

nutritive to help build up an animal when it is debilitated. Celery is an aid for arthritis, milk thistle is supportive to the liver, and garlic has anti-microbial and anti-parasite effects."

Liza warns, however, that garlic must be used carefully as it can be toxic – "no more than one medium-size clove per 25kg dog per day".

My ageing doberman loved dining on celery stalks from the garden. As most dogs despise celery this seemed very bizarre, until some investigation revealed that he was self-medicating for his debilitating arthritis.

Liza says: "Making use of herbs and other therapies at home such as homeopathy or flower essences can be very helpful. But with any health condition that is not improving or the animal is in pain or unresponsive, it's very important to have a veterinary check to ensure there is no major underlying health issue." ►



A dog self-medicates by eating grass.

A guide to complementary treatments

Many complementary treatments are available for pets to help with issues from medical to behavioural. Generally, they're safe and non-invasive.

Acupuncture

Assists body to release endorphins and hormones while decreasing inflammation.

Aromatherapy

Aromatherapy oils are used to help pets with a variety of conditions and ailments.

Bowen Therapy

A "light-touch" therapy for the promotion of healing and pain relief.

Chiropractics

A gentle and effective therapy used to ease discomfort and help spinal function by improving the motion of joints and the flow of information through the spinal nerves.

Flower essence/mineral therapy

Remedies that have a calming and therapeutic effect. Can also assist with certain ailments and conditions.

Herbal medicine

Herbal remedies used to correct a particular imbalance or blockage. These herbs commonly have nutritional as well as drug-like activity in the body.

Homeopathy

A gentle treatment for healing ailments by using minute doses of natural substances.

Hyperbaric oxygen therapy

A non-invasive treatment delivering oxygen at extremely high levels to aid in tissue healing.

Massage/hydrotherapy/physiotherapy

These practices are gaining in popularity for helping the healing process after surgery or illness through the use of touch or light exercise.

Nambudripad's Allergy Elimination Technique

A holistic treatment for the elimination of food and environmental allergies.

Neurological Integration System (NIS)

A system originally developed for humans which helps with balancing the body and restoring health.

Nutritional medicine

Diet and supplementation to help conditions ranging from behavioural problems to arthritis. Some nutrients found to have such effects are termed "neutraceuticals" or nutrients with pharmaceutical effects.



The latest in Arthritis management



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