



# CHAPTER 45

## Organic Pet Care



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Most of our pets are considered to be four legged, furry, family members until they start digging, rolling in the dirt or other debris, tearing up our homes, chewing our clothing and shoes, munching on our plants or human food, walking on our counters or tables or shelves, entering our homes reeking of skunk spray or garbage and/or bringing home dead animals or other uninvited "guests". In short, pets can quickly become pests for many reasons - this Chapter will attempt to show you how to safely solve many pet related problems both pest and behavioral that you may encounter and wish to safely solve. Let the helpful hints begin.

**How to safely and far more effectively repel dogs and cats and other critters:** First of all, you need to not harm any living creature. You need to gently try to dissuade them from roaming on your table and counters, stealing your food, destroying your property, trespassing and/or molesting the rest of your property, children, pets or livestock without harming them or the environment. **The Author does not recommend the use of Bounce/Dryer Sheets even if they do repel many things including cats and insects.** According to Dr. Michael Levine, DVM, **"Dryer sheets contain an array of dangerous chemicals and fragrances, including chloroform and benzyl acetate.** The symptoms can vary dramatically. A dog may experience fairly minor symptoms like itching, redness and rash due to contact dermatitis [an allergic reaction involving the skin]; or he/she may suffer a serious and potentially deadly reaction like anaphylaxis – it varies depending on the nature of the exposure and the dog's sensitivity to the irritants." Cats are at even greater risk. Please see <http://www.ourlittleplace.com/fabric.html> and <http://www.myspace.com/patsymaclemore/blog/536573090>. **Do not use any toxic products anywhere near you or your pets.**

### **How to repel deer (The Author has so many deer on his property - he thinks of them as pets/pests.)**

Deer are indiscriminate grazers. They will eat a particular type of flower or vegetable, or strip new growth from one type of shrub while ignoring the rest of the garden. Although perfect deer-proof plants and repellents have not yet been discovered, there are many natural and manufactured solutions available to help alleviate some of your deer problems. Repellents that replicate human odors such as nylon stockings filled with human hair; small sacks filled with blood meal or cat feces; and "Irish Spring" and "Dial" bath soap, have proved effective with some gardeners. "Bye Deer", a cotton bag filled with oil based soap, is available at Pasquesi Home & Gardens: <http://www.pasquesi.com/>. Attach it to low branches or bushes during all seasons. Remember to check these repellants periodically, as other animals and rainfall may damage your deer repellents. They all work well if the deer are not starving!

Strong smells such as kerosene, creosote, moth balls and rotten eggs will repel deer also. Try soaking rags with one of these petroleum-based products and wrap the rags around tree branches. Place moth balls in perforated cans and tie the cans to shrubs and low branches. Broken rotten eggs scattered on the ground can be effective. After a heavy rainfall or snowfall, reapplication may be necessary. Miller's Hot Sauce containing capsaicin is a hot pepper extract, that may help repel deer, too. The Author knows that dry ground Ghost Pepper quickly repels any mammal that gets it in their nose.



When applying commercial repellents, be sure to follow the manufacturer's instructions. Not all repellents are recommended for edible plants. Some weather better than others.

Begin to apply contact repellents, those applied directly to plants - during the winter or dormant season as new growth that appears after treatment is unprotected. Apply contact repellents on a dry day when temperatures are above freezing. Treat to a height of six feet above expected snow depth. Re-application may be necessary after a heavy rainfall. Contact repellents should not be used on plants intended for human consumption.

In early spring, when plants grow rapidly, several applications will be needed to cover new growth. Completely treat young trees and treat branches and new shoots of older trees - it may be costly to completely cover a mature tree. Check the manufacturer's instructions when using contact repellent during the growing season — often, only half the recommended winter concentrate is needed.

**Plants That Discourage Deer** Plants with a sticky, rough or fuzzy texture, and plants with fragrant leaves will often discourage grazing deer. Deer tend to avoid grasses, common boxwood and flowering dogwood. The spiny protection of cacti, American holly, some pines and other spiky plants act as a natural repellent. Try these deer-resistant plants at: <http://www.santarosagardens.com/Deer-Resistant-Plants-Flowers-s/121.htm>

**Invisible Fencing** When the Author was working in Fort Pierce, Florida, a man who owned an orange grove wanted to keep the deer out of the grove and his advice was to install Invisible Fencing around the grove and then put two dogs there at night to chase away the deer out of the fenced-in area that the dogs could not leave—it worked very well and could be used virtually anywhere to repel deer.

**Hot Pepper** Dogs, cats and most creatures, e.g., squirrels, deer, raccoons, woodchucks, skunks all have a very great sense of smell and they really do not like to breathe in or eat any hot peppers. Ground (dry) Cayenne or Habanera Peppers or as a very last resort ground Ghost Pepper (Bhut Jookia) sprinkled in their holes, tunnels and areas where they are digging, eating your plants, bird seed or the contents of the cat's litter box, knocking over your garbage cans, stealing from your table or doing their "business" sends out a very clear message that you want "them" to leave that particular area immediately and not return. Virtually all creatures only need one of these hot lessons to leave the area and not return.

### Other effective repellants



Ben Gay repels cats, dogs and many other "critters" as does Old Spice After Shave, lemon juice, chili sauce, hot sauce, vinegars and/or Tabasco (or other) Pepper Sauce. Mix two teaspoons of alum in a quart of water until it dissolves and spray this to stop dogs from chewing. A little soapy water or diluted pepper sauce lightly sprayed on your plant leaves will often stop pets and wildlife from grazing on them. Cats literally hate the

smell of Old Spice After Shave, vinegar, onions, lemons and/or oranges so you can use aftershave, vinegar, lemon juice, orange juice or their extracts or even Tang or lemonade to repel cats. Fertilizing with coffee grounds will help repel cats from digging up the soil from around your plants inside or outside. There are many effective repellants and other alternatives at:

[http://www.stephentvedten.com/11\\_Basic\\_Control\\_Overview.pdf](http://www.stephentvedten.com/11_Basic_Control_Overview.pdf).

**Water** A short spray of pure water will quickly remove birds, cats, dogs and many other creatures from where you do not want them. The Author has used garden hoses, old fashioned fire extinguishers, super soakers, spray bottles, squirt guns and often simply a glass of water to remove unwanted "guests" and to stop dog fights. The Author had a very stubborn cat who constantly was on the dining room table "foraging" - as the cat jumped on the table - it was greeted with a single shot of water from a water pistol - after which it quickly jumped down. This particular cat had to receive at least four reprimands - even the Author's Wife thought this was a humorous, harmless and very simple way to train a very stubborn cat that the table was not the cat's "territory". You can spray a barking dog's body with a shot of water along with the quiet command to "be quiet!" Note: Use cold water and if you really want to remove them from an area, add a little lemon juice.

**Other safe ways to keep pets from walking on any "forbidden territory"** Cats and dogs do not want to walk on Saran Wrap, aluminum foil or plastic trash bags.

**Tape** You can apply small strips of double sided tape or duct tape sticky side up (held in place with masking tape) on counters, shelves, tables where you do not want your pets to go - cats and dogs do not want to get anything sticky on their paws.

**Noise** Most animals hate unusual noises. The Author has repelled bats with loud music (Heavy Metal) and found that shaking a few coins in a soda can or a few unpoped kernels of corn in a plastic milk jug will stop most dogs from barking or from doing any annoying habit.

**Lights** The Author has made any creature that invades an attic or crawl space, etc. leave simply by installing a strobe light or two. Motion detectors will keep many creatures out of your yard or garden. Many mammals, insects and/or pests are attracted to or repelled by lights — change the lighting to control pests. Blue-white lights attract the most insects; yellow is less attractive and red seems the least visible to insects. Leave a small light or a strobe light burning in your attic and bats will leave in about 1 week; turn on any light in the attic where bats are hibernating and they will stay awake and die. You can attract and then control cluster flies, flying ants, beetles, etc. with regular lights. Hit a hornet nest at night and they will fly to the (car) lights where you can spray them.

**Lemons** Quickly squirting a single shot of lemon juice in a dog's mouth when he/she begins to bark teaches it not to do so when you quietly tell it to shush. You can also add lemon juice to water sprays to remove pets from an area. Diluted lemon juice will also help prevent fungal or bacterial infections as does white vinegar and peroxide. **Cats hate citrus!**

**How to Repel Skunks** Strobe lights in the burrow (or under the deck) and motion lights in the yard can be used to repel skunks. Finely ground fresh peppers, especially Ghost Pepper, will make them move out immediately! Old Spice, deodorant sticks, ammonia, used cat litter and/or any stinky perfume will also make these unwelcome squatters leave "their" burrows.

**How to remove skunk odor from your pet - first put on a pair of rubber gloves** The Author has used Big D water soluble deodorant and Safe Solutions Tweetmint Enzyme Cleaner with Peppermint or its Pet Wash to quickly remove skunk odor from a person or pet. Lava Soap can be used but the pumice may further irritate your pet's skin; be sure to thoroughly rinse the Lava off and then rewash your pet with regular shampoo and rinse again. You can try Dawn Dishwashing Liquid to break down the skunk spray and then rinse thoroughly with warm water. You can use two packets of Massengil Medicated Disposable Douche per directions and soak your skunked pet - let stand for 15 minutes then shampoo and rinse well with

warm water. Listerine full strength will neutralize skunk spray but keep it out of the pet's eyes and ears - then shampoo and rinse thoroughly. You can also make a paste of baking soda and apply it to the sprayed area and let it dry; the sodium bicarbonate will help absorb the skunk odor. You can also use Colgate Regular Flavor Toothpaste; leave it on for 3 to 5 minutes then rinse off thoroughly with warm water. You can take three cans of beer and two tablespoons of vanilla extract and soak your skunked pet for five minutes or so and then rinse thoroughly with warm water. You can make a mix of 1/4 cup of Arm & Hammer baking soda, one quart of hydrogen peroxide and one teaspoon of Dawn liquid dish soap - then apply it and scrub it with a brush into the skunked pet's fur - then rinse well. Warm Coca-Cola can be used to saturate your skunked pet's fur for five minutes then be rinsed off with warm water. You can also apply 50/50 white vinegar and water or plain club soda to the pet's stinky fur and allow it to work for ten minutes and then shampoo and rinse with warm water. Tomato juice has long been used, but the Author feels it is messy, takes a long time, occasionally is ineffective and will "color" your pet for some time. You could try Heinz Ketchup or Hunt's Tomatoes, but again these product may "color" your pet - rub them in and wait for ten minutes and then rinse thoroughly with warm water. You can also use lemon juice (on dogs), evaporated milk and vanilla extract to help remove skunk odor; use any of the above as often as needed. All of the above alternative treatments work best when you rub the treatment in well to the fur of your pet; put a cotton ball in each ear before any treatment is made directly to your pet..



**How to remove skunk odor from your property** Charcoal, especially activated charcoal, placed near the spray in open bowls will help absorb skunk odors from a room. You can also set out bowls of vanilla or peppermint extract, white vinegar or even fresh coffee grounds to help absorb skunk odors from a room. The Author simply cleans everything that stinks with Safe Solutions Tweetmint Enzyme Cleaner with peppermint to remove all of the skunk spray/odor.

**Bathing your Dog/Cat - Never more than once per week and better if less than once a month. Frequent grooming is far better for your pet.** The Author recommends using Safe Solutions Pet Wash. The Author has removed skunk and other obnoxious odors from many pets using this safe product that also removes mange, ring worm and other skin infections, ticks, fleas and loose hair. Before bathing your pet, walk him/her so he/she can relieve themselves first. Put a little Vaseline on you pet's eyes and a cotton ball in each ear to protect them the bath water, put a rubber mat on the bathtub floor to prevent the dog from slipping. Put a steel wool or a copper scrubber in the drain to catch the loose hair and still let the water out. Fill the tub with a few inches of warm water (not more than 100 degrees Fahrenheit). Go get your dog on a leash and walk him/her into the bathroom and then close the door and carefully place your pet into the bathtub. Carefully saturate the dog's fur with water. Shampoo with Safe Solutions Pet Wash; work up a good lather making sure you get down to the skin. (If your pet has fleas, wash the neck with Pet Wash first or all the fleas will run up to your pet's face. Wash the face last with a soapy sponge or washcloth. Now, rinse thoroughly with a hand-held shower attachment or a plastic glass or a sprinkling can; then drain the tub and let your pet shake a few times behind the door or shower curtain. Dogs will normally not shake until their heads are wet. Remove the cotton balls and towel dry and let your pet rest in a warm area until it is completely dry. Then brush well and give your pet some love and a treat. Cats require a great deal more finesse and usually are more carefully bathed in the kitchen sink.

If you really wish to bath a cat, clip it's claws a day or so before its bath. Now you and your partner must remain calm and reassuring. Prepare the sink or tub (but without water) as you did for the dog bring the cat into the room and secure the door. Have your partner secure the cat by the scruff of the neck with one (gloved) hand and the other (gloved) hand under the cat's chest with the cat's feet and claws pointing away for your partner's vitals. Your partner then places the cat on the rubber mat in the empty tub and continues hold the cat securely. Now carefully pour water on the cat's body (not face) to make the fur thoroughly wet - now shampoo with Pet Wash and lather well. Wash the face last with a soapy sponge or washcloth. Rinse do not leave any residue for the cat to lick up. Wrap the cat securely in a towel and put in a warm place until thoroughly dry and then brush him/her well. You now need to richly reward the cat, your partner and yourself.

**Hair dryers** If you plan to dry your pet with a hair or blow dryer, use only warm, dry air on a low setting and then only if the sound, heat and air do not further annoy your pet. Many pets will run from the heat, wind and noise of a hair dryer.

**Dry Baths** You can also take oatmeal, corn starch or flour and sprinkle it on the fur of your cat or dog, work it into the coat and then carefully brush or, if possible, vacuum it all out. The oatmeal and flour will remove the oils and the cornstarch removes oils, odors and dirt. You can use baby powder on a dog (but never on a cat) to remove a dog's grease and dirt. You can also use baking soda to clean and deodorize your dog, but only if it is **not** on a low-sodium diet. The vacuum may also scare your pet.

**Bacteria Control/Disinfection** If you spray the counter or other surfaces with straight white vinegar (right out of the bottle) and then spray with straight 3% hydrogen peroxide (or vice versa but not mixed together), you will completely remove most bacteria. Sunshine, Safe Solutions Inc.'s Tweetmint and even plain soap and water will also remove most bacteria. Listerine also can be used to disinfect and deodorize. Chlorine bleach is inexpensive, widely used and relatively safe when properly used in the correct amounts. Excessive bleach exposure, however, may cause irritation in the eyes, mouth, lungs and on skin. Individuals with asthma or other breathing problems are particularly susceptible. Bleach mixed with other household cleaners, such as ammonia, can even result in death due to the release of toxic fumes. Bleach manufacturing also produces dioxin, a chemical that is harmful to the environment. The Author recommends safe and far more effective alternatives, e.g., vinegar, hydrogen peroxide and simple sunlight. Vinegar is an effective natural disinfectant, and even kills both salmonella and E. coli, making it a valuable sanitizer in the kitchen. When you click on the website at:

<http://greenliving.nationalgeographic.com/natural-alternatives-bleach-disinfecting-2724.html> you will find: "Researchers conducting a study published in "Infection Control 4-cup baking soda and 1/2-cup white vinegar with warm water to scrub down tile. Clean glass surfaces by mixing equal amounts vinegar and water in a spray bottle." This site also notes: "Hydrogen peroxide is not the best product for sanitizing surfaces because it can cause burns at high concentrations." The U.S. Environmental Protection Agency, however, recognizes hydrogen peroxide as a useful disinfectant because it rapidly breaks down in the environment to plain oxygen and water. The Agency also says hydrogen peroxide does not pose a health threat to humans when used according to label directions. You can also add hydrogen peroxide to your laundry as a bleach alternative. A cup of hydrogen peroxide will brighten your whites. Perhaps the most surprising natural disinfectant is sunlight. Ultraviolet radiation of the sun kills pathogens that cause diarrhea. In fact, scientists have found that exposing a bottle of water to sunlight for 6 hours is an economical way to provide developing countries with safe drinking water. The disinfecting properties of sunlight can also be useful around the house. If you have an object that you can move outside, the sun's rays can help disinfect it. A stained piece of white laundry can be effectively brightened and disinfected by spraying the stain with lemon juice or vinegar and then simply hanging it in the sun."

**How to Safely and Effectively Apply Food-Grade Diatomaceous Earth (DE)** There are many creatures that can bite you or your pets including bed bugs, fleas, mites, spiders, ticks, etc. One of the easiest and effective ways to control them all is with food-grade diatomaceous earth (DE). First, you should thoroughly vacuum the infested areas (beds, furniture and floors) to remove as many pests as possible. Then put on a dust filter mask and turn the vacuum around so that the exhaust points towards these vacuumed areas. With food grade diatomaceous earth (DE) in a pepper/salt shaker, lightly shake out some DE so that it will fall directly into the vacuum's exhaust stream for a few seconds. A very light cloud of DE will then be lightly applied all over the infested areas. Do not enter any area until the dust completely settles. You can clean up any unwanted residues from surfaces that are not suspected to be infested using a Swiffer or a spray containing Endust or simply a damp cloth. Properly applied DE either repels or kills most insects and arachnids and does not need to be applied very often, so do so only as needed.

**Flea control on your pet** [http://www.stephentvedten.com/19 Fleas.pdf](http://www.stephentvedten.com/19_Fleas.pdf) Wash your pet with Safe Solutions Pet Wash. Clean with Safe Solutions Tweetmint Enzyme Cleaner and wash pet bedding with a borax per label directions. Cleaning thoroughly with Tweetmint removes kennel cough, fleas and most other insects, ticks, spiders and other arachnids, mold, mildew, odors and bacteria. Put on a dust mask and lightly dust suspect areas with Safe Solutions Food Grade Diatomaceous Earth (DE) - (if you see "white" - it ain't right). You can also spray the fleas, common areas and bedding with Listerine mouthwash - the antiseptic kills the fleas and the eucalyptol will also repel fleas. Listerine will make your dog smell "fresher". (The thymol in the Listerine also helps eliminate any dandruff problems.) Fennel will also repel fleas. You can also wash your dog or cat using dishwashing liquid as the lathered soap quickly penetrates the flea's exoskeleton and kills it; you can also mix apple cider vinegar and dish soap 50/50 to make an effective flea shampoo. **Be sure to rinse clean.** Food-grade diatomaceous earth (DE), baby powder (talc) or powdered fennel worked into the fur from the head down will remove the fleas. The DE and baby powder will smother and/or desiccate the fleas; the fennel will simply make the fleas leave so do these treatments outside. Ocean water will kill fleas and lice so you can bathe your pets in salt water for ten minutes once a week for three weeks; be sure to wash out the salt from the fur and skin. (Salt dehydrates and kills many pests including fleas and lice.) Olive oil or vegetable oil will kill fleas and moisturize the skin; then you have to wash the oil out of the fur and off the hide. You can spray your dog with diluted lemon juice; the limonene will kill both the fleas and their larvae and helps soothe flea bites. Then dry with a towel and brush your dog. **Do not spray your cat with diluted lemon juice; cats hate citrus and you might not see your pet again.** Chamomile or rosemary tea will also repel fleas.

**Flea control on your yard** The Author has sprayed his yard using a hose-end sprayer and applied Safe Solutions Tweetmint Enzyme Cleaner to remove the fleas and ticks and then put on a dust mask and lightly applied food-grade Diatomaceous Earth (DE). You could also use a mix of 50/50 Pine-Sol and white vinegar in your hose-end sprayer and spray at least twice a month. Do not forget to read the Flea Chapter.

**Flea control in your home** The Author has sprayed a 1 to 32 mix of Safe Solutions Tweetmint Enzyme Cleaner on the floors and furniture to quickly control flea infestations (a lot faster and safer than any pesticide POISONS). You could

also spray Listerine, [Lysol \(see below\)](#), salt water, diluted Pine-Sol or any dishwashing liquid soap. You can also sprinkle baking soda, salt or food-grade diatomaceous earth let sit for several days and then thoroughly vacuum. People have also used dry borax but some people have gotten ill from breathing this material. (Borax, boric acid dust or solution is corrosive and toxic to pets, and commonly found in ant killer baits and cleaners.) Note: If you will check out the website at: <http://www.cathealth.com/Tox.htm> you will find out that "what may be labeled a toxic substance for people might not always correlate with the toxicity in other species such as cats—**sometimes products that are safe for people are unsafe for cats!** Sometimes it is not the active component which is of concern. For example, a product may contain petroleum distillates, (which are toxic to cats) though the active ingredient may be a different chemical. Some of the medicines we commonly take are quite toxic to cats. Acetaminophen is an example of a drug that is safe for us, but very toxic to cats. Ibuprofen is another common medicine not safe for cats. Aspirin (ASA) is another one that should never be given without veterinary advice as it needs to be given in much smaller doses, and at much longer intervals to be safe for felines, and so a prescription is reserved for special circumstances only. **Cats are sensitive to Lysol Cleaner, but not only because of their sensitivity to the alcohol in the product. This Cleaner also contains phenols and cats have problems detoxifying this type of poison due to the low efficiency of the detoxifying liver enzymes.** **Do not forget to read the entire, free Flea Chapter.** [http://www.stephentvedten.com/19\\_Fleas.pdf](http://www.stephentvedten.com/19_Fleas.pdf)

**Grime Control** Most grime is removed with Safe Solutions Tweetmint Enzyme Cleaner with Peppermint. Coca-Cola left on a stain, blood or in a bowl for an hour will remove most stain problems with its phosphoric acid; then rinse off and wash.



**Insect Control** See: <http://www.thebestcontrol2.com> The first part of this free book is all about safe insect control alternatives. There are many safe alternatives to keeping ants and insects away from your pet food and dishes, e.g, sprinkling baking soda, ground cinnamon or making a line of chalk or Vaseline around the bowl or simply sprinkling the food with food grade DE. If you use the DE trick you will also control most internal parasites and stop maggots from growing in your pet's droppings.

**Insect Bites** Make sure you first remove all of the stingers with a credit card. You should keep a jar of Terramin Clay on your shelves to help instantly relieve insect and spider bites - you should hydrate a small amount in a sealed bottle in advance of any need. It takes a while to mix in the water - especially if you do not put them together to "meld" overnight and then mix the contents into a soothing paste.

**If you do not have terramin clay:** The acetic acid in vinegar will also help neutralize bee, hornet or wasp venom as will anything cold, e.g., an ice pack. Aloe Vera will also help heal skin irritations. You can also place some hydrocortisone cream, a wet tea bag or a simple paste of baking soda, meat tenderizer or even sugar over the sting site to help heal the pain and/or to neutralize the venom. The protease enzymes in Safe Solutions Enzyme Cleaner will help break down the proteins in bee venom. You can also try using olive oil, Milk of Magnesia, Listerine, ammonia or Orajel. **You can repeat all of the above as often as necessary. Rather than waiting until someone is stung or bitten, please read Chapter 42 on how to avoid bites and stings:** [http://www.stephentvedten.com/42\\_How\\_to\\_avoid\\_bites\\_&\\_stings.pdf](http://www.stephentvedten.com/42_How_to_avoid_bites_&_stings.pdf)

**Internal Parasites** (Food-grade diatomaceous earth will also stop maggots from living in your pet's droppings) Feed your pet with food-grade Diatomaceous Earth (DE) - Suggested feeding instructions:

Kittens 1/2 teaspoon

Cats 1 teaspoon

Dogs under 50 lbs. 2 teaspoons

Dogs over 50 lbs. 1 Tablespoon

Dogs over 100 lbs. 2 Tablespoons

Cattle 2% by weight of dry ration

Calves 4 grams in morning

Dairy cattle 2% by weight of dry ration

Chickens 5% in feed

Goats 1% in grain

Hogs 2% of weight in feed ration

Horses 1/2 - 1 cup in daily ration

Sheep 1% in ground grain

**When the Author added garlic and food-grade DE to horse feed, it kept down the flies and mosquitoes around those horses that got these supplements. Garlic helps regulate the liver and gallbladder in any animal; garlic helps aid the digestive system and aids in weight loss.**

**Itch control** Bathing with Safe Solutions Pet Wash or Tweetmint Enzyme Cleaner with Peppermint stops most itching especially those caused by flea or lice allergies/bites. You can also use straight apple cider vinegar, olive oil or a little Vaseline placed directly on the affected skin. You can also apply corn starch to your dog's itchy skin.

**Kennel Cough (Canine infectious tracheobronchitis)** The Author believes cleaning thoroughly with Safe Solutions Tweetmint Enzyme Cleaner with Peppermint will prevent most instances of kennel cough. You can also treat your dog with a capful of hydrogen peroxide and two teaspoons of honey mixed into a cup of clean water several times a day until the condition improves. You can carefully clean the mucus from around the dog's nose and eyes with baby wipes. Peppermint will help relieve coughs, so give your sick dog a few drops of iced peppermint tea with honey every hour until your pet stops coughing. Honey all by itself will soothe your pet's throat and it also acts as an antiseptic. Keep a humidifier on (with diluted 3% hydrogen peroxide - at a rate of 1 to 14 parts of water) and filter the air. **Left untreated, your pet can develop pneumonia. Please see the Section entitled: Removing Allergens, Odors and Dander.**

**Lice Control** Bathe your pet in Safe Solutions Pet Wash - Make sure you get down to the skin and leave the shampoo on for 10 minutes and then rinse the nits and lice away with warm water. Salt water or diluted white vinegar will kill the lice but not the nits so you will have to bathe your pet once a week for three weeks if you plan to use these safe alternatives, Lice on a dog will not get on you or your cat, etc. Lice are species specific; read the Author's free Lice Chapter at: [http://www.stephentvedten.com/16\\_Lice\\_&\\_Scabies.pdf](http://www.stephentvedten.com/16_Lice_&_Scabies.pdf)

**Mange Control (Mange is from the French word mangene which means "itching".)** Mange is a class of persistent contagious skin diseases caused by parasitic mites. The term is sometimes reserved for the infestation of domestic animals. Another term used to describe mite infestation is acariasis. These mites embed themselves either in hair follicles or skin, depending upon their type. They generally infest domestic animals, including dogs and cats and also other canines, livestock (such as sheep scab), wild animals and even humans (such as scabies). The Author simply advises that you bathe your pet in Safe Solutions Pet Wash; make sure you get down to the skin and leave the shampoo on for at least 10 minutes and then thoroughly rinse with warm water. Bathe several times a week until the condition improves. **Note: Domestic mange (the mites live in the hair follicles) on puppies often leaves in a month without any treatment. Demodectic mange generally occurs if your pet is not properly nourished; this type of mange can not spread to humans and/or cats. Sarcoptic mange (the mites live in the skin) can be passed on to humans.**

Please also read the Author's free Lice and Scabies Chapter at: [http://www.stephentvedten.com/16\\_Lice\\_&\\_Scabies.pdf](http://www.stephentvedten.com/16_Lice_&_Scabies.pdf). To see pictures of mange on dogs and cats please see:

<http://www.google.com/search?q=mange&hl=en&gl=us&prmd=imvns&tbn=isch&tbo=u&source=univ&sa=X&ei=JN1wTov0G9OIsAK8goTNCQ&ved=0CFEQsAQ&biw=1680&bih=946>

Other alternatives: Vegetable or olive oil will smother the mange mites. Lemon juice (limonene) will kill the mites, but do not use the juice on cats; they hate citrus. Even diluted dishwashing liquid will kill the mites in ten minutes. Honey will also smother the mange mites and will also help alleviate the itching.

**Mosquito Control** Read the free Mosquito Chapter in this book. You put bowls of Apple Cider Vinegar to attract and kill mosquitoes. You can simply add a squirt of olive or vegetable oil to any pools, puddles or other standing water around your home to help smother the developing mosquito larvae. Please see: [http://www.stephentvedten.com/23\\_Mosquitoes.pdf](http://www.stephentvedten.com/23_Mosquitoes.pdf)

**Odor Control** You can easily remove most odors when you clean using Safe Solutions Tweetmint Enzyme Cleaner with Peppermint. Baking soda will help reduce cat box odors and urine smells. To stop a cat from using an area outside of his/her cat box as a bathroom, clean and deodorize the area and then repel them from there in the future by sprinkling onion powder in that area; cats are also repelled by onions. Corn starch or corn meal sprinkled on carpeting and upholstered furniture and left for at least half an hour and then vacuumed will remove many pet odors. Listerine mouthwash has an antiseptic that breaks down urine and helps stop the stink. Newspapers spread over dried urine and covered with a weighted blanket for several days will also absorb the urine smell. Charcoal briquettes and/or, better yet, activated charcoal will resolve many harmful odors. You can use activated charcoal (that has been processed with oxygen) in capsule form to absorb toxins in the stomach before the stomach can absorb them into your pet's system; the charcoal in a briquette will not work to remove internal toxins.



**Removing Allergens, Odors and Dander** The Author recommends that you wash your pet with Safe Solutions Pet Wash once a month and then routinely clean with Safe Solutions Tweetmint Enzyme Cleaner and wash pet bedding as needed with borax per label directions. You can install expensive HEPA filters or you can get a 20-inch box fan. The older models are better than new models in the stores because the old models are quieter and move less air. Then purchase the Allergen Filtrete 1000 furnace filter by 3M in the red and white wrapper. Use masking tape - tape the filter making sure that you seal the filter's edges completely to the back of the fan, so the air is pulled thru the filter when you turn on the fan. If you attach the filter to the front of the fan very little air will pass through, and it puts a bad load on the motor. Do not even think about putting one of these filters on both the front and back. Run the fan on low 24 /7. Only the Filtrete 1000 works to visibly remove smoke odors. If you have cigarette smoke the 1000 rapidly turns grey, then coal black. Other Filtrete filters including the 700 model, or the 1200

ultra model stay white no matter how long you run the fan. The filter fan works better than putting the Filtrete furnace filter on your forced air furnace, because the window fan can be continuously run 24 hours, and moved from room to room. A box fan runs cheaper than a furnace fan too. When you see how black the filter gets, it will make you sick to your stomach to see what could have been in your lungs!. Breathe easier!



**Removing burrs from the fur** First of all, wear gloves to avoid being harmed yourself; then work baby oil, corn oil, all-vegetable shortening, Vaseline, mineral oil or olive oil into the affected areas and then carefully pry the burrs loose; then wash and rinse the oil or shortening off. WD-40 will also help remove burrs from a horse's mane and tail - usually without a great deal of trauma. but should be thoroughly washed off. Corn starch acts like a dry shampoo and will also help remove stickers and burrs. You can also simply crush the burrs with a pair of pliers first; this makes the broken pieces easier to comb out. You can prevent burrs from attaching themselves to a horse's tail by wrapping the tail in tail wrap or disposable Kling Dressing or ace bandages. **(Do not wrap the tail so tight that you adversely effect circulation!)** You can prevent burrs from attaching themselves to the horse's mane by shaving the mane - if you are not showing the horse.

**Removing Chewing Gum from the Fur** Simply rub some Vaseline, peanut butter, vegetable oil, olive oil, baby oil, Miracle Whip, Noxzema, Spray and Wash, Skin So Soft or a quick spray of cooking spray on the lump - let stand a few minutes - comb the gum out and wash with shampoo and the thoroughly rinse.

**Removing Flies - Read the Fly Control Chapter at:** [http://www.stephentvedten.com/31\\_Flies.pdf](http://www.stephentvedten.com/31_Flies.pdf)

Lightly dust the barn windows with food grade Diatomaceous Earth (DE) and feed it to your animals to stop maggots from living in the excrement. You can keep flies away from horses by mixing Scope Mint Mouthwash and baby oil 50/50 or four ounces of apple cider vinegar in a quart of water and then spraying either mix on the horse. To attract and kill flies, mix ½ cup sugar and ½ cup white vinegar in a clean empty jar with large holes in the lid - the flies will fly in and drown - then empty as needed.

**Removing Poisonous Plants from Your Property:**

<http://www.aspc.org/pet-care/poison-control/17-common-poisonous-plants.aspx>

**Lilies** Members of the *Lilium spp.* are considered to be highly toxic to cats.

**Marijuana** Ingestion of *Cannabis sativa* by companion animals can result in depression of the central nervous system and incoordination, as well as vomiting, diarrhea, drooling, increased heart rate, and even seizures and coma.

**Sago Palm** All parts of *Cycas Revoluta* are poisonous, but the seeds or nuts contain the largest amount of toxin. The ingestion of just one or two seeds can result in very serious effects, which include vomiting, diarrhea, depression, seizures and liver failure.

**Tulip/Narcissus Bulbs** The bulb portions of *Tulipa/Narcissus spp.* contain toxins that can cause intense gastrointestinal irritation, drooling, loss of appetite, depression of the central nervous system, convulsions and cardiac abnormalities.

**Azalea/Rhododendron** Members of the *Rhododenron spp.* contain substances known as grayantoxins, which can produce vomiting, drooling, diarrhea, weakness and depression of the central nervous system in animals. Severe azalea poisoning could ultimately lead to coma and death from cardiovascular collapse.

**Oleander** All parts of *Nerium oleander* are considered to be toxic, as they contain cardiac glycosides that have the potential to cause serious effects including gastrointestinal tract irritation, abnormal heart function, hypothermia and even death.

**Castor Bean** The poisonous principle in *Ricinus communis* is ricin, a highly toxic protein that can produce severe abdominal pain, drooling, vomiting, diarrhea, excessive thirst, weakness and loss of appetite. Severe cases of poisoning can result in dehydration, muscle twitching, tremors, seizures, coma and death.

**Cyclamen** *Cylamen* species contain cyclamine, but the highest concentration of this toxic component is typically located in the root portion of the plant. If consumed, *Cylamen* can produce significant gastrointestinal irritation, including intense vomiting. Fatalities have also been reported in some cases.

**Kalanchoe** This plant contains components that can produce gastrointestinal irritation, as well as those that are toxic to the heart, and can seriously affect cardiac rhythm and rate.

**Yew** *Taxus spp.* contains a toxic component known as taxine, which causes central nervous system effects such as trembling, incoordination, and difficulty breathing. It can also cause significant gastrointestinal irritation and cardiac failure, which can result in death.

**Amaryllis** Common garden plants popular around Easter, *Amaryllis* species contain toxins that can cause vomiting, depression, diarrhea, abdominal pain, hypersalivation, anorexia and tremors.

**Autumn Crocus** Ingestion of *Colchicum autumnale* by pets can result in oral irritation, bloody vomiting, diarrhea, shock, multi-organ damage and bone marrow suppression.

**Chrysanthemum** These popular blooms are part of the *Compositae* family, which contain pyrethrins that may produce gastrointestinal upset, including drooling, vomiting and diarrhea, if eaten. In certain cases depression and loss of coordination may also develop if enough of any part of the plant is consumed.

**English Ivy** Also called branching ivy, glacier ivy, needlepoint ivy, sweetheart ivy and California ivy, *Hedera helix* contains triterpenoid saponins that, should pets ingest, can result in vomiting, abdominal pain, hypersalivation and diarrhea.

**Peace Lily (AKA Mauna Loa Peace Lily)** *Spathiphyllum* contains calcium oxalate crystals that can cause oral irritation, excessive drooling, vomiting, difficulty in swallowing and intense burning and irritation of the mouth, lips and tongue in pets who ingest.

**Pothos** Pothos (both *Scindapsus* and *Epipremnum*) belongs to the Araceae family. If chewed or ingested, this popular household plant can cause significant mechanical irritation and swelling of the oral tissues and other parts of the gastrointestinal tract.

**Schefflera** *Schefflera* and *Brassaia actinophylla* contain calcium oxalate crystals that can cause oral irritation, excessive drooling, vomiting, difficulty in swallowing and intense burning and irritation of the mouth, lips and tongue in pets who ingest.

#### **Controlling Parasites with Tweetmint and/or food-grade DE/Garlic**

**Killing Parasitic Eggs and Worms in the Yard** - Clean any outdoor kennel area. Remove and properly dispose of fecal material daily. Clean the kennel's floor surfaces with a solution of Safe Solutions Tweetmint Enzyme Cleaner 1-2 ounces and ½ cup of borax per gallon of water.. Steam clean the floors to kill any remaining eggs. Remove all animal waste from the yard. Place animal waste in a garbage bag rather than tossing it on a compost pile, into shrubs or any other location. Prune back shade-giving structures such as trees or bushes in the yard. This will expose the yard to more direct sunlight. The direct sunlight is harmful to the worm eggs and will kill them over time. Finally, lightly spread diatomaceous earth in the yard. This substance contains organisms that may destroy the worm eggs and/or hatched worms may also eat it, killing them. But, it will also kill the fleas.

**Reports of safe and far more effective internal parasite elimination using food-grade diatomaceous earth (DE) include: Tape worms, hook worms, whip worms, round worms, pinworms, lung worms and heart worms.**

**Tapeworms live in the small intestines and vary from less than an inch to several feet in length.** The head of the worm fastens to the wall of the gut by hooks and suckers. The body is composed of segments that contain the egg packets. To cure tapeworm infection, the head must be destroyed. If it is not, the worm will regenerate. The body segments containing the eggs are passed in the feces. Fresh, moist segments are about one-quarter inch (6 mm) long and are capable of moving. Occasionally you may see them crawling through the fur near your dog's anus. When dry, they resemble kernels of rice. Some dogs experience anal itching from the segments. **Tapeworms will drain nutrition from your dog but not to the extent that ascarids, hookworms, and whipworms will.**

**The common tapeworm of dogs is *Dipylidium caninum*.** Fleas and lice serve as intermediate hosts when they ingest the eggs. A dog must bite or swallow an infected flea or louse to acquire the parasite. A human could also acquire *D. caninum* if they accidentally swallow an infected flea. Several species of *Taenia*, another type of tapeworm, parasitize dogs. *Taenia* are acquired by eating infected rodents, rabbits, and sheep. *Diphyllobothrium* species are found encysted in the organs of fish. These tapeworms are found in the northern United States and Canada.

**Prevention:** The common dog tapeworm can be controlled by eliminating fleas and lice from the environment. Dogs should be confined to prevent them from roaming and eating dead animals. Avoid feeding your dog uncooked meat and raw game.

**Public health considerations:** *Echinococcus granulosa* and *Echinococcus multilocularis* are both significant public health problems. Dogs and humans can acquire the infection from eating contaminated uncooked meat, and, in the case of dogs,

by feeding on the carcass of an infected animal. Humans can also acquire the disease by ingesting eggs passed in the feces of dogs. Since humans are not the definitive host, adult worms do not develop. Instead, the larvae produce large cysts in their liver, lungs, and brain. These cysts are called hydatids, and they can cause serious illness and even death in people.

***Echinococcus granulosus* is found in the southern, western, and southwestern United States-areas where sheep and cattle are common.** Although dog-to-human transmission is rare, a number of human cases (presumably from eating uncooked meat) are reported each year. If your dog runs free in a rural area where this tapeworm could be a problem, ask your veterinarian to check her stool for tapeworms twice a year. This species of tapeworm can be identified only after the head has been recovered by effective deworming. Until a definite diagnosis is made, a dog with a tapeworm that could be *Echinococcus* must be handled with extreme care to avoid fecal contamination of hands and food.

**The cure to virtually all internal parasites is simple, safe and effective** - The governments of the United States and Canada both recognize that Food-grade Diatomaceous Earth is safe to use in animal foods. Diatomaceous Earth prevents “clumping” of feed particles by keeping them separate, so the surface area of feed exposed to the digestive processes - both bacterial and enzymatic - is increased and therefore more feed is actually digested and utilized. Diatomaceous Earth contains a small amount of 15 trace minerals. Thousands of animal owners and livestock breeders have discovered that adding Diatomaceous Earth to their animals’ rations has produced a number of incredible benefits.

**Diatomaceous earth is a remarkable, all-natural product made from tiny fossilized water plants.** Diatomaceous Earth is a naturally occurring siliceous sedimentary mineral compound from microscopic skeletal remains of unicellular algae-like plants called diatoms. These plants have been part of the earth’s ecology since prehistoric times. It is believed that 30 million years ago the diatoms built up into deep, chalky deposits of diatomite. The diatoms are mined and ground up to render a powder that looks and feels like talcum powder to us. It is a mineral based pesticide. DE is approximately 3% magnesium, 33% silicon, 19% calcium, 5% sodium, 2% iron and many other trace minerals such as titanium, boron, manganese, copper and zirconium. Diatomaceous Earth is a natural (not calcined or flux calcined) compound. Diatomaceous Earth is a natural grade diatomite. **However, the continual breathing of any dust should be absolutely avoided. You must wear a dust mask when applying it as it can irritate the mucous membranes in the nose and mouth. Once the DE dust has settled it won’t bother you.**

**Food grade diatomaceous earth has been used for many years as a natural wormer for livestock.** Some believe diatomaceous earth scratches and dehydrates parasites. Other scientists believe that diatomaceous earth is a de-ionizer or de-energizer of worms or parasites. Regardless, people report definite control. Virtually all internal parasites can be controlled by giving Diatomaceous Earth internally. It is very important to note that it must be food grade – the earth used in gardens and pool filters can damage humans and animals. Diatomaceous Earth can usually eliminate roundworms, whipworms, pinworms, and hookworms within seven days of being fed daily. To be most effective, food-grade diatomaceous earth must be fed long enough to catch all newly hatching eggs or cycling of the worms through the lungs and back to the stomach. A minimum of 60 days is suggested by many, 90 days is advised for lungworms. Food-grade diatomaceous earth works in a purely physical/mechanical manner, not chemical and thus has no chemical toxicity. Best yet, parasites will not build up a tolerance/immunity to its chemical reaction, so rotation of wormers is unnecessary. The earth is also effective on fleas, ticks, lice, and other insects and can be applied to sleeping areas and rubbed into a pet’s fur to prevent the fleas that carry tapeworm eggs.

**A mixture of feed incorporating 2% diatomaceous earth was sent to three zoos for evaluation.** John Ball Park of Grand Rapids, Michigan; Brookfield Zoo of Chicago Illinois; and Buffalo Zoo of Buffalo, New York. John Ball and Buffalo Zoos reported that their black bears on the special feed showed a better coat and clearer eyes. The primates fed at the Brookfield Zoo displayed a pronounced improvement in both appearance and behavior. **Stool samples taken at all three zoos showed an absence of any internal parasites - adult or egg. Parasites in these animals were present prior to using the diatomaceous earth food mixture.**

**A Bison rancher in Alberta conducted fecal test samples to check for parasites after using diatomaceous earth for several weeks.** His tests came out negative. Neither he nor his vet believed it, so they took more samples from different Bison, from different herds, which had been fed diatomaceous earth - negative. Not only did he solve his parasite problem with a non-toxic, natural product, but he found that the coats and overall appearance of his bison had improved. Another benefit is that some diatomaceous earth remains in the manure, preventing the eggs of flies and parasites from hatching out, thereby, breaking the cycle of reinfestation.”

**CLINICAL OBSERVATIONS OF FEEDING CODEX FOOD-GRADE DIATOMACEOUS EARTH TO DOGS,** O.C. Collins, DVM, Midland Animal Clinic And Hospital, Midland, TX: “In clinical observations of feeding dogs over 35 lbs. 1 tbsp./day and under 35 lbs. 1 tsp./day of DE, within seven days all ova disappeared from stools. DE controlled Ascardis (Toxacara canids), Hookworms (Ancliyostoma caninum), and Whipworms (Trichuris vulipis).”

**Diatomaceous Earth not only works to control external and internal bugs and parasites in animals but food-grade Diatomaceous Earth also works in people.** The Center for Disease Control lists worm parasites as #1 human health risk. There have been numerous studies that show that nearly 85% of Americans have parasites in their bodies. The parasites may be found in uncooked foods, contaminated soil, vegetables, meat, feces, or the worm eggs may be in the wind. And while DE is highly deadly for insects and arachnids, it doesn't do a bit of harm to us. Instead, DE can actually be beneficial both as a nutrient and as a way of ridding our bodies of internal parasites. The only way DE could ever harm humans or animals is if we breath in a great deal of it. So be careful not to breathe in too much of DE, and you should be fine.

**Some of the common worm types are Roundworms** - also called Protozoa, flukes - may cause trichinosis leading to muscle damage and complications of the cardio and neuro systems. Hookworms - contagious intestinal parasites with the shape of an earthworm but of smaller size - may cause the soles of the feet to itch, and possibly bloody spit from the mouth, fever, rash, and loss of appetite. Pinworms - appear as short white threads of 1/3 inch length or shorter and are the most prevalent worm problem for young children - may cause sever anal itching, insomnia and restlessness. These worms tend to migrate out through the anus at night to lay eggs. Tapeworms - are from one inch to thirty feet in length and may live in the body for up to 25 years -may cause weight loss, abdominal pain, vomiting, and diarrhea. Threadworms - may cause coughing, abdominal pain, diarrhea, gas, and itchy red abrasions on the anus.

**In her book "The Cure for All Cancers", Dr. Hulda Clark implicates parasites as the root cause for most of the diseases inflicting the human species.** As long as they remain in the intestines our immune system can deal with them. When they are allowed to escape the intestines they settle in the most vulnerable parts of our body. Dr. Clark states that cancer can be cured, not just treated and after years of study, she discovered that many cancer patients have a certain parasite in their bodies. She experienced clinical studies that after removing this parasite, the cancer stopped immediately, and the tissue returned to normal again."

**DE has been used for many years to deworm pets and has been used more recently in humans. With the ingestion of Sushi and other raw types of seafood, or with eating undercooked meats or contaminated food products, there are more instances than ever before of worms in humans. Most people do not realize the amount of parasites that exist in their body but this website should help you understand that we are loaded with them. Diatomaceous earth is safe for humans and their intestines.**

**Another natural wormer that most people have in their homes is garlic.** Although garlic doesn't kill the worms, it makes the digestive tract inhospitable for them and allows the pet's natural defenses to get rid of parasites. To use garlic as a wormer, add ½ clove of garlic to your pet's food at each meal. **Be careful not to use too much, however, as excessive amounts can lead to anemia in cats.**

**Removing Ringworm (not a worm but a highly contagious fungus like athlete's foot.)** Bathe your pet in Safe Solutions Pet Wash; make sure you get down to the skin and leave the shampoo on for 10 minutes and then rinse with warm water. You can clean the property with two ounces of Safe Solutions TweetMint Enzyme Cleaner with Peppermint in a gallon of water and/or spray with an ounce of TweetMint per quart of water. You can also add borax per the label to your wash load. **Other Alternatives:** Chlorine Bleach will kill this contagious fungus on "pet" bedding. You can apply apple cider vinegar, Listerine, lemon juice, hand sanitizer or aloe vera gel to the infection several times a day until the fungus is killed. Be sure to vacuum thoroughly to get up any/all shed hair. Note: Usually this type of infestation indicates your pet is weak or stressed or ill. **Humans can catch and/or can give ringworm fungus to their pets.**

**Removing sap from the fur** Simply rub some olive oil, Miracle Whip, vegetable shortening or peanut butter into the sticky mess, then comb and wipe off with a paper napkin or towel and wash with shampoo and thoroughly rinse with warm water.

**Removing tar from the fur** Simply clean the tar out with Safe Solutions Enzyme Cleaner or Dawn Dishwashing Liquid or saturate the area with Vaseline, vegetable, corn or baby oil and then wipe with a paper towel or napkin and then shampoo and rinse with warm water.

**Removing Ticks - First Read:** [http://www.stephentvedten.com/20 Ticks Mites Mold Fungi.pdf](http://www.stephentvedten.com/20%20Ticks%20Mites%20Mold%20Fungi.pdf)

Please put on a pair of disposable gloves. You can completely cover the tick with peanut butter which begins to suffocate the creature and the tick will often pull itself free from you or your pet. Do not let a child or pet eat the peanut butter/tick. You can also try to smother the tick by completely covering the tick with liquid paper, clear nail polish or Vaseline to try to make it back out on its own. You can also put vodka or Listerine all over the tick and see if it will back out on its own in ten minutes. **If the tick does not back out itself:** You can use baby oil, vegetable oil, mineral oil or Vaseline to help loosen the tick and then you can remove the tick with tweezers grasping the tick as close to its head and skin line as possible and then pulling it out as gently and firmly as possible. You can also put a drop of Krazy Glue on the bottom of a burnt wooden match and attach it to the embedded tick; let it dry and gently and steadily pull the attached tick from the skin. **Carefully disinfect the**

**area and see a medical professional as soon as possible; drop the tick(s) in rubbing alcohol and then bring the dead tick along in a sealed container or a Ziploc Storage Bag. When you are completely done; properly dispose of the tick. Do not squeeze the tick as this will likely force its contents into the tick's victim!**

**Removing warts** Simply apply/tape the inner skin of a banana to the wart. Banana peels will get rid of warts (including plantar's warts) and when toasted to a crisp, gives roses and other flowers a huge boost of potassium to help them flower. There are loads of potassium in the banana peel. Rub the inside of a little piece of a banana peel on a wart every night. You should see results within one to two weeks.

**How many people are allergic to their pets?** According to the Asthma and Allergy Foundation of America, approximately 10 million Americans are allergic to cat dander, the most common pet allergen, and 15-30% of allergy sufferers have allergic reactions to either cats or dogs. Cat allergies are about two times as common as dog allergies. The Humane Society estimates that about two million Americans live with cats to which they are allergic. It's the job of your immune system to fight off invaders like bacteria and viruses, but sometimes your immune system mistakes harmless proteins for dangerous invaders. You experience allergy symptoms when your immune system becomes hypersensitive to harmless proteins, and when these proteins cause an allergic reaction, they are known as allergens. In the case of pet allergy, your immune system reacts to proteins found in pet dander (dead skin), saliva and urine. The allergic reaction causes a release of histamine and other chemicals in your body, which leads to allergy symptoms like itchy eyes, congestion, runny nose, rashes, wheezing and sneezing. **Cat dander can also trigger asthma attacks and lead to chronic asthma.** Animal dander is dead skin that flakes off in microscopic pieces. Note: Animal fur is not the primary cause of your allergies; the fur collects dander and other allergens like pollen and dust.

Your furry family member or pet can quickly become a real pest problem for you; even a healthy pet can make an entire family ill! Allergens can come from any animal that has fur or feathers, including cats, dogs, birds, hamsters, mice, gerbils, rats, guinea pigs, horses, goats, cows, chickens, ducks and geese. Reptiles and fish do not cause allergies because they have scales instead of skin. For years, certain breeds of cats and dogs have been promoted as "hypoallergenic," but in reality, their dander is just as allergenic as that of other breeds. However, short-haired dogs and cats carry less dander around with them, and pets that are groomed more frequently, e.g., poodles, also carry less dander.

In a recent Japanese study it was found that pet removal had a dramatic positive effect. Twenty asthmatic individuals with allergies to dander and pets in their homes were in the study. Half decided to keep their pets and the other half gave them up. The two groups were similar in their sensitivities to other allergens. After 10 months none of the patients who removed pets were taking inhaled corticosteroids, compared to 9 of those who kept their pets. The need for follow-up visits and other medications was also lower in the removal group. Patients who removed their pets also had increased lung function while there was no difference in those who kept their pets. While removing pets is clearly the best option as seen in this study, people will still refuse to comply and give up what they consider to be a family member. As a result, the best alternative is to aggressively reduce exposure for the pet allergic asthmatic. A HEPA air purifier in the bedroom of the allergic individual, allergen-proof bedding and hot water washing of linens with borax are a minimum. It also helps to wash animals weekly, but this may harm them. Always remember: **You should never bathe your pet more than once per week, and better if less than once a month. Frequent grooming is far better for your pet.** *It may be best to reread the section on Removing Allergens, Odors and Dander.* **The Author recommends you think before you act; especially when you are asked to use pesticides and medications. There are many safe and far more effective alternatives!**

**Note: Even some of this Chapter's "safe" alternatives, e.g., BENGAY, Old Spice After Shave, bleach, kerosene, moth balls, creosote, commercial repellants and a few other really "smelly" substances, might produce an unhealthy reaction in you, your children or pets, especially if you or they are chemically sensitive, asthmatic or have other health problems, as a result of your/their previous exposures to the various pesticides and medicines the Author is trying to help you and yours avoid.**

#### **How to Avoid Things That Will Hurt Your Kitten**

<http://www.dummies.com/how-to/content/how-to-avoid-things-that-will-hurt-your-kitten.html>

#### **How to Avoid Foods Dangerous for Your Dog**

<http://www.wikihow.com/Avoid-Foods-Dangerous-for-Your-Dog>

**Remember, always use the safest control possible!**

