

doTERRA ESSENTIAL OILS FOR DOGS

©by Skye Patterson - Revised 19-Mar-14

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Must have oils for Dogs

Lavender, Frankincense, Peppermint, DigestZen, Terrashield, Helichrysum, Melaleuca (not on toy breed/puppy), Geranium, Lemongrass, OnGuard, Rosemary, Serenity, Balance, Breathe, Cilantro, DDR Oil Blend, IQ Mega Oil Blend

(Please note: I have removed Deep Blue Oil Blend from oils to use on dogs. Wintergreen, one of its ingredients, metabolizes to Salicylic Acid = aspirin, which can be problematic for dogs – mainly GI issues)

Other oils good for Dogs

Basil, Bergamot, Roman Camomile, Eucalyptus, Lemon, Marjoram, Clary Sage, Purify (only for dogs over 25/30 lbs or puppies older than 3 months – contains Melaleuca), Rosemary, Patchouli, Sandalwood, Zendocrine Oil Blend

Other doTERRA Products OK for Dogs

Salon Essentials Shampoo, A2Z Chewables, Zendocrine Capsules, OnGuard Hand Soap, OnGuard Household Cleaner (to clean surfaces and bedding), xEOmega Oil Capsules, LifeLong Vitality Pack (for large breed dogs)

DISCLAIMER:

I am not a veterinarian. None of these recommendations are meant to take the place of veterinary care, especially with serious health issues. This list gives you holistic/natural option(s) or adjuncts (in addition to veterinary treatments) for the care of your dog. Please take your dog to your veterinarian if health issue(s) does not improve in a reasonable time...immediately, if condition is serious/life threatening, or if you cannot determine what is wrong. Getting an accurate diagnosis will help you decide the route of treatment for your dog. Additionally, these oils help the drugs your dog is on to be better interpreted and used by the body and to help reduce potential drug side effects.

DILUTION INSTRUCTIONS:

SDD: Small Dog Dilution. is at either **1:1** (1 Tablespoons Fractionated Coconut Oil [FCO] to 1 drop Essential OIL) for dogs 15-30 lbs. or **2:1** (2 Tablespoons FCO to 1-2 drops Essential Oil) for dogs under 15 lbs.

Note: Some dogs are more sensitive to the oils than others. My small dogs (and others I have had input from), toy breeds, have not had problems with the DoTERRA Essential Oils I indicate no dilution needed. However - for safety, do test area or start with smaller/more diluted amounts - check for irritation or if given internally - indication of GI upset, etc. Every one is different - same with our dogs. Some are more sensitive than others and health issues can affect the response your dog has to the products - like with humans.

Dilute either 1:1 or 2:1 if need be.

Precautions:

- **Do not use Melaleuca oil on toy breeds.** (Dilute for larger breeds.) **I Do Not Recommend use of Clove (except diluted for post oral surgery pain), Oregano (one exception is dealing with Parvo), Birch, Thyme or Wintergreen (metabolizes as salicylic acid - which can be toxic to dogs).**
- **Heavily dilute Essential Oils** (3 TBS FCO to 1 drop EO) **on young puppies (before 4 months old (under 15 lbs) - then dilute like for human baby until 6 months old.**
- **Use with Caution and heavily dilute for:** pregnant dogs; old, sick; dogs prone to seizures (except for Frankincense - use full strength).
- **Discontinue use if:** dog becomes distressed, drools, pants, whines (if these symptoms do not stop after 30 minutes - take to vet ASAP)
- **Do not apply near:** eyes, nose, genitals - if you do - dilute with FCO - NOT WATER
- **Putting oils around face/nose/eyes is usually too overwhelming for them.** Most oils are better applied to bottom of back paws between toe pads, on stomach and/or behind ears for certain applications.
- **Do Not use OnGuard Toothpaste for dogs - The Xylitol is deadly toxic to them.**

DIRECTIONS FOR USE OF OILS FOR DIFFERENT DOG HEALTH ISSUES

Health Issue	Suggested Oil(s)	Area of Application	Dilution
Allergies	Lemon/Peppermint/ Lavender	1 drop each in capsule 2X/day for dogs under 35 lbs. - 2 drops each for larger dogs given with meals. Long term protocol (4-6 months)	no
	plus IQMega Oil (helps with inflammation and immune system)	5 drops in capsule (add to above) for dogs under 35 lbs. - 10 drops for larger dogs given with meals	no
	plus Zendocrine (capsule form) (liver is often affected in dogs with serious allergies)	1/2 capsule 2X/day w/each meal for dogs under 50 lbs. - 1 capsule for over 50 lbs.	no
Arthritis	Peppermint and Frankincense	put 1-2 drops each along spine between back base of ears and base of tail worked to skin to reduce pain messaging to brain AND apply 1-2 drops each to each affected hip/joint, worked to skin. Apply 3-4X/day or as needed	SDD
	plus DDR Oil Blend	3 drops mixed into food (moist/canned) 2 X day	
Asthma/Trouble Breathing	Breathe	put 2 drops on hand then hold in front of nose until breathing normally	no
Bleeding	Helichrysum or Lemon	apply 1 or more drops drip into wound	no no
Bleeding Toe Nail	Lemon or Helichrysum	if you cut toe nail too short and it bleeds put 1 drop on quick of nail to stop bleeding	no
Bladder Infection	Frankincense/ OnGuard/Cinnamon	2 drops each in capsule 2X/day	no
	Lemongrass/OnGuard	apply 1 drop each over bladder	no

Burns	Lavender	apply neat to burn, for large areas can be diluted in ratio of 4-6 drops/Teaspoon FCO - in spray top bottle - lightly spray area.	no
Cancer (Tumors)	Frankincense	apply 1-2 drops neat to skin tumors 2X/day	no
	plus DDR Prime Oil	5 drops in food (moist/canned) 2X/day for dogs under 35 lbs. - 10 drops for larger	no
Chest Congestion	Breathe	diffuse or apply a few drops to chest, Put on pet bedding (acts as diffuser)	no
Diarrhea/Constipation	DigestZen	Apply around belly button area and swipe swipe in mouth. Also apply on back feet between toe pads. Apply every 2-3 hours as needed. (my experience is that 1-2 applications is sufficient).	1:1
	Plain Canned Pumpkin	1-2 TBS 2X/day with meals is very effective in helping with both diarrhea and constipation	
Diabetes	Balance	Apply to back feet between toes in AM daily	no
	Basil and/or Corriader	2 drops in mouth daily	no
	Lavender	Apply to back feet between toes at night	no

With A diabetic dog: diet is most important - NO CARBOHYDRATES. High quality dog food is a must (poor quality high carb food causes diabetes). Get excess weight off dog. Exercise every day - nice brisk walk for 20 minutes - all are important....can even lead to dog no longer being diabetic. Inform your vet that you are wanting to try supporting your dog's body/pancreas with Essential Oils. The oils help the body go back to normal insulin levels, helps pancreas heal and supports meds effectiveness. Please closely monitor dog's insulin levels with your vet - as these oils and diet/exercise changes will reduce need for meds.

Dry Skin	Clary Sage	rub 1-2 drops into area	SDD
	IQMega	5 drops (up to 35 lb. dog) to 10 drops (larger dogs) in capsule - helps with skin conditions	no
Ear Infection	Geranium and/or Frankincense and/or Basil	Apply to back of ear, front base of ear and gently wipe slightly (1-2 drops) moist cotton ball/or Q-tip (with care) to inside of ear flap.	no

	Lavender to soothe Melaleuca	Do not go down ear canal. Apply moist (not wet) with cotton ball Dilute. Do Not Use On Toy Breeds Follow above instructions.	no SDD
Fear/Anxiety/ Nervousness	Serenity, Lavender and/or Balance	behind ears, back of neck at base of skull, between back toes, diffuse, put on bedding, or pet's clothing or your clothing = acts as a diffuser.	no
Fever	Peppermint	1-2 drops between back toes (this oil can irritate some dog's skin - dilute if needed)	SDD
Fleas	See Insect Repellent		
Fungal Infection	Lemongrass, Lavender, Geranium &/or Clary Sage	rub 1-2 drops into affected	no SDD
Gallstones/Infection	Frankincense and Lemon	rub on tummy & between back toes 2-4X/ day (Frankincense is fine neat but Lemon can be irritating to some dog's skin - diluted if needed)	SDD
Heart Problems	Peppermint	rub between back toes 2X or more/day	SDD
Heart Worms	To shield against Mosquitoes - which are vector - see Insect Repellent Information I do not recommend use of oils to kill heartworms resident in your dog. Too fast a die off can kill your dog. Please let veterinarian handle this situation.		
Hot Spots	Lavender	put 2-3 drops on moist tea bag (tannins help to dry up hot spot) - place on area for 10 min. (shave/cut hair from site), 3-5X per day	no
	Purify	2 drops on Cotton Ball - to gently clean oozing from hotspot before treating, if needed	no
Infection (Systemic)	Helichrysum, Lavender Geranium, or Marjoram	1-2 drops on site or between back toes 2-3X/day	no
Infection (Wound)	Frankincense, then	1-2 drops in infected wound - apply hot compress - draw out pus/wipe w/cotton ball with 2 drops of Purify to clean.	no

Helichrysum and Frankincense	Put 1-2 drops each of Frankincense and Helichrysum in wound 2-3X/day til healed over.	no
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Additional Successful Protocol for infected foot/nail bed (would be good for infections on leg and tail too):
Soak Foot in Listerine every day and wash 3-4 times a day with OnGuard hand soap with added 2 drops of Purify

Combined in a 10 ml bottle (suggest use a sprayer top), put on the whole infected area every 3-4 hours:
 2 drops lavender
 1 drop Roman Chamomile
 1 drop oregano
 1 drop lemongrass
 1 drop frankincense
 filled the remainder of 10 ml bottle with FCO

Innoculations (post) (Vaccines)	Cilantro	1-2 drops/swiped into mouth/day for 10 days post inoculations to deal with heavy metals (wait 10 days to use Cilantro so that inoculation successfully works)	no
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Insect Bite/Sting	Basil and Lavender	put 1-2 drops of each on bite/sting. Observe for allergic reaction - swollen face, tongue difficulty breathing (use Breathe in front of nose). Take to vet immediately.	no
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Insect Repellent	Terrashield, Peppermint and Purify (replace Purify with Lemongrass For dogs under 30 lbs And puppies under 3 months of age)	Equal drops each, put in spray bottle, apply along spine, spray on your hand & rub through dog's coat behind ears, on chest and stomach, on legs and feet (do not spray in face or genital area) DO NOT DILUTE! Apply every 5-6 hours as needed.	no
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Internal Parasites	Peppermint, Lemongrass, and DigestZen	1-2 drops each, placed in hand, combined, then rubbed on stomach and between back toes Do Not Use For Heartworms! Danger of overwhelming heart with worm die off	SDD
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Note: poor diet (cheap, commercial diets lacking fresh raw foods, full of additives, preservatives and fillers), poor health, digestive problems, drugs, obesity, can all leave dog more susceptible to Flea Infestation, Internal Parasites, and attracting Ticks (the body chemistry of a sick or stressed dog is different than a healthy dog and it makes the blood more attractive them)

Interstitial Cysts	Lavender	Put several drops of FCO on gauze pad with 1-2 drops of Lavender, wrap around cyst on paw - wrap with vet wrap to hold in place.
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	Purify OR use OnGuard Foaming Hand Wash to clean before oil Application.	Keep hair trimmed away.	
Kidney Damage/Disease	Zendocrine Capsules	1/2 2X/day with meals for dogs under 50 lbs. - 1 2X//day for larger dogs (supports Kidney)	no
	Zendocrine Blend Oil	3 drops in capsule 1X/day with meals for 10 days - repeat every 30 days for 3 months to help detox and heal Kidneys	no
Liver/Gallbladder Disorders	Geranium and or Helichrysum	1-3 drops over liver & between back toes	no
	Zendocrine Capsules	1/2 2X/day with meals for dogs under 50 lbs. - 1 2X/day for larger dogs (supports Liver)	no
	Zendocrine Blend Oil	3 drops in capsule 1X/da with meals for 10 days - repeat every month for 3 months to help detox and heal Kidneys	no
Mange (both types)	On Guard and Purify	4 drops OnGuard & 2 drops Purify in 1 TBS FCO (increase amount and put in spray bottle). Spray on affected areas 3X/day until healed. Bathe 4-7X/week	SDD
Mosquitoes (heartworm)	Terrashield/Purify/Peppermint	see insecton repellent instructions Do not use a protocol to kill heartworms as sudden die off could kill dog - must have vet care for this.	
Motion Sickness	Peppermint	1-2 drops on tummy& between back toes	no or SDD
Mouth Abscess/ Gum Disease/ Oral Surgery/Dental	Lavender and/or OnGuard	Swipe in mouth area, repeat 2-3X/day	no
	Clove	post oral surgery for pain - MUST DILUTE	SDD
Nausea/Vomiting	Digest Zen	Finger swipe small amt. on gums up to 1 drop in mouth for large breeds.	no
	Peppermint	Rub small amt. on stomach & between toes of back feet.	no or SDD
	Lavender	Same as peppermint - also behind ears	no

(can use all 3) to calm dog

Pain	Peppermint	1-2 drops between back toes & 1-3 drops on area of pain (not open wound)- rub in gently.	no or SDD
	And Frankincense		
	You can also add Frankincense	1-3 drops on area of pain - rub in gently, plus 1 drop between toes on back feet.	no or SDD
		1-2 drops on area of pain or add to others.	no
		1-2 drops on area of pain or behind ears and/or between back toes	no
	also		
	Diffuse Serenity or Lavender with Frankincense	To help keep dog calm/unstressed. Use in diffuser	no
		Could also put a couple drops on bedding or blanket to act as a diffuser (to help with stress of pain) and or to toes on back feet	
Parvo	Oregano	1 drop in 2TBS FCO for young puppies 2 drops in 1 TBS FCO for adult dog (Over 50 lbs.) Apply to stomach, between back feet between toe pads and swipe in mouth 4-5X/day for 5-8 days until all symptoms disappear and continue for 2 more days after symptoms disappear.	SDD
		You will need to address other symptoms: *diarrhea (DigestZen - on abdomen and swiped in mouth 3-5X/day), *possible anemia due to blood in diarrhea (vet care), *vomiting (DigestZen - same protocol as for diarrhea - above), *dehydration (vet care), *fever (only treat fevers above 105)	
		Must segregate - very contagious thoroughly clean all surfaces w/OnGuard or 4 drops Oregano in 1 QT Water after poop clean ups.	
Scar	Frankincense (prevent) and/or Helichrysm (reduce scar)	apply 1-2 drops to scar daily	no no
Seizures	Frankincense	Swipe 2 drops to roof of mouth and 2 drops behind each ear	no

Separation Anxiety (see stress/anxiety/fears)	Lavender or Serenity	Diffuse and/or 1-2 drops on chest/behind ears & between back toes (calms)	no
Shock	Peppermint	1-2 drops behind ears & between back toes	no or SDD
Skin Allergies/ Rash/ Dermatitis/ Irritations	Lavender, Helichrysum and/or Roman Chamomile	rub 1-2 drops into affected area 2-3X/day apply 1-2 drops (dilute) to affected areas of irritation	no 1:1
Also - See Info On Allergies			
Sinus Infection	Breathe	dilute 50% with FCO - put drop on Q-tip squeeze out excess - apply inside nostril 3X/day + 2 days after infection gone	1:1
	OnGuard	Can add OnGuard to above treatment plus swipe in mouth 2X/day	1:1
Stress/Anxiety/Fears	Serenity, Lavender or Balance	Diffuse and/or put 1-2 drops on chest, behind ears, on back feet between toe pads, on bedding (or use my Serenity Collar). Repeat application of oils every 2-4 hours as needed.	no
Stroke	Frankincense	apply 1-2 drops to brain stem area/back of neck 3+X/day	no
	Serenity or Lavender	diffuse or apply 1-2 drops to dog's chest/bedding/back of ears/back feet between toe pads to help dog deal with stress	no

Ticks * **See Insect Repellent**

Note: do not use oils to get tick to back out of imbedded site - can cause tick to regurgitate and spread disease. Use pointed tweezers or tick removal tool - place on sides of tick's mouthparts/head, pushing gently against skin, pull back slowly but firmly with tweezers, until all mouthparts come out. Take to vet if mouthparts/head remains imbedded.

Good site for instructions: <http://www.smdc.army.mil/2008/Safety/Articles/Tickremoval.pdf>

After you have removed tick, treat site with:

OnGuard and Lavender or Purify	1-2 drops on site	no
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Toxins - After Surgery (Anesthesia), Innoculations/Vaccines, Chemotherapy, During period when administering Drugs (Medications), Poisoning (Must rush to emergency veterinary immediately) oils will help with any residue toxins/side effects

Roman Chamomile	rub 2 drops over liver area 2-3X/day to liver detox body	1:1
and Lavender	Rub 1-2 drops behind ears & between back toes	no

Tumors	Frankincense	directly on tumor, 2-3X day til tumor gone (if tumor cancer - consult vet)	no
	DDR Prime Oil	3 drops in food (moist/canned) 2X/day	no

Urinary Tract Stones/Crystals	DigestZen, Lemon and Frankincense	2 drops each in 1 Tablespoon FCO, dip finger in mixture and apply over bladder and kidneys 5-6X/day plus swipe some in dog's mouth. Do this protocol for 4-5 days. If no improvement, gets worse or you have serious straining to urinate and/or blood in urine - TAKE TO VET!!!	SDD
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Also diet is very important issue for this problem in dogs. Corn (especially), soy and wheat are known culprits for this problem. Must switch to high quality food without these grains and high quality meat protein (vet specialty foods are not in this category)

Vomiting See Nausea above

Warts	On Guard	directly on wart, 2-3X/day until wart falls off	no or SDD
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Wounds	First clean wound with Purify	Apply with Cotton Ball	no
	Then: Frankincense, and/or Helichrysum	apply 1-2 drops to wound 1-2X/day to protect from infection and help close wound and minimize scarring	no

This is a great site to find quality dog food (only go with 4-5 star foods with no grains):
<http://www.dogfoodadvisor.com/>

Some References Used:

- www.thewholedog.org/EOfleas
- www.natural-dog-health-remedies.com
- "Holistic Aroma Therapy for Animals" by Kristen Leigh Bell
- www.ncbi.nlm.nih.gov/pubmed/8197716
- www.dogchannel.com/holistic-dog-care/article-5543
- www.essential-oils-lifestyles.com/aromatherapy-for-dogs
- "Modern Essentials - A contemporary guide to the therapeutic use of essential oils"

Learn more about using doTERRA © essential oils and supplements for your family and pets and how to purchase these powerful natural products at the best available prices go to: <http://www.thedogoiler.com/>