

Giving Herbal Formulas

Chinese Herbal Formulas are time-tested, carefully developed blends of various herbs and minerals. They are balanced to support systems that need it while addressing the underlying health concern that has led to the problems we are treating today. Because of this balancing, side effects are minimal, and should be limited to digestive intolerance (looser stools, or taste aversion) if anything is noted.

If you do see these symptoms, please contact our office and let us know. We can help to come up with individual strategies to make the herbs easier for you to administer and for your animal to take.

If anything more unusual occurs, also let us know right away, and come in for a follow-up exam. If, for example, an itchy dog becomes even more itchy, or if vomiting or diarrhea occurs, this indicates to us that a change in formula, or a tweaking of the formula, is in order.

Below are general tips on using the herbal formulas:

1. Start slowly. Whether you have liquid or granular herbs, adding just a little to their food at first will help animals gradually adjust to the taste of the herbs, and avoid a surprise to their system that could result in nausea or food aversion. Just a pinch of herbs, or a few drops of tincture to each meal on the first 1-2 days, and then gradually increasing the amount if the animal eats the food readily and continues to have a good appetite.
2. Add tasty items to food. If herbs slow your pet's appetite, try adding small amounts of foods you know he or she love, such as canned food, liver, raw meat or yogurt. If your animal is eating a specialized diet and you are not sure whether a supplemental tasty food would fit into the plan, give us a call and we can advise you.
3. If your pet simply refuses to eat food with herbs in it, you can try one of these strategies:
 - a. Switching forms (from granular herbs to a liquid tincture, or vice versa)
 - b. Placing herbs inside a meatball--this can be frozen too!
 - c. Placing granular herbs into capsules or twisted into rice paper (ask about this option)
 - d. IF ALL ELSE FAILS: Mixing herbs either with water or broth and squirting directly into their mouth. Follow this with a treat or lots of praise and petting. Not very suitable for long-term herbal dosing.
4. Have courage and patience! Persistence pays off; animals usually will adjust to taking herbs one way or another. Please do not give up and stop giving them--call us instead! Together we can find a solution that works for you and your animal.