

Level 2 Meeting & Orientation - March 8, 2022

Dr. Janet Roark:

All right. Welcome everyone. Let's get started. We are starting Level 2. All of you that are here early, our normal time that we start is at 5:00 PM central time. So I do want to give all of you who opt in to Level 2, you're going to be jumping in. We're not doing these as separate classes. They're not separate classes. It's not just you guys. So you're going to be jumping in with people who have been in with me even since June of last year in Level 2. So I don't want you to feel like you're behind, you're just on a different schedule than everyone else. So it gets a little overwhelming at first, hearing everybody answering questions and feeling so confident and knowing all the answers. Just know that they were right where you were at just a few months ago and you'll be there in no time. So it's actually pretty fun to see and watch you guys transform in Level 2.

Dr. Janet Roark:

So Level 2 is really more than just a training and a certification, this time it really is a mentoring. So our agenda for tonight is we're going to go over what to expect on a weekly basis, what to expect on a monthly basis in Level 2, some ground rules and expectations that I have for you guys, but also expectations, things that you can expect from me and my team as well. Also, some of you may be finishing up Level 1 or be waiting on case study reviews from me. That's very possible too, because I'm a little behind on those. Okay, I'm a lot behind on those, but I'll get to them.

Dr. Janet Roark:

And what does that mean? So if you're still finishing Level 1, maybe you don't have all five of your case studies done. What does that mean in Level 2? How does that work in all of this? And then you may have heard me mention the Network of Certified Animal Aromatherapists that I have on my website. So you might be wondering, "How does that work?" We're going to talk about how to complete a bio and submit a high resolution photo to get entered on that. You have to agree to sign the DocuSign and actually sign it, which is an official document releasing liability on our part, basically. And you really do need to be patient as we build these out. So if a bunch of people submit them all at once, it does take time to actually go through those and build those out because they are built out as separate web pages, basically. And also in order to stay in the network, you are going to have to continue to adhere to the rules of practice, and I'm going to go through what those are here tonight.

Dr. Janet Roark:

And then what about the membership group on Facebook? What's that all about? We get in for free now. And then we'll have some time for questions at the end. And then we'll just transition right into the regular meeting at five o'clock. So you'll see actually some people hop in here that are not here for the orientation, they're actually hop on early just to see who you guys are and what it's all about. All the new people. So here's what to expect on a weekly basis. My team and I are going to send out one email per week specific to Level 2. So you'll actually get one from the membership group and for Level 2, but the Level 2 emails will just be one a week, primarily. We might send out a reminder every once in a while, but most of the time it's one email a week.

Dr. Janet Roark:

We try to get those out on Mondays so that you'll have them just in time for the calls on Tuesdays. It'll have a recap of the previous weeks along with a bunch of links. So it'll have a link to the previous week, a link if there was a training, a link if there was a quiz. So you'll keep an eye out for those emails. They're going to be really important for you to keep track of what's going on. And it'll also have important

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announcements as far as what's going on. So the emails that you'll want to mark as safe are my email, which you should all have because all the emails come from this one, dr.janet.roark@essentialoilvet.com. This is the main email that you'll be getting the weekly meeting information and emails from. And you can email me there, but just know that I get about a hundred to a thousand emails a day. So it's a really good way. I don't always catch the emails. I try really hard to, but sometimes people do get missed.

Dr. Janet Roark:

If you really want to make sure you get good customer service you want to keep these other emails handy. So support@essentialoilvet.com. That is the one my sister Carol and my business manager handles that one. And so that is for overall support and admin questions for all things Essential Oil Vet. And she's the primary one to reach out to about the website specifically. That's a great one for that one. The animalaromatherapyspecialist@gmail.com, a lot of you have been using this one. This is where all of your quizzes will come from, all your grading, anything specific to the Animal Aromatherapy Specialist Certification Level 1 or Level 2. Deborah handles this email and she is my awesome right hand person for AASC. She's incredible and she does check that on a daily basis and is good about getting back to you guys on those.

Dr. Janet Roark:

So if it's specific to grading quizzes, anything AASC related, send it to that animalaromatherapyspecialist@gmail.com. And if she can't answer it she'll reach out to me and she'll get the right answer. And then we have the eovet.membership@gmail.com. That's specific for membership questions. So anything related to the main membership site or the Facebook page, just the main membership group, not AASC. And you might also actually get payment information or questions from this particular email. And it's the primary one for those of you paying via PayPal. That is the one that information will come from. So all of those emails are me, Haley, my administrative assistant and executive assistant handles the eovet.membership@gmail.com. So Hayley, Deborah and Carol... Primary people that you'll be hearing from as far as customer service and that sort of thing. In addition to me, of course.

Dr. Janet Roark:

Okay. So the weekly session, we're going to have that. It runs about an hour to an hour and a half long. It usually doesn't go hour and a half, but it often goes a few minutes over if people still have questions. If it starts going way past an hour on a regular basis, what I'll end up doing is just adding an extra one to make sure that we cover everyone's questions and cases. Just some weeks are very case heavy. And especially the weeks after the training, because the training there's usually not time for case discussions. So the training week is literally an hour of actual training, kind of like what we did in Level 1. So usually the week after that there's two weeks worth to catch up on. So far we've been able to get it done pretty close to an hour and so we haven't added any extra ones, but we might add extra ones if people's questions aren't getting answered or if it gets too crazy.

Dr. Janet Roark:

But the weekly sessions are not required for the certification. They're not required. However, you guys will learn so much from those weekly sessions. And you'll see tonight. We actually don't have any case presentations tonight so it'll just be kind of a Q and A style, but you'll see how they run. And these are what really help get your confidence up. You'll hear about other people's cases, really tough cases,

things like that. This is really all we're talking about...cases, mostly every week. And there is no actual separate Facebook group, official Facebook group for Level 2. So everything is in the membership portal on that membership site, which all of you have access to now. And all of the communications will be via email or announced during the weekly meetings and things like that.

Dr. Janet Roark:

However, that being said, there is a student-run Facebook group that a couple of the students decided to start and it is quite good. I do insist that they maintain integrity in there and you guys don't all just start to trash talking me. That's not the culture of this group at all. But they're doing really good and they help each other out. It is a really amazing community. And I do encourage you to join that if you want to, but that is not required. It's not part of this. And they don't post trainings or anything like that in there. It's really just a community for you to connect with your other Level 2 students outside of the weekly meetings on Zoom.

Dr. Janet Roark:

And then our weekly Q and A and case study discussions, there may be two, three case studies presented during the weekly meetings. You guys are going to be presenting them. That's part of the certification process. You do have to present one case study from start to finish. And it can be one of your Level 1 studies, your cases that you already did. It can be one of your Level 2. You do have to actually just do a presentation, getting that practice of presenting online. A lot of people do slides. You don't have to do slides, but a lot of people do just because photos are nice. And a lot of people it helps them keep on track and not get lost when they're nervous doing a presentation in front of their peers and in front of me, because you are getting graded. So I think that's the thing that's the most daunting. But as long as you meet all the requirements of the case study, you'll be fine. Everybody has been doing really incredible on these case study presentations, even when they're really nervous.

Dr. Janet Roark:

So as you continue with your learning, you can ask questions about cases during these weekly sessions. This is three weeks out of the month and then the fourth week is the training. And these are all Tuesdays at 5:00 PM central time, unless otherwise indicated. So we've had to move the times, sometimes we've had to move the dates sometimes because of other things that have come up and I had to change those due to other commitments I couldn't get out of. But I'll be sure to let you know as early as I can for those changes. The ones that we've done so far, I've been able to notify people at least a month in advance. All right. The weekly discussions are open, but we want to make sure that everyone that has a question that week gets a chance to talk and ask their questions. So really try not to dominate the conversation. Early on this was kind of a problem now, not so much.

Dr. Janet Roark:

But it is really fun to talk. And as you guys know, I like to talk. I tend to be a bit of a talker. So be sure to keep your questions concise. When you're explaining your case, do it very succinctly. Explain the signalment, a little bit about the history, your observations, what you are thinking and then get feedback from myself and from your colleagues as well. These weekly meetings are all transcribed for you weekly as well. This was something that we didn't do in the beginning, but we've decided to start doing it. It does cost me quite a bit of money, but a lot of students like to print off the transcriptions or keep them on a file online to be able to search it. So it's a searchable document that way. So you can do a search

for ear infections or something like that and see if that was discussed that week for a case that you might have.

Dr. Janet Roark:

So we decided to start transcribing those for you. You don't have to download the transcriptions if that's not for you. That's okay. But we had enough people interested in that. Plus we want to keep it ADA compliant so that we can get NAHA and RACE approval for this particular course. So that's another reason we do it. Okay. Now your case study presentations. A lot of you are going to be super nervous. A lot of you are going to be totally fine with it. It just depends on how comfortable you are with giving presentations. But this is a really important thing in what you're going to be doing because really you're becoming an expert in animal aromatherapy. So this is something that you'll end up having to do more and more as you get more confident and things like that.

Dr. Janet Roark:

So your case study presentation is just on Zoom. You'll start with the signalment. You'll know the name of the animal, the weight, the age, the sex, the breed, the species. I have a form for you that you can just go through it to make sure you cover everything. If you cover everything, you'll do great. And then provide information on the history, observations, self-selection, possible oils for self-selection. And then what oils the animal actually self-selected, what oils you actually used, the dilutions, why you used them, and then results as well as your reflections on the case. So just like the case studies we did in Level 1.

Dr. Janet Roark:

So on a monthly basis we have these monthly trainings. So one week out of a month, same time, we'll have a monthly training and we're doing deep dives into each of the systems, basically. And this month it will be on the 29th. We're going to be covering the reproductive and endocrine systems. And we're going to do a deep dive into that. It's much, much, much, much more in depth than Level 1, but it's still really helpful. And I try to keep it really tangible and useful for you guys so that if you encounter a case that is tough, that you'll still be able to work through it based on the information that you have. And then we also have guest speakers, experts in their field regarding animal massage, this endocannabinoid system. And we had Dr. Z come in here, Dr. Eric Zielinski, to talk about cancer and autoimmune disease and inflammation as a general rule, which was absolutely wonderful. So you guys will have some access to that later on.

Dr. Janet Roark:

We do have specific topics that make up the Level 2 AASC certification, and then you'll have quizzes that follow the trainings. Right now we are still in beta, which means we are writing these out as we go. So the quizzes might take a week or so to post the link for you guys, because we want to make sure we test out the quizzes a little bit before we give them to use, to make sure that they're good. So be patient with those, it's not going to be immediately available like they were in Level 1, but you'll have time. So they trainings are required. The quizzes are required. The weekly meetings outside of that are not required for the certification. So the 12 trainings and associated quizzes do make up the certification in addition to your case study presentation, and they are mandatory. So of course these trainings will also transcribe just like we did in Level 1.

Dr. Janet Roark:

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So a few ground rules and expectations. Our expectations for you as a student and as a participant in this incredible community are to be kind to each other. Be kind. Be compassionate. Sometimes we get some tough cases and we have some rescue people and the animals come from really hard places. So we need to be kind. It's amazing that people save some of these animals. So be kind, be respectful of each other. And of me, of course. Try to be positive much as possible. Sometimes these hard cases make it hard to be positive. It's easy to get sucked into the negativity, especially these days, but we want to keep this a really happy, safe place. We don't talk about politics. We don't talk about religion. We just talk about our cases and keep it to essential oils and animals and that's it.

Dr. Janet Roark:

Please notify us if you are having trouble with something. Don't just let it build up and become something that you're unhappy about. We will do whatever we can to make it right. We will try to make you happy. We really want you guys to enjoy your training here, even though sometimes it's going to be hard, because it's not an easy topic sometimes. But if you're having trouble with something like you can't log in don't let that hold you back. Don't let that be the reason that you get frustrated and mad at us. So please let us know. You guys have all those emails, reach out to all of us, one of us that you're comfortable with and we will do whatever we can to make it right to help you.

Dr. Janet Roark:

Please don't email my team immediately whenever something little comes up. But please try to figure it out on your own a little bit. Look around and then if you can't find it, don't waste eight hours trying to figure it out on your own. Try to figure it out on your own. Maybe ask in the student group or something like that to see if you guys can figure it out on your own first. And then if you still can't, then absolutely email them. Keep in mind that you guys are colleagues, not a competition. This is really important to me. There's plenty of animals in this world. There's plenty of cases to go around and you guys can all help each other. This isn't a competition. It's not about who gets the most cases or anything like that. We really are here to learn and to learn from each other and help each other. So please learn and ask questions, participate, offer kind suggestions whenever appropriate.

Dr. Janet Roark:

For us please keep in mind this is a beta course still at this point. We're in our first year of offering this still. So there may be things that change along the way. Please be patient and flexible. Well, actually there is one thing that has changed along the way that I forgot to tell you about. And that is monthly we also are now offering an optional, it's not required, business Q and A that I will be doing and I'll be bringing in some people I know to help with business building and things like that to help you as well. We actually have one that should be available to you guys already, the one that we did last month. And I would encourage you to watch that, especially if you don't have an LLC yet, or you're not sure if you should do an LLC or an S Corp, or you're not really sure about anything.

Dr. Janet Roark:

That's kind of where to start as far as building a business and starting out, especially as we get toward March 15th, when our business taxes are due. Or April 15th. If you're doing it as a sole proprietor or a 1099 type situation, and you're doing that as a schedule C employee, if you're in the United States. If you're not in the United States, all of what I just said was completely foreign to you. So don't worry about it, talk to your CPA, but you can still watch that video because there's a lot of good information in there that can help you for sure. So if you want help with business stuff, I wasn't going to make that a

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part of this, but there was enough of a need that I decided to start to try it. We're trying it out right now once a month, and that is coming up. I don't remember what day it is this month, but it's posted on the portal.

Dr. Janet Roark:

So if you are interested in that, that is definitely something you can do if you have questions about pricing. I'm going to have special guests, I have a friend who is a trademark lawyer. And so if you have questions about trademarking something or patents law, or anything like that, I might be able to get an answer for you. If he can't come live, then I'll for sure be able to get an answer for you. So I have friends like that who just because of my network, we have some pretty amazing folks that can come in and talk to you about different aspects of the business, different aspects of networking, different aspects of building a business on your own, being an entrepreneur. So that is another thing that we're adding. So that's once a month for right now. Also keep in mind that my team is made up of human beings. So they're super, super awesome people that I really care a lot about. They are some of my favorite people in the whole entire world. So please know that we will do everything we can to help you, but are still human beings.

Dr. Janet Roark:

We're not not robots. We are not superheroes, although sometimes it seems like they are. So we do have some limitations. Try not to impose unrealistic expectations on us. My folks do take Sundays and holidays off. So please don't request anything of them on a Sunday and then get mad if they don't reply to you by Monday morning. We do provide amazing opportunities for interaction, answering questions, training, and customer service to the absolute best of our abilities. And we will notify you as soon as possible whenever there's a change in schedule so you can plan accordingly and make those adjustments. We do have that dedicated email for questions regarding AASC Level 1 or Level 2, including grading and quizzes. And that is animalaromatherapyspecialist@gmail.com. Animalaromatherapy@gmail.com was already taken.

Dr. Janet Roark:

And if we're still finishing Level 1, that is a hundred percent okay. The weekly case study reviews are going to be super helpful for you to gain confidence in what you're doing. And you can learn along the way and start on your Level 2 at the same time. Just keep in mind that you won't get your Level 2 certification until you complete your Level 1 certification. Level 1 is a prerequisite for getting the actual certificate. You can still take the trainings and stuff at the same time. Also, you cannot be a part of the Essential Oil Vet Network of Certified Animal Therapy Consultants until you complete Level 1. So you actually have to have your Level 1 certificate before you can actually get on that network. Of course, you still have access to all of the weekly sessions and the monthly trainings.

Dr. Janet Roark:

If you are ready to join the network, once you get all your case studies submitted or if you're getting really close to that you can actually start this process. You'll complete a bio and submit a high resolution photo. You'll need to submit a headshot. I highly recommend a headshot. If you have a headshot with one of your animals or something like that's even better. So the photo of you, not just your animal, it does have to be a photo of you, and these are templates. So we can't add additional columns. We're not going to put links to sell your essential oils on there. That's not what this is for. You can do that on your own and during the one-on-ones, and kind of like what we talked about during the How to Make Money

as an Animal Aromatherapist Workshop, but keep the wording in your bio compliant. We're going to edit these slightly if-

PART 1 OF 4 ENDS [00:25:04]

Dr. Janet Roark:

... necessary. Include all of your credentials, don't be afraid to brag a little bit. If you have more info on there, it helps set you apart for people looking through the network for a specific consultant or a specific type of animal and that sort of thing. So again, we don't include links to your essential oils on there or your essential oil website. However, if you have another website that you want us to include on there, we can absolutely include that as well as your social media. So make sure you sign the agreement via DocuSign and then be patient. We do build these out individually. They're not auto-populated. You must continue to adhere to the rules of practice. If I have a client complain and proof that you did not adhere the rules of practice, then you might be removed from there. Of course, I'll talk to you first and get your side of the story too.

Dr. Janet Roark:

And here are the rules of practice. So be professional, you'll maintain professionalism in all correspondences with potential clients and customers. You'll respond to the inquiries for consultation in a timely manner within 48 hours in most cases. And keep in mind, you do not have to be a part of this network if you do not want to. This is just a bonus for those of you that want it. You will be solely responsible for setting your fees and collecting payment outside of the network. You'll understand that this is not the responsibility of Essential Oil Vet and you'll be practicing independently. So this is not a 1099 deal. This is your deal. It's like find a doc. They're just using my website to find you. You'll be kind and compassionate at all times with customers and potential clients. Should the client be unsatisfied after resolution attempts are made, you are willing to refund the payment if the client is requesting it, this should be very rare.

Dr. Janet Roark:

If you are unsure of how to proceed with a case, you'll research and do your due diligence, then utilize the weekly case reviews to ask questions and provide additional information to the client after consulting with me. And you will at no time speak negatively against Essential Oil Vet or any of the other students in AASC Level 1 or Level 2. You will not treat the network and other members as competition, rather, as colleagues. You will not contradict medical advice given by a client's doctor or veterinarian. You will follow up as needed on a case-by-case basis and share positive results that may help others during the weekly discussions. So always provide your good results. We love to hear testimonies for sure, because that can help us as we have similar cases to be able to use similar oils and different protocols that you have come up with.

Dr. Janet Roark:

And then you're responsible for communicating any changes to your webpage on the network to the company. We check links the first time, but we don't keep up with making sure that your Facebook link is still working and all that stuff. Okay. So that's your responsibility so that doesn't include changes in email, any links that are on there as well as social media. So what about the membership group on Facebook? So are certified in Level 1, maybe added as group experts in the Facebook group, if you desire. So this is also pending approval by Dr. Roark. So when responding to members in the Facebook

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group, keep your answers clear and concise. Please don't respond using all caps. It makes it seem like you are yelling. I know it should be very simple. Guide them to one of the existing protocols in the group whenever possible, by tagging them in that post or linking that post in your answer. Try not to contradict things that I've already said, we've already got four years of protocols in that group.

Dr. Janet Roark:

So there's a ton of information that is already in there. And a lot of people just need help finding it. It's really confusing for people if you're saying different things than what I say and try to keep things focused on essential oils, even though there might be other factors involved in a case, especially nutrition, but keep it simple and short in the membership group. We want to think simple, easy and short for the membership group. Most of the time, they're looking for a really quick answer specifically using essential oils. So a quick answer, like try using lavender and copaiba diluted to 2%. Just four drops each in 10 milliliters topped off with a carrier oil rather than getting into a lengthy discussion or basically doing a free consultation right in the membership group. If they want a consultation, they can actually request one by any of you guys in the network once you're in the network.

Dr. Janet Roark:

Do not post direct links to your essential oil page in the group. That is absolutely not allowed. Keep in mind that most of these people are already essential oil users. Okay. Be professional at all times. These are potential clients for me and potential clients for you. Those of you that are joining the network and then social media group rules still apply. So don't tell people, PM me, or comment on their posts, "Hey, I messaged you." That's really faux pas in groups. No arguing with any of the admins in the group, being rude or unkind or confusing other members in the group with too much information. All of that is just normal social media etiquette. So just keep that in mind. All right. Now it's question time. And also all of you who are hopping on for the regular meeting. Let me stop my share so I can see all your beautiful faces. Hi everyone. Okay. We have a lot of people hopping on. Man, I did pretty good for a sticking to 30 minutes. Whew, there was a lot of information. Ashley, yes. Go.

Ashley:

Okay. So can you hear me okay?

Dr. Janet Roark:

Yes.

Ashley:

Okay. So I had a case that I have a question about. This weekend I went over and did a two dog case session. One of the dogs has some arthritis issues. So she was really good with self selection. She laid there, totally told me what she needed. While I was doing her self selection, the other dog decided to literally spazz out. She was rubbing her face all over the ground. And she got really scared, which the whole reason why I was over there for her was because of anxiety going to the groomer. So I thought that was interesting. She ran up the stairs and I was like, "Okay, I'm done with Molly. Let me go ahead and do Lucy now."

Ashley:

And when I went to go do Lucy, she didn't want to do self-selection at all. And the owner AKA, my grandma, grabbed her and was trying to force her. And I said, "No grandma, we're not going to do that right now. We want her to have a good experience." My question is, first of all, what do I do in that situation when they are so out of sorts with even trying the essential oil, the dog? And two, in a business sense, what do I charge for that? That's it. So I okay. I was discouraged. I got discouraged.

Dr. Janet Roark:

No, don't get discouraged because girl, animals are never going to do what you want.

Ashley:

I know. I should know this.

Dr. Janet Roark:

You're going to get amazing responses and you're crazy responses and know that you're not hurting the animal at all. So I'm interested to see what other people in the group think about this one. Does anybody have any suggestions for Ashley? One, yes. You should charge for that. I'm just going to-

Ashley:

That was my main question.

Dr. Janet Roark:

I'm just going to like say yes, you had a session. It did not go exactly perfectly but guess what? I still charge even when I have things that don't work out great.

Ashley:

Okay.

Dr. Janet Roark:

Okay. So yes, high end treats. So high reward. Very high reward treats are super important for dogs during a session, especially if it's your first session. So like, oh, who called it? Somebody in the membership group called it chicken falling from the sky. Chicken falling from the sky. It's a really positive bits of chicken, super high value treats. Really good suggestion. Debra says absolutely charged for this. You're charging for your time and expertise, not the outcome of a session. Really well put Debra. I like that. Definitely treats. Yes, chicken from the sky. Sounds great. Yeah. So as far as what to do with Lucy, I would say if something like that happens, usually what I do is I stop the session and I'm like, "Hey, we can continue this session with..." What was the other dog's name, Molly?

Ashley:

Molly. Yeah.

Dr. Janet Roark:

So we can finish our session with Molly. Obviously, Lucy's just not having it today. And I don't want to stress her out even more because this is obviously like I'm a stranger in her home or whatever it is. And then try to explain it that way and just let him know that we can reschedule for another day or I can

leave you some samples for you to try once she calms down. Because doing anything when they're totally have lost it like that, nothing is going to work and they're actually going to start associating those things with the way they feel, which is not a good thing. So they're actually going to start associating essential oils with her feelings scared, which is the opposite of what we want to do. Even though I know if we slap some lavender on her in about 20 minutes, she'd be nice and calm.

Dr. Janet Roark:

So the other thing you can do in those situations is just start diffusing a nice calming oil that you think might help. So diffusion is another really good option, especially when you have multiple animals in a household, just start that way and just set the mood really early because you're going to be there for a while. So that would be another thing. So you could always leave a little sample or if they have their own oils, that's even better. And you can just let them know that you'll come back another day or you'll schedule a time to talk them through how to do that with the dog that's scared.

Ashley:

Great. Thank you so much. I appreciate it.

Dr. Janet Roark:

Neutral settings are sometimes really helpful for those, like going outside and some place where the animal is really happy. That can be really helpful too. Now, a really anxious dog, if you're going to the dog park or going someplace off the property might actually be more scary for her.

Ashley:

She was very anxious, supposedly getting in the car. And that's where they go is either the groomer or the vet. So I was like, "Okay. I'm fear free certified." And I was like, "I am at a complete loss with this one." She just ran away. And I was like, "Well, I'm not going to go grab her because I'm not going to do that to her."

Dr. Janet Roark:

Yeah. And Rebecca, she's one of the trainers in here. She also has a good suggestion. Leave the area, allow the owners to do self selection and have them take a video so you can review it could be another option. So you have to do a little bit of education and showing them how to do it and just going from there. But if all else fails, just try diffusing it and have that be your self selection, one or two oils, and then go from their. Cool. Does that answer your question, Ashley? Really good.

Ashley:

Yes, it does. Thank you so much.

Dr. Janet Roark:

Do not get discouraged though, because animals will never do what we want them to do. In fact, they almost always do exactly what we don't want them to do, especially when we're in a hurry or we want a good outcome or families involved. So I could have almost predicted it because he said, your grandma. Oh my goodness. I'm laughing because I've been there, girl. I so empathize with you. And I think all of us that have worked with animals long enough, definitely have been there. So the Q&A's are all recorded.

Ashley, sorry, I'm going back to some of these other questions. All the weekly sessions are recorded. You can watch the replays. You can get the transcripts.

Dr. Janet Roark:

And Nancy to join the Facebook group, you just go to the Facebook group and request to join. And when it starts asking you questions, just say, "I'm on Level 2," and then we'll let you in. And if you are still having trouble, please reach out via email to one of my admins. Is the grading pass fail, or what is the point of the grade? So you do need to get a 70% in the course to be able to pass and you need to complete all of the assignments. So if you have a missing quiz, any missing quiz, even if you've got 100% and everything else, you won't pass this. So you do need to actually complete all of the assignments and you need a 70% or more to pass this to be able to get your certification. And I'll let you know if it's not up to par.

Dr. Janet Roark:

I want everybody to pass obviously, but we do have standards. Okay. Let's see. Oh yes. Thank you. Heather says there's a link to the group in the membership Level 2 portal. Oh, that Facebook group. Yeah. That's the student Facebook group. Plus I think we have links ever so often in the emails that we send out too. So you should be able to get access to all that. Oh, Selena, yes. All of the training slides are available like in Level 1. So for the monthly trainings, the slides are available. You'll have access to those. You can download those as well. Yeah.

Dr. Janet Roark:

Awesome. Oh, Suzanne says, for Ashley, so this is for you. So if it's a case, as far as going to the groomer, make a blend to bring to the groomer and talk to the groomer about using it as well and have her be a client too. That's another really good thing you can do is use that as a networking opportunity and reach out to the groomer and encourage her to start diffusing as well. I have a lot of groomers that diffuse essential oils in their grooming areas. Great opportunity to leave a loner diffuser and an oil sample. Love it. Deborah, when working with fearful dogs who are over the threshold and not able to take treats. You try wearing lavender or calming oil on yourself, rub on your hands, in fractionated coconut oil or another carrier oil. Yeah, that's awesome.

Dr. Janet Roark:

Oh, and E. actually just posted the student group. Thank you so much E, you're the best. She's one of the admins of that group. So she helps run it. Let's see. Christine, how do you grade the case studies based on oils we chose why recommendations made follow up? So the case studies are not graded on outcome of the actual case. It's just if you completed all the steps. And the way we have it in that Google form, it makes it so that you can't even submit it if you don't complete all the steps now. So it's pretty awesome. So if you submit, it's probably fine. If you make a recommendation that's totally off, like you're recommending 10 drops of undiluted tea tree oil for a cat with fleas or something like that. Then we're going to have a talk. We're going to have a talk. I'm going to make sure that you understand that is really not good advice.

Dr. Janet Roark:

And I'll obviously have you reach out to that person and tell them that you made the mistake and correct it and then maybe resubmit that case. So if there's something really blatant like that, then I'll let you know. And have you redo that case. So let's see. Happy International Women's Day to everyone,

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including Mark. You can participate in International Women's Day, too. I'm sure there's lots of women in your life that you can support. Let's see. Yes, you can join the Facebook group now. Absolutely. You're in Level 2. So absolutely where there's a lot of people in Level 2 that are still finishing Level 1. And you do not have to wait to get that support also.

Dr. Janet Roark:

Let's see. Jane, for quiz questions, email animalaromatherapyspecialist@gmail.com. So if you didn't get your results back, just email Deborah over there at animalaromatherapyspecialist@gmail.com and she will let you know if they were submitted correctly or if they weren't, she'll make sure you get the link to take those. And if you did get them and just somehow the grade went to your spam folder or something like that, then she can give you what grade you got on that. See if you can look that up on her grade sheet. Okay.

Andre:

Dr. Janet really quickly on your, if we go to Essential Oil Vet and go to the monthly recordings under the training quiz for cardio/respiratory, it says coming soon, but you can actually take it using the link that you had sent in the email after that.

Dr. Janet Roark:

Girl, thank you for telling me that. So we need to update that link. Yeah. That's a really fun quiz actually. I enjoyed writing that one. So yes, I will make sure, and you guys also should have gotten the link in your email too for taking that, but we will make sure the website is updated too. Thank you for letting me know, Andrea. Yes, a lot of the quiz replies, because it's coming from the Google form. It should be coming from animalaromatherapyspecialist@gmail.com. But because it's a Google thing, it'll sometimes go to your promotions folder or your spam folder even though everything else is not going there. And yeah, if it's been in there long enough, sometimes it auto deletes. But feel free to reach out. Yeah. You guys can always reach out if you have questions about quizzes and stuff like that. So that's why I have a team to answer those.

Dr. Janet Roark:

So do you send out a certificate when completed with the course? Yes, Jane. I am very behind on grading cases. So chances are, you're probably fine and everyone is just waiting on me because no one else can grade the cases besides me. And unfortunately, January and February are my two busiest months in my practice. So I don't get to spend a lot of time on the computer. Usually by the time I get home, I'm quite exhausted. So I have not been able to catch up on those, but it is on the schedule. It is on the schedule. So hopefully I will be able to get those done very soon, Jane. I've got you on my list to check. So please thank you for being patient with me. I really appreciate it, but it's probably just waiting on me. That's my fault. I'll admit it.

Dr. Janet Roark:

But yes, as soon as you get all of your stuff graded and everything's complete, if all of your case studies are in and we're just missing one quiz or one video or something like that, then I'll shoot you a quick email letting you know what's missing. And then once we get everything and everything's good, you will get a certificate from us. So it'll be emailed to you. It's really cool. Okay Steph.

Steph:

Yeah. A good example for animals not doing what they should do, Gumdrop was making a mess with his water a minute ago. We haven't been outside in a while. So he decided to take a really long bath. For those of you who are new, this is Gumdrop. He is our little mascot. He's going to call now. No. Okay, good. Be quiet. My question. I have a case study. I've not actually met the dog yet. I just talked to the person today and it's one that I thought was going to be really easy sending your cancer protocol and that would be the end of it. And it's not. It's a Dogo Argentino, which I have never heard of before. I don't know if you know that breed. 165 pound dog. Only three years old and has mast cell cancer in the ear. They thought it was a scratch. They went in, did a biopsy and they said it had already spread. So it's getting something called Palladia, 50 milligrams, 10 milligrams and 15 milligrams by mouth. It looks like three of each. I wasn't sure because I know you normally say to not do while you're doing chemo. So I'm not sure if what I shouldn't be doing.

Dr. Janet Roark:

Yeah. I would get pretty aggressive with this, honestly.

Steph:

I know it's an aggressive cancer.

Dr. Janet Roark:

Yeah. It's an aggressive cancer and I tend to be really aggressive at this point. I'm like, and as long as you're... The only thing that you have to watch out for, you were actually here for the Dr. Z talk.

Steph:

Right.

Dr. Janet Roark:

Okay. So he really has done a lot of work on drug interactions and has definitely basically proven that essential oils don't interact with the chemotherapy drugs. They actually help support them to do what they're supposed to do. So it's not the situation of like heart meds or anti depression meds or thyroid meds where you're actually specifically trying to suppress hormones and stuff like that and make it so that the body isn't doing what it's supposed to do. The chemo is actually really targeted for the cancer cells themselves and also helping the body try to, I mean, it is literally poisoned. So that being said, I would say, go ahead and keep-

Steph:

So don't worry about any interaction or anything?

Dr. Janet Roark:

You wouldn't, no. Be a little careful with clove maybe, but I mean, with a dog that size, I mean, that's bigger than most...

Steph:

Yeah. It's a human.

Dr. Janet Roark:

It looks like you're treating a horse. So no, that's not true at all.

PART 2 OF 4 ENDS [00:50:04]

Dr. Janet Roark:

I would get super aggressive with it. I'd use a lot topically, as much as that dog can tolerate. And do it based on the dog's response, as opposed to you know, worrying about drug interactions at this point. Especially since they're doing it orally instead of IV, so...

Steph:

Okay. Right. Thank you. Yeah. Dr _____, is like, "That dog weighs more than I do." Yeah.

Steph:

Yeah. Me too.

Dr. Janet Roark:

Sure. You have a good handler. Okay. Oh, Gumdrop. But you are so handsome. I'm sorry. We stopped talking about you for five seconds, right? Okay, Christina.

Christina:

Hi everybody! How are you? So I have some questions on my case. Let me just put out my video. Sorry.

Christina:

I am treating a pug that is 11 years old for infection. She's been suffering with infections for many years and the antibiotics work while you give it to her. And then it stops. So I'm treating her with the lavender, frankincense, copaiba, basil and geranium. I've been doing this for about a week and a half. I've seen an improvement, but my question is, how long do I continue? I've been doing it twice a day, ear tipping, and a little bit of the base of her earlobe. Do I continue for another week? Two weeks? How long do we continue?

Dr. Janet Roark:

Yeah, so I always tell people, especially for infections to go at least three days past resolution of symptoms. Okay. Okay. So if she's still showing symptoms, you still do it. Now, I will say, feel free to go ahead and put the oils like on a cotton ball and do the inside of the ear as well. Not just on the base.

Christina:

Okay.

Dr. Janet Roark:

Make sure, make sure you're cleaning it regularly. And then you might want to consider doing some internal support with some antimicrobial oils as well.

Christina:

Okay.

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Dr. Janet Roark:

So orally, just something to consider.

Christina:

So and so, and so it's okay to continue for if it takes weeks to continue. Okay. Great, thank you.

Dr. Janet Roark:

As well, those oils are all so gentle and yeah, you

Christina:

Great. Thank you very much.

Dr. Janet Roark:

You're welcome. E.

E:

I wanted to ask a question, going back to our trainings and quizzes really quick. I missed a chunk just because of busy mom life and I can't figure out how to tell what quizzes I have taken and what quizzes I haven't.

Dr. Janet Roark:

That is a really good question. What you can do. E is just shoot an email over to Deborah over at animalaromatherapyspecialist@gmail.com and she will tell you. She'll tell you which ones you've missed and thank you. It was totally okay. Like I'm like, I don't have a way for you guys to see that. Cause if you go to the Google form, it'll just have you retake it. So I could. Well, there is something I could do and that's I could make it so that you don't. You can't retake the quiz ever so that I could set up the quizzes that way.

Dr. Janet Roark:

So if you actually clicked on the quiz, it would be like, "sorry, you already took it." As long, but it would depend on which email you used. So if you have like, most of us have like six different emails, right. So if you only have one email that would work really well, but like that would be yeah. Oh yeah. And Steph has a good, good suggestion too. If you can search your email for level two quiz and they show it all pop up, if you, if you have the results in there. So it should,

Speaker 2:

Yeah. I'm chuckling. I'm chuckling at that question because right when this call started, I'm like, "I don't have any, I think I've done them all." And I just sent an email to that email. So, whoever manages

Dr. Janet Roark:

Poor Deborah's going to get like a hundred emails tomorrow.

Speaker 2:

Yeah. Yeah. I think so. Cause I know I sent one already.

Dr. Janet Roark:

She gets, she gets paid the big bucks to help you guys. So yeah, she is really good at it. Being able to kind of manage that and look that up for you guys. So awesome. Tara Paul,

Tara:

I have a question about my own dog. Is that okay here? Or is that, is it strict? Yeah. Okay. I just, I was so convicted by your talk on nutrition actually back when I took the 7 Day Happy healthy, happy,

Dr. Janet Roark:

Healthy Happy dog challenge,

Tara:

Something. I can never remember it. So I've actually got both of my, my collies now on a combination of raw. Like they're on raw, raw meats. There's bone in it. I don't, I didn't ask for it, but that's one of the way it came, but also organ meat and then vegetable matter. And what I've noticed with Nico, my eight year old, he is just, he seems to be acting more stiff and I haven't had a chance to add the probiotics and the Omega-3s yet. And I'm just wondering if that could be a symptom of the fact that he was on like a joint special, a like it's called Hills diet. It was a veterinary diet before JD, I think it was called. And so I'm wondering if the withdrawal of the Omega-3s and everything from that now that he's on the raw diet without any of that, if that could be the reason behind the stiffness. And yesterday I noticed he was limping pretty badly on his right foot. And he had, he wasn't doing anything that would account for that or whether, whether it's something that I should consider taking him to the vet for, to check out because the vet saw him on Friday for something else and he seemed fine. So I'm just not sure.

Dr. Janet Roark:

Well it would be really weird for it to pop up all of a sudden like this. Just how, like how long has he been on the diet, new diet?

Tara:

About three weeks.

Dr. Janet Roark:

Yeah, it would not. So it

Tara:

Would not generalize...

Dr. Janet Roark:

But the Hills joint formula, it does have glucosamine in it. It does have Omegas in it. And so absolutely you should be adding those in to his diet. So a glucosamine/chondroitin, preferably MSM with a vitamin C supplement would be ideal. So that's what like the Nu Joint like have all that. That's fine. Like that one. So

Tara:

That's the NuVet Plus right?

Dr. Janet Roark:

NuVet Plus, yeah. Oh yeah, they actually do ship to Canada. So you just have to call them. Oh great. So that's a really great one. I have all my dogs. Well, Violet's not on it, but even my three year old dog is on that just because he's like, yeah. Miles, miles likes to jump off of, you know, tall towers. He thinks he's Superman. So, so, so bless his heart, he's lucky he's mama's, mama's boy for sure. That dog is going to be the death of me, but he, yeah. So I even have him on it. He's only three just because his joints are just like run, runs them through the ringer. But I love that one. You don't have to use that one. There's other ones out there, but that one does have all of those in it, which is why I like it. And then that's adding in Omega-3 is really, really easy. So yeah. So I would start him on like an Omega-3 right away.

Tara:

Yeah. I just haven't. I have to actually order it because things have been chaotic around here and I just totally forgot. And so, and I'm just wondering if that will help or so I'm what I'm getting from you is that I should put him on the NuVet, the NuVet Plus for the, for the multivitamin plus the Omega-3 right?

Dr. Janet Roark:

Plus the joint, the joint supplement, the joint supplement, the NuJoint DS is what it's called.

Tara:

And I'm not sure for the Omega-3's through, should I get the IQ or sorry, you the kids one or the adult one. Does it matter?

Dr. Janet Roark:

The kids one? Yeah, cause you can actually measure it out by weight a little bit better. And like the adult one actually has like very small amounts of Omegas in them for even what people need. So sometimes you need, they it's only a thousand milligrams, so it's great for like a 20 pound dog. They'd have to take four though. Plus like giving pills to dogs is always a little trickier than, you know, a yummy liquid, but you can use that one. There's a lot of other, really good brands out there. I think Nordic has one that's really good fish oil base or krill oil is a little bit Marine based is always better, bio-availability wise for dogs. But if your dog's sensitive, you can absolutely use something else. The LG ones are really good. So there's a lot of really good ones out there. But the IQ omega is what I give my dogs just because you know, I get it pretty cheap from doTERRA, so.

Tara:

Okay, thank you very much.

Dr. Janet Roark:

Using my points every month. All right, miss Suzanne,

Suzanne:

Hi, I'm treating my alpaca for meningeal worm because that's the only thing I can think. That's not around our area because I lost a few alpacas and my vet is not seeing anything. Well, he is not an alpaca vet, so we'll, we'll start, stop there. She's doing really great now. She, she couldn't stand before and now

she's standing and she's walking on her own. So I'm really, really happy. I stopped the OnGuard gel, still massaging her on her back twice a day instead of four now. And she had a big bump on her eye and when I started touching it was really like a jello-y kind of feeling. So I started putting the first blend that was antiseptic and inflammatory and everything else and it bursted by the inside. So it went out the nostril. Now she's rubbing close to her eye all the time. So now I started again the oil. So is that, do you think it's the worm that died and did a

Dr. Janet Roark:

Cause an abscess or something? Yeah, it could be. It's really hard to tell.

Suzanne:

Okay.

Dr. Janet Roark:

It's really hard to tell, you know. I can't really speculate as to what exactly is going on, but I would a hundred percent if she's showing symptoms and the nose is draining and she's rubbing her eyes.

Suzanne:

Yeah.

Dr. Janet Roark:

I would absolutely continue to treat it like an infection. I would do some, if she's still showing neurologic symptoms at all, then I would also be using kind of those, those types of oils, like DDR Prime would be a great one to use for her. I love using

Suzanne:

Where, where would you, what would you do with DDR Prime? Because right now she's got Frank and Copaiba internally

Dr. Janet Roark:

I would do the DDR internally,

Suzanne:

Also with the Frank and the, okay. Perfect.

Dr. Janet Roark:

And just start with, keep up with your topical oils. Yeah.

Suzanne:

And yeah. Okay. Perfect. All right. Thank you very much.

Dr. Janet Roark:

Yeah. Let us know how she's doing tomorrow or next week.

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Suzanne:

And for the On Guard gel, I stopped because it's been since December, I'm working on her four times a day. Now I'm reducing, I reduced to twice a day because I'm, I want her to socialize with the other alpaca because she's out of her tent. It's not minus 40 anymore. Thank God. So, so yeah.

Dr. Janet Roark:

I don't know how you guys do it. It got down to like 40 and I'm like, all right, time to, I'm not leaving the house 40 above. Not 40 below.

Suzanne:

Yeah. Oh my God. Okay. Perfect.

Dr. Janet Roark:

All right, Victoria, go ahead.

Suzanne:

That's okay.

Dr. Janet Roark:

So, so sorry.

Suzanne:

Do I still give some oils anyways? Because once she's going to go, when the, the snow's going to be melted, she's going to go back with the other animals and I won't be able to do all of that massaging and everything else.

Dr. Janet Roark:

Yeah. Do what you can, if she can get fed separately, you know, you can definitely still do the internal oils for sure. So,

Suzanne:

Okay. Thank you.

Dr. Janet Roark:

Just do as much as you can. You can also put it in like a little, you know, dewormer with it, you know, if she'll, if she'll take it, so.

Suzanne:

Okay, thank you.

Dr. Janet Roark:

Yeah. Okay, Victoria.

Victoria:

Hey, Dr. Roark. Hi. Hi. I just got a new case study and I'm going to be doing this on Zoom because they're across the country, but there's, it's a seven year old mixed breed. Female, spayed female, about 38 pounds was just diagnosed with sinonasal carcinoma of the right nostril. You're shaking your head. The One you said was really bad, like last week.

Dr. Janet Roark:

Yeah. Well any, any nasal or oral tumor in a dog is just really, they're just so aggressive and they're really carcinomas are especially bad. So yeah, I mean it's another one of those situations where I'd just be super, super aggressive with an oil protocol, because we're walking on borrowed time here.

Victoria:

So because the person is far away and they don't have any oils yet is the best way for them or they're going to do a self-select, but I could send her samples. You, what do you recommend?

Dr. Janet Roark:

I wouldn't waste the time on samples. I would just have them order and get, I mean, if the oil companies usually have a really good return policy too, so you know. I would utilize that because they're going to get the oils a lot faster that way.

Victoria:

Okay.

Dr. Janet Roark:

And they can start from there.

Victoria:

Yeah. Would you use the Kill-It blend on the outside?

Dr. Janet Roark:

Mm-hmm (affirmative).

Victoria:

Okay. Okay. I think I know where to go. I just wanted to check it out with you.

Dr. Janet Roark:

Yeah. I think I would just get super aggressive. I'd use heavier dilutions. I would, you know, do, do what you can just, I mean, a lot of it depends on how far along it is too.

Victoria:

It. It hasn't, it, they did like a scan and a biopsy and they said there was no lymphatic invasion yet. And they're planning to do some chemotherapy. I believe.

Dr. Janet Roark:

Hopefully that'll help. Yeah. Sometimes they can. It can, it can be really helpful.

Victoria:

Okay. So I was thinking of like Frankincense, DDR Prime, you know. Maybe sandalwood, whatever the heavy hitters are for

Dr. Janet Roark:

Copaiba, yeah.

Victoria:

Copaiba, all that. But the internally DDR prime, Frank, Copaiba. Anything else that I'm missing that?

Dr. Janet Roark:

I mean, some people like to do Turmeric. Turmeric, I'm, I'm back and forth on some. I go sometimes I love it and sometimes I don't love it, but it's kind of up to them and kind of what they're willing to do. I have, usually with cancer protocols for people, I'll give them like the whole list of stuff to get. And a lot of times they'll be like, okay, Dr. Roark, I would love to do all that, but can you give me like three to start with? And so then we'll go from there, you know? And I just try and work with them, but I do really stress with, with these guys that it's an aggressive tumor, so we want to be aggressive with our protocol as well, so. Okay. Yeah. Man, you guys are bumming me out today does anyone have any like awesome testimonies to share. Cause that is what I need right now. Jackie, Jacqueline Conner, question Jackie?

Jackie:

All right. Can you hear me?

Dr. Janet Roark:

Yep.

Jackie:

Okay. I'm driving home from work. So I had a question on the ear situation from the other previous person. Yep. And you said that you can start, you put the oils on a cotton ball and do internal around the, but not deep down into the ear, correct? Right.

Dr. Janet Roark:

Yep. Just pretty much where you can see it. Yep.

Jackie:

Okay. My other question is because of where I'm working I see a lot of ears and would you automatically, besides the anti-microbial would you automatically do some antifungal creams? Cause a lot of what we see like Fungus-y type stuff.

Dr. Janet Roark:

Yes, yes, yes. Yes. And you'll notice that a lot of the oils that are in my ear protocols are both antimicrobial and antifungal pretty neat. That was, that was intentional. You know, the geranium is

very, very antifungal. So, so yeah, I absolutely do both with those. Absolutely, a hundred percent of the time. So good question.

Jackie:

Okay.

Dr. Janet Roark:

Okay. I think you're good. I you're cutting out a little bit, so we're going to move on. Heather.

Heather:

Hey. Since this has been really sad. I'm glad you said, "Does anyone have anything good and exciting?" Because my,

Dr. Janet Roark:

Like welcome all the new people all we talk about is dogs with cancer.

Heather:

This is horrible. So, I figured,

Dr. Janet Roark:

We're more fun.

Heather:

Oh my gosh. Wow. Okay. So in my own dog today, I noticed something and I just want to make sure I'm handling this right. Because to me, I think when I'm handling someone else's dog or just someone else in general, like you can have an open mind and you handle things a little better, but when it's your own dog, it's like suddenly,

Dr. Janet Roark:

Oh yeah, no I can't.

Heather:

Your emotions.

Dr. Janet Roark:

I couldn't even treat my own animals.

Heather:

Oh my gosh. Yeah. It's, it is. Okay. So this is my Rosie.

Dr. Janet Roark:

Hi Rosie!

Heather:

Today, I noticed. I don't know if you can see, but under her belly, like her mammary, like nipple area here. It's all swollen up. She's not spayed, but she's definitely a thousand percent not pregnant. It's not hot. So I was thinking of, so this is what I did. I self-selected with her, she typically does not self-select. Like, she is my, I hate oils dog. She does fine when I'm diffusing them. Like it doesn't bother her, but she typically runs away. As soon as I try to self-select today, she was all about self-selection. So she actually self-selected Copaiba, Frankincense, and Helichrysum. And so I put the three of those with some pomegranate seed oil for the carrier oil and put some of that on her belly. And then I gave her Copaiba internally. So anything else that you would say? I am going to take her to the vet tomorrow just to see if it's anything. Yes, I am doing that as well. Okay.

Dr. Janet Roark:

So yeah, I mean the rule outs there from a veterinary standpoint is, you know. We had potentially mastitis, we could potentially have, you know, mammary tumor. We could have some kind of just inflammation or something more serious. So, so those would be a false pregnancy also, you know.

Heather:

Right. And I thought about that too, because it could be false pregnancy kind of time. Yes.

Dr. Janet Roark:

Yeah. And so, so those would be kind of my top rule outs for that. Obviously, some being much, much better than others. So.

Heather:

Right.

Dr. Janet Roark:

My question to the group is what would you use in this particular situation? And this is where all of you guys get to post in the chat, what your recommendations are. And we can give Heather the best recommendation possible, because her brain doesn't work when it's her own animal. It's awesome.

Heather:

I know. Thank you. And you guys just got me wound up too talking about all the cancer stuff and I'm like. Oh my God.

Dr. Janet Roark:

Well, I mean it's a possibility in an unspayed dog.

Heather:

Dog, like my baby now. Oh,

Dr. Janet Roark:

So yeah, Suzanne, says it could possibly be hormone related. Ooh Kathleen, lavender compress for swelling. I love it. So if it's not hot, you can do a cool compress.

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Heather:

It's not hot.

Dr. Janet Roark:

Or if it's not hot. You can do a hot compress. If it's hot, you can do a cool compress. Yawn. Okay. Recommends Clary. Lots of ClaryCalm recommendations. Clary Sage,

Heather:

Interesting.

Dr. Janet Roark:

Ones. Ashley, "I would definitely start with an antitumoral." Okay. She's talking like a, you know, a veterinarian. Really, vet tech. Okay. "So is there any possibility she's in heat?"

Heather:

No, she's definitely not in heat. If anything, she could be like, it's probably been eight weeks post-heat.

Dr. Janet Roark:

Okay. Okay. So this could be pseudo for sure. Clary Sage, pink pepper, Frankincense and Myrrh. I like those combo. That combo, Janae. Stuff. That's what my girl loved when she was in heat and she's a no-oils girl. ClaryCalm. So.

Heather:

Okay.

Dr. Janet Roark:

Cypress. Tammy says Cypress. So that's a really good one for circulation. That's another good one. Absolutely, good stuff. See, I like it when you guys recommend stuff and then I don't have to think. You guys recommend good stuff. Calming oils for Heather too.

Heather:

Yeah. You're right.

Dr. Janet Roark:

Come on Sarah. I love it.

Heather:

You are right.

Dr. Janet Roark:

That is good advice. Love it.

Heather:

Thank you, Sarah.

Dr. Janet Roark:

Put on all the oils it'll help you too.

Dr. Janet Roark:

Yeah. So I think you're great. So I would do the anti-inflammatory oils, which the ones you chose are also anti-tumoral so it's kind of a win-win. Plus I'd add in those hormone oils. I wouldn't hesitate to add in maybe some antimicrobial oils internally as well. So, you know. Okay. So like really oregano, Melissa, cinnamon, clove. Those guys.

Heather:

Okay.

Dr. Janet Roark:

Or my favorite if you have On Guard, that's kind of the blend I usually recommend.

Heather:

I've got that too. Yeah. Yeah.

Dr. Janet Roark:

Okay. All right. Good Heather?

Heather:

Good. Thank you guys so much.

Dr. Janet Roark:

Let us know how it goes after your appointment.

Heather:

I will. I will. Thank you.

Dr. Janet Roark:

Awesome. All right, Veronica.

Veronica:

Hey, I am scrolling through. I'm on my phone and I missed the missed the, she showed us what it looked like underneath her puppy. So I missed that. I was asking her to show it to me again. But anyway, welcome, welcome, welcome. All of the new people to this community. And it's been absolutely amazing.

Veronica:

This photo that you see behind me is from my upline, her son's girlfriend's dog. They submit this to me yesterday. So, and I put it in our, our group, the level two Facebook page. And I've got some really great suggestions from that group. And I wanted you to see it, Dr. Roark because I, this is what she said it from a chocolate lab. Her name is Sally and she is spayed. She's a female. She's 11 years old and they did do a biopsy. They found that it is filled with blood. She said, she said it didn't offer much and other than putting her on antibiotics, after she irritated it enough to cause some bleeding. She spent a few days admitted through the ER clinic and they have a follow-up schedule, but not until 3/16. And so. Let's see, she said, I went to see the dog yesterday.

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Veronica:

Let's see, she said, "I went to see the dog yesterday, I applied spray." She sprayed her tail and she used Correct-X on it but of course, she didn't know and so she reached out to me and this is going to be one of my case studies, of course. I'm so thankful for that, I've been praying about that because I didn't have any other than my own dog. So this is one of them. And I did suggest to her the Kill-it blend. I'm waiting for her to get back with me on what the dog self selected. She does understand what to do in regards to self selection. So, that's it in a nutshell.

Dr. Janet Roark:

All right. So I'm going to have you move your head because you're covering the...

Veronica:

Oh yes. Okay.

Dr. Janet Roark:

So, we got a nice mass going on there. So, I would be concerned a little bit about it being a tumor. And I'm glad she's getting additional consultation, because it probably needs to be removed, to be honest. Just from a veterinary standpoint, I'd probably do surgery on that. Send it off to pathology, make sure you get good margins, all that kind of stuff. They might even recommend an amputation since it's an easy place to do an amputation, depending on how much it's wrapping around that actual tail. Because sometimes it's hard to get enough skin there to actually close it. So that is what I would recommend in this case.

Dr. Janet Roark:

But as far as oils, until the next consultation, which is the 16th, absolutely the Kill-it blend. What do you guys think? What other things can she put on that sucker? Mostly blood when they actually did the biopsy. So yeah. Possible hematoma. Possible. It's a little weird looking to be hematoma. It definitely looks like it's oozing. Looks like she's bumped it up against stuff. So keeping it wrapped might be a good option. I would not use Oregano on that one. Yeah. Dr. Helene, helichrysum, myrrh is really good for oozing. What else guys? Oh, I'm waiting for you guys to say my favorite thing.

Dr. Janet Roark:

Oh, there we go. I see. Okay. Yarrow Pom... I would use some Yarrow Pom on that, especially if it's bleeding and then geranium's another one to stop the bleeding a little bit. And then of course the oils in the Kill-it blend of Frankincense, copaiba...those guys.

Veronica:

I'll keep you posted.

Dr. Janet Roark:

Danae said, would you give the OnGuard Plus Softgels? I probably wouldn't at this particular point, it doesn't look like an infection to me, but it certainly wouldn't hurt. You know, if you can do some self selection with some on guard and see if the dog is drawn to it. Yarrow comes up every week, Brenda. Yes, it does. Because it's really good for wounds. It is really good for wounds, especially traumatic wounds, especially bleeding wounds. And we have animals and animals like do wound themselves a lot. So Nancy,

Veronica:

How do you see the...

Dr. Janet Roark:

Possibly a ...

Veronica:

Dr. Roark, I was curious about how do you let this get so big? Like how do you not see this, you know what I'm saying? Like coming at a smaller and then deal with it.

Dr. Janet Roark:

I cannot speculate as to that. It's pretty amazing what their fur can cover. I'll just say it that way.

Veronica:

Okay. Yes, that's right. She did. It is shaved.

Dr. Janet Roark:

It's kind of like underneath. So it's not an area where it gets pet very often. In Texas, a lot of people let their dogs outside most of the day. So they're not interacting with their dogs. They don't necessarily sleep in the bed with them. Like my dogs do. So I know every lump, bump, freckle, whisker, everything on every single one of my animals. But not everybody is as in tune to their animals as I am. So I can't speculate as to that other than usually it's not shaved like that and they do have fur, it does cover it up sometimes. And dogs are really good at hiding stuff.

Dr. Janet Roark:

It's just not really a overly common location to be petting very often. Especially if she has lots of kids and all her attention's split and that kind of thing. Okay. So I really like Nancy's question and I want you guys to talk about this because you guys should know the answer. Couldn't helichrysum possibly increase the bleeding. What do you guys think about that question? I'm so glad you asked it, Nancy. I'm not putting

you on the spot. I just using this as a learning point. Yeah. A lot of dogs don't like their tail being touched. Yep. That's very true stuff. Thanks.

Dr. Janet Roark:

Couldn't helichrysum increase the bleeding. A lot of people use helichrysum to stop the bleeding. So what do you mean by adaptogen Jennifer? Helichrysum is one of those amazing oils... Yeah, thank you. That creates homeostasis. And so remember oils help promote homeostasis. And so helichrysum will actually thin the blood when it needs to, and actually clot the blood when the clotting is needed. And so a lot of people do use it that way. I will say I prefer to use geranium to stop bleeding. I've actually had just better success with it. I should have grabbed it today. Oh. Little situation where I could have grabbed it and forgot to. Cistus is another good one. But I really love geranium to stop bleeding. So just a little tip there for bleeding wounds. Plus it's anti-bacterial and all that kind of stuff. So really interesting. So hopefully that helps you Veronica.

Veronica:

Yes, a lot. Thank you.

Dr. Janet Roark:

... to go. All right. We're getting close to the end here. So there's five of you with your hands raised. So I'm going to ask you as you go, super quick with your question. We'll try to keep it down to two minutes for each of you. So Evelyn, go ahead.

Evelyn:

Hi, Dr. Roark, I had this young lady that's sitting next to me. That's an 11 and a half year old labby, thought she was 11 months old on Thursday and ended up with a cranial cruciate ligament tear. So we started prolotherapy on Saturday. I can't do any forms of surgery with her. We don't have specialists within about a 300 kilometer radius from us. She is in good health, but I think quality of life, to have to produce through so much trauma is not going to be the answer. So we started that, my vet said absolutely no anti-inflammatories. So we trying to just keep calm with diffuser because I wanted to speak to you first. And my question with me is she's normally on a glucosamine MSM chondroitin supplement. Can I still give that?

Dr. Janet Roark:

Yes. So I would double it. I would actually double it, give her a double dose of that.

Evelyn:

Okay.

Dr. Janet Roark:

And what do you guys think for the CCL for care in this older dog?

Evelyn:

I must also mention... She also had both legs torn by the way.

Dr. Janet Roark:

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Okay. Both of them are torn?

Evelyn:

The one is not totally torn, but it's definitely showing weakness. It must have been from the accident or so. Well, she jumped and she can't step on the right leg. So her vet decided to do both.

Dr. Janet Roark:

Okay. So did she have surgery on both before or?

Evelyn:

No.

Dr. Janet Roark:

Okay. She just is injured on both. So she's having trouble getting around. Okay. So I would... Yep. So Dr. Helene says myrrh, Kathleen says Siberian fir, which is really good for pain.

Evelyn:

Siberian?

Dr. Janet Roark:

Siberian fir, mm-hmm (affirmative)

Evelyn:

It's anti-inflammatory.

Dr. Janet Roark:

Yep. You can use your anti-inflammatory oils. I'm not really sure why your vet said no anti-inflammatories at all because I would be using a lot of them.

Evelyn:

OK. Her reason for saying that is that evidently there's treatment causes like a type of a inflammation that promotes the healing in the ligaments.

Dr. Janet Roark:

So what treatment is she getting?

Evelyn:

She didn't give me the full protocol, but from what I understand the type of a prolotherapy. She gets put under and then she gets these injections around her leg.

Dr. Janet Roark:

Okay. Interesting. Siberian fir is just going to help with the pain. It's not really a true anti-inflammatory. So I think that... Oh baby. She's like, "It hurts."

Evelyn:

It's very sore

Dr. Janet Roark:

Yeah. I'd be interested to know why no anti-inflammatory and if that would apply to oils too. So I would need to know more about the treatment to really give you a good recommendation. But I would think that it's certainly diffusing, would not hurt anything at all. And I would not hesitate to use things like Marjoram, Siberian fir. A lot of people are saying lemongrass. Lavender would be another good... See, I would use Frankincense, helichrysum. I would use all these on this dog regardless. I'm not a hundred percent sure why they say no anti-inflammatories. So I would need a little more information to be able to give you a really, really good recommendation, Evelyn. Feel free to share that to me via email. If you have some information or even have your vet contact me to get a little more information that I'd love to help you more, but I don't have enough information to give you in my opinion, a very good recommendation at this point, without knowing what treatment she's getting. Okay? I'm sorry.

Evelyn:

Okay. Just a lot of pain. So I was wondering if I can't combine something like Marjoram, basil and lavender?

Dr. Janet Roark:

Yep. That's a great combo. I like that, but it's not like the heavy hitter anti-inflammatory oils like Frankincense and copaiba. So yeah, that's a great way to start.

Evelyn:

Okay. Thank you, Dr. Roark.

Dr. Janet Roark:

Let me know. Keep me posted. Regina?

Regina:

Quick success story.

Dr. Janet Roark:

Oh, hallelujah. Praise the lord.

Regina:

Couple, they were coming to... and they were bringing their dog over to do a meet and greet with one of my campers. And they were really concerned because she can't go a block in the car without vomiting and vomiting and vomiting. She gets so car sick, she drools, she stresses. So they got her here. They came in with the bag, she did vomit. So I brought out my kids' kit and I applied Calmer and Steady to her spine. And I applied Tamer to her belly. We did the meet and greet. It was very successful. By the time they finished, I reapplied all three oil. They got in the car, they went home. She sent me a message. She didn't vomit once.

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Dr. Janet Roark:

Oh, yay. I'm not surprised, but also that's amazing.

Regina:

Easy Peasy.

Dr. Janet Roark:

I love it. Yay. Thank you so much for sharing Regina. Oh, we should just end on that. No, I'm definitely going to get to you other three people that have your hands raise. Selena, go ahead.

Selena:

So mine isn't. Mine is just a funny. Just a good thing that happen. Case study, went to do a hormonal thing on a Paint mare. They had a little paint pony mini for her companion. Did the whole thing, put the bottle in the back of my paint pocket. Mini was right into it. Had to have it, had to have it. She grabbed it out of my pants pocket. And you have a total visual of three grown adults running around an acre pasture, chasing a mini with a bottle full of hormone blend and thinking it's... Runs up to the paint horse, teases the paint, horse paint horse goes after the mini and then we're all running after everybody. A success. Mini loves it.

Dr. Janet Roark:

Please tell me you have this on video and you can put it on TikTok or something like that.

Selena:

I wish I could, but all you could see is us running through the knee high snow chasing after this mini going

Dr. Janet Roark:

Oh my gosh

Selena:

... everywhere.

Dr. Janet Roark:

They're so naughty. And I love them so much.

Selena:

And she doesn't even need it. She needs like weight loss raising muscle or something.

Dr. Janet Roark:

She's just being naughty. I love it. That makes me so happy.

Selena:

So just a funny to lighten the mood.

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Dr. Janet Roark:

Thank you so much, Selena. Denise, go ahead.

Denise:

Hi guys. So excited to be here and I'll try to be as fast as I can. Can you guys hear me? And everything's frozen, Hi?

Dr. Janet Roark:

Yep.

Denise:

Oh, okay. Okay. So I have a quick... I don't know. Can you see this?

Dr. Janet Roark:

Oh, it's a really hard. Here let me pin you.

Denise:

Okay.

Dr. Janet Roark:

It'll be bigger. Okay. Go ahead. Show it. Oh, that's a nice, okay.

Denise:

So this is actually like my horse. Well, it's one of our horses, me and my daughter's horses. We had to share her. She's a rescue horse that we got. This injury is about maybe 12 years old. So she got it before we ever had her and they doctored it the best that they could. And we've continued trying to care for it. But like it's, if you can see the top, this top photo, like it was starting to get really sick looking, very greenish. And there was no life in it really left. Like it wouldn't bleed anymore, even when we were cleaning it. And she started getting actually like maggots in it. So about two weeks ago, we started using your salve with some oils in it. Every time we would clean it. And then we made a little spray too. So every day she's getting the spray on it.

Denise:

And if you could see the bottom left one, you can really see like the cells are actually starting to like rejuvenate and there's no like sickness left in it. So the main question that I have for you is the vet, obviously when we first got, it was the first thing we did was took her to the vet and see was there anything you could really do. But it's such an old injury in a place that it'll never really fully ill. But my question is how often should we be scrubbing it out and adding those oils and stuff to an injury like that would you say? I don't want to over mess with it either and irritate it.

Dr. Janet Roark:

Can you show it to me one more time? I see. Where is this located? Is that her fetlock or knee?

Denise:

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Yeah. It's on her back, right above like the hoof. In the front.

Dr. Janet Roark:

Yeah. So it... Okay. So I'm surprised your vet didn't say that they could do anything. So...

Denise:

Well, She did say she could do a \$10,000 skin graft. So she's a pasture pet, so we weren't going to go that route.

Dr. Janet Roark:

So I have had a really good success with some of these old proud fleshy wounds with what are called wet to dry bands. I don't know if you've heard of those. So it's basically like you get some gauze, like square gauze pads and like the wet one. So the wet bandage will be like square gauze pads, maybe like three or four of them, soak them in saline solution. So you just get regular saline solution, not contact solution, but saline solution and just put it on there and then do a pressure wrap on it. And then change it out every day and then do a dry one with oils and I would slather the salve on there. Just make a... All the way around the leg and then pressure wrap it again. And then doing daily bandage changes for a little while, once it starts looking good and it's not oozing and stuff like that then you can go every couple of days, as long as the bandage doesn't get wet or start falling down or something like that.

Denise:

So do a dry and wet every other day?

Dr. Janet Roark:

Yeah. Every other day. Yep. Kind of wet to dry. Yeah. Kind of bandages. I've had really good success of getting proud flesh that isn't like in these animals that they're like, "We're not going to do surgery. We don't want to do skin grafting and all this like extensive stuff. We don't really care what it looks like. She's happy." Proud flesh doesn't hurt. It just looks bad and it can get maggots and things in it. And so doing that right now when it's cool and it's not summertime and stuff like that.

Dr. Janet Roark:

So that by summertime, hopefully we can start to get that winter... What we need is that the skin edges to start to get closer together, but get all your skin rejuvenating oils on there and do these. The pressure bandages are really, really important for proud flesh. Otherwise, it'll just never go away.

Denise:

Okay. Okay. Perfect. That was it. Thank you so much.

Dr. Janet Roark:

Good luck.

Denise:

I'll keep you posted.

Dr. Janet Roark:

Yes. You've got the photos. So I love it. We'll have the series. Which reminds me, I need to post the updated photo of Miles' nose.

Denise:

Oh, yes.

Dr. Janet Roark:

It's not a miracle. It was bad you guys. It's full thickness, blisters, nasty. Oh man, it was crazy. So it's taken a while to heal, but it's nice and scabbed over right now.

Denise:

Can I ask one more question?

Dr. Janet Roark:

Yeah.

Denise:

Just really quickly. So like she was just talking about putting the oils on the dog for traveling, which is, I think is so amazing. So many things I wish I had so many years ago.

Dr. Janet Roark:

Right?

Denise:

But my daughter's actually getting a new puppy in four weeks, so she'll only be eight weeks. And she's, an Aussie, Australian shepherd. You can see, we have lots of those around here. What would you recommend? Would you recommend putting the oil on her that young? Still, just heavily diluted? Just heavy dilution.

Dr. Janet Roark:

Yep. Yep. And like the Kids Calmer blind, like what Regina used, that is perfectly diluted for those little guys. Just diffusing lavender for those guys during the transition period because basically they're getting weaned at the same time usually is really helpful. Or any of those oils that we talked about in like week six about things like grief or maternal loss. Any kind of maternal loss, basically help with the bonding and the transition to the new home.

Denise:

Okay. Perfect. Thank you so much.

Dr. Janet Roark:

You're welcome. You're so happy. I love it. Okay. All right. I'm not kept... I'm a little bit behind on the chat. Denise, check out the chat too. It'll be part of the zoom for... I think some people have some recommendations for wounds in there as well. Okay, let me... Dr. Helene, I think you're our last one.

Dr Helene:

Oh yeah. Hey, it's just a success story. Sorry about the weird angle. I'm in my camper van. So this is Matt. He's my two-legged dog from Afghanistan and he hurt his front right shoulder and he couldn't weight bear at all. And the last time this happened was five years ago. So obviously he's older. So I did some self selection with Yarrow Pom. He selected Yarrow Pom, selected myrrh lavender, helichrysum, Frankincense and marjoram. And within 24 hours I had him walking again. He was just doing just a few steps, but he was literally... it was absolutely amazing because last time he had an injury like this, he couldn't weight bear for a week.

Dr. Janet Roark:

Wow. Wow. Wow. Wow. That's so amazing. And that is why we use the oils my friends because we can get these super fast responses because these oils do absorb so quickly into their system and go right to where they need to be. Expensive taste, Nancy says. Only the best for our four legged babies. Right? So I just love that love, love, love that we have this tool and what Ellen was saying like, "Man, I wish I had these years ago." Before we knew better, right? But now we know better and we can use them and we can help so many other people whose dogs don't have to wait a week to be able to start walking again. Right?

Dr. Janet Roark:

And I absolutely love that. Thank you, you guys for sticking with me. We went a little bit over. Welcome to all the new people. See we have really good stories too and not just really sad ones. But as you can see, we have some really amazing animal aromatherapists in this group. Welcome, welcome, welcome for all the new people. For everybody wondering about this month's business Q and A, we're going to have that on March 16th at 4:00 PM. And then our training for March is going to be on the 29th. We're going to be talking about the reproductive and endocrine system. So stay tuned for that. Thanks everybody. And I'll see you next week. Bye.

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