

When I first saw this word, I was completely intrigued, I knew it applied to animals and with further searching came across Caroline Ingraham, founder of Ingraham Applied Zoopharmacognosy (IAZ). It is a behaviour in which animals self-medicate by choosing and ingesting, plants, soils, insects etc. to prevent or reduce harmful effects of toxins and pathogens. Things they would naturally find were they are living in the wild. The practice encourages and allows an animal to guide its own health, since unlike their wild counterparts, captive and domesticated animals rarely have the opportunity to forage on medical plants. Great example are dogs who eat specific types of grass to induce vomiting. Caroline Ingraham founder of Ingraham Applied Zoopharmacognosy (IAZ), has always had an enormous concern for the ethical treatment of animals and their welfare. Caroline has dedicated the last three decades to researching and observing how animals heal themselves; knowledge gained directly from the animals themselves.

Does your dog dislike car journeys? If so, your dog may suffer from feeling car sick. This might not always be obvious other than not wanting to get into the car! Many cases that I have worked with have been resolved by supporting the digestive system. When you discover your dogs favourite digestive and antibacterial reme-

dies, perhaps it is ginger, lime, fennel or basil, offer them again when your dog is in the car, but before you begin your journey. Drop a few drops of the chosen oil(s) onto separate pieces of cloth. Then put them about 2-3 inches apart, where your dog can inhale them, but also where he can remove himself from the aromas. Two of the favourites should be enough.

Useful remedies to offer — Basil, Black pepper, Fennel, Ginger, Orange, Peppermint • Thyme (Caution irritant), Bitter almond (Caution irritant), Clove (Caution irritant), Garlic (Caution irritant), Lemon, Lime, Grapefruit or carrot seed.

This is from Caroline's book, "*Help Your Dog Heal Itself*" Her website is www.carolineingraham.com and her Facebook page, Ingraham Academy of Applied Zoopharmacognosy

She is in England and travels all over, offering courses and seminars. I am hoping that in the future we might be able to bring her to BC, I have ordered her book and it will be coming shortly.

— submitted by Emma Ross
Cnoccarne Irish Wolfhounds Perm. Reg'd

