



## Essential Oils for Pets: Hoax or Helpful?

By: Kara Lynch

For most of my life I had the same, well behaved dog. She was a rescue whose worst offense in 13 years was biting off my Betty Boop doll's head. We never had her when she was a puppy so you can imagine my surprise when we adopted a rowdy puppy after she passed. If you've never had a puppy before and are in the market for one, good luck.

Puppies can be an absolute terror, chewing up all your shoes, furniture, and essentially whatever they can get their paws on. Our male felt a need to go to the bathroom in every room of the house to mark his territory. I was stressed and began researching ways to get him to chill out. It wasn't long before I came across essential oils for pets.

I use essential oils for myself and I've witnessed their healing and therapeutic abilities, but was it safe for my dog? Today, I'll be sharing with you the research I came across. Then, you can decide for yourself if essential oils are the right choice for your pet. Let's start by reviewing some of Dr. Karen Becker's experiences.

Becker used essential oils to treat a cat that would have been euthanized. This cat known as "Cowboy," could not urinate due to upper motor neuron damage in his bladder. Becker's intention was to only use essential oils for Cowboy until his health issues improved. Then, she intended to slowly ween him off. But when Becker stopped using the essential oils, his issues were back. During Cowboy's time on essential oils, his bloodwork

was outstanding. He was also regaining neurological function. He still couldn't urinate fully, but urine released easier than it had before. So what's the verdict? Can you actually use essential oils on your pet?

Yes, you can, but do not go in blind. As with anything new, you must do your research and make sure you're following the proper steps to optimize your pet's health. Becker says the quality of the essential oils is crucial. If you're going to use essential oils with your pets, they must be of great quality. Generally speaking, it seems less is more so do not go overboard with the concentration you use. Research what oils are poisonous to pets. I currently only know to avoid tea tree oil.

Essential oils effect animals at the cellular level, helping not only with their physical health, but mental health. The oils can be used for behavior modification and for animals with stress and anxiety. Many animals adopted from shelters suffer from emotional issues that result from abuse.

I believe essential oils can be a great alternative to mainstream medicine for certain emotional and overall health issues in pets. But frankly, I don't believe every pet needs them. As for my puppy, he's growing into quite the mature young dog now. All puppies are hyper and it's important to establish normal dog behavior and abnormal behavior. I do believe essential oils can benefit animals with abnormal behavior. But in my opinion, they're not a necessity for every animal. Good luck, pet parent! You're doing great!

#### Resources:

<https://healthypets.mercola.com/sites/healthypets/archive/2012/05/14/dr-shelton-on-pets-essential-oils.aspx>

<https://healthypets.mercola.com/sites/healthypets/archive/2016/01/17/animaleo-essential-oils.aspx>

<https://www.aspca.org/news/latest-home-trend-harmful-your-pets-what-you-need-know>