know that it matters.

Janet Roark:

It doesn't matter that much. Just like with skin issues, if we know for sure it's correlated to gut health, which most of them are, we can safely assume that, then if they start getting skin issues because of a sensitivity to something or whatever and they're on probiotics already, during the skin issue time, maybe they're really sensitive in the spring, especially because it's seasonal, then I would double up on probiotics during that time. So if it's this probiotic that they can easily double up then for sure. Dr. Mercola is great because it's a powder and if you're feeding one scoop, you just do, "Okay, we're going to do two scoops," or you do it twice a day instead of once a day. So that's why I like that one. It's pretty easy to measure and dose a little bit more specifically.

Sarah:

Okay. That was my question. Thank you.

Janet Roark:

Very good question. But yes, a probiotic a probiotic. That being said, I am actually going to try and develop a probiotic that's awesome. So stay tuned in 2022 for hopefully that. I'm working with another really awesome veterinarian to help me with that. I'm like, there's some really specific strains that I would like to have in there that not all of them have, and so, I think that would be super awesome to have one. I don't know if I can actually pull this one off you guys. That's crazy. Oh, my gosh. I can't believe I told you guys my secret. We are just in the idea state just right now. Calm down, everyone. All right. Margie's like, "No, we're not going to stay calm. We're going to keep bugging you until we get it." I know because there's not that many great ones out there. Anyway, you guys are special. Don't tell anyone, okay? It's our secret. Anna, go ahead.

Anna:

All right. So, my neighbor has chickens and she didn't tell me until today, she lost one to the sour crop and her babies, and another one went down. She did take it to the vet. And the vet out here is not understanding of how attached she is to the chicken. I looked up the regimen for sour crop, but is there a... She has it isolated. We sanitized everything. Is there a boost that we can give the chicken because I'm afraid that she waited too long.

Janet Roark:

Anyone want to weigh in on this? I'm looking at you, Steph. You're the crop queen.

Stephanie:

I knew you were looking at me. Do you have any idea how long she did wait?

Anna:

Well the other one died last night, so...

Stephanie:

Oh, I know that.

Anna:

I'm thinking that... She's had ducks before, but never chickens, So she didn't recognize the...

Stephanie:

The symptom that there was something going on.

Anna:

Yes.

Stephanie:

Yes, that's the biggest issue with birds, they like to hide their symptoms. It's almost too late.

Janet Roark:

And chickens, especially because they are like "I'm fine. Whatever, I'm a chicken."

Anna:

Like, "Oh, my God. You should have told me this a week ago."

Janet Roark:

She might not have picked up on that.

Stephanie:

I would go really strong, really heavy on the respiratory oils. I mean, the crop isn't technically the respiratory tract, it's more the digestive, but the problem is that when you have anything going on with the bird, the respiratory tract is so sensitive that it's going to hit everywhere. I mean, I would do... Does she use doTERRA?

Anna:

I'm going to just take....

Stephanie:

I would do rosemary for sure. Diffuse like nonstop. Do some OnGuard. I don't know how to... Is she eating?

Anna:

Limitedly? At this point, not much anymore.

Stephanie:

Not regularly, okay. How about drinking?

Anna:

She's doing syringe.

Stephanie:

Okay. I would do at the very least, if you can put lemon in either food or water and get it down into it. You want to get something internal into their system that can try and help. Yes, frankincense too. Either one of those. I'd also say colloidal silver. Do that, syringe into them definitely.

Anna:

Okay.

Janet Roark:

Yes, I like the idea. You're going to have to hit this one hard. It's basically like, "Okay, this bird might die, so let's go ahead and hit it as hard as we can." And chickens are tough, and so, I would do like what Steph is saying, we have to support the respiratory tract, because that's going to be an issue. But also, I like the idea of OnGuard. Brenda suggested a oregano and fennel. And fennel is a mucolytic, so it can help with respiratory and digestive, which is what we're dealing with, and frankincense.

Janet Roark:

And so, doing a combo of those oils makes like a master blend, and then give that... And lemon, like Stephanie said. And so, make a master blend with those and then do a drop in the syringe when she's syringing with some colloidal silver and some water or whatever that she's using, food or whatever in the syringe feeding or syringe, whatever. And so, I like that combo and I would just start on it right away. I would probably do it three times a day, at least, with the oil blend. And then certainly diffusing forever. For right now, like just 24/7 right now. Yes, I like that.

Stephanie:

Just another point, as far as rest of the chickens you have, be as on top of cleaning that area as possible. You don't want anyone else to end up with sour crop.

Janet Roark:

Major hygiene.

Stephanie:

Yes. Yes, I think that's pretty good. Yes.

Anna:

All right.

Janet Roark:

And you can do oils in their feed as well, just as a preventive prophylactically kind of a thing. All right, Margie.

Margie:

I have a business question, and if you want to tell me not to ask it in this forum, that's fine. But I just wanted to suggest...

Janet Roark:

This is a free-for-all, this is level two.

Margie:

Well, sometimes... And I don't want to take the time from some of the valuable animal input we're getting. Anyway, last couple weeks ago or whatever, and I just watched, I've been catching up, but you mentioned about a referral and so forth for us. And I was wondering if you had any thoughts about maybe making a video or some special thing for us to go market with a little bit more with vets or... And I was thinking even like a YouTube video that we have access to you saying, "Hey, we're consultants. We're this, we're that." Or something along those lines. And it's just something to think about. I think that would help a lot for a lot of us.

Janet Roark:

Are you wanting me to do a video about the...

Margie:

Level one, level one two?

Janet Roark:

The consultation network, or are you wanting me to do a video for, like, "Here's what level one is all about," kind of a thing?

Margie:

I think, both. You're talking about, you're saying you're getting this video from this consult. I mean, we're level two, something along those lines. That's just a thought. I think it would help us out with... I'd love to be able to walk into a vet and slam that down and say, "This is my endorsement here." And in addition to that, she's going to tell you a little bit more and maybe we'll get some referrals out of that.

Janet Roark:

I can definitely work on that. I can put it on my list of things to do.

Margie:

I love giving you work to do I love giving you work.

Janet Roark:

I have an idea too, if I have your permission. Can I make a suggestion, Margie?

Margie:

Okay.

Janet Roark:

So what I would love is for you to make a video of your experience in level one and how awesome it was and how much you learned, and maybe an example of a case study or two, because that is going to go 10 times farther than anything I do, for your....

Margie:

Well, okay. I'm hearing you, but let me give you my feedback. Stamp of a vet behind it. I'm with that. I could do that. And I think that's something we could do on our websites and just YouTube, whatever. There's something about the initials after your name that mean a little bit more.

Janet Roark:

They do, but I will send it to a lot of veterinarians, so they'll think I'm cuckoo-for-cocoa-puffs too.

Margie:

Okay. All right. All right. I'll shut up. I'll shut up.

Janet Roark:

But it's definitely on the list and I can put those together pretty easily, pretty quickly, especially with Carol's help. Because she does a little bit of like beginner video editing that she can help me with. I'll definitely look into that. And then, if you want to shoot me an email, if any of you guys want to shoot me an email on specific things that you would like me to talk about in those videos, remember, we're going to have to keep these like three to five minutes max, because people have about like a 30-second-TikTok attention span these days.

Janet Roark:

I mean, guilty as charged. I'm like, if this isn't interesting, I'm scrolling. Okay. But, yes, veterinarian-approved. And you guys are on a veterinarian website, a veterinarians-approved website. So for that network, feel free to use that in your marketing. Viral... That TikTok. I'm scared of TikTok, you guys. I'm terrified. I just started learning about Reels on Instagram like, "I'm a veterinarian. Asked me about oils and animals." But it's like, "Darn, stop asking me to do more tech stuff." All right. I'm a country girl. All right, Christine, go ahead.

Christine:

Yes. I have a beautiful little Italian greyhound who's rascal, and she just had her second foreign body surgery last week. She ate a palm nut again, we had all the trees cut down, but she got one in the process. And it got stuck halfway through her intestine. They didn't have to cut open her stomach fortunately, but had to cut it out of her intestine. She's healing really well. They stapled her shut versus stitches. And she's healing really well, is not in a lot of pain, but I think she's really itchy. I think the staples are itching her. She's constantly trying to scratch her stomach with her back paw or looking at it if we don't restrain her or cone her, which makes me sad, because she wants to get under a blanket because she's an Italian greyhound. The itching is what I'm really struggling with. And I've tried so many different things. I've tried soothing oils and I've tried homeopathic things and I've tried like calendula tea internally and topically and just nothing is making a dent in the itching, so I didn't know if you had a silver bullet for itchy staples.

Janet Roark:

So, I love chamomile tea. Actually, chamomile tea, you can do that and just like rest a cool tea bag on that area, like once you like seep it a little bit and then just the cool tea bag on there. Cooling seems to help with itching as well. Like an ice pack or something like that can be helped. And then the all natural healing salve is really good. It has lavender in it, which is one of our really powerful antihistamine oils. If

you wanted to add a little Roman chamomile to it, you could to make it super awesome. And you can actually put that salve over top of staples.

Christine:

Okay. Thanks. We'll give it a go.

Janet Roark:

A couple of other recommendations. Jennifer says honey. I am really careful with honey on wounds because dogs will just lick the heck out of it.

Christine:

Yes, I have the same thought too. I was like, "Well, I mean, that's one thing I haven't tried," but I was like, "More licking is not what I need."

Janet Roark:

Exactly. We don't want her to lick the area at all, so she would have to have a cone or something on as well. But the all the natural healing salve is super gentle and is not going to like irritate. And you can like coat it on there because some of the itching is... I mean, you just can't get away from itching with wound, with sutures or staples, it doesn't matter. It's an inflammatory response, which is what's creating the skin healing. And so... Oh, vitamin E as well, yes. Vitamin E is in the all natural healing salve. Vitamin E on there that area just to keep it moist will help with the itching as well.

Christine:

Okay. I've got some, we'll give that a try.

Janet Roark:

Any recommendation? Jojoba oil, somebody's suggesting jojoba oil where the sensitive skin oil has a jojoba in there, I think, too. Yes, healing skin does always itch because it's just the normal inflammatory response. No Correct X, Victor. We don't do Correct X on dogs or cats because it's heavy in the tea tree department. We've actually had a couple of dogs that are sensitive to it that have actually gotten tea tree toxicity from it. Oh, Aloe too, pure Aloe. So if you have an Aloe plant. That is very, very soothing. Very cooling, very cooling.

Christine:

Yes. I do have one. I thought about cutting off a leaf and sticking it in the fridge. I might try that too. Okay. All right. Thanks guys.

Janet Roark:

Yes. Good, good suggestions. Great teamwork, guys. And then, Sarah, can you do it in one minute or less?

Sarah:

It dog, young, male that is... We have to balance the hormones because it's very masculine and it's not just his mind because it is too much hormones. Some oil that help to balance the hormones. Thank you.

Janet Roark:

Balancing male dog hormones, anyone? Anyone who want to take this one? I like to say brain surgery by cutting off the testicles. That's pretty much what I'd do. Regina's like. "Is he neutered?" That's like first one. Bay leaves, bay leaves, bay leaves is a really good one. Good job, Suzanne. Clary Sage. Okay. So just be careful with Clary Sage, because Clary Sage, it improves the hormones in some cases, so just be a little careful with that one. Same thing with sandalwood. Jasmine, I like that one. There we go, Jennifer, vetiver, use your super sedating oils. That's going to be your best bet, vetiver, lavender. Some suggesting phytoestrogen, which I've never tried. Oh, Dr. Holtman has a really good suggestion, which is Standard Process Simplex M, which is a Standard Process supplement. Balance, another one. Ylang-ylang, copaiba. I like copaiba. Copaiba and vetiver is probably where I would start and bay leaves and lots of... There we go.

Janet Roark:

Kathleen, "What about using a Lick-It pad with peanut butter and adding a calming oil to it?" That's another good thing, just distractions, distractions. Serenity, marjoram. There we go. It doesn't always increase hormones. It does bring them into balance, but a young male dog is going to have high hormones and that's normal for that dog. But usually it's not what the owner wants. They actually want less hormones than what is normal, so just FYI. Rose is another good one, Suzanne. And Suzanne says, "Phytoestrogen could metabolize the testosterone." Coriander. All right. All right. Good suggestions there. That's our last question for today because I do have to go. I want to be honoring of your time as well. And if you have questions for Dr. Z, please send those via email to [animalaromatherapyspecialist@gmail.com](mailto:animalaromatherapyspecialist@gmail.com) before Saturday. And I will go through those. And if we have time at the end of his presentation, I might ask him a few of those. And then, be here early, 30 minutes early at 4:30 Central Time next Tuesday, and we'll see you then. All right. Bye, everybody.