

doTERRA®

Essential Oils and Pets



Welcome to the eBook "Essential Oils and Pets." Animals have become a part of our families. Whether it be the dogs and cats we have inside our homes or the larger animals that we enjoy outside of our homes, they are a part of our lives. My family currently has 3 dogs, a bearded dragon, a snake, 3 aquariums, 25 chickens, various finches, and some quail. All of these animals provide something, whether it be comfort and companionship, or provisions and pastime. The truth is that animals enrich our lives and we feel a deep connection to them.

I have had the honor of chairing our Scientific and Medical Education Committee for many years. Through that role, I have been privileged to work with some of the finest veterinarians I know. Dr. Janis Fisher, Dr. Mia Frezzo, Dr. Larry McCaskill, Dr. Janet Roark, and Dr. Jeannette Yamamoto all bring their wealth of knowledge and expertise to this committee. They have written this eBook to help us understand and gain more confidence in using our oils and supplements for these members of our families. When you were first introduced to essential oils, I am sure you were cautious. As years have passed and your knowledge has grown, you have become more confident in your usage and sharing. We hope that you will begin to include your furry family members in this pursuit so that they too can benefit from these "Gifts of the Earth." As Anatole France has said, "Until one has loved an animal, a part of one's soul remains unawakened."

Sincerely,

Brannick Riggs, MD

Chairman of the Scientific and Medical Education Committee

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Safety with Pets

We love our pets—they bring so much joy to our lives, and we want the best for them. Incorporating dōTERRA essential oils into their care routine can enhance their well-being.

According to the American Pet Products Association, approximately 66% of U.S. households—or about 86.9 million families—own a pet. In these homes, there are an estimated 94.2 million cats, 89.7 million dogs, 20 million birds, 14 million small animals, 9 million reptiles, and 7.6 million horses. These numbers reflect only the United States, so just think of how many more pets there are globally!

Considering these statistics, approximately two-thirds of dōTERRA users likely have animals in their lives. Through years of experience working with animals and their owners, we've learned people genuinely love their animals and will do anything within their means to keep them healthy and happy. Life wouldn't be the same without our animals.

Having a pet can greatly improve human health. For example, one study shows owning a dog can promote cardiovascular health, while another indicates pets in homes with children can improve immunity and respiratory health. Additionally, pets can help reduce stress after a long day, making it no wonder they can play such an important part of our lives.

It's essential to consider our pets when using essential oils in our homes. Dogs and cats have 200–300 million olfactory receptors compared to the 5–6 million humans have. Their sense of smell is incredibly sensitive, so when diffusing oils be sure to use a water-based diffuser and only diffuse four to five drops at a time in an open area where your pet can leave the room if desired.

For birds and reptiles, start with just two to three drops, ensuring the diffuser isn't directly next to their enclosure. Diffusing in a barn setting can be challenging, but horses, cattle, goats, chickens, and other barnyard animals can also benefit from doing so.

However, there are some essential oils that should be avoided with dogs and cats. Birch, Wintergreen, and Tea Tree oils shouldn't be used topically or internally. Exercise caution with hot oils such as Cassia or Cinnamon Bark. Fortunately, there are safer alternatives:

- Instead of Tea Tree, use Geranium, Myrrh, or Cedarwood.
- Instead of Wintergreen (or Birch), use Copaiba, Frankincense, or AromaTouch®.
- Instead of Cassia, use dōTERRA On Guard®, Oregano, or Thyme.

- Instead of Peppermint, use Cardamom or Arbovitae (for cats).

There are many ways to use essential oils with and around animals, with the most common methods being aromatic and topical application.

How to Use Essential Oils Aromatically with Pets

- 1. Diffuser:** Use only three to four drops of essential oil in your diffuser. Keep the room door open so the animal can leave if desired. Place the diffuser where the pet can't knock it over.
- 2. Spray:** Dilute an oil in a room spray.
- 3. Inhalation:** Put a drop of oil on your hand and allow the animal to inhale. Or place a cloth, cotton ball, or tissue with a drop of essential oil near the animal or on bedding.
- 4. Humidifier:** Add a few drops to a humidifier that's safe for use with essential oils.

How to Apply Essential Oils Topically

When using essential oils topically with small animals like dogs or cats, always dilute to 1–5% before application. The smaller the animal, the more dilution is needed.

There are various techniques for applying oils topically, both with people and animals. The essential oils will absorb into the body, which knows how to best use them. Here are some common topical application methods you can use (once diluted) with an animal.

- 1. Along the spine:** This application method is the most widely accepted because animals are used to being petted or brushed along their backs.
- 2. On the ears:** Apply the essential oil if your animal is comfortable with you touching its ears. If your animal doesn't like its ears being touched, don't use this method.
- 3. As part of a massage:** Gently massage the oil into your animal's skin. Most animals love a gentle massage as much as we do!
- 4. With a hot or cold compress:** This method is useful when combined with essential oils.
- 5. Directly to the area of interest:** This application method is simple and effective.

Safety with Pets *(continued)*



When using essential oils topically, remember to:

- Dilute each oil appropriately.
- Be aware of your animal's health status. Consult your veterinarian.
- Avoid using oils in sensitive areas such as in the eyes, ears, and nose. Apply topically to the pinna of the ear.
- Use caution with animals that are pregnant, nursing, young, or small.
- Only use pure essential oils.
- Exercise caution with photosensitizing oils like Bergamot, Cumin, Grapefruit, Kumquat, Lemon, Lime, Tangerine, and Wild Orange. These shouldn't be used topically on pets that are frequently in direct sunlight or exposed to UV rays. If you want citrus oil benefits without the risk of phototoxicity, consider using Green Mandarin.

Introducing Essential Oils to Your Pet

When introducing an essential oil to your pet, it's best to do so slowly. Follow the SLOWLY method:

- Self-selection (S): Allow your pet to choose the oil by presenting it. Positive responses may be subtle, so be observant.
- Lid on (L): See if your pet moves toward the essential oil or away from it with the lid on. Reintroduce it on a different day if needed.
- Observe (O): Take note of your pet's body language and behavior.
- Watch (W): Keep an eye on your pet for the first 10 minutes after diffusing or applying a new oil.
- Less is more (L): Start with a more diluted oil and increase gradually if needed.
- Your turn (Y): Choose three essential oils you think your pet might like or need and practice the SLOWLY method.

Safety with Pets *(continued)*

Safety Tips Recap

- Always dilute essential oils for topical use.
- Be sure of your animal's health status.
- Don't use oils near sensitive areas.
- Use a water diffuser for aromatic use, allowing your pet to leave the room freely.
- Exercise caution with pregnant, nursing, or young animals, as well as those on medications.
- Avoid applying oils topically if the animal is using a topical medication or dermal patch.
- Don't give products containing xylitol to your pet.
- Only use pure essential oils.
- Observe your animal's behavior.

If your pet experiences an adverse reaction, dilute the essential oil with a carrier oil. Most reactions resolve within 24–48 hours. Discontinue use if your animal shows signs of distress such as drooling, squinting, rubbing its face, vocalizing, shaking, vomiting, or diarrhea.



Nutrition with Pets

Health begins with nutrition—for us and our four-legged friends. Nutrition is the foundation of well-being, and what we feed our pets (or don't feed them) truly matters. While there is no one-size-fits-all approach to pet nutrition, some general guidelines and practices can help maintain a healthy gut for your animal companions.

High-quality nutrition is crucial. Feeding your pet a whole-food, balanced diet that's supplemented with multivitamins is essential. The dosage of any supplement should be adjusted according to your pet's body weight.

Adding whole foods as a topper to a pet's diet is healthy and can also help them live longer, according to studies. Supplementing 25% of your pet's food with options like duck, beef, salmon, bone broth, rabbit, chicken, pineapple, kale, spinach, spirulina, turkey, carrots, blackberries, cucumber, broccoli, zucchini, strawberries, pumpkin, asparagus, eggs, blueberries, or sardines is highly encouraged—and your pet will thank you!

Your pet's gastrointestinal tract (gut) encompasses more than just the stomach and intestines. It includes other vital components such as the teeth, salivary glands, esophagus, liver, pancreas, and gallbladder.

Additionally, hormones released in your pet's gut regulate digestion, and enzymes help absorb and use the nutrients from food. The gut also contains lymphoid tissue, which makes up over 70% of the immune system. As we learn more about the gut, we're discovering how protective it is for overall health.

Promoting prevention and potentially extending your pet's life starts with a healthy gut. But how can we protect cats, dogs, and more from the many challenges they face in life?

While there is no simple answer, adding digestive enzymes, probiotics, and natural vitamin and mineral supplements (without unnecessary fillers) is an excellent starting point. Evaluating the food you give your pet and examining ingredients is also crucial. Take a moment to check the ingredients label on your pet's food—do these ingredients make you feel confident or concerned?

The food your pet consumes, along with factors like their age and health status, can create enzyme deficiencies, leading to nutritional imbalances that may affect health. But what exactly are digestive enzymes? Enzymes are specialized proteins responsible for thousands of essential functions in the body, one of the most important being breaking down and absorbing nutrients from food.

Nutrition with Pets *(continued)*

The pancreas produces three primary digestive enzymes, each playing a unique role:

- **Protease:** Breaks down proteins into amino acids.
- **Lipase:** Breaks down fats into fatty acids and glycerol.
- **Amylase:** Breaks down carbohydrates into sugars.

Also, the small intestine produces other digestive enzymes:

- **Lactase:** Breaks down lactose sugars found in milk.
- **Sucrase:** Breaks down sucrose.

Supplementing with digestive enzymes is a practical way to keep your pet happy and healthy for as long as possible by supporting their gut health. An ideal digestive enzyme supplement should be whole food-based and include mineral cofactors and other beneficial ingredients, such as:

- **Protease:** Breaks down proteins into peptides and amino acids.
- **Papain:** Breaks down proteins.
- **Amylase:** Breaks down carbohydrates, starches, and sugars.
- **Lipase:** Breaks down fats and oils for absorption.
- **Lactase:** Breaks down the lactose found in milk sugars.
- **α -Galactosidase:** Breaks down complex polysaccharide sugars found in legumes.
- **Cellulase:** Breaks down fiber into fructose and glucose for energy use.

- **Sucrase:** Breaks down sucrose into fructose and glucose for energy.
- **Anti-Gluten Enzyme Blend:** Breaks down gluten.
- **Tummy Tamer Blend (Peppermint, Ginger, and Caraway Seed Extracts):** Soothes the digestive tract.

Probiotics are another excellent addition to your pet's diet. Over the years, probiotics have gained attention for their ability to support digestive health. Pets can benefit just as much as humans.

Probiotics are healthy bacteria that provide a range of benefits for pets. They can support both the digestive and immune systems by promoting a healthy gut. Consider adding probiotics when your pet has digestive issues or using them proactively as part of your pet's daily routine for overall health.

Natural sources of probiotics like plain Greek yogurt, plain kefir, or raw goat milk are excellent for both dogs and cats. Be sure to choose plain varieties without added sugars, sugar substitutes, or flavorings. Supplements are also an option for source of probiotics. When choosing a probiotic supplement look for one that has the prebiotic fiber, the probiotics, and the postbiotics in it. Another important factor is making sure the probiotic is in a delivery system where it can pass through the harsh acidic environment of the stomach intact, releasing only when it is in a more hospitable environment.



Nutrition with Pets *(continued)*



Safety Note: Don't give your pet products containing xylitol, as it's toxic to both dogs and cats.

Essential fatty acids are a favorite among pet owners for supporting healthy skin and coats, but these supplements offer many additional benefits. Commonly found in fish oil, omega-3 fatty acids are one of the best supplements you can add to a dog's or cat's diet. Omega-3s support the immune system, cardiovascular health, heart, organ health, joints, skin, brain function, memory, vision, and more.

For dogs and cats, fish oil is the most bioavailable form of omega-3 fatty acids. Because these animals cannot produce omega-3s on their own, they must be added to their diets. Omega-3s also help balance the omega-6 fatty acids, which are already abundant in most pet diets.

To use omegas with dogs and cats, administer them internally daily. Be sure to follow dosage instructions closely—typically, the recommended dose for omega-3s is 450–500 milligrams per 10–20 pounds of body weight.

Dogs and cats need vitamins and essential nutrients to support overall health and well-being. Whether your pet is on a commercial or homemade diet, multivitamins can help them get needed nutrients.

Multivitamins aren't just vitamins; they are an ideal blend of vitamins, minerals, fiber, and other essential nutrients that may not be present in your pet's food. Having the correct balance of vitamins and minerals in multivitamins promotes optimal pet health, from strong bones to shiny fur, healthy skin and abundant energy, as well as healthy teeth and gums - all from the inside out. Vitamin deficiencies can lead to various health issues, including skin and eye problems, weight loss, muscle weakness, gastrointestinal upset, and other conditions. Incorporating daily multivitamins into your pet's regimen can help avoid these issues.

When selecting multivitamins for your pet, consider the following:

- No artificial flavors or fillers
- Core vitamins based on needs (such as A, B, C, D3, E, calcium, phosphorus, potassium, zinc, magnesium, iron, manganese, selenium, choline, and taurine)
- Appropriate vitamin dosage based on your pet's weight (not too much or too little)
- Efficacy and safety testing

Daily supplements are an excellent way to complete your pet's overall health and balance its diet. While using human supplements for pets is generally discouraged because of different dietary and nutritional needs, there are some safe and effective options available. Consult your veterinarian to determine what would be best for your pet.

Digestion with Pets

Gut health is essential to overall well-being. The digestive tract includes all organs that take in and process food. It encompasses the pancreas, gallbladder, and lymphatic tissue in the intestinal tract. It's important to note that your pet's gut and digestive health are also influenced by every other bodily organ system. Understanding how to support a pet experiencing digestive upset is crucial, as is knowing essential oils can often help relieve digestive issues.

Some essential oils that support the digestive tract include DigestZen®, Ginger, Copaiba, Myrrh, Frankincense, Lavender, and Fennel.

Dental issues are common in the veterinary world. Pet owners should brush their pet's teeth daily with a fluoride-free toothpaste to minimize tartar buildup, as dental issues can cause oral discomfort. For topical application to affected areas, diluted Myrrh and Helichrysum can be used. Copaiba can also be administered orally, either as a softgel or diluted essential oil, to help with discomfort.

The gastrointestinal tract contains the digestive system primary organs: the esophagus, stomach, and intestines. Digestive issues can affect the entire tract or be localized to a specific area. Symptoms such as vomiting, diarrhea, and loss of appetite could indicate occasional digestive distress.

A great advantage of using essential oils is topical application over the abdomen and spine allows the oils to be absorbed, thereby supporting the affected area. For dogs and cats, topical application of diluted DigestZen, Copaiba, Myrrh, and Lavender over the abdomen can help alleviate GI tract discomfort. Depending on your pet's weight, these essential oils may also be administered orally. In addition to essential oils, probiotic and omega-3 fatty acid supplementation is recommended to help normalize the gut microbiome.

The pancreas is a small organ near the stomach and the first portion of the small intestine. It produces enzymes that aid food digestion and secretes insulin to help regulate blood sugar levels. The most common threats to healthy pancreatic function in dogs are ingestion of high-fat foods or abrupt changes in diet. For cats, the cause of pancreatic issues is often unknown.

The same essential oils recommended for digestive support can be used here. Additionally, Frankincense and AromaTouch® can be applied over the abdominal area every few hours, with a focus on the upper abdomen. Products with calming aromas, such as dōTERRA Serenity® and Lavender, can also be diffused to help alleviate anxious feelings in your pet.



Metabolism and Pets

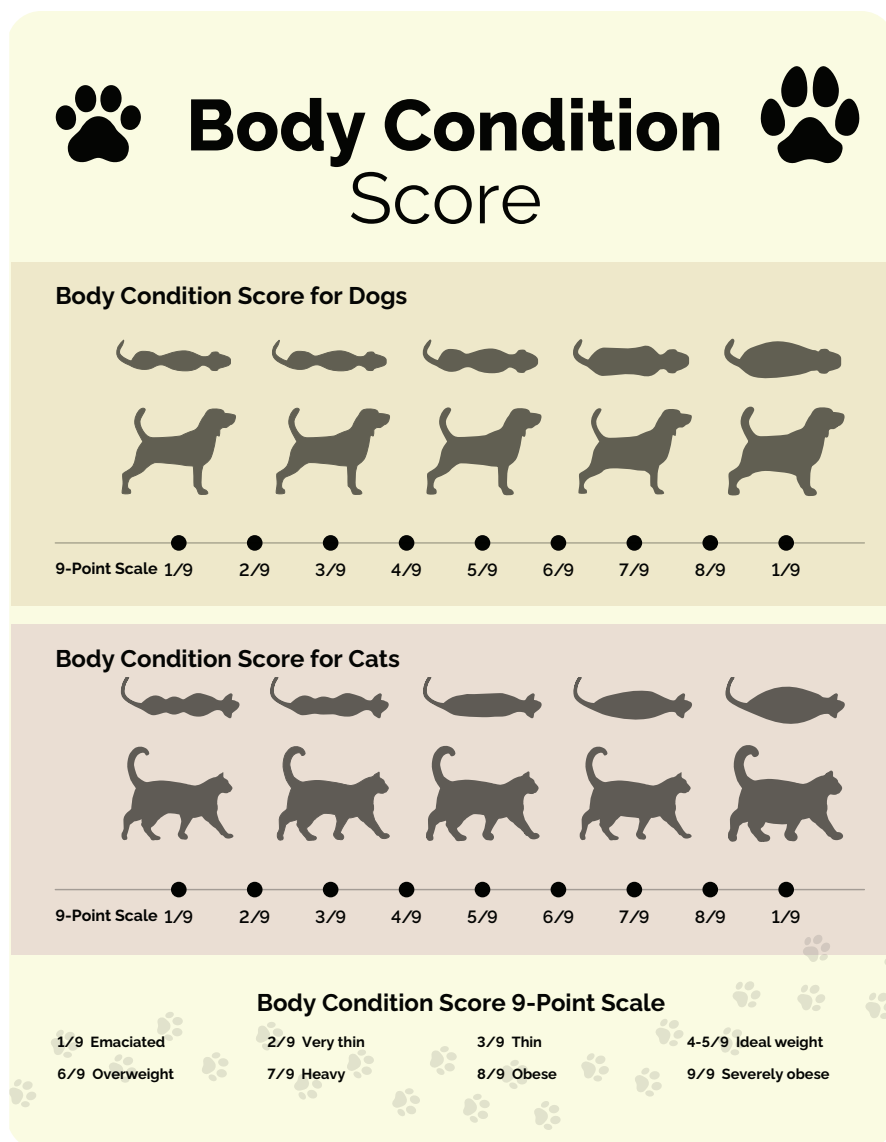
Just as in people, metabolism is the process by which a pet converts food into usable energy. A pet's metabolism varies based on factors like genetics, age, hormones, nutrition, activity level, and stress. There are several ways we can support our pets' metabolism to keep them healthy and happy.

Start with a healthy diet and avoid overfeeding. Obesity is a significant problem among pets in North America, and it can negatively affect joint and organ health, potentially leading to a shorter lifespan. Many people don't realize when their pet is overweight and might not have a clear understanding of what a healthy body condition looks like for their pet.

Here are examples of body condition scores in dogs and cats:

Supporting your pet's digestive health can also aid in maintaining a healthy metabolism. Probiotics and digestive enzymes can be safely used for this purpose.

Limit the treats and snacks you give your pet between meals to avoid significantly increasing caloric intake. Where needed, opt for healthy treats. Many pets enjoy vegetables like carrots, broccoli, bell peppers, and cucumbers or fruits like cut-up apple pieces. Just be sure to avoid feeding raisins and grapes to your pet when incorporating fruits into their diet. These can be healthy alternatives to more processed dog treats that are also higher in calories.



Metabolism and Pets *(continued)*



Encourage your pet to exercise regularly. Doing so helps maintain a healthy weight and promotes lean muscle mass. Muscle mass drives metabolism, so it's important for pets to build strong, healthy muscles. You've likely heard it said muscle burns fat. As pets age, they may lose muscle mass, which can slow their metabolism and lead to weight gain. This change can also contribute to joint health issues, making them more uncomfortable and less inclined to exercise, creating a negative cycle. It can leave senior pets overweight and sore.

However, it doesn't have to be this way—aging is not a disease or a diagnosis. Keep your senior pets engaged and active!

Incorporating regular exercise into a dog's daily routine not only supports healthy weight and muscle maintenance, but it also benefits mental health, helping prevent stress and anxiety. Our dogs deserve the benefits of being outside, breathing fresh air, and experiencing the joys of nature just as much as we do. So grab that leash and make daily walks a normal part of your dog's routine.

Exercise is just as important for a cat's metabolism as it is for weight control. It's easy for house cats to become overweight, which can lead to other health concerns such as diabetes and urinary tract issues. Ensure you're managing your cat's food consumption carefully. You can also engage its prey drive by encouraging it to chase toys and experience the satisfaction of catching something. Enriching your cat's home environment is important for both its physical and mental health.

Hormones can also affect metabolism, so consider asking your veterinarian about having baseline bloodwork drawn or specific tests that can rule out common metabolic concerns in pets.

Many cats can benefit from Juniper Berry oil. Dilute one drop of Juniper Berry in four teaspoons of carrier oil and apply it along the spine once or twice a day.

Movement and Pets

Just like for people, exercise is a vital component of a pet's health. Daily exercise offers numerous benefits, from reducing stress and anxiety to supporting the cardiovascular system, maintaining a healthy weight, preserving lean muscle mass, and supporting the musculoskeletal system.

Keeping our pets active and moving should be one of our top priorities. The amount of exercise your dog needs will vary based on factors like size, breed, and age. For example, a Border Collie will require much more exercise than an English Bulldog, and the types of activities will vary as well.

If your pet has not been all that active, it's important to start slowly and gradually increase its activity. Dogs can suffer from "weekend warrior" syndrome just as humans can, so it's important that their activity is consistent to prevent injury. Ideally, your pet should enjoy some form of aerobic exercise every day.

As stated before, walking is an excellent activity for dogs. For young dogs, daily walks help maintain a healthy weight, build muscle mass, and provide mental stimulation, which is crucial for overall mental health. Alternating brisk walking with allowing them to stop and sniff is a great combination.

For older dogs, daily walks help ensure they have lean muscle mass to support their joints as they age. Walking at a steady pace with their heads up helps keep their weight shifted onto their hindquarters, maintaining the strength in the muscles that support their hips and knees. Daily activity with dogs also strengthens the human-animal bond as we enjoy time together.

Many dogs also enjoy activities like swimming in warm weather. Swimming is great for cardiovascular health and joint range of motion, and it's a low-impact activity for dogs with sore joints. However, be cautious with retrieving in and out of the water, as it can be hard on the joints. Try to keep your dog in water up to elbow height, allowing it to swim around or retrieve toys without stressing joints.

Water walking—with the water at about elbow height—is another low-impact activity that provides a good workout for its muscles. Start slowly, as water walking can be challenging.

Cats also need daily activity to prevent obesity and stay mentally engaged. As mentioned before, use their prey drive and try to get them to chase toys. Cat balls or wand toys can keep cats playful and young at heart. Placing treats on different levels of cat towers can encourage climbing and play. You can also take a two-liter soda bottle, cut several one-inch squares in the sides, and place some small treats

or kibble inside. Your cat will enjoy rolling and batting at the bottle to get the food to fall out.

Many cats can be trained to walk while leashed, allowing them to safely enjoy an outdoor stroll. Try it!

To support your pet's ability to exercise, it's important to care for the musculoskeletal system. dōTERRA offers several products that are suitable for use with pets.

Copaiba essential oil provides many benefits for the musculoskeletal system and is well tolerated by both dogs and cats. Dilute six to eight drops in two teaspoons (10 mL) of carrier oil for dogs and two to four drops in two teaspoons (10 mL) for cats. Use the petting method to apply Copaiba over their muscles and joints if they show signs of discomfort or stiffness.

You might add the same amount of Lavender to your Copaiba solution and let them enjoy the soothing aroma. It's a great way to help pets relax in the evening after a day of exercise or to settle senior ones for a good night's sleep.

Copaiba can also be administered orally for joint support and to improve comfort levels. For dogs over 30 pounds, give them one Copaiba Softgel once or twice daily. For dogs under 30 pounds and cats, dip a toothpick in Copaiba essential oil and add this small amount to moist food or a treat.

Diluted AromaTouch® can also be safely used with dogs. Dilute four to six drops in two teaspoons (10 mL) of carrier oil and massage over any tight muscles or stiff joints. Massaging dogs offers many benefits. For young or anxious dogs, massage can help them calm down and is a wonderful way to build trust. For senior pets, it allows you to detect soreness or tightness in certain muscle groups, as well as any loss of range of motion in their joints or overall muscle mass.

Dogs can also benefit from Turmeric. For dogs over 30 pounds, give one Turmeric Dual Chamber Capsule once or twice daily for joint support. Dogs under 30 pounds can have one drop of Turmeric essential oil mixed with their food or placed in a gel capsule once or twice a day. Alternatively, you can use it topically by placing four to six drops in two teaspoons (10 mL) of Fractionated Coconut Oil and applying it over the joints once or twice daily.

Consider placing one drop of dōTERRA Breathe® on a scarf or diffuser collar around your dog's neck 15 minutes before strenuous activity to help open airways and prepare it for exercise.

Determine which activities you and your pet enjoy most to stay active, mobile, and healthy. Let your furry friend experience the benefits of dōTERRA essential oils!

Rest and Sleep for Pets

dōTERRA has developed some wonderful essential oil products that help with achieving healthy rest and sleep, not only for you but also for your pet. Two such products commonly used by veterinarians to create a restful environment for pets are Lavender and dōTERRA Serenity® Restful Blend.

Lavender is a natural essential oil with a delightful aroma, calming effects, and soothing properties, making it effective for treating minor skin irritations like abrasions and insect bites. Lavender can be applied topically, diffused, or taken internally for both you and your pet.

However, because of the adulteration of many lavender products on the market (lotions, shampoos, soaps, and candles), it's recommended you only use CPTG Certified Pure Tested Grade® Lavender for yourself and your pet. Be sure to follow the product instructions when using this exceptional oil.

To enjoy the calming effects of Lavender, place two drops for cats or small dogs and four drops for medium or large dogs in the palm of your hand. Then rub two different footpads of your pet with the oil. This topical application can be repeated every 30 minutes if needed, though typically two applications are sufficient to achieve the desired effect.

Lavender can be diffused continuously in an exam room or at home to create a soothing environment. These calming techniques have been used in some veterinary clinical practices, and no adverse reactions were observed.

The second essential oil product to consider for rest is dōTERRA Serenity®. This unique blend (which includes Lavender oil) also creates a calming and restful environment. For both people and pets, diffusing dōTERRA Serenity is especially beneficial at bedtime. Place three to four drops in a diffuser. Be sure to follow the diffuser instructions carefully.

When diffusing essential oils, ensure your pet always can exit the area in case it doesn't like the smell or contact with the essential oil. Diffusing dōTERRA Serenity, combined with the topical application of Lavender, will help create a calming environment and promote a restful night's sleep for your pet.

Many pets can also benefit from diffusing dōTERRA Balance®, as it promotes a tranquil environment. And if your pet snores, diffusing dōTERRA Breathe® can help it have a more restful sleep.



Managing Stress with Pets

Many of us are willing to do anything to accommodate our pets and show them love. The pandemic a few years ago led to a surge in newly adopted cats and dogs. Adoption rates soared, but pets didn't always have the best opportunities to socialize and build confidence. Life was different for everyone.

For many pets, it was wonderful to have family members home with them. However, when children returned to school and adults went back to work, pets experienced a significant change. Anxious feelings can manifest in a variety of ways—some pets become sad and lethargic, others turn destructive and vocal, and some may even develop physical ailments that upset their digestive systems or lead to skin conditions.

How can we help our pets adjust to new situations and stresses? In some clinical practices, Adaptiv® Calming Blend and Copaiba oil have proven to be supportive. These essential oils are safe and effective for pets of all ages and sizes.

Apply the Touch® versions topically two to four times daily by rolling the bottle in the palm of your hand and then petting your pet on the head, back, belly, or rump. The experience should be positive and brief; for example,

a cat may allow one quick swipe along its back. You can also diffuse Adaptiv and Copaiba for 20–30 minutes or throughout the day using dōTERRA water-based diffusers.

Adaptiv contains Magnolia essential oil, which has a higher linalool content than Lavender, making it calming. Neroli and Rosemary also have high levels of linalool. Copaiba, with its potent concentrations of beta-Caryophyllene (BCP), soothes the nervous system and enhances brain function and memory. Studies have shown BCP improves behavioral and biochemical responses to chronic stress.

When you apply and diffuse essential oils for your pet, you benefit as well. Pets are sensitive to our emotions and are keenly aware of our nervousness, fear, or worry. Try to set these emotions aside and project confidence for your pet. Leave the house without a long, dramatic departure and return without a grandiose celebration. Your calm, nonchalant attitude is actually helpful. Additionally, you may choose to leave the radio or television on for comfort.

Copaiba and Adaptiv are excellent choices to support your pet's adjustment to new or challenging situations. Some pets may respond within a few days. But for the best outcome, commit to using these essential oils consistently for several weeks. Our pets are grateful when we help ease their emotions.

Reducing Toxic Load with Pets

dōTERRA has addressed the issue of reducing toxic loads in your environment, as explained in “Reducing Toxic Load: Inside and Outside” on the dōTERRA website. The information is applicable to families and to pets. Anything that's potentially toxic to us can also be toxic to our pets. Because of the small size of most pets and their close contact with surfaces and the ground, they are continually exposed to potentially toxic environments. It's recommended you review that article, as it provides information about potential toxic products and suggests natural products to help reduce the toxic load in your environment.

Veterinary practitioners often treat patients who have become ill because of toxins in their environment. Pets can develop skin, respiratory, and internal organ problems.

Exposure to certain products containing toxins can even be life-threatening. Common household products—floor cleaners, laundry detergents, toilet bowl cleaners—may have toxins that can harm your pet. Remember, some pets, particularly certain dogs, will eat anything, even inedible items like plastic bottles, wooden fences, or rubber balls. These products may contain toxic substances.

If your pet becomes ill from probable exposure to toxic substances, try to identify the product so your veterinarian can analyze the ingredients and formulate a treatment plan. Figuring out which toxic agents in your life are detrimental to a pet's health is certainly a challenge. Therefore, avoiding synthetic items and using only natural products like dōTERRA essential oils will help reduce toxic load exposure in your pet's environment.

Reducing Toxic Load with Pets *(continued)*



A key recommendation for reducing potential toxic loads in your pet's environment is dōTERRA On Guard®. This essential oil blend is an excellent cleaning agent for countertops, floors, and any surfaces your pet might lick or encounter. Simply follow its usage directions. Other dōTERRA On Guard products (such as dōTERRA On Guard Detergent, dōTERRA On Guard Hand Sanitizing Mist, and dōTERRA On Guard Cleaner Concentrate) will further help reduce toxic load for your family and pets.

Diffusing dōTERRA On Guard is also an effective method for reducing toxic loads caused by airborne threats. For dogs with skin problems caused by inhaling suspected airborne toxins, dōTERRA On Guard+™ Protective Softgels (one capsule twice daily for medium to large dogs) are recommended. For small dogs, just diffuse dōTERRA On Guard, using the same directions as for your family. And remember, always ensure your pet has an open exit from the room or diffusing area in case it doesn't like the smell or contact with the diffused essential oil.

Another recommended dōTERRA product for pets that are sneezing or have nasal congestion because of exposure to airborne toxins is dōTERRA Breathe®. Diffusing this oil blend can help relieve upper airway congestion for both your pet and your family. dōTERRA Breathe smells great and is generally well tolerated by pets. Follow the diffuser directions and add three to four drops to it.

When it comes to toxic loads that could potentially affect the internal organs of dogs, Lemon essential oil is recommended. It promotes good health for internal organs by helping cleanse toxins from the liver and kidneys. Lemon can be diffused or given orally to dogs. When diffusing, it's recommended you add three to four drops of Lemon essential oil to a water diffuser. For oral administration, place two to three drops in the dog's food per feeding.

Toxic loads in your environment do exist. Reducing them is crucial for the health of both your family and your pet. The dōTERRA essential oils recommended here are simple and easy to use. For more information and recommendations regarding the use of essential oils for your pet, consult with a veterinarian who is knowledgeable in these (and other) dōTERRA products.

Informed Pet Care

When a family decides to bring a new puppy or kitten into their home, they research veterinarians, vaccines, ideal food, spaying and neutering, and so on. There's a sense of accomplishment after successfully navigating a puppy or kitten through the first year of life.

However, the reality is there are many more years ahead, and issues will arise beyond that first year. It is crucial to educate yourself on proper lifelong pet care and potential health problems that may affect your pet.

Doing your own research can be daunting, especially with the vast array of opinions available on the Internet. We encourage you to ask questions and seek answers from reliable, trusted sources, such as your local veterinarians (and the modalities they offer) and veterinary groups like the American Veterinary Medical Association.

Many people are familiar with this adage: "an ounce of prevention is worth a pound of cure." It's true in both human and veterinary medicine. Annual wellness exams are recommended for your pet, just as they are for you by your physician and dentist. Pets are typically stoic and sometimes secretive when they aren't feeling well. Annual wellness exams allow veterinarians to detect problems earlier, leading to treatments that are typically less expensive and more successful. These exams also allow your veterinarian to make important recommendations (based on breed predispositions) to ensure a long, healthy life for your pet.

It's just as important to familiarize yourself with your pet's normal behaviors and daily routine. This knowledge is key to assessing how your pet is doing at home and noticing if problems arise.

Maintaining a healthy weight for your pet is extremely important and closely linked to a well-balanced diet. As with humans, being at a healthy weight lowers the risk of certain health problems, including joint issues and arthritis, diabetes, elevated blood pressure, breathing issues, back issues, kidney disease, and some cancers. Ensuring senior pets maintain a healthy weight is especially important, given increased mobility issues. Excessive weight can directly affect a pet's life expectancy, as well as overall quality of life.

Known as the king of oils, Frankincense can be beneficial at all stages of a pet's life. It's extremely versatile and can be safely used on pets dealing with anxious feelings, skin irritation, and joint discomfort, to name a few problems. Frankincense is an ideal oil for immune support and benefits all body systems. It can be administered orally, applied topically, and diffused.

Another option to consider is dōTERRA On Guard® Protective Blend, which can be beneficial in supporting your pet's immune system throughout life. You can also diffuse dōTERRA On Guard on an intermittent setting to provide additional immune support for your pet.

Proactive Veterinary Care

We all want our pets to live long, healthy lives. The dōTERRA Wellness Pyramid also applies to our pets. Wellness includes good nutrition, plenty of exercise, mental stimulation, and stress management. Bringing our pets to the veterinarian when they're well is imperative to their longevity.

Wellness visits are often when your veterinarian identifies problems at their earliest stages, allowing you to address concerns immediately with changes in lifestyle, supplements, essential oils, or medications. Cultivating a strong relationship with your veterinarian is crucial, as he or she serves a role similar to your family doctor.

In clinical practice, biannual visits for a complete physical examination are recommended, along with annual bloodwork (more often if needed), parasite testing, and proper vaccinations. Your veterinarian will also advise you on proper nutrition, supplements, exercise, and care measures for your pet. Veterinarians are also there to discuss behavioral concerns, elimination habits, weight management, and sleep patterns. Dental care is a top priority, as caring for your pet's teeth will directly impact overall health and may extend its life by up to 25%.

Some pets show illness more clearly than others, so regularly scheduled veterinary visits are important to catch problems early. Cats, for example, are particularly good at hiding illnesses.

Proactive Veterinary Care *(continued)*

Prior to a veterinary visit, your pet may benefit from essential oils. Many pets feel uneasy about being placed in a carrier or traveling in the car. Applying diluted dōTERRA Serenity®, Lavender, or Adaptiv® topically a few times daily, starting one to two days in advance of the visit, can help.

If you've previously tested an essential oil, a car diffuser can be helpful for long drives. Consider placing two to three drops of dōTERRA Serenity, Lavender, or Adaptiv on the towel used in the carrier or in the car to create a calming environment. Copaiba and Frankincense may also help. If your pet experiences motion sickness, applying DigestZen® or Cardamom prior to travel is recommended.

Remember, pets are highly sensitive to our emotions. If you're nervous about a trip to the veterinarian, your pet may feel heightened anxiety. Using the calming aromas of dōTERRA Serenity, Lavender, or Adaptiv for yourself can be beneficial.

Discuss incorporating natural products into your pet's daily routine with your veterinarian. One key supplement is a probiotic. Maintaining a healthy microbiome (the good bacteria in the intestines, respiratory tract, oral cavity, skin, and urogenital tract) fosters a strong immune system, as well as a healthy digestive system. Probiotics also help reduce toxins and heavy metals in the body and have been found to lower cortisol, a stress hormone.

Another vital supplement is omega-3 fatty acids (also known as fish oil), which support healthy joints, skin and coat, brain function and development, and the cardiovascular system. Omega-3s also support the immune system, improve lymphatic flow, and help remove toxins from the body.

Pure essential oils empower you to address many health concerns at home. Using dōTERRA essential oils can soothe your pet while waiting to see your veterinarian during regular hours. Some examples of home care include dōTERRA Breathe® for respiratory support, DigestZen® for occasional intestinal upset, Copaiba and AromaTouch® for minor discomfort, and Lavender for superficial abrasions. TerraShield®, Geranium, or Thyme can effectively repel pests. dōTERRA natural household products also help reduce your pet's exposure to chemicals or toxins in the home.

We love our pets. They are family members, and they deserve only the best. We strive to give our pets the longest, healthiest lives possible. Optimize your pet's health with proactive veterinary care, along with powerful, effective, safe, and gentle essential oils.

