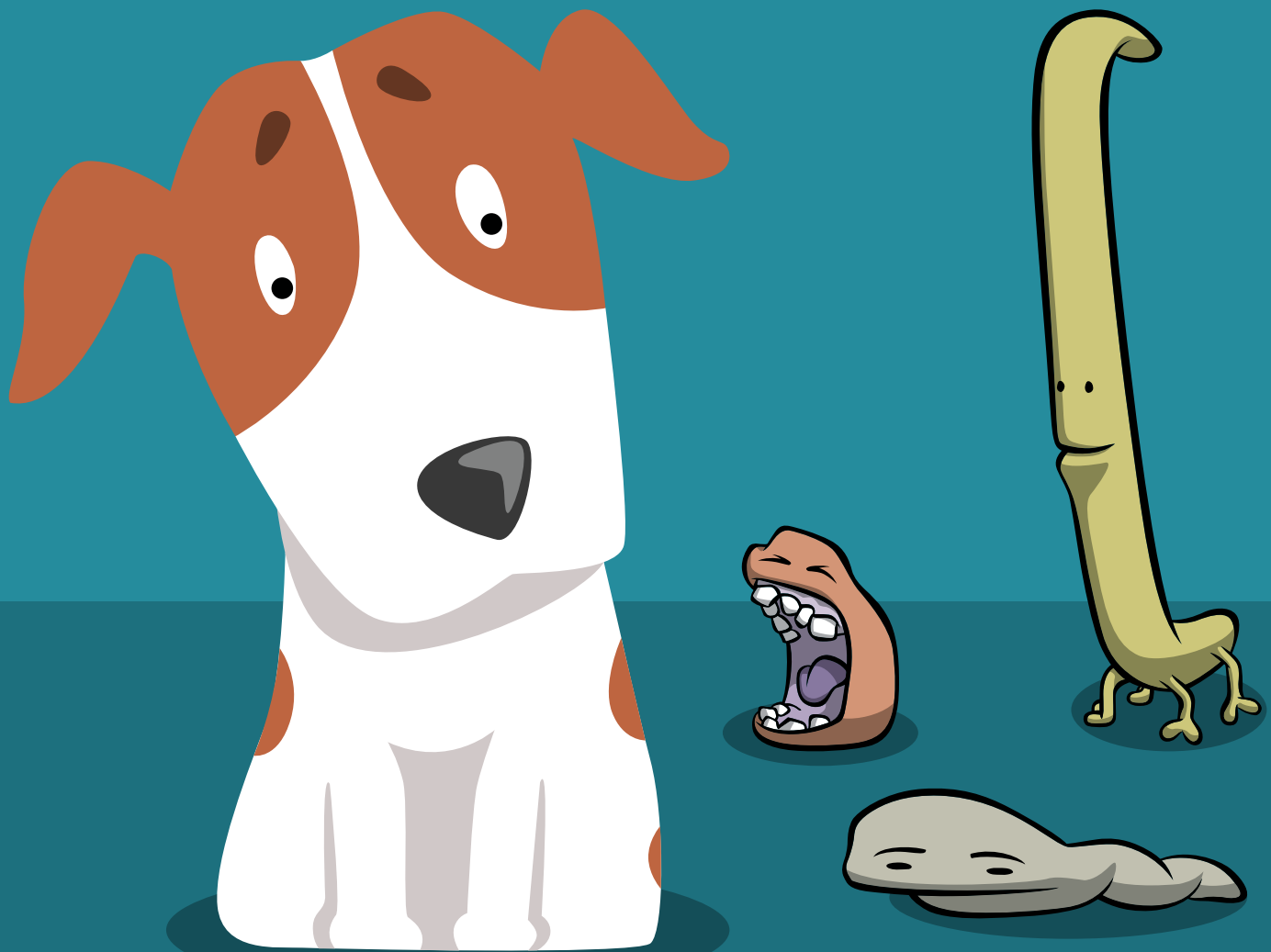


RECIPES TO GET RID OF WORMS

**+ BONUS FOODS AND HERBS FOR
TREATMENT AND PREVENTION**



3 RECIPES TO GET RID OF WORMS

+ BONUS FOODS AND HERBS FOR TREATMENT AND PREVENTION

If you're worried that your dog may have worms, it's important to act fast. Worms can cause malnutrition, weight loss, vomiting, diarrhea and anemia. Many of these parasites can also affect people.



While some parasites, like tapeworms, may be visible in your dog's poop, others are far too small to see with the naked eye. This means you have to look for subtle symptoms, including:



- **Mucus covered stools, diarrhea or vomiting**
- **Scotting on his rear end on the ground or licking his anus**
- **Off his food or has lost weight**
- **Lethargy**
- **A dull-looking coat**
- **Vomiting or diarrhea**

How do dogs get worms? Worms or parasites can make their way into your dog's system a few different ways. Ingesting eggs in contaminated soil, water or feces is probably the most common. Puppies can also get worms in utero or when nursing (from their mother).

So, if you're worried that your dog may have worms, grab a stool sample, head to the vet for a diagnosis, then head back home and get rid of them without harsh antibiotics! These recipes will help treat and prevent worms in your dog.

1. RECIPE TO ELIMINATE TAPEWORMS

Make this when tapeworms are present in your dog's poop.

Ingredients:

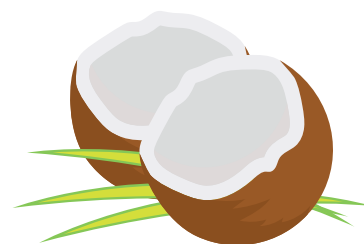
- 1 cup canned organic pumpkin
- ¼ cup organic wheat germ
- 2 ground cloves
- ⅛ cup unsulphured blackstrap molasses
- Dried unsweetened coconut



Mix the first four ingredients together and form into ¼ inch balls for small dogs, ½ inch balls for medium to large dogs or 1 inch balls for giant breeds. Roll in coconut and refrigerate.

Dose:

- Small dogs: ¼ inch balls, 3 per day
- Medium dogs: ½ inch balls, 3 per day
- Large dogs, ½ inch balls 3 per day
- Giant breeds: 1 inch balls, 3 per day



Feed for one week on an empty stomach.

Caution: Do not use for pregnant females as cloves can cause miscarriage.

2. GOATS MILK KEFIR

Kefir is a great fermented food that helps your dog fight-off parasites and kills a wide range of pathogenic bacteria and viruses, including worms.

Ingredients:

- 1 cup goats milk
- 1 teaspoon active kefir grains

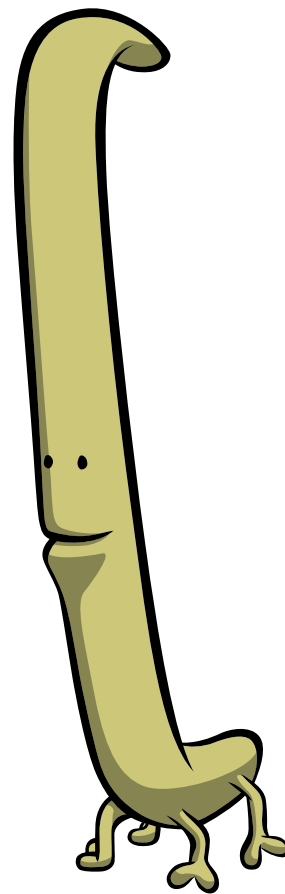
Equipment:

- 1 large glass jar
- Cheesecloth or paper towel
- Large rubber band
- Small strainer

Stir together the goats milk and the kefir grains. Cover the jar with the cheesecloth or paper towel and place the rubber band around the top of the jar. Let this sit (at room temperature, out of direct sunlight) for 24 to 48 hours. Once the milk gets thick and it tastes tangy, it's ready to strain. Strain the grains and store in an airtight container in the fridge for up to a week.

Dose:

Add to food or serve as a separate treat or snack.



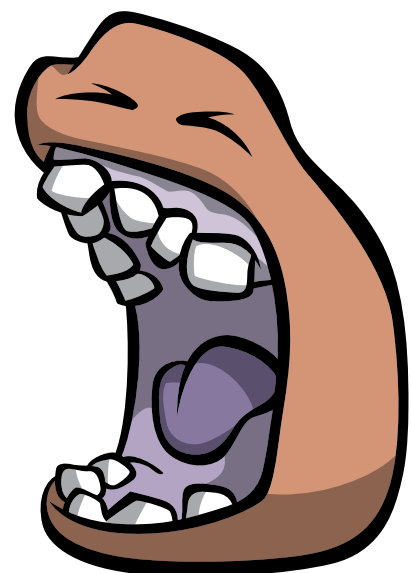
3. PARASITE PREVENTION SOUP

Use this soup two or three times a year to prevent parasites.

Ingredients:

- 1 cup chopped dandelions, plantain or fennel
- 1 inch segment of turmeric root
- 1 pinch of black pepper
- 2 cloves organic garlic, chopped small
- 1 shredded carrot chopped small
- 6 tbsp ground pumpkin seeds
- 1 can of organic pumpkin puree
- 1 tbsp blackstrap molasses
- ½ cup plain unsweetened yogurt
- 1 tbsp raw honey
- 5 drops grapefruit seed extract

Blend all ingredients in a food processor and serve with a shredded unsweetened coconut garnish.



Thanks to Rita Hogan for sharing her recipes with us!

BONUS:

FOODS AND HERBS TO THE RESCUE

Fermented
veggies

Fermented veggies are a very safe way to get rid of worms. You can buy fermented veggies like sauerkraut or kimchi, or make your own.

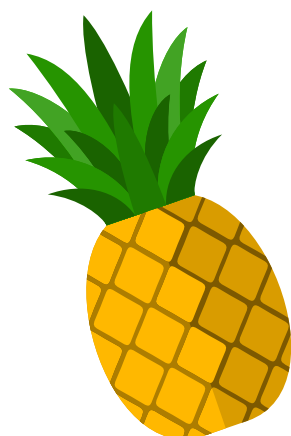
Start slowly with fermented veggies and work up to 1 to 3 tsp per day per 20 lbs of body weight.

Garlic

When fed in moderation, garlic can boost the immune system and help fight worms and giardia.

Give a half clove to two cloves daily, depending on the size of your dog.

Fruit



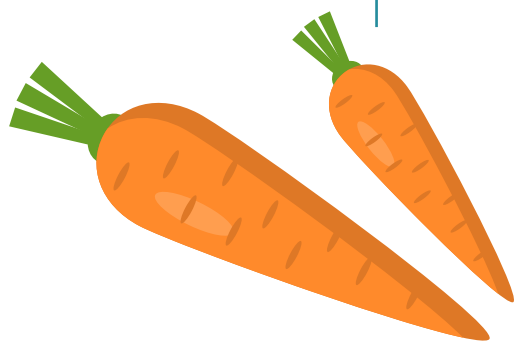
Pineapple contains bromelain, an enzyme that digests proteins, so it can help eliminate worms, and papaya contains papain, another enzyme that can help combat worms.

Give 1 tsp per 10 lbs of your dog's body weight per day.

BONUS:

FOODS AND HERBS TO THE RESCUE

Veggies	Grated carrots, watercress, greens, squash, cucumber or fennel can all help get rid of worms.	Add 1 tsp of any of the above veggies per 10 lbs of your dog's body weight per day
Neem Leaf	Give neem leaf twice a day for one week to eliminate intestinal parasites (but not tapeworm).	Use 150 mg per day for small dogs, 250 mg for medium dogs and 500 mg for large dogs.
Pumpkin Seeds	Raw, organic pumpkin seed can help prevent or expel worms. You can feed them as a treat or grind them and place them in his dish.	Give a teaspoon per ten pounds of your dog's weight.



Oregon Grape

This herb is not only anti-parasitic, it's also a very effective antibiotic and liver tonic.

Give Oregon grape as a tincture, using 12 drops per 20 pounds. Oregon grape also works with giardia. This herb shouldn't be used in dogs with liver disease or in pregnant dams.

Diatomaceous Earth (DE)

This can be used internally to treat most kinds of worms though it may not be as effective for tapeworms. Be sure to use food grade DE, not pool grade DE that has been treated and can be toxic.

Small dogs, 1 tsp per day, for dogs over 55 lbs, up to a tablespoon per day.

Mix well into food as inhaling DE can irritate your dog's lungs.

Black seed or black cumin seed

Known as the cure for everything except death, black cumin seed is completely safe and will eliminate most types of worms. Whole seeds are best (heat them first to get rid of the bitter taste) but if you prefer to use black seed oil, then halve the dose.

Seeds: small dogs ½ teaspoon per day, larger dogs 1 tsp per day, mixed with food. Seeds can be heated first to eliminate the bitter taste.
Black seed oil: ¼ tsp per day to small dogs and ½ tsp per day to large dogs, mixed with food.