

# **CHECKLIST:**

# 6 STEPS TO NATURALLY TREAT DOG DIARRHEA



## ☐ STEP 1

### **FAST YOUR DOG**

Food in the gut causes contractions of the bowel wall so that food is pushed along. If your dog has diarrhea, these contractions are more intense and push food through too quickly. Fasting gives the body the chance to rest and heal itself.

Start with six to 12 hours of no food or water to give your dog's over-sensitized bowel wall a chance to calm down and return to normal. Watch for signs of dehydration (excessive panting, sunken, dry-looking eyes, dry nose and gums or loss of skin elasticity) during the fasting period and give small sips of water when necessary.

### **DO NOT FAST PUPPIES**

Puppies need a much more regular source of nutrition and fasting can be harmful. This typically means dogs under six months old.



## □ STEP 2

### HERBAL REMEDY: SLIPPERY ELM

As the digestive system rests, start treating the diarrhea. Slippery elm is a soothing herb that coats the sensitive or inflamed mucous membranes in your dog's stomach. You can find it on Amazon or at most health food stores.

Give 1 tsp of powdered herb for each 20 lbs of bodyweight, four or five times a day. Mix the powder with water and give it as a liquid with a dropper.

### **SLIPPERY ELM SYRUP**

You can also make a syrup from slippery elm. Mix 1 rounded teaspoon of slippery elm powder in 1 cup of cold water. Bring the mixture to a boil while stirring, then turn down the heat, stir and simmer for 2 to 3 minutes. Remove from the heat, add 1 tablespoon of honey and let it cool.



### **DOSING:**

For dogs under 25 lbs:

1 to 2 Tbsp

**25 - 50 lb:** 2 to 4 Tbsp

50 lbs and over: 1/4 to 1/2 Cup

## ☐ STEP 3

### **HOMEOPATHIC REMEDIES**

While you're treating with slippery elm you can also use a homeopathic remedy at the same time. These are some of the most popular for diarrhea. Pick the one that matches your dog's symptoms most closely.

### Mercurius corrosivus 30C potency

For frequent bloody stools with much straining, usually after eating toxic substances or from a viral infection.

### Arsenicum album 30C potency

For diarrhea from eating spoiled meat. Usually there are frequent bowel movements (small in quantity) and your dog may be weak, thirsty and chilly.

### Pulsatilla 30C potency

For dogs that have overeaten or had food that is too rich or fatty. They may become subdued and timid, and may not be thirsty (which is unusual during diarrhea).

To give the remedy, mix 3 to 4 pellets into a ½ cup of spring or distilled water (don't use unfiltered tap water) and store it in a dark cupboard (it will keep for two or three days). Do not refrigerate.

Give 1 teaspoon orally, stirring it first (you can use a glass dropper but make sure it's been sterilized). You can dose 2 - 3 times in the first hour or two.

Observe your dog over the next 4 to 6 hours.

If you see improvement, then wait further and don't repeat the remedy.

If there's no improvement, give another 1 or 2 doses at 3 to 4 hour intervals.

If there's still no response after this, then re-evaluate your dog's symptoms and try a different remedy.

# STEP 4 BLAND FOOD

Once you've fasted your dog for six to 12 hours, you can start reintroducing solid food gradually. The ideal bland diet shouldn't include fatty foods or red meat, so if you normally feed raw, wait a few days to return your dog to his regular raw diet. A bland bone broth is a great idea.

#### How to make bone broth:

- Fill a large slow cooker with bones. Beef bones and chicken feet are really good choices.
- Add enough water to completely cover the bones, plus two or three extra inches. Then add raw apple cider vinegar (about three or four tablespoons for a large slow cooker).
- Cook on the high setting for an hour then turn it to low for 24 hours.
- Once the broth is finished, strain the bones and meat (really well).
- Once it has cooled, put it in the fridge. When you remove it from the fridge, scrape off the hard layer of fat on the top and toss it.
- Under the fat layer, your bone broth should look like jelly this is good. It's the healthy gelatin. If it doesn't, that's okay too, just add more apple cider vinegar next time.
- Store it in the fridge for a few days, or freeze it.
- You can feed it in small quantities until he's back on solid food, then add it to his regular food.



# STEP 5 PROBIOTICS

**Probiotics** are helpful "good" bacteria that keep your dog's digestive system healthy. Useful bacteria can be lost during bouts of diarrhea and it takes time for the population to build back up. Start giving probiotics as soon as you notice loose stool. You can add any of these probiotic supplements or foods to your dog's food:

### **Supplements**

We love Love Bugs from Adored Beast (follow the package dosing instructions).



### Fermented veggies or kimchi

Start out slowly and work up to 1 tsp per 15 lbs of your dog's body weight per day.



### Raw goat milk

Give 2 oz per 20 lbs of your dog's body weight per day.



**Kefir** (make sure it's unsweetened)

Give ¼ cup per 25 lbs of your dog's body weight per day.



# STEP 6 PREBIOTICS

Prebiotics "feed" probiotics and help them work better. It's always best to give prebiotics when you feed probiotics. Natural sources of prebiotics include:

#### Garlic

Give up to 1 tsp of raw, organic, garlic per 30 lbs of your dog's body weight per day.

#### **Bananas**

Give an inch of banana per day for a 50 lb dog or half a banana a couple of times a week.

### **Apples**

Slice one up as a treat or put it through your food processor. Avoid feeding the seeds as they can cause an upset stomach in some dogs.

### **Asparagus**

Chop some up raw spears and just add them to your dog's bowl.

### **Dandelion**

Give about 1 tsp of dried dandelion for each 20 lbs of body weight.

Remember, diarrhea is the body's way of getting rid of something it doesn't like, so while it's important to treat it, you don't actually want to suppress it. Be extra observant as you follow these steps and you should see improvements within a short period of time.