



## **Mother Nature's Natural Animal Health Tools**

### *An Introduction for Organic Producers*

The certified organic livestock producer cannot use antibiotics, hormones, analgesics or any other synthesized molecule in the production of food. Many of these products have been found to be immunosuppressant. Many cause bacterial mutation and many put unusually high levels of hormone into the food chain and environment.

The organic farmer has gone back to nature to use the products that are occurring in Mother Nature naturally for helping the animals stay healthy without using any synthesized molecules.

The organic farmer does not chase down bugs and eliminate the signs of healing, but helps the bodies' systems repair and heal. Organic dairy farmers focus on good balanced nutrition from the soils up through the forage, yielding a healthy, vibrant animal with a strong immune system. Organic farmers focus on a healthy immune system. Here are some of the tools that have been discovered and rediscovered.

**Aloe Vera** This stimulates the immune system to speed up fighting and warding off disease. There are fifteen different effects of Aloe Vera juice. A few are increased synovial fluid for joints, increased immune response and increased epithelial healing, just to name a few.

**Tinctures** Tinctures are extracts of molecules from plants that have a very specific action. The liquid used for tinctures can be essential oils, vinegar and the most common is alcohol. Just a few examples of tinctures and their effects are:

- **Garlic**- 35 molecules that are antibacterial (antibiotic)
- **St. Johnswort**- Kills pain at the nerve endings
- **Chamomile**- Feeling of euphoria
- **Echinacea**- Stimulates immune system
- **Juniper Berries**- Urinary tract antiseptic
- **Comfrey**- Heals bones and hard tissue
- **Arnica**- stops hemorrhage and bruising
- **Caulophyllum**- uterine contractions

**Botanicals** This group is raw plant products found in nature, that when used properly, have very specific effects when given orally. Examples are:

- **Mullein Leaf**- Expectorant for lungs
- **Coltsfoot**- Dilates bronchioles in the lungs
- **Licorice Root**- Dilates capillaries in the lungs
- **Cayenne**- Diuretic, removes excess fluid
- **Juniper Berries**- Kidney cleanser
- **St. Johnswort**- Pain killer
- **Willow Bark**- Pain killer
- **Walnut Leaf**- Intestinal wormer
- **Elcampane Root**- Intestinal wormer

**Essential Oils** These are oils found in small quantities that have strong energies to stimulate many systems. A couple of examples are:

- **Maleluca Oil**- Antibacterial

- **Eucalyptus**- Destroys E. coli bacteria
- **Peppermint**- Dilates capillaries

### **Homeopathy**

This is a treatment of “likes” that was developed in Germany by Dr. Samuel Hahnemann. In the early 1900’s, homeopathy was the norm in human and animal medicine. There are about 80-100 remedies commonly used on animals. Examples are:

- **Apis Mel**- Swelling
- **Lycopodium**- Ketosis
- **Phyto lacca**- Mastitis
- **Nux vomica**- Bowel Disorders
- **Bryonia**- Mastitis
- **Sepia**- Cystic Ovaries
- **Hypericum**- Pain

### **Whey Products**

This treatment method utilizes the immune transfer from colostrum. Many different problems can be addressed by using the proper whey. These are safe, quite effective and are an area where more research will yield more benefits.

### **Vitamins and Antioxidants**

These products support the lymphatic and immune systems under times of stress and inflammation. The antioxidants are particularly helpful with mastitis, pneumonia and any toxic condition with cellular damage- safe and inexpensive.

### **Probiotics**

These naturally occurring, helpful, bacterial products are very useful in bowel disorders and in aiding proper digestion. They were one of the first tools used in the organic world.

### **Trace and Macro Minerals**

This area becomes a concern to organic farmers because they realize that their soils are not perfect. He utilizes kelp and botanicals, both of which have a wide variety of micro and macro elements. This is all part of the balanced ration for a healthy body with healthy systems.

The natural approach involves all the systems of the body and we no longer chase bugs and cover up symptoms. Symptoms are part of the healing process. These products are safe to handle, have very few, if any, side effects, and do not adulterate the food chain with unwanted chemicals or foreign molecules.

Two interesting facts:

1. Organic cows, because they are fed a high forage diet, which is what the rumen is designed to digest, have been observed to live much longer and tend to be healthier.
2. Organic Valley does not allow the use of any synthetic hormones for animal production. Hormones can effect the endocrine system, which runs all other systems, in very small amounts- like parts per trillion.

Dr. Paul Dettloff  
Organic Valley Staff Veterinarian  
(608) 323-3047

See “Sources for Organic Veterinary Supplies” for product resources.