

Info shared by Pitbull SA.

Manjaro APBT kennel.

South Africa.

My Website www.pitbullsa.co.za

My E mail "manjaro@pitbullsa.co.za"

My Facebook "Gawie Manjaro"

My Facebook page "Manjaro Kennel"

My mobile +27827838280.

Zello.com "VoIP" – ask for info.

Naturally treating worms.

Pumpkin and pumpkin seed.

Pumpkin seed have natural treatment for intestinal worm.

The most surprising benefit is in the seeds - fed raw or toasted, pumpkin seeds will help rid your dog of intestinal worms.

Feed 1/2 tsp per pumpkin seed powder per 10 kg of body weight twice a day, until you no longer see worms or eggs in her stool.

[Related] There are several other natural remedies to get rid of worms. [Find them here.](#)

Want to know more about pumpkin seeds? [Check out this post.](#)

Benefits of pumpkin for dogs.

Pumpkin is nutritious for overall health.

{Add cinnamon & local honey}

As a daily supplement to whatever you feed your dog.

Pumpkin is a great source of:

Vitamins A, E and C

Potassium and iron

Antioxidants

Fiber

Beta-carotene

Supplementing the diet with a 1/3 to 1/2 cup of raw or cooked pumpkin daily can help keep your dog in peak health by providing ample fiber and key nutrients such as potassium, copper, manganese and zeaxanthin.

Pumpkin soothe digestive issues.

[Studies](#) show that pumpkin is good for all sorts of digestive issues.

It's soothing on the digestive system and is easy to digest.

Especially dogs and puppies with diarrhea.

Give them pumpkin.

The soluble fiber in pumpkin helps solidify runny stool because it absorbs water.

Pumpkin a natural aid for constipation.

Pumpkin can help loosen things up.

For a medium size dog, add 1 to 4 tbsp of cooked pumpkin to food for a few days until the issue resolves.

How to feed it – add cinnamon and honey.

The anti-inflammatory properties in cinnamon can help manage joint pain and reduce swelling.

Local honey is a natural sweetener and antibiotic also aiding for environmental allergies.

Cooked pumpkin is nutritious with fiber also having a high water content.

Looking at the benefits of Cinnamon for dogs

Cinnamon comes in two popular varieties, Ceylon and Cassia.

Ceylon cinnamon is light in color and sweet in taste.

It's also expensive and difficult to find.

Cassia cinnamon is what you find in every grocery store.

Darker in color and with a stronger flavor, this variety is easier to grow and thus cheaper to buy.

Cassia cinnamon is perfect to feed to dogs in small amounts. 1/4 tsp per 10 kg daily.

Aid in maintain healthy weight.

Aid in treating for diabetes.

Did you know that 54 percent of all dogs struggle with obesity?

Over the last 12 years we've also seen a 79 percent rise in diabetes!

If your dog has diabetes then you should definitely add cinnamon to her diet.

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Aid with arthritis relief

For older dogs arthritis becomes a potential problem that can affect their mobility. The **anti-inflammatory properties** in cinnamon can help manage joint pain and reduce swelling. 1/4 tsp of cinnamon for small – medium size dogs and 1 tsp for big dogs daily in the diet – you can add 1 tsp of honey mixed in with the cinnamon.

This will help regulate blood sugar.

Note! >> Cinnamon is a wonderful herb to use for dogs, but there are a couple of important things to keep in mind before giving it to your dog:

Don't feed cinnamon to pregnant dogs.

It can have a stimulating effect on the uterus.

Don't give your dog a cinnamon stick to chew on.

The combination of pumpkin and cinnamon spice has incredible benefits for your dog!

With only two ingredients you can do so much to help your dog live a best and healthiest life.

It's easy to add both of these to your dog's diet.

You can even use these ingredients to make a treat for special occasions (so, every day).

Looking at raw or cooked pumpkin, cinnamon treats.

3/4 cup canned pure pumpkin

1 tbsp raw honey

2 tsp cinnamon powder

1 cup coconut flour (add more if needed)

1/4 tsp salt

Mix all the ingredients together in a large bowl, adding more flour if necessary, until it forms a soft dough.

Roll the dough into balls that are the right size for your dog, and then refrigerate.

That's it! Store these treats in the fridge for one week or freeze for up to six months.

Preventing & naturally treating worms in dogs.

By: [Rita Hogan](#)

[Related] your dogs but health is important for more than just preventing worms.

[Find out how to improve it here.](#)

[natural, safe ways](#)

[help prevent and treat worms](#)

[natural treatment options](#)

[support the kidneys](#)

[protect the liver.](#)

.Would you know if your dog had worms?

There are several types of intestinal worms in dogs.
And different types of worms can affect your dog in different ways.
The good news is, there are to get rid of worms.
You don't have to resort to those harsh chemical de-wormers.

As choice avoiding de-worming drugs for dogs.

Looking at why you shouldn't use deworming drugs.
Not for prevention and not to treat worm infestations in your dog.
There are many different drugs available and, like any drugs, they all have side effects.

Here are some examples of the adverse drug events from the Food and Drug Administration (FDA).

These are just for the most common active ingredients in de-worming drugs.

Note that some drugs contain more than one active ingredient.

Fenbendazole.

This is the active ingredient in some of the most commonly used de-worming products: Panacur[®], Drontal Plus[®] and Safe-Guard[®].

Side effects >> the most common are vomiting, depression/lethargy, diarrhea, anorexia and anaphylaxis.

There have been 126 reported deaths.

Other side effects listed include itching and facial swelling.

Pyrantel. This is the active ingredient in Drontal[®] Plus, PRO-Wormer 2[®], Nemex[®]-2. Side effects >> include vomiting, depression/lethargy, anorexia and 204 instances of death.

Praziquantel. This is the active ingredient in Droncit[®], Drontal[®] Plus. Side effects >> include vomiting, depression/lethargy, diarrhea, anorexia and 13 deaths.

Combination Drugs. Some drug manufacturers combine de-worming ingredients with heartworm drugs.

They then market these combos as preventives for heartworm AND various kinds of intestinal worms.

The manufacturers recommend using these drugs monthly.

If you do, you're actually treating your dog unnecessarily for worms they doesn't have!

Some of these include Panacur® Plus, Heartgard® Plus, Tri-Heart® Plus, Iverhart Max®.

Preventing worms in dogs.

The starting point for preventing and treating worms is a healthy immune system.

A dog with a strong immune system is less likely to be an attractive host for any kind of parasite.

Many dogs occasionally get some intestinal worms.

If your dog is healthy with a strong immune system, they probably won't make them sick.

You may never even know he had the worms because they will just expel them naturally.

Things you can do to naturally prevent worms.

Approximately 80% of the dog's immune system is in the gut, so giving your dog the best diet you can will help keep worms away.

Feed your dog natural, whole food, raw meat based diet.

Support your dog's overall wellbeing.

Avoiding pharmaceutical drugs like antibiotics and vaccines.

Stay away from pesticides such as flea, tick and heartworm medications.

Keep your yard free of poop to help prevent your dog from picking up intestinal worms.

Looking at foods to give to fight worms.

>> To help prevent worms and help to get rid of a worm infestation.

Looking at fruit & vegetables.

Several foods can help make your dog's intestinal tract less attractive to worms. These include:

Grated raw carrot

Watercress

Greens

Squash

Fennel

Papaya

Pumpkin

The orange colored veggies also provide vitamin A, which can help eliminate roundworms.

Feed any of the above fruits and vegetables you like.

Give at least ½ tsp of each veggie or fruit per 5 kg of your dog's body weight, twice daily.

Don't overdo the orange veggies or your dog may get orange poop!

Looking at dried coconut.

Dried coconut is a "vermifuge" - an anthelmintic medicine - an agent that dispel worms - meaning it can help eliminate tapeworms from the body.

Sprinkle on food, giving 1 tsp for small dogs, 2 tsp for medium dogs and 1 Tbsp for large breeds.

Looking at multi strain probiotics for dogs and digestive enzymes.

Probiotics help maintain a good balance of healthy gut bacteria.

These healthy needed friendly bacteria and or enzymes do strengthen your dog's immune system and thereby **help keep worms at bay**.

Fermented foods also produce natural probiotics - Feed foods like kefir or fermented fruit and or vegetables.

Also provide extra support to the digestive system to help get rid of parasites.

For both probiotics and digestive enzymes, if you use a product made for dogs, follow the package dosing recommendations.

Looking at apple cider vinegar.

A naturally alkaline system **kills parasites**.

About ¼ to 1 tsp of apple cider vinegar added to your dog's food and also to the dogs drinking water every day can help keep their system alkaline.

Natural worm treatments to consider.

Don't overuse any treatment.

Don't use more than the recommended amount without consulting your holistic vet or herbalist.

Note! >> With the exception of pumpkin seeds and black seed, none of these remedies should be used during pregnancy or lactation.

Looking at pumpkin seeds (safe for use during pregnancy and lactation)

Raw, organic pumpkin seeds can help prevent or expel worms.

You can grind them and place them in your dog's daily diet.

Ground seeds will mix well with ground meat and or cooked foods.

Give ¼ teaspoon per 5kg of your dog's weight.

Again! >> Pumpkin seeds are safe to use, even during pregnancy.

Looking at "Black seed" (safe for use during pregnancy and lactation)

Black seed or black cumin seed (*nigella sativa*) comes from the mid-east and parts of Africa.

It has been used for centuries by indigenous populations and is known as "the cure for everything except death."

Black seed will get rid of most types of worms and is completely safe.

Depending on the size of your dog, use ½ to 1 teaspoon of black seed mixed in food per day.

The seeds can be heated first to eliminate the bitter taste.

Whole seeds are best, but if using black seed oil, halve the above dose.

Looking at garlic.

Garlic is safe and is good for your dog when fed in moderation.

Research shows that garlic to be just as effective as the toxic chemical de-wormer, Ivermectin.

Garlic also naturally boost the immune system and thereby also help fight worms and giardia.

In fact, [research shows](#) that garlic to be just as effective as the toxic chemical dewormer, Ivermectin.

Garlic helps rid the stomach wall of mucus and makes it less hospitable for worms.

It also contains an amino acid called allicin.

Allicin is very effective against roundworms and hookworms.

Peel and chop the garlic and allow it to sit at room temperature for at least 15 minutes.

This allows the allicin to be released.

Feed in the following amounts:

Small dogs up to ¼ clove twice a day

Medium dogs up ½ clove twice a day

Large dogs up to ¾ clove twice a day

Giant breeds up 1 clove twice a day

Note! >> don't use garlic if your dog's taking cyclosporine or blood thinners.

Looking at diatomaceous earth (DE).

DE can reduce the number of worms in your dog although it may not be as effective for tapeworms.

When using DE for your dog, use food grade, not pool grade DE.

Feed small dogs 1 tsp per day and dogs over 25 kg up to 1 Tbsp per day.

Make sure it's well mixed in their food as inhaling DE can irritate your dog's lungs.

DE can also be sprinkled sparingly on the skin to prevent fleas and thus tapeworm.

Looking at Chamomile.

This herb can work to prevent and expel both roundworms and whipworms.

It may not work as quickly as other herbs but it is effective and also has anti-inflammatory properties.

It can calm the intestinal tract when parasites cause discomfort (bloating, gas or cramps).

Chamomile is best used as a glycerin tincture. – ask your herbalist.

Give 0.25 to 0.50 ml per 10kg of body weight, twice daily.

Give the tincture directly into your dog's mouth or place in his drinking water.

Looking at Cloves.

Cloves are effective against microscopic parasites such as giardia and coccidia.

Give one clove per 5kg of body weight once daily, or a small pinch of clove powder mixed in food.

Freshly crushed clove leaves will kill the eggs of parasites.

Note! >> Do not give cloves to pregnant females as they can cause miscarriage.

Note! >> Can be highly toxic given in large doses and you should also be careful when using them on small dogs.

Looking at Olive leaf - (extract).

Olive leaf extract will help flush parasites out of your dog's intestinal tract.

"Oleuropein" is a unique compound contained in the fruit and leaves of olive trees.

Olive leaf extract is sold in different strengths of oleuropein.

Note! >> To treat intestinal worms, look for olive leaf extract containing 12% oleopurin or higher.

Give your dog this olive leaf extract for eight weeks, in the following amounts.

300 mg twice per day for small dogs

500 mg twice per day for medium dogs

1000 mg twice per day for large and giant dogs

Looking at Neem Leaf

Give neem leaf twice a day for one week to eliminate intestinal parasites (but not tapeworm).

Use 150 mg per day for small dogs, 250 mg for medium dogs and 500 mg for large dogs.

Looking at Slippery Elm

Note! >> Slippery elm is a **gentle laxative** that can help your dog get worms out of his system.

It can also soothe any irritations the worms cause in the digestive tract. This makes slippery elm a very good supplement to give alongside other treatment options.

Mix the powder into food or some yogurt, 1/8 tsp per 5kg of body weight.

Dosing schedule- important to note!

When dosing your dog with herbal wormers, it can be more effective to give them ten days on, five days off, and then ten days on.

It takes ten days to kill the worms.

When worms die off, however, they will lay eggs to propagate the next generation.

It takes about five days for the eggs to hatch so the treatment needs to be repeated to kill the new offspring.

You may wish to bring another stool sample to your vet after the treatment series to confirm the worms are gone.

Liver, kidney & lymph support.

Any time you're treating worms it's a good idea to support the kidneys and liver as well as the lymph system.

This will help move fluids and process worms that are absorbed by the blood.

Giving milk thistle seed at the same time as other treatments can help protect the liver.

Milk thistle is best given in a tincture, starting at ¼ tsp per 10kg of body weight.

Parsley, one of my favorite herbs for so many things, acts as a lymph and fluid mover as well as a de-wormer (vermifuge).

Make a parsley tea using ⅛ to ¼ cup of fresh parsley to 1 cup of water. Heat the water and steep for about five minutes.

Give your dog 1 tsp of parsley tea for every 5kg of weight daily for no more than 10 days.

Note! >> don't use parsley if your dog has kidney issues.