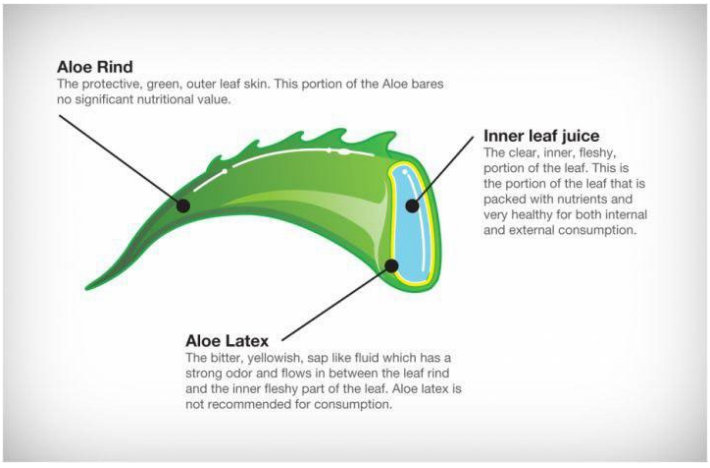
LB 03/02/2022 Very well written and detailed with excellent personal example of using aloe with a rescue and beautiful pictures of the healing process with nutmeg. Good descriptive of the benefits and how to use safely with animals together with adding other beneficial oils. Excellent well done.

Aloe Vera (aloe barbadensis)

Aloe vera is a short stemmed shrub. All aloes originated in Africa and over the years spread across the world, preferring warm, dry and sunny climates. Aloe is a genus that contains more than 500 species of flowering succulent plants.

The name aloe vera was derived from the Arabic word “Alloeh”, meaning a “shining bitter substance” and vera came from the Latin word “vera”, meaning “true”. The Aloe vera plant has been known and used for centuries for its health, beauty, medicinal and skin care properties. Aloe vera has been used in several cultures for millennia: Greece, Egypt, India, Mexico, China and Japan. ✓

Aloe vera contains more than 75 known ingredients which include vitamins A, C and E, B group vitamins including traces of B12 which is rarely found in plants. Also minerals which include calcium, zinc, copper, sodium, magnesium, potassium, iron and chromium. Aloe contains enzymes with anti-inflammatory and digestive enzymes as the main groups as well as sugars, ✓ minerals, ligin, saponins, salicylic acids and amino acids.



Each aloe vera leaf has three main layers. There is an inner gel containing 99% water, and the remaining part made of amino acids, glucomannans, sterols, lipids, and vitamins. The middle layer is made of latex, which is a yellow sap containing glycosides and anthraquinones. Lastly, the outer layer is composed of 15 to 20 cells dubbed as rind. It works by protecting the inner part of the leaf and at the same time, synthesises proteins and carbohydrates. ✓

Health Benefits

Aloe vera has remarkable healing qualities which accelerate the process of cell renewal and prevent further infections. Aloe vera is therefore well known for its antibacterial, antiviral, and antiseptic properties and why it has successfully been used to treat wounds and skin issues over the years. In animals topical aloe vera gel can be beneficial to help with the following: ✓

- Insect/flea bites
- Minor wounds/cuts/abrasions
- Skin irritations
- Minor burns/sunburns
- Rashes/eczema
- Lick granulomas
- Hot spots
- Surgical or old scars

Aloe vera used topically stimulates circulation to create a cooling effect that relieves swelling, itchiness and speeds the healing of skin rashes. It will also help to remove dead cells and discharge. Aloe's antimicrobial properties prevent infection of irritated or inflamed skin by killing harmful bacteria and therefore will encourage a suitable environment for regeneration of cells which aids the healing of wounds. ✓

Acemannan is a sugar in aloe that is helpful for animals with allergies and skin infections. Research shows that aloe gel also works to slow growth of excess yeast and clear up skin issues. ✓

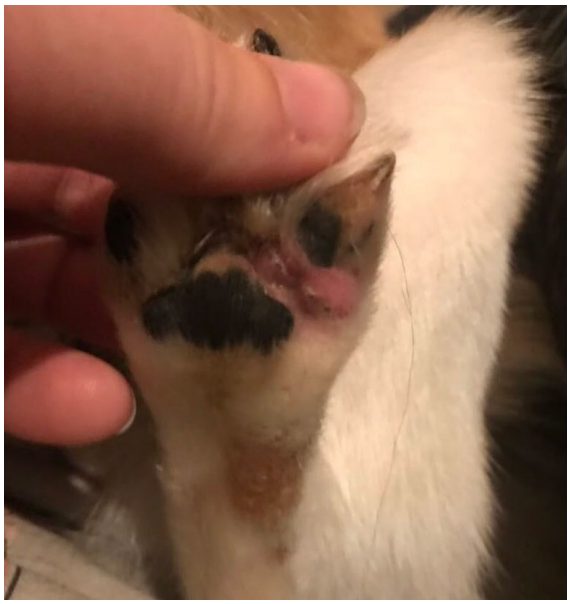
Aloe also contains powerful antioxidants which are important for health. The group of antioxidants polyphenols, along with several other compounds in aloe vera, help inhibit the growth of certain bacteria that can cause infections. ✓

Aloe vera can also offer many health benefits internally helping the digestive system, immune system, various conditions and diseases. However, it is best to seek help from a professional before offering to your animal to eat/drink. ✓

Case Study: When Nutmeg my Chinese rescue dog arrived with me in the U.K I noticed she had a small injury on one of her paws. It looked as though something sharp had pierced the skin in between her toes. I imagine an object or a dog bite as there was impact trauma on the other side of her paw (so not something like a grass seed which she wouldn't have been exposed to either). I did not want to stress Nutmeg with a vet visit as she was still decompressing after her long trip. I had freshly made aloe vera gel (with yarrow essential oil added) that I applied twice a day over a period of a few days.

Wonderful ✓

Nutmeg's paw 29th June 2021



(It was red and weepy, Nutmeg has also been licking it)

✓

Nutmegs paw a week later - 6th July 2021

Nutmeg's paw healed well in a week thanks to the aloe vera gel. The hair later grew back and there are no signs of any issues with Nutmeg's paw. Beautiful ✓

Topical Aloe Vera Gel

Many people keep aloe plants in their homes and may wish to make a fresh aloe vera gel themselves. Firstly, it's important to make sure you have the right aloe vera variety - latin name *aloe barbadensis.* The instructions can be found in 'You Can Heal Your Pet' and simply requires the sap from the aloe plant, water, xantham gum (thickener) and vitamin C powder (preservative). ✓

Demonstration of making an Aloe Vera Topical Gel with Elizabeth Whiter:

Store bought aloe vera gel can also be used topically on animals but it is important to make sure it's a high quality product such as forever living. A good quality gel will have aloe as the main ingredient, unfiltered and not concentrated. ✓

A tip from 'You Can Heal Your Pet' is to test any topical remedy you've made on the back of your hand before using on an animal. If it still feels soft, cool and gentle after 10 minutes you can proceed to use it on your animal. ✓ wonderful

If in the event an animal was to have an allergic reaction to aloe discontinue use and consult with your veterinarian. ✓

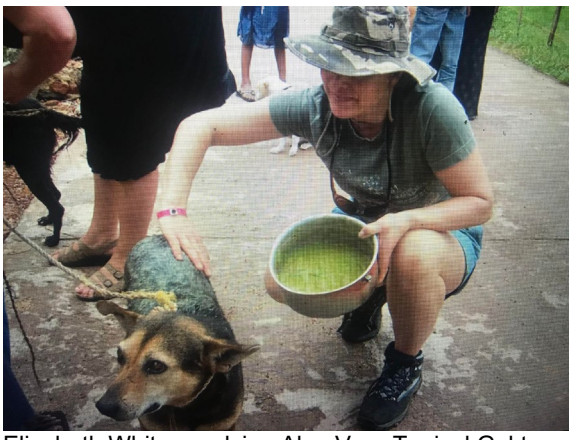
Aloe Vera Remedies

Herbs and essential oils can be added to a topical aloe vera gel for extra health benefits.

The herb yarrow *(achillea millefolium)* is great for helping skin issues and healing wounds. It has analgesic and anti-inflammatory properties as it contains the painkiller salicylic acid. Good quality yarrow essential oil can be bought and easily added to an aloe topical gel. ✓

Bladderwrack (*fucus vesiculosus)* can be added to aloe vera to create a topical gel which helps provide relief for stiff joints, ligament damage, lick and bed sores especially if animals are convalescing or paralysed for long periods of time. ✓

Garlic (*allium sativum*) is a powerful antibiotic, antiseptic, antifungal, antiviral and antiparasitic plant. It has been used for years for its culinary and medical properties. Adding garlic to an aloe vera topical gel is particularly beneficial to help treat and ward off parasites such as fleas and ticks. It's particularly great to offer when working with rescue animals abroad in places such as the Mediterranean, Africa and Sri Lanka. It's inexpensive, aloe and garlic often grow in these areas and the gel with it's cooling properties will also offer the animal relief from the warm climate and soothe flea bitten skin. Other essential oils such as roman chamomile and tea tree for it's antiseptic/antibiotic could also be added. However, as with using any essential oil it is best to discuss with a professional regarding quantity and which animal this can be offered to avoid any potential issues and to support the animals health to the best of our abilities. ✓



Elizabeth Whiter applying Aloe Vera Topical Gel to a dog in Sri Lanka as flea/tick relief/treatment.

(HAAAW Sri Lanka HAO Outreach Project)

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Learning Outcomes:

1. **Identify and harvest local culinary herbs specific to this course.**
2. **How to use fresh and dry herbs for simple remedies.**
3. **Equipment needed, drying and storage of herbs.**
4. How to use plant based hydrosols such as Rose and Neroli in sensory enrichment.
5. How to use the range of AnimalChoices® culinary macerated oils:- Rosehip, Marigold, Catnip, Seaweed, Nettle, Mint and cold pressed Linseed.
6. Create delicious culinary herbal pet treats specific to this course.
7. **Make simple animal topical preparations such as an insect repellent and cooling gel using plant material.**
8. **Have a clear understanding of what animal self -selection is and how animals can benefit from an enhanced, nutritional healthy balanced diet containing plant material.**
9. **Able to work and communicate with pet owners, vets and other animal care professionals.**
10. **How to keep professional standard records of all animal self-selection sessions undertaken.**
11. **Aware of the importance of personal and animal safety, as well as the relevant insurance, the law and vet liaison.**
12. **Be able to observe and understand why animals self- select culinary macerated oils/ herbs/ honey specific to this course at animal rescue centres and with private clients.**
13. **Aware of when not to conduct an animal self-selection session.**
14. **Be more aware of yourself as animal practitioner and consider how and when you will use your training and experience from this course.**