

Dr. Janet Roark:

All right. Welcome everyone. Happy New Year. Welcome to our newish people, the people who joined in December. What did you guys think? What did you think of Dr. Scott Johnson's presentation last week? Was that not amazing? That was probably worth the entire cost of this whole thing, just the endocannabinoid system and the stuff that he presented. He is an amazing presenter. He's a friend and an extremely talented researcher.

Dr. Janet Roark:

I believe we sent out an email with the Amazon affiliate links to a bunch of his books. Some of his books are a little bit out there, just so you know, especially his earlier ones, but he does talk about nutrition for people as well. But some of his more recent books are extremely good references, the Medicinal Essential Oils and the Companion Reference Manual to that are probably two of my favorites. My Medicinal Essential Oils book is actually broken because the binding broke because I use it that much. So it is really good.

Dr. Janet Roark:

We are able to do the transcript for you guys. You're going to catch things in the transcript that your brain can't catch when you're listening to a presentation necessarily. For those of you that are like, "Ah, I really wanted the slides for the last training," sorry, we can't do the slides because of copyright stuff. I tried, I tried really hard, but he was like, "Ah, I don't think we can do that," because he is going to give that presentation to other people and it is really, really good.

Dr. Janet Roark:

Go listen to that replay. It's one that's worth listening to several times and getting that information ingrained in your brain because that is something that a lot of people are going to ask about. When people ask about things like the oils that are high in beta-caryophyllene or Copaiba, we always talk about Copaiba and how it compares to CBD oil in particular. We have the information to be able to relay that to them. So really, really good. I'm just so, so honored that he was willing to come and do that presentation for you guys. He said, "Yes," when I asked him so I'm really excited about that.

Dr. Janet Roark:

Then of course this month, we have another special guest, Dr. Eric Z, Dr. Zielinski himself, who's been a good friend of mine for a very long time...really, since early on in my days with essential oils. He is just an incredible human being, another really capable and very strong researcher. He is very good at putting the research together and coming up with some really, really cool protocols.

Dr. Janet Roark:

He's going to be talking to us specifically about ... I asked him to talk about cancer and he's like, "Well, ah cancer, I don't know about cancer in animals." I'm like, "Well, it's very similar honestly. It's cells mutating and the essential oils can help combat that." Definitely, that's a really good one because I know a lot of you guys have done case studies or are working on case studies with animals with cancer. He's going to actually give us some really cool protocols.

Dr. Janet Roark:

I'm going to have him also talk a little bit about autoimmune disease, which is another really hard one, and how essential oils work for that on the brain, some brain stuff too. He's been doing a lot with Alzheimer's, which is very similar to canine cognitive dysfunction in our older patients. I might have him talk a little bit about that too. We'll see what we get to. That's a lot to cover in just an hour and he's graciously agreed to come present this month at the end of the month.

Dr. Janet Roark:

All right. One other announcement, oh, two other announcements before we get started; we are going to, next week, meet on Monday instead of Tuesday. Okay? So Monday, we're meeting on the 10th instead of the 11th, we're going to be doing my final week of training the veterinarians in acupuncture. I'm not going to be available Tuesday through Friday. Well, Tuesday through Sunday really. Then we'll be back to a regular schedule after that. Next week, we're meeting on Monday instead of Tuesday, mark your calendars. I'll be sure to put that in the email as well.

Dr. Janet Roark:

Then the next announcement is something that I've been waiting for the new people to be here to share with you guys. Okay? Are you guys ready for the last announcement? I think it's something you guys are going to really like, you guys have liked my announcements so far. Right? Well, I guess the date change is whatever, but okay. This one, I think you guys are going to really like.

Dr. Janet Roark:

You probably saw in my emails and marketing and that sort of thing, that the prices for level one went up, right? The prices for level one went up on January 1st. It's still amazing. It's probably more amazing than the one that a lot of you went through, especially if you were my beta, we have workbook now and we have some amazing quizzes and homework and it's just a lot more streamlined.

Dr. Janet Roark:

What I'm going to do with you guys, one of the bonuses that I didn't tell you about because I didn't know about it until just now, is that as a bonus for being a level two person, which is all of you, for anyone that you refer into level one, if you have a friend or maybe your vet or a vet tech, that wants to take the course, we are going to give you a choice of either a refund of one month of level two, and if you paid in full it's one-twelfth of that, okay, or you can get another month added on at the end of it or basically get your next month free kind of a thing. You'll have your choice. We have a Google form for you guys to fill out.

Dr. Janet Roark:

What do you guys think about that? Is that something you're like, "We've already been referring people, Dr. Roark. Is this retroactive?" No, it's not retroactive. It's anybody who joins as of January 1st with the new prices. Now we can afford to be able to share some of that blessing with you guys, so really cool. There is really no limit, so if you get more than 12, we're going to have to figure something else out, because we can't refund, but we can always add on another month at the end, for sure. It is another way for you guys to be able to save a little bit of money as you're going through this process and this journey of learning how to really build a business around animal aromatherapy or incorporating it into your existing businesses.

Dr. Janet Roark:

Since you guys have all been through it, you know how awesome it is. I know that a lot of you have people in mind that you think would be really good for that or maybe even coworkers or colleagues or employees, and I had my employees go through it, that it would benefit them to know the information to benefit your business as well, so that sort of thing. Awesome, awesome, awesome. I'm really excited about that, and hopefully you guys are too. We will get you the link to that Google form. We're going to send that out in the email to get you basically a referral credit for your level two stuff.

Dr. Janet Roark:

Okay. Let me see. I'm trying to keep up with these comments and I'm not doing a very good job. Okay. Lisa's using Copaiba for her rabbit who has GI stasis right now. Yes, the transcript just went up, I believe, yesterday. Yesterday is when we got it up. Oh, Evelyn. Oh, that's so funny. Okay.

Dr. Janet Roark:

Dr. Z is one of the reasons I got into essential oils so strongly. He's very good at marketing as well. He's taught me a lot about that. Thank goodness, because they don't teach us anything about that in vet school. He's just been really, really one of my biggest fans and supporters and encouragers. He's a big reason why we actually have this certification, just so you know. Dr. Z is a big factor in that. He's one who really pushed me to do it. It's really good to have people like that in your life guys. Okay. Let's see. Yay. Yes, it's a greater incentive to help people get the proper training, for sure. Dr. Johnson is amazing, Terry. Okay.

Dr. Janet Roark:

The next level one actually starts in January, but we're full. We actually filled up January's class already. We're trying to keep them a little smaller so that we can get to everybody because there is so much homework to grade that we do manually. The case studies that I have to review, there's no one else to review those. Because of that, we're keeping the classes smaller, which is even better, in my opinion. We're about half full for April. The April class is half full. If we start getting way too many people in these and people are still wanting another class, I might be able to add in another one at some point, but we're going to try it this way. It's quarterly.

Dr. Janet Roark:

We have one in January that's full, April is half full, a little more than half full. July, we only have about 10 people in there so far. Then October, I think we have five or six people even signed up for October already, which is crazy, but also super exciting. People wanting to get in on the lower rate before it went up. Okay. Let's see.

Dr. Janet Roark:

Jackie says, "I'm trying to get my vet to come on, but she's so overwhelmed right now with everyday life." I know, ugh, so many vets are overwhelmed right now. That's why they need essential oils. It's the only thing that gets me through some days. Battling Brain, who is that? FYI: never use On Guard and Copaiba in the house with a dog that smells like skunk. It makes your house smell like pot apparently. That's really funny. That is very funny. Yeah. Steph, exactly.

Dr. Janet Roark:

Evelyn, "My vet is very supportive of natural products, but also very overwhelmed, we have a shortage of vets." Because we have that shortage of vets you guys, that's not just here in the US, it's in Canada,

it's in Australia, it's everywhere. The whole world has a shortage of vets and a shortage of veterinary support staff, which is part of the problem. Because of that, veterinarians are burnt out. People's animals are not getting seen. People are getting frustrated with their vets and they're returning to alternative solutions. Okay?

Dr. Janet Roark:

That's where you all come in. You know that, right? This is where you guys come in and you say, "Hey, I'm not a vet, but I can help," or if you are a vet, you're like, "Hey, I'm a vet and I can help with other solutions." It's a really cool tool. There's this huge opportunity right now because so many people are just frustrated and at their wits' end. They're waiting five hours for their animal to get seen at the vet and then the vet's just saying, "Well, I don't know, here's some steroids, here's some antibiotics. We don't really have time to pursue more," and people can't afford that necessarily either, going to the vet.

Dr. Janet Roark:

I don't know if you guys saw my post, if you did, go scroll through it. I asked, "How much did you pay at your last vet visit? How long did you wait," and some people didn't wait at all because it's curbside so that it was a drop off situation. Veterinary visits are \$200, \$250 for nothing, without even getting blood work or anything like that. It's just a standard fee and maybe some antibiotics or something like that. It's \$200 or \$250. When we talked about our prices, we talked about really some pretty fair price that are much, much less than that. Of course, then they can get their oils and you know how long oils last, especially when we're diluting them out for people. It's just crazy.

Dr. Janet Roark:

Jackie, yeah. \$400 today. That's a really basic visit. My horse clients are easily paying \$1000 a visit it for just standard stuff; vaccines, a tooth float, some basic diagnostics or a wellness exam and some flexion tests. Lisa, "I was at my vet today, rabbit savvy vet, and it was \$500 for a visit; x-rays, subcu fluids, and meds." Yeah.

Dr. Janet Roark:

Think about that and think about how your clients or potential clients can save money with you and really get some pretty amazing benefits with the oils too. Now it's not a replacement for veterinary care, and you guys know that. Yeah, cruciate surgery, Ugh, man. I need to raise my prices, guys, I keep forgetting to raise my prices and it's been 10 years since I've raised my prices. Okay?

Dr. Janet Roark:

Janae said, "We have two vets in our small town and they need help. Lots of health issues going on in both of their lives." They're not immune to all the things going on in the world today too, right? If one person in the clinic gets COVID, they have to shut down for two weeks a lot of times, just to quarantine. It's pretty crazy.

Dr. Janet Roark:

Anyway, you guys are needed and more people are needed to go through level one and get into level two if they want to, and really be able to help these animals. We're set up, it's like a perfect storm, but instead of just talking about all their problems with that, I really wanted to come up with a solution. This was my best idea of a solution is to empower more people to be able to go and help more animals

because I'm only one person. Every other vet is only one person and they can only see so many animals in person a day.

Dr. Janet Roark:

Okay? Even if they're doing telehealth and stuff like that, there's only so much time in a day. There's more animals than what veterinarians all over the world can even see. We need somebody else. We need somebody else that has the education and the ability to meet with a veterinarian like me on a weekly and be able to get some insight and really help these animals.

Dr. Janet Roark:

Okay. Let's get to some questions. Sorry, I could talk about this. This is something I'm really passionate about obviously.

Shelayne:

Dr. Roark?

Dr. Janet Roark:

Yeah, go ahead.

Shelayne:

Before you start.

Dr. Janet Roark:

Go ahead.

Shelayne:

I just want to tell you how radiant you look today.

Dr. Janet Roark:

Oh, thanks. I got this new lipstick color and I'm really excited about it. Isn't it so pretty? I love it. I'm obsessed with it. It's rose blush or something like that, but I think it looks really good on me. Oh, plus there's Zoom filters. That's that's also part of this.

Shelayne:

Oh, I need lots of those.

Dr. Janet Roark:

Oh my goodness. Steph, just a side note question on that, "Have any thoughts on how to pitch helping if you are on groups online and they have a rule of no selling? What verbiage can help with that? I've got a lot on one of my Doodle groups that could use help." Steph, what I would do is I would reach out, and this is a little bit out of some people's comfort zone, but if you go in Facebook, you can actually look up who the admins are in a group. Where are you, Steph? I can't see you. I don't know. You're on a different page, I guess. There you are. Okay. I see you now.

Dr. Janet Roark:

You can go up and look up who the admins are. What I would do is send the admins a message that's really respectful and just let them know, "Hey, I have a Doodle. I love your page. I love everything that you're doing," and be very honoring to them and say, "Hey, I know you have this policy of no selling, but I offer this pretty amazing service. Here's what I do." Don't make it super long, just a quick summary of what you do.

Dr. Janet Roark:

Then just say, "Would it be okay if I did a post on that," or, "I feel like I can really help people, but I don't want to do it outside the rules of the group. Is there some something you could suggest?" Ask the question. The worst thing they're going to say is, "No, we don't allow that, sorry," but sometimes they'll be like, "Yeah, go ahead and do a post. I think it'll be really helpful," or they'll they might give you some suggestions on how to do that in a way that still the honors the reason behind why they have that as a rule in their group.

Dr. Janet Roark:

Reach out to the admins, you'd be surprised. A lot of times they just don't want stuff to go unmonitored. You could even be like, "Here's something that I was thinking," and put an example of a post that's a really short, easy one that's not super salesy, but is more helpful, that adds value. That would be the best way to do that. Sometimes you have to get a little creative, but there's definitely ways to do that. I thank you for asking that, Steph. I think a lot of people probably have that same question with online stuff. Okay. Let's see.

Dr. Janet Roark:

Okay. Joanna, oh, wait, hold on. I'm still missing stuff. Stuff is jumping around. If I don't get to your question, let me know you guys. Okay. Joanna says, "I met a 12 year old Shih Tzu with Cushing's. She has a tumor on each adrenal gland. I noticed her nose appears to be shriveling up, beyond dry. She's also trembling in the legs. What can I do to help these issues? She's not currently medicated and is on the Hill Science diet, kidney formula." All right. What do you guys think about that? What do you guys think, for a dog with Cushing's that has tumors on the adrenals, which is causing the Cushing's most likely, and a very dry nose?

Julie:

Hi, it's Julie.

Dr. Janet Roark:

Oh, hi Julie.

Julie:

Hi, Happy New Year. I had a Cushing's dog with adrenal tumor and the dry nose issue. Nothing helps it. I tried about 25 different things, but the thing that actually did, the two best things that worked were an organic nipple cream that Dr. Becker told me to try, because she's a friend. It's called La Noushe or La Goushe and it's on Amazon. The other thing was Snout Saver. Everything else, oils and other products, nothing helps it. Snout Saver, I'm going to say was the best of them all.

Julie:

It's a chronic problem. Now what I did do, I don't know if she has the same issue. Mine's nose was flaking and pieces were coming off and she was getting a dandruff, so to speak, on the side of her face from it. What it was, was the inside of the nose was shedding from the Cushing's. It's a whole big complicated thing. What did help a little bit was I made a concoction with On Guard and coconut oil, and that helped a little bit, but you have to be really careful with the dilution because of the eyes.

Dr. Janet Roark:

Yeah. This one's pretty tricky. We still want to support the adrenals. We want to support the adrenals with oils and our antitumoral oils, the ones that we learned about in level one. Suzanne says, "Copaiba," Steph, "Zendocrine is good for Cushing's," so Zendocrine, sorry, Zendocrine endocrine supporting oils. We talked about that in level one as well. Tammy says, "Turmeric, Copaiba, Frank for the trembles and supporting adrenals, different compresses Copaiba along with CBD." Okay.

Dr. Janet Roark:

What I would do is a combination of things. We do have to address the Cushing's and you can look at my Cushing's protocol in the membership group. It's really good. That helps with Cushing's. Then of course, the antitumoral oils, which a lot of people have already said, mixing up, maybe the Kill-It blend or something like that, and rolling that over the adrenals to help with the tumors.

Dr. Janet Roark:

But as far as the nose goes, I really like what Julie said as far as the On Guard. A lot of that, we do need to support the immune system because it's the way everything's working together. Basically the body, it's almost autoimmune at that point. For that, I really like a combination, and you can either do the yarrow pom serum has helped in some of those cases. You're going to have to do a little bit of trial and error for this little dog, and then myrrh and roman chamomile in calendula oil. Veronica says, "Neem or sesame seed oil is really good for the skin as well." I don't like using coconut oil for that one because they tend to just lick it off. Then internally doing a combination of the immune supporting oils that are also antitumoral.

Dr. Janet Roark:

I have this one student that had a really good protocol. It was actually for lupus, but I think it would work really well in this case because of that component. It's a combination of 15 drops each of myrrh, frankincense, clove, geranium, turmeric and Copaiba, and then seven drops of peppermint and 20 drops of On Guard. Mix that all together as a master blend and then do one or two drops of that internally a couple of times a day. That's what I would do. As far as the topical, I would do either the yarrow pom serum or the myrrh and roman chamomile and then do the internal support as well. Okay. You can watch the replay.

Dr. Janet Roark:

Okay. That's what I would do. It's extensive, I know, but those noses can clear up. It's pretty great. Then of course, the other things that Julie suggested that are outside of that, if you wanted an easier thing to do that was outside of oils.

Julie:

The problem I had with mine was that literally chunks of her nose was falling off, it was so dry. We were trying to keep it moist. We tried so many different things and we had so many different quality vets. She was a patient at Dr. Shay at the Chi Institute.

Dr. Janet Roark:

Yep.

Julie:

We tried a million things and it was really tough. Nothing internally, nothing really helped it. The nose was just a wacky kind of situation.

Dr. Janet Roark:

Yeah, yeah.

Shelayne:

Is dry nose part of Cushing's because Lucy, we just found out, has Cushings, and her nose is so dry.

Dr. Janet Roark:

Well, there's a difference between a dry nose and the flake, it's almost like leprosy-like. Actually chunks will fall off. It's pretty gross. That's different than a dry nose or a flaky nose a little bit, but it can start as that. Skin problems, the nose goes along with that, is extremely common with Cushings disease, extremely common with Cushings. Of course, we're dealing with adrenal tumors, which is 10 times worse.

Dr. Janet Roark:

Okay. Okay, Steph said, "I had a Cushing's dog case for level one and used frankincense, Balance and Zendocrine" Yep. What about the sensitive skin or body carrier blends? Yeah. Those are fine as well. Yep, those are great. Jennifer, "What about lavender?" Yeah, you could try lavender. I don't think it's super helpful in these cases.

Dr. Janet Roark:

Okay. Lisa, "Regarding my rabbit with stasis, how often can I use Copaiba and DigestZEN? I was conservative with my essential oil use and I wasn't exactly sure what was happening at first." I would use a 1% dilution and you could use it twice a day, Lisa. "Two, how are the metabolism of oils impacted by GI stasis? Does it slow or restrict metabolization, which means use less, less often? Being a rabbit, I feel like using them often as rabbits normally metabolize things so quickly." It doesn't actually affect the metabolism too much. It might affect the liver a little bit, but a lot of times these are metabolized through the liver and the kidneys. I haven't found it to affect it too much. I wouldn't worry too much about it as far as that.

Dr. Janet Roark:

Janae, "We had a [inaudible...horse with Cushings?], ...Use the same protocol, more drops.? In the group, Janae, I actually give a horse protocol as well. Yeah. Okay, okay. Nikki and then Jackie?"

Nikki:

Okay. I have a client or dog, actually in the Philippines, that I'm using as a case study. He is about six or seven months and survived distemper. He was diagnosed at about three or four months. He's doing really well, but their issue now is that... It's not really twitching, he just has these big jerks at different parts of his body and it's almost constantly. It'll be like one leg or his whole head or the whole body.

Nikki:

He has really poor movement and seems kind of floppy and dopey when he's walking around and doesn't sleep because he's constantly shaking. He doesn't get a lot of sleep. I'm wondering if it's too late to do any immune support because he's already healed from distemper, and if I should focus more on neurological or viral because it was a viral disease at some point.

Dr. Janet Roark:

Yeah. I think doing both is a good idea, basically. Basically this poor dog's immune system was trashed because of the disease and it's a pretty bad one. I would definitely use some supporting oils, for sure, then of course, the neuro support oils and probably some musculoskeletal support oils as well. A lot of those calming oils are very calming to the nervous system in addition to being supportive of the nervous system. What do you guys think for this post distemper dog? What oils would you use to help with the twitching in particular? Because that's probably the owner's number one concern right now, based on what Nikki said.

Dr. Janet Roark:

Regina says, "Frankincense, Copaiba and Balance." Tammy says, "Marjoram." Veronica says, "Copaiba." Victoria says, "Myrrh." Jennifer says, "Copaiba and roman chamomile." I like those, definitely Balance," if they have it. What else, guys? Nervous system support. Have we talked about nervous system? Did we do anything with the nervous system yet? Natalie says, "Lavender and Copaiba." I like lavender too. Abby says, "Melissa," and Suzanne says "Melissa."

Dr. Janet Roark:

Oh, there we go, Janae finally. Tammy says, "I'm afraid to say yarrow." No, don't say yarrow. It's not yarrow this time, that's more traumatic. Janae got it. It's Helichrysum. I really like Helichrysum for nervous system support. It's very good. I would probably do a combination of frankincense, Helichrysum, Copaiba, for sure, and sometimes spikenard too. That's one that hasn't been said yet. Spikenard can be sometimes helpful. I like roman chamomile and lavender. See if you can get them to do some self selection with the dog. Do they have oils? Okay, awesome.

Nikki:

Yeah. They said they have a Young Living account.

Dr. Janet Roark:

Okay, yeah. Have them do some self selection over Zoom or something like that. You're going to have to observe with a dog because they might not be able to know for sure what the animal is actually doing. Then I would do, for sure, frankincense and Copaiba internally. I like marjoram too, but yeah, Copaiba and frankincense.

Dr. Janet Roark:

I would not use Cypress in this case. I would not use Cypress. Cypress can be a little bit stimulating. We're looking to actually calm down in the nervous system. We did the musculoskeletal system and it's so closely tied to the nervous system. That's why I combine it sometimes in my brain.

Dr. Janet Roark:

Yeah, Suzanne, "If they don't have all the oils, would you just pick and choose the ones that they have?" Yeah, starting out, for sure, that's what I would do. See what they have and for sure do frankincense and Copaiba internally and then the calming oils and everything else topically. All right. We're going to switch over-

Nikki:

Sorry with the Helichrysum and the other oils, diffusing would probably be better because of the neuro part, right?

Dr. Janet Roark:

No, I would do it topically. I would do a 1% topical.

Nikki:

Okay.

Dr. Janet Roark:

But if they're worried about it or anything like that, then you can definitely do a diffusion, starting out diffuse is not a bad thing. It's just not going to help as much because it's just such a low level that they're getting. It helps the brain a lot, but it's not helping the peripheral nervous system, which is where a lot of the twitching and stuff is coming from.

Nikki:

Okay, awesome. Thank you.

Dr. Janet Roark:

You're welcome. All right, Jackie, go ahead.

Jackie:

When you have a dog that's doing chemo, I think I remember, did you say that we're supposed to stop the oils before and or right before and how long after?

Dr. Janet Roark:

It depends on the chemo. Well, some animals and people, they have a one dose chemo and then they go in on a regular basis. This is for radiation and stuff too. Then there are others that are on a daily dose of chemo for a while. It just depends on the type of cancer and what the oncologist wants to do. If they're going in for one treatment and then they'll be by in a couple weeks or whatever, then yeah, I would stop about 24 hours before and then start it back up about 24 to 48 hours after.

Jackie:

Okay. Have you ever had a problem with any pets, dogs, having allergic symptoms after using oils?

Dr. Janet Roark:

Mm-hmm (affirmative), yeah. Any animal can actually have, they call it more of a sensitivity reaction as opposed to a true allergy since there's technically no proteins in it. It's more of a sensitivity. What you'll see often, most commonly is it'll be itchy or red. With horses, they'll get little welts or dogs they'll sometimes get welts too. That could be basically that's one that they're sensitive to.

Dr. Janet Roark:

Some people will attribute that to a little bit of a detox reaction. I have seen this actually before where, since it's most obvious in horses, this is my example, is that I'll do a session on a horse and they'll get the big welts. Right? They usually go away after a couple hours, I just put more fractionated coconut oil on them and they're itchy, they're itchy. Then when I come back and do the next session, I'll maybe dilute the oil more. What'll happen is they won't react to the oil the same way as they get healthier and they detox. Then I'll go back maybe a few weeks later, do a session just like I did in the first session and they won't get any welts.

Dr. Janet Roark:

It's very interesting, but it is not necessarily something that I want you guys to try. That's pretty advanced, and trying to explain it to somebody that it's a detox restriction, it's really like, "Why bother?" We don't want to make the animals uncomfortable when we could use something else instead. What I would do in that case, Jackie, maybe if you have a dog that gets really itchy with lavender or something-

Jackie:

It's on my dog that's got the cruciate problem. He's been on two drops of Copaiba and two drops of frankincense and then he gets the roman chamomile for his digestive issue and he is getting that twice a day. He just started itching a couple days ago, but I also gave him his Adequan injection. I stopped everything because I decided that I'm just going to give him a break and just stopped everything. He's been getting turmeric also. I just cut everything out to see, but he's still itchy and his belly is red. I just stopped everything.

Jackie:

I just didn't know if that was what was causing it. Or, we've had a lot of rain and wind and other stuff going on right now. I know at the vet's office where I'm working now, we're getting a lot of dogs that are coming in with itchiness right at the moment. A lot of it's environmental, I think.

Dr. Janet Roark:

Yeah, I would probably attribute it, especially if's the dogs been getting these oils and just all of a sudden got itchy, I would say it's probably not the oils. That dog's been on roman chamomile forever. It's definitely not that. We would see it a lot sooner if that was the case. Now, if you just added in turmeric because of the cruciate, and then the next day they were itchy or the same day, you're going to see that response really quickly.

Dr. Janet Roark:

Now, if you just gave the Adequan and the next day they were itchy, that would be a really weird presentation after an Adequan injection, but I have seen some weird stuff with Adequan. In some cases, I actually I think it triggered seizures in one of my cats. It's a little tricky. It's a little tricky to say that, but if you've been giving these ones for a while and there hasn't been anything, I would not hesitate to start them back up.

Jackie:

Yeah. He's been on it for well over a month now, solidly, pretty much close to two months.

Dr. Janet Roark:

Two months.

Jackie:

Can you use Triease with them?

Dr. Janet Roark:

Mm-hmm (affirmative).

Jackie:

Okay.

Dr. Janet Roark:

Yep, yep. I try to do over 40 pounds with that one because there's a lot of oils in that one, but you can make your own. You can do a master blend of lemon, lavender, peppermint, frankincense and Copaiba, those five, and then just do a drop or two of that with food. Or you can put a couple drops of that in a capsule and give it that way for smaller dogs.

Jackie:

Okay, thank you. I show you this, it came today. (Medicinal Essential Oils Book)

Dr. Janet Roark:

Yay.

Jackie:

I'm so excited. I can't wait to go to bed tonight so I can read it.

Dr. Janet Roark:

Oh my gosh. I keep looking at it because that's where mine is, right above my desk. It's my one of my easy access books that I use all the time. What I love about that book is how, and he explained it during the training last week, but he puts all the research articles in there and he does a little one sentence or two sentence summary, which is really nice. But you can go look up that research article if you really want to, and get super nerdy, which is what I do. I nerd out on some of these.

Dr. Janet Roark:

It's really exciting when maybe get a new essential oil that you haven't used before are. You're like, "Well, what is this even good for? Let's go check it out. What are the main constituents in it, or that are supposed to be in it, and then let's compare that to the actual GC/MS of this particular one, and see how it compares and then go from there."

Dr. Janet Roark:

Jennifer's like, "I got mine for Christmas, Jackie. My husband laughed when he saw me reading it cover to cover." I have literally read that book cover to cover at least three times, you guys." I really love that book. I'm probably hyping it up too much, but it's just really interesting stuff for me. You guys are in here in level two, you're advanced and you probably really like that nerdy stuff too. Okay. Let's see.

Dr. Janet Roark:

Steph, "The lymphoblastic lymphoma that my friend's dog has, has been having chemo once a week. He goes in for it again tomorrow. She just started using the oils topically this weekend after they arrived. She thinks she started to see regression. Does she need to stop it today since she's going in?" Yeah. Stop it today and then start it back up when they come home. That's totally fine.

Dr. Janet Roark:

"You are my people." Yes, Jennifer. Veronica, it's this one here. Did you hold it up? You can see mine has all the Post-it notes in it. My poor binding is broken, Medicinal Essential Oils, that one it's got the honeycomb on it. It's pretty thick. Then there's a companion book that goes with it as well that's a little bit more of the research behind it and stuff, but that's also a really good one to have. That's the one I use the most, for sure.

Dr. Janet Roark:

Okay, are you good, Jackie? Can I lower your hand? Okay. Sarah. I don't want to forget to get to the posted questions too. There's a few of them up in there, so let's go pretty quick, because we're getting toward the end of our hour.

Sarah:

My question is there and there is another important question.

Dr. Janet Roark:

Okay. Do you want me to wait and just read it off of there or do you want to do it now?

Sarah:

Just to ask you if you have time to read the question because one question is mine. I don't know the other. There is another discussion about the endocrine with Hashimoto. She cannot be here, but she has some questions too and was chit-chatting in the group. Thank you.

Dr. Janet Roark:

Okay, awesome. Awesome. I will definitely get to that for sure. Okay. Evelyn, Dr. Abby and Linda and then we'll do the posted questions.

Evelyn:

Hi everyone. Dr. Roark, I have a question. I have a difficult healer upon me. She doesn't heal very well and she struggles with calluses on the elbows. I've been treating it for seven days now. We get one day good and one day a lot of swelling and oozing and then we get one day bad again. It can carry on for two or three months. What I've blended was the Helichrysum and lavender, frankincense and myrrh, and internally. I'm also giving her frankincense and Copaiba. Any suggestions there that I can up my game here?

Dr. Janet Roark:

What is swelling? Is it an open wound?

Evelyn:

It's very small little lesions from which it oozes sometimes. Sorry?

Dr. Janet Roark:

Like a cyst?

Evelyn:

It's almost like a cyst. If I had my camera, I'd take you to the dog now, but it's little calluses, a whole lot of little cyst-like calluses. The liquid that comes out is like a yellowy, bloody type, gooey.

Dr. Janet Roark:

Is it on the back of the dog?

Evelyn:

It's on the elbows, both elbows, front paws.

Dr. Janet Roark:

And paws?

Evelyn:

Nothing under the paws.

Dr. Janet Roark:

Just on the front, okay.

Evelyn:

Just on the elbow sides, it's just at the top.

Dr. Janet Roark:

Mm-hmm (affirmative).

Evelyn:

I have been covering them as well. I cut some socks and I made her little sheets that I stuff up for to try and prevent any pressure on them as she's lying down. She likes hardwood floors and she likes cement

despite her mattresses. I think it's because it's summer now as well. She is an 11 year old. She is prone. She had a hygroma on the one elbow last year, which struggled to deal with my bit. We had a very, very big hematoma removed from her a few years back.

Dr. Janet Roark:

Okay, okay. All right. What do you guys think about this? What other oils can she use and what other things can she do for these non-healing type wounds? The first thing I would do Evelyn, is make sure you get some blood work on her to make sure. Sometimes when we get non-healing stuff like that, there's endocrine stuff going on, like the thyroid or Cushing's disease or something like that, especially in older dogs. It might be a good idea to get a senior panel if you haven't gotten one in a while.

Dr. Janet Roark:

A couple people are saying yarrow pom would be another, a good one, for sure, Helichrysum. She's using Helichrysum, Veronica says, "What's she eating? I'm curious?" What's her diet?

Evelyn:

50% raw, 50% kibble from the vet. We try raw depending on how meat is available.

Dr. Janet Roark:

Yeah. The things that I would add, I like the idea of using yarrow pom topically, adding that into what you're already using. Geranium is another good one, Suzanne, I like that one as well. Roman chamomile is another good one that you can add topically.

Dr. Janet Roark:

Internally, I would do some immune support as well since these could be like little infections and because I worry about maybe some staph infection or something like that going on, if there are pustules, doing some of the immune support oils. If you like doTERRA, you could do the On Guard or the On Guard soft gels, if she's over 40 pounds. That would be the easy thing to do. If not, you could always make your own immune support with adding into the frankincense and Copaiba, adding in geranium and clove and cinnamon and that sort of thing. Rosemary is another good one. If you have On Guard, that's the easy button. Thyme is another good one, thyme and oregano. Melissa is another good one to try internally.

Dr. Janet Roark:

Then topically, the other thing that you want to make sure you're doing is because you are covering it, is making sure you're cleaning it really well and then giving it a chance to dry out. Cleaning it really well, letting it dry out, air dry for a couple hours, as long as she's not licking it. Then doing your oil application and doing that on a daily basis. I'm just a little worried about staph or something like that. Cleaning is really, really important for those ones.

Dr. Janet Roark:

Oh, Lisa says, "What about a honey bandage?" That would be another option, a really good one, raw honey and using that to mix your oils in can really helpful as well. Yeah, really good. Thanks, Lisa. Man, you guys are smart.

Evelyn:

Thank you very much.

Dr. Janet Roark:

You guys are smarter than me. I love this group because you guys come up with these great ideas. I'm just thinking of them off the top of my head so I don't always get all of them. I love that. All right, Dr. Abby, with the pink hair, I love the pink. It's very cute.

Dr. Abby:

I'm seeing an 11 year old female spade Yorkie. She's 3.2 pounds. She's a tiny little thing, that was diagnosed with congestive heart failure on last Wednesday. They treated her in hospital with some Furosemide and the owners took her home and we've been on Furosemide since then. I just saw her yesterday. She's still got quite a bit of crackles in her lungs so I'm suspecting more pulmonary edema there.

Dr. Abby:

With the Furosemide, we're doing that, I added some pimobendan and some omega supplements, Standard Process's cardiac support, but then I was looking at the Healthy Heart recipe for her. She did some self selection and she picked Cypress, Helichrysum and Copaiba. I mixed all three out at 2% to do topically twice a day along her chest. Is there anything else that you would recommend? I don't know an ingestion with her just because she's so little, I wanted to see what your thoughts were.

Dr. Janet Roark:

Yeah. With ingestion of these teeny, teeny tiny guys, I really like to do, especially since she's doing omegas, if it's a liquid omega, you can actually put a few drops in the big jar of whichever Copaiba, but I like Copaiba a lot for the heart and yarrow is actually pretty good for the heart too. You could do a couple of drops in there and then mix it all up. Then she's getting just a teeny tiny bit with each one. That would be one way to do it or doing a master blend that is a diluted blend. That's another way I'll do it.

Dr. Janet Roark:

Maybe in a 15 milliliter, I'll do two to four drops of an oil and then just top it off with olive oil or fish oil or something like that, and then use a couple of drops of that for internal usage for those little guys. Yeah, for sure. I think that's a great approach, especially since she self selected those ones. Man, those are tough cases, so little, lungs and heart, but that's really interesting that she picked the Cypress since she's got all that fluid.

Dr. Abby:

Yeah, I like that one. I tried marjoram and frankincense and Balance with her too, but those were a hard pass.

Dr. Janet Roark:

Yeah. That's great. I like that approach. I think that you're right on track. Unfortunately these ones, we just try and keep them as comfortable as long as we can. It's not a totally fixable thing. By the time we see them, the damage is already done, unfortunately.

Dr. Abby:

Sorry, if I did that master blend for her internally, would you still recommend doing some oils [inaudible]?

Dr. Janet Roark:

Oh, sorry. Your microphone cut out a little bit.

Dr. Abby:

So if I did that master blend with giving those internally to her, would you still recommend using topical oils for her too?

Dr. Janet Roark:

Yes, for sure, for sure, for sure. Yeah, I do both. These are tough cases that we're just buying time. I get pretty aggressive with them, and they do pretty well. It's surprising sometimes. I think I had one the other day and it was three years later and they were like, "Oh yeah, I had my dog," da-da-da-da-da, "And my dog's still doing great." I'm like, "Really? I didn't think they'd make it that long, but that's awesome." Of course, that's what I'm thinking in my head. Of course, that's not what I say out loud, but I'm always really excited and it surprises me to this day, how long we can keep them going with some supportive care.

Dr. Janet Roark:

Yeah, ylang-ylang is the other one that Debbie is recommending. Did you try that one at all? Because that's definitely one of the heart ones?

Dr. Abby:

I didn't, I didn't.

Dr. Janet Roark:

Okay, that one, it's a really good one, especially if they have high blood pressure since there's usually blood pressure issues with that, but it is a really good one, for sure. A lot of dogs really like it. A lot of animals really like ylang-ylang.

Dr. Abby:

Okay. I'll try that one for her then.

Dr. Janet Roark:

Yeah, very calming. Okay, Linda, go ahead.

Linda:

Hi. We have an issue of feral kitties in the barn rafters, and they're trying to get the feral kitties down from the barn rafters so they can take them to the vet. The barn is a small, medium sized barn and attached, it has chicken coop. I'm wondering, should I diffuse the Balance, but at the same time I was thinking lavender, but then I thought, "Well, maybe not the lavender with the chickens." I just don't

know if being in the cold, where we are right now, it's about 29 degrees, if that would be a good thing or not.

Dr. Janet Roark:

You can try. I would worry about your diffuser freezing unless it's in a heated area. Yeah, Suzanne says you can put a few drops on a blanket and see, but feral cats, you're going to have to trap those suckers.

Linda:

Traps?

Dr. Janet Roark:

You're going to need to put up traps, yeah.

Linda:

Okay.

Dr. Janet Roark:

Trap and release.

Linda:

What would the suggestion be on how to trap it?

Dr. Janet Roark:

Like you would like a squirrel. You get a trap and then put food in there, for sure, a live trap obviously.

Linda:

Okay. Yeah.

Dr. Janet Roark:

Yeah.

Linda:

Thank you so much.

Dr. Janet Roark:

Suzanne's like, "A live trap," and I'm like, "Yeah, of course." We're trying to help these kitties, not hurt them. They'll be super mad at you, of course. They'll be crazy. Yeah, any food, especially if they're getting food already in the barn. Stop feeding them where you're feeding and then feed them in the trap.

Linda:

She's overfeeding them and I'm trying to tell her that she's overfeeding them but she thinks I'm the cruel one by saying that she should not feed them as much as she's feeding them. I've had that before. That's okay.

Dr. Janet Roark:

All right. Okay. Janae, go ahead.

Janae:

Okay. I wrote you a long question. It's about my Puggle. She's had seizures since we've had her at about four months, and she's 12. I had them down to maybe twice a year at the most. When they were over, she was okay and went on with life and it never affected her. But now within this last couple of months probably, she started having them often. Then I was gone for Thanksgiving and she had two in two days. Then I came back and we're redoing some flooring and stuff and she got into some cat treats, dried liver or the dried sardines, I'm not sure, but she has digestive problems now. It also caused her to have seizures.

Janae:

I'm slowly bringing her out of it, but it's affected her mentally and physically. It seems like everything I tried to do, it makes the seizures come on. I just don't know. I don't know why it's happening or why they're getting more prolific.

Dr. Janet Roark:

How old and what size again?

Janae:

She's probably 12.

Dr. Janet Roark:

And how much does she weigh?

Janae:

25 pounds.

Dr. Janet Roark:

25 pounds. Yeah. A lot of times with these older dogs ... Yeah, Veronica says, "Diffuse Copaiba and frankincense." What are you giving now? What does she get every day right now?

Janae:

Copaiba and frankincense every day, maybe Balance along her spine. She doesn't really want frankincense. When I caught her in the act of having one and I had the oils close by and when she came out of it, she snapped right out of it. But now the last one, it didn't affect her at all. I'm using DigestZen and TerraZyme on her food and giving her bland food.

Dr. Janet Roark:

Yeah, the digestive stuff, we just had the whole digestive thing, but for sure, all the digestive. You can do that every two hours until she gets back to normal and then you can do roman chamomile on the food is another really good digestive support one that can be really helpful. For sure, I would do two drops each of frankincense and Copaiba twice a day. You might need to up it to three times a day.

Janae:

Oh, you would do that much. Okay.

Dr. Janet Roark:

It's quite a lot, yeah. Then if she's still getting breakthrough seizures with that, for sure get some acupuncture. You can do a lot with acupuncture for this. Then if she's still getting breakthrough, I don't really know why, sometimes they have brain tumors and stuff like that, and they just get worse and worse. If that's not enough, then she might have to go on some anti-seizure meds to just try and get it under control.

Dr. Janet Roark:

That's the progression I would do. Let's up the oils quite a bit. Let's get some acupuncture. I'd probably do both of those. Then if that's not enough, let's go ahead and it's about time, if she's having them that frequently, we need to add some meds.

Janae:

Otherwise she's young. She acts like a young dog. She doesn't act old except for this coming on recently.

Dr. Janet Roark:

That's really, really hard on them. Then the digestive stuff is just like, "Oh, we're just going to have to make sure she doesn't get into the cat treats." Grizzly is what I use, Steph, for sure, Grizzly.

Janae:

I use Grizzly Omegas and I use the vitamins, the ones you recommend. I have not put her on raw food and I have it coming.

Dr. Janet Roark:

Okay. Well, you may want to cook it first, if she's having some digestive stuff. Yeah. Okay.

Dr. Janet Roark:

I'm going to switch over. I know we're at 6:00, you guys, but I want to make sure-

Janae:

Thank you.

Dr. Janet Roark:

You're welcome. I think I had it here. Where did it go? Here we go. All right. Let me refresh this in case we got some new questions while I was on.

Dr. Janet Roark:

Okay. The first question is from Anise, "Dr. Roark, there's a mixed breed, eight year old, 46 pound dog. He has diabetes, blood glucose level is constantly jumping very high from level 10 to 30. Two days ago, his level was so high the owner couldn't measure. He gets insulin depending on his blood sugar level. He

eats a special kibble diet twice a day, two to three times a day, maybe. Then due to diabetes, he's almost blind."

Dr. Janet Roark:

"The owner takes him to the vet, but they said they couldn't help him more than just give him insulin. The owner would like to try oils. My thoughts, rosemary, coriander, myrrh, Melissa topically. What about cassia or cinnamon? I'm having amazing results with people with extremely high blood sugar levels. I'm wondering if they're okay for long term use, maybe changing diet. I don't have experience with diabetes, so I appreciate any advice."

Dr. Janet Roark:

What do you guys think? I think you can definitely add in some cinnamon or On Guard, if you have On Guard, internally, the would be totally okay. "What about fennel?" Yes. I like fennel for diabetes, lots and lots of oils. Yeah, I would definitely use the protocol, for sure, and then definitely some internal oils as well.

Dr. Janet Roark:

Sarah, Guido, this is Sarah's question, okay, "Male dog, 12 year old, not fixed, rescued May 2020. T-cell lymphoma localized on the lower part of the right nostril. Self-selection Kill-One oils, DDR, frankincense, Copaiba, cancer protocol. Question; can we use the Kill-It blend topically on this part of the body, so close to the nasal mucosa. The sense of smell is still present." Yes, you can, absolutely.

Dr. Janet Roark:

"Then considering Guido's age, do you suggest chemotherapy or radiotherapy? Radiation? The owner is waiting for the veterinarian oncologist's opinion and she asked me what my idea was. I told her I'd consult the situation with you. If Guido was my dog, for sure, I'd use oils first, but in this situation, it's complicated considering the emotional part too. Grazie."

Dr. Janet Roark:

Okay. You're welcome, Lisa. Feel free to take off if you guys have to go, I just want to make sure I answer everybody's questions and I wanted to get some feedback from you, so if you can, please stay. What do you guys think about this one, lymphoma? I think you're right on track Sarah, as usual, and with lymphoma, I would do whatever or the oncologist says, so I'm going to defer to the oncologist. I know they're waiting for what the oncologist's opinion is, but if the oncologist recommends chemo or radiation, I would do it in this particular case.

Dr. Janet Roark:

We have some really good protocols for lymphoma, but of course, that depends on a lot of things. It depends on cost and prognosis and what the oncologist says. If they say, "Well, it's a 50/50 chance, or a 20% chance that it'll work," then I would probably just start with my oils and go from there like you, but if it's a 90% chance of it working, then I would do both, for sure. That's what I would do. I would for sure do the Kill-It blend topically on that part for the face.

Dr. Janet Roark:

Like I said, you guys, with these really aggressive diseases, I tend to get pretty aggressive and I don't care as much about self selection because I'm like, "I just need this to work," and a lot of times it does. Sometimes we don't just do what we know in our brain will work and what has worked for us in the past. Turmeric, yeah, turmeric as well, so the cancer protocol basically, right?

Dr. Janet Roark:

Oh, and for the diabetes, Anise, Suzanne says, "Lemongrass or dill to decrease blood sugar levels can also help internally and then Smart and Sassy or Slim and Sassy, Tracy says is another good one. That is another really good one, it has cinnamon in it.

Dr. Janet Roark:

Janae, Okay, here's your question Janae, the puggle with seizures. Right. We basically went through all this. "She's had them all her life." Janae, did we get your question pretty much? Or do you want me to go through the whole thing?

Janae:

No, you've got my question. I was just wondering, can you add DDR Prime to that?

Dr. Janet Roark:

I'm trying to remember all the oils that are in it.

Janae:

Yeah, I can't either.

Dr. Janet Roark:

I think it's probably okay, honestly, but I'd up the other ones first and I would actually probably add in turmeric before I would add in DDR prime.

Janae:

Okay.

Dr. Janet Roark:

Yeah. Yeah, awesome. So, okay, so that's that one. I'm going to skip over yours since we talked about yours quite a bit, and then Steph.

Steph:

I can just say it real quick.

Dr. Janet Roark:

Yeah. Can you summarize?

Steph:

Yeah. My mom really just wanted reassurance that the type of food we're feeding her now, it is a raw, but it's a local raw. She tends to prefer it frozen. Is there any problem feeding it while it's frozen versus thawing it out?

Dr. Janet Roark:

Yes. Don't feed it frozen. She wants to feed it frozen?

Steph:

Well, we thaw it enough to break it apart, but Sprinkles tends to like it better if it's a little more on the frozen side than completely thawed.

Dr. Janet Roark:

She eats it that way?

Steph:

We've been doing it this way for months and she's not had an issue, but my mom started to think, "Well, birds get sour crop if they eat frozen, so what about dogs?"

Dr. Janet Roark:

It's a similar concept in Eastern medicine. If you go to your Eastern medicine training, which we only talked about a little bit, basically what it does is it basically sucks up the warmth in an animal's body when you're feeding something that cold. It can deplete the spleen Chi. They can get spleen Chi deficiency with really cold, raw diets, long term. Short term, it's not going to cause any problems, but I would really recommend thawing it out, getting it a little closer to room temperature. Remember dogs in the wild, they eat hot food pretty much. They're eating warm chickens and rabbits and things like that. We want to make it as close to that as possible if we can. I would probably stay away from the frozen.

Steph:

She does love it when my dad sautes it a little bit, but I don't want to completely do that.

Dr. Janet Roark:

I would prefer that to the frozen, actually.

Steph:

Okay.

Dr. Janet Roark:

My dogs, they get raw all the time, but we also live in the country and they eat [crosstalk] sometimes. When they get a little digestive upset, I'll still do the Darwins, but I'll cook it up a little bit and then give them sometimes instead of raw on the days they have upset tummies.

Steph:

Okay.

Dr. Janet Roark:

Yeah, I would actually prefer it a little more heated up, think about what's the temperature of a rabbit? That's what I want you to think. That's probably the best way to do it. It not a problem short term, not a problem at all.

Steph:

Right, okay.

Dr. Janet Roark:

Every once in a while you can definitely do it. I'll do raw frozen, frozen bone. My dogs get frozen bones as a treat.

Steph:

Right.

Dr. Janet Roark:

They'll chew on that for a little while. They get frozen, they get popsicles in the summertime when it's really hot because their bodies are really hot and I'm trying to cool them down. Again, those are more occasional as opposed to on a regular basis.

Steph:

Okay.

Dr. Janet Roark:

That's a really good question. I like how you're like, "We've been doing it ..." Don't do that. Sorry. Please don't feel bad for doing it, especially puppies.

Steph:

Well, she didn't eat it the first time we gave it to her. It was like, "Okay," but she liked it when I first took it out of the freezer, so that's why we went back with it.

Dr. Janet Roark:

That's interesting, that so interesting. Okay. Good question here from Kiyoko, a question about Zendocrine soft gels, really all the soft gels probably, but "I was told from a client that carrageenan and Zendocrine is bad for dogs and maltitol is a sugar alcohol, it's usually synthetic and 90 times sweeter than sugar. Is it okay to give Zendocrine soft gels to animals?"

Dr. Janet Roark:

One, yes, it's okay to give the soft gels to animals. Two, let's talk about this for a second. The carrageenan in the softgels, it's just in the actual softgel part. It's not actually in the actual softgel. It's just to make up the actual container that the oil is in basically. The carrageenan that doTERRA uses is seaweed based and so it's actually totally safe. Then the same thing with the maltitol, it's very, very little and it's just to keep that soft gel together. It's not actually in the product. It's such a tiny, tiny amount, it does not have any kind of sweetener effect on dogs at all. Yes, it's totally safe.

Dr. Janet Roark:

Okay. It's Tracy. Okay. Happy New Year. And secondly, "I've been asked if I think it would be a good idea for a five year old, and I do not know how to pronounce that, cross to have SCIO therapy not knowing anything about it. I looked it up. It appears that you have to know quite a bit about the birth of the dog and then a band has to be put on between your head and ankle. Would this be advisable for any animal? Does anyone have any knowledge of this therapy, please help. Thanks."

Dr. Janet Roark:

Okay. I don't know anything about this therapy, Tracy. I would have to do some more research. I don't know that you could really put a band around a dog's head or how helpful that would be. That might be a little bit tricky, but I'm not necessarily opposed to it. I just don't know anything about it.

Dr. Janet Roark:

If anybody does know anything about that and wants to post about it, maybe in the Facebook group, or shoot me an email, I can get back to this question next week, once I do a little bit of research. Okay?

Dr. Janet Roark:

All right, guys, that looks like all the questions for today. Oh, thank you, Dr. Abby. DDR has frankincense, wild orange, Litsea, thyme, clove, summer savory, niaouli and lemongrass. None of those are on the no seizure list. I think that would be okay. Oh, South African Mastiff, okay. Thank you, Suzanne. I still can't pronounce it, Boerboel, South Africa. I can't pronounce your stuff. Sorry.

Jackie:

It's a Boerboel.

Dr. Janet Roark:

Was is it? Boerboel?

Jackie:

Boerboel.

Dr. Janet Roark:

Boerboel.

Jackie:

That's it, yeah, I'm emphasizing the R.

Dr. Janet Roark:

The R? Okay, awesome. It was a big dog. Yeah. I don't know. I don't know. I'm going to look into this therapy. If somebody else knows about it or uses it, I would love to hear your thoughts on that and just shoot me an email and I will get back to you next week on that, Tracy. Remind me next week. Okay?

Dr. Janet Roark:

Then remember next week we're meeting on Monday, you guys. All right? I'll see you next week everyone. Stay tuned to your emails for all the announcements that we already talked about. I will see you then. If you haven't signed up for your case study presentation, be sure to do that. We have no one in January. Please sign up for those so that you can get credit for those. For those of you that have done case studies already and just haven't submitted them yet, be sure to submit those. I'm all caught up so I need some stuff to grade. Send me some stuff. All right, guys, I'll talk to you a later. Bye.