

Providing your dog with a Chemical Free Life

At Dog Trouble we are passionate about not exposing dogs to unnecessary toxins/chemicals which contribute to a variety of medical conditions, diseases and behaviour issues. There are a number of chemicals and toxins within our environment that both we and our dogs are exposed to on a daily basis. However with knowledge gained from research and from actually observing your pets, exposure can be reduced within your dog's environment and lifestyle.

Therefore we think it is important to share this knowledge and practice below that we implement at Dog Trouble, to ensure the lifestyle and environment you provide for your dog is toxin free.

Feed a Raw Diet-What you feed your dog for fuel is important in reducing the amount of medical issues that your dog can develop particularly Cancer, from eating a dry processed carbohydrate based food. See **Dog Feeding guide 2017**.

No Vaccines/Flea/Tick chemicals- Protect your dog using a natural practice by Titre testing your dog to check for antibodies against Parvo, Distemper and Hepatitis. If your dog tests positive for antibodies then your dog will naturally be protected against these diseases. See **Titre Testing Guide 2017**. Use herbal remedies to prevent fleas/ticks eg Billy No Mates, Garlic Juice and Apple Cider vinegar; For worms use Diatomaceous earth.

Provide Ceramic bowls- for your dog to eat and drink out of. Metal and plastic bowls produce toxins from the material it is made of, which can be transferred into your dog's water and food.

Provide Filtered Water-for your dog to drink. Why do you think dogs often prefer to drink out of a puddle or outdoor container that has rain water in? I do believe that dogs show us what their body requires from how they behave! Tap water contains a number of toxins that are harmful to both you and your dog.

<https://articles.mercola.com/sites/articles/archive/2017/08/08/toxins-found-in-public-tap-water.aspx>

Essential Oil diffuser-to provide a relaxing, clean air environment within your home. Many plug-in diffusers and commercially scented products contain chemicals. Instead use herbs/essential oils to provide an environment that is positive for your dog. Essential oils such as Lavender, Sandalwood, Eucalyptus, Peppermint and Chamomile produce a calming environment when adding approx. 2-3 drops to an essential oil diffuser.

Smoke- Have you ever noticed that your dog often sneezes and avoids any smoke? That's your dog telling you that it doesn't want to be exposed to the toxins produced from cigarettes and bonfires! So be sure not to smoke in your car/house where your dog is present.

Dog Shampoo- Using a natural dog shampoo that contains herbs and essential oils instead of chemicals; And not over-bathing your dog which removes natural oils within the coat, will prevent your dog absorbing chemicals through the skin follicles.

Wi Fi/Appliances- It's important to protect your family from the potentially harmful effects of EMFs and this includes your pets. On June 27, 2001, the International Agency for Research on Cancer (IARC) joined other prestigious committees around the world, including the National Institute of Environmental Health Sciences, to conclude that power frequency electromagnetic fields (EMFs) are a possible carcinogen with a potential of doubling the leukemia risk among children consistently exposed to fields above 4 milliigauss (mG). Here are some common sources of EMFs that you should consider: Computers, Wi Fi, Electrical appliances, Telephone, Fluorescent lighting. Move all electrical appliances at least 6 feet away from your dogs' sleeping area. Eliminate dimmers and 3-way switches.

Natural Washing Powder- Ensure that your dog's bedding is not filled with chemical detergent to which their skin and will be in direct contact with whilst sleeping. If you consider that your dog is sleeping for over 8 hours a day/night then ensuring their bedding is clean but chemical free is at the top of our list! There are now many eco-friendly washing powders available.

Cleaning Products- Contain numerous chemicals which if used within your household or car exposes your dog to toxins which may be inhaled. What most people don't realise is that a number of herbs and essential oils have antibacterial and antiviral properties within them, preventing the spread of bacteria. Below are just some of the products we have developed to clean our centre, dog crates and kennels without exposing dogs to unnecessary chemicals. *Please note herb leaves can be used instead of essential oils. Use glass spray bottles where possible or if cleaning solutions will be kept in them for long periods.

1. Eucalyptus, Lavender and Tea Tree Household Spray:

2 tablespoons white/Apple Cider vinegar
2 cups hot water
1/4 teaspoon eucalyptus essential oil
1/4 teaspoon lavender essential oil
3 drops tea tree essential oil

Mix all ingredients together and stir until dry ingredients dissolve. Pour into spray bottle for use and long-term storage.

2. Fragrant Floor Cleaner:

Mop floors with this fresh-smelling liquid; the eucalyptus and rosemary oils have antiviral properties. Make a fresh mixture each time you need it.

- 1 cup distilled white/Apple Cider vinegar
- 1 gallon hot water
- 1 teaspoon lavender or eucalyptus essential oil
- 1 teaspoon rosemary essential oil

In a bucket, combine the vinegar, hot water, and lavender or eucalyptus oil and rosemary oil.

3. MAGIC CARPET DEODORIZER

For use with those doggy paw prints/smells in your carpet.

- 1 cup baking soda
- 10 drops grapefruit essential oil
- 10 drops ginger essential oil

In a dark glass jar, combine the baking soda, grapefruit oil, and ginger oil. Sprinkle the mix over your carpet, wait an hour, and then vacuum.

4. FRESH AIR LAUNDRY DETERGENT

This powdered mix will clean and brighten your laundry naturally and give it a fresh outdoor scent. The recipe makes enough to last several months.

- 8 cups baking soda
- 6 cups borax powder (available on Amazon)
- 4 cups grated castile soap (available on Amazon)
- 1 tablespoon lavender essential oil
- 1 teaspoon clary sage essential oil

In a large bucket, combine the baking soda, borax, and soap. Whisk in the lavender and clary sage oils. Store in a dark, covered container in a cool, dark location. Use 1/8 cup per medium-size load.

5. AROMATIC FABRIC SPRAY

Refresh upholstered furniture, drapes, linens, and mattresses with this herbal spray.

15 drops lavender, lemongrass essential oil

1 ½ cups distilled water

In a dark glass jar, combine the essential oil and water. Pour a small amount into a spray bottle to use as needed.