

Dr. Roark:

All right. We're not going to go over Kathleen's again because Kathleen is on live, and so hopefully she took good notes. And I forgot to record, sorry guys. So we're going to start with Shelly Bennett. It's hot and wet in South Africa in the moment and skin allergies are a rife. I am working with an 18 kg beagle that has skin allergies for all three years of his life. He's on Apoquel now. The owner wants to take him off Apoquel, is on a prebiotic and removed chicken from its diet. This has improved the itchy skin. The raw diet did not seem to improve the skin condition. I've done a topical allergy and skin rejuvenating spray, it's working well. They have an internal blend of three drops each of lemon, lavender, peppermint, copaiba, frankincense and 15 milliliter olive oil twice a day on the food. This did not have an effect that I upped the dilution to 30 drops in 15 milliliters twice a day, still no change.

Dr. Roark:

They increased the frequency to four times a day, we're still not seeing an effect. I'm now considering doing a master blend with the oils and not diluting it at all then giving it to him twice a day and increasing the frequency as needed. I feel like we should be phasing out the apoquel. Is this a plan or do we go to cold turkey? What would be the best way to work the apoquel out of the system and let the essential oils do the work they need to be doing? Thank you so much for your input, I look forward to your response. Always so much to learn. Yeah. So Apoquel is not one that needs to be tapered, although you certainly can do that. But you're probably not seeing much of a response because of it. So it suppresses the immune response, the allergy response. And I would definitely do a master one and not dilute the oils if you're giving them internally. So I definitely agree with that. And Shelly, make sure you watch the allergy webinar in the membership portal as well.

Dr. Roark:

Tomoyo says, hi, Dr. Janet and everyone. I have two questions about usage for a kitten. How many days old can I start using oils on a kitten? You can start right away, days old. I would think that lavender imbalance I would be able to use a drop diffuse on day zero on a zero day kitten, is that correct? Yes, that's correct. You can certainly do a very diluted blend as well. Topically, can I do a 0.125% dilution of lavender and Balance on a zero a day old cat? Yes you can. So, yep. Just exactly that. Just dilute more and they actually do pretty good. Kittens are pretty tough. So yes, you can absolutely do that. And those are great choices, very gentle oils, very helpful oils. And I use myrrh as well on most babies. And I know a lot of people that do to put it on the umbilicus and that sort of thing.

Dr. Roark:

Yeah, Suzanne, I don't set it up to automatically record because it sometimes will start recording when somebody tries to get on. And so it's not set up that way. Plus like, it takes me a few minutes to get things up sometimes. So I'm not ready to do that just yet. Roman chamomile, Heidi says Roman chamomile works well for my Roxy pitbull mix for allergies. Okay. Robin, is there a place to find internal dosages for different dog sizes? I tried to make a solution in frankincense, copaiba, turmeric, and olive oil to treat severe musculoskeletal injury. The owner was not going to make capsules, so I was not sure how to make the appropriate ratio and dosage. I basically guessed and added oil and then panicked and took half and diluted it again. So Robin, I don't dilute for internal use most of the time, unless it's a very small dog. If it's less than 10 pounds, you can sort of do like a 1:1. But if not, you panicked for no reason. For internal use it's pretty safe.

Dr. Roark:

Okay. Djamila, Djamila, Djamila. Can't remember how to pronounce your name my dear. All right. Hi. I was hoping you could help me brainstorm an abscess issue. Two of my rats, both male, eight months old and intact repeatedly get throat abscesses. They could be fine for a while then seemingly out of nowhere one gets another abscess. We ruled out things like environmental and nutritional cause. Our other rats don't get them and these two, while from the same breeder, are not even related. I started a combination of myrrh and lavender for a while and OnGuard internally to help the immune system with no effect. The abscess wouldn't even come to the surface. So they were encapsulated and had to be removed by my vet. She always left antibiotics in the open wound and we tried a round of antibiotics twice, didn't help. And I swapped out lavender and myrrh for oregano.

Dr. Roark:

I'm now at 0.5% for topical application, less than a drop. I swipe the drop for up to three times daily right on the abscess and a combination with one drop at percent internally twice a day for a max of two weeks. And then I stop for a week. What I notice is that it drains really quickly, mostly within a day, which is progress. Then I flush it out, wait for a good scab to form before applying topically again while still giving internally. Everything then heals. And we know abscess is present. I preventatively apply one drop daily or topically once a day or every other day. They don't seem to stay away longer than three to four weeks, if that.

Dr. Roark:

What can I do differently? Oregano is hot, it's a hot and powerful oil. I'm very cautious about increasing dilution rates or frequency because I don't want to more harm than good. I was thinking maybe add lemongrass or oregano to the oregano mix as the next step. And perhaps applying topically daily for at least a month to see if they finally stay away. Could they just need oils daily for the rest of their lives? And if so on, isn't oregano a little heavy for that? Oh, and they get a drop internally of a mix of 2% frankincense, copaiba, juniper berry, myrrh, basil multiple times a week for overall health. Thanks in advance for thinking with me. I'm sorry I haven't been as involved, I've been dealing with health issues. Playing catch up and keeping my fingers crossed as I can be more active in the live streams again. Okay. How can we help Ms. Djamila? Abscesses in her rats?

Dr. Roark:

You guys can unmute too. You don't have to type it in. Brave. Be brave. For abscesses. Tracy says, turmeric. Jennifer says maybe Melissa. Janie says, frankincense also. So these guys are getting frankincense and copaiba, juniper berry, myrrh and basil. Bev says, maybe spikenard. Natalie says, helichrysum. Jackie, have they ever cultured the abscesses? It doesn't sound like it. That would be a really good option. So we know exactly what we're dealing with. Because some oils are better against gram positive and some are better against gram negative bacteria. Or if they're sterile abscesses, that's a different thing too. Tomoyo says geranium Joanna says, stronger blend topically and maybe DDR internally. Tracy was says, I was also thinking clove. Kathleen says lavender. Lisa says stronger or rose touch daily. Stephanie says, Melissa, I agree. Oregano for life is a bit much for a rat. I like the stronger.

Dr. Roark:

Yeah. I like stronger, I like rose. I like rose for this. Rose or geranium. It's gentle for these rats, but also pretty broad spectrum as far as how it attacks the bacteria. I like the Melissa as well. Melissa is more gentle than oregano, and it's immune boosting as well. The other thing I would do... Robin says colloidal silver. Possibly, maybe mixed with the water. There's another one that I was thinking of that you guys

haven't said yet. Oh, Anna says thyme. That's another good one. It'll tackle a lot like oregano as far as like how hot it is and we do have to be a little careful with that. Stephanie with the yarro. No, I would not use yarrow in this case. It is good for wound healing, for healing the abscess. So yes, yes.

Dr. Roark:

Guys is guessing now. Oh, come on. I want you guys to think back to level one. I know some of you it's been a while. Think back to level one. On level one we were talking about physical benefits of essential oils and all the different properties. Like what oils had antibacterial, antimicrobial, immune boosting, like all of those. And there was one that we talked that was like on every single slide. And I was like, huh. Do you guys remember that? Vanessa got it. Well, and Natalie. Okay. So you guys are pretty fresh. You just had the class. So that's probably why. So yeah, lemon in the water. I would definitely add lemon. You can add lemongrass. I don't mind lemongrass. I like lemongrass Djamila. But I really think adding some lemon and boosting these guys' immune system is going to help a lot.

Dr. Roark:

And I would sure get it cultured next time and see exactly what we're dealing with by your vet. And then there's also like a drawing salve that I have in the membership group that's, or a drawing clay, that is really good for abscesses and you can use that to pull them out so that they don't have to necessarily go in to be lances, if they do get another one. I like the combo that you're giving, but I would like to see you add some lemon to that. Some lemon, lemon, lemon. So for sure. Yeah, it's like a poultice, basically. Like a drawing clay, like a mud mask kind of a thing.

Dr. Roark:

Okay, Emese. Hi, Dr. Roark. There's a mixed breed eight year old, 46 pound dog, Jack. Let's see here. Where did I go? He has diabetes, his blood glucose levels... Wait, did we go over this one already? This is one from last week. Let's see. Oh yeah, this is the last one we covered last week. So we covered that one already. Anybody live have any questions? Let me stop my share so I can see you guys better. There we go. Hello, my beautiful people. Oh, is your question in this chat, Natalie? Let's see. Oh, I have to scroll up then.

Natalie:

Can I come off mute and just ask my question, is that okay?

Dr. Roark:

Yeah. Please ask it. Yeah. That'd be great.

Natalie:

Thank you. So, this is my new case study that I'm working on. This is my dog, eight year old border collie mix, neutered male, roughly 35 pounds. He has a lump on his back leg, right. It's pretty high up. I would say right below the anal glands. It's about a size of a grape. I can move it around. There's no pain for him when I touch it. The last two weeks I've been putting the kill it blend on him. I have him going into the vet in two weeks. They're super backed up. But currently he is on one to two drops a day, DDR prime. He takes frankincense, copaiba, myrrh, turmeric and pink pepper. He's on those prior to me finding this because he's got a torn cruciate. So I'm hoping to see if there's any other suggestions, any other ideas to help make any changes happen so when I go into the vet I can give her some additional information, or maybe even take care of it before we go.

Dr. Roark:

Yeah. Well, that might be tricky. But yes, in two weeks. Okay, we got a timeline. Okay. So I actually did answer your question during last night's member Q&A, because that's where you posted it.

Natalie:

Yes.

Dr. Roark:

It's okay. That's okay. You put it under the ask the vet post instead of a level two questions post. It's a little confusing.

Natalie:

Yeah, I missed that one. When I saw you log in I noticed I put it in the wrong spot. So I'm sorry. I learned. Thank you.

Dr. Roark:

You're good. So what do you guys think about this one? So she's using the kill it blend, which is a combination of frankincense, copaiba, sandalwood, pink pepper, arborvitae and myrrh.

Natalie:

I'm putting that on him three times a day.

Dr. Roark:

Topically. And then you're using several of those internally as well. Stephanie says, is it hard or soft? Can you get all the way around it when you move it?

Natalie:

I cannot get all the way around it when I move it. It is kind of squishy like a grape though.

Dr. Roark:

So soft. Stephanie says, maybe add grapefruit if it's a lipoma. Is it just under the skin or above?

Natalie:

It's under the skin. Yeah.

Dr. Roark:

So yeah, it might just be a lipoma, which is not anything to be concerned about. Of course, we'll do a little cytology and let you know that. But, yeah. Tomoyo, I've used copaiba internally for... Oh, you guys are talking about... Okay, I'll get back to that. I'll get back to your question Jackie. Stephanie, infected anal gland. Oh, could be. Usually you don't feel that under the skin.

Natalie:

Would that be painful? Like if I was moving around and kind of pressing it a little bit?

Dr. Roark:

Yeah, you wouldn't be able to get really around it. It would probably rupture with you palpating it, if it was that bad. And they'd be slightly uncomfortable. And he doesn't mind you moving it around or anything like that? Yeah.

Natalie:

No, not at all.

Dr. Roark:

Yeah. So frankincense, I really... So she's using frankincense in the kill it blend. And then Linda says, lemongrass as well, and Tracy does as well. I like lemongrass as well. It's in DDR prime for a reason. So I like that. So what I do with these ones is if you're not seeing any change at all and you've been using it for a while, three times a day, is you could increase the frequency that you're applying the kill it blend. So you could go up to five times a day, easy, every couple of hours, whenever you think of it. It's pretty diluted.

Dr. Roark:

So the other thing I would do, I've done before is undiluted frankincense, just like neat on that. And I tend to do that when I'm not getting a response after several weeks with like any changes at all. So yeah, the kill it blend might be preventing it from growing more, but I try undiluted frankincense a while. You sometimes will get dry skin with that, so don't freak out if that happens. We can deal with the dry skin no problem later on. But sometimes you need to add a little bit, just get a little more aggressive with the application and the consistency, obviously is the key. If you do end up using lemongrass, I do recommend diluting the lemongrass. I do consider that a hot oil.

Natalie:

If I go the frankincense route, do I still use the kill it blend different times, do it all? Okay.

Dr. Roark:

And then alternate, or you can do like frankincense twice a day and then kill it blend three times a day or four times a day and see what happens. And then hopefully it'll get smaller.

Natalie:

Is there any value for me to put lavender in it? I mean, obviously I don't know what it is at this point.

Dr. Roark:

Yeah. If we don't know what it is, I usually add lavender if it's irritating to the dog. So if they're licking it or it's like obviously bothering them or it seems itchy like a mass cell tumor, I'll definitely add lavender in those cases, if there's like some kind of histamine response. But I tend not to. I mean, you can, it's not going to hurt anything. Especially if your dog likes lavender, that could be a good one.

Natalie:

Yeah, he does. Yeah.

Dr. Roark:

Oh, Stephanie recommends adding turmeric internally. Oh, I think he is-

Natalie:

Yeah, he's on it. Yep. For his cruciate. Yep. But only I give it to him once. I give him turmeric once a day. So I could up that, right?

Dr. Roark:

Yeah. You can do that twice a day. Yep. Absolutely. All the internal oils could be twice a day. All right.

Natalie:

Thank you. Appreciate it.

Dr. Roark:

You're welcome. All right. Let me go back to Jackie's question because it was kind of... So Jackie said, I was reading in Dr. Johnson's book regarding long-term use of oils and developing sensitivities. Have you experienced this with the use of long-term oils? I'm thinking of my use of frankincense and copaiba with my dog. And the answer to that is yes, I have seen it. I have actually had developed a sensitivity to lavender, believe it or not, of all things with long-term use. And I was using it like undiluted, topically a lot. So I was putting it in my bath. So I was using it topically. And I actually developed a sensitivity to it topically and a little bit internally. So I had to be careful with lavender for a while. I could still use it on my patients and things like that, but I had to wash my hands afterwards. And it was not a horrible, horrible sensitivity, but it did give me a rash.

Dr. Roark:

So that's usually the sensitivities you'll see, is a rash develop. But I've never seen it with frankincense and copaiba. Not to say it couldn't happen, but those are more resins. And so it's not so much like you don't have to worry about it as much. But it's more with topical use, the sensitivities with undiluted topical use, which is why we always dilute topically. And that's why the aromatherapy circles get so upset when a lot of people are recommending undiluted use, a lot of undiluted use of oils is what will happen is you'll get sensitivity faster. And again, it's usually just a rash of some sort. And so a lot of times when you see, you guys are probably all seeing this, because you're probably on Facebook pages and things like that where people are using oils, undiluted a lot on themselves or on their kids.

Dr. Roark:

And every once in a while you'll see somebody post a picture of a rash and they'll be like, I just put X oil on this and I got this bad rash. And like half of the people be like, oh, it's a detox reaction, that's normal. You need to heal your gut, da, da, da, da, all this stuff. You guys know what I'm talking about. Yeah. Have you seen this? And there's some truth to that, but really it's a sensitivity. And a rash is never a good thing when it comes to essential oils. You need to discontinue use of that oil. And the answer is not more oils, it's more dilution. And a lot of times I will recommend a little bit of a detox topically with something like spikenard or juniper berry, if they want to try to get rid of the rash topically. But often just aloe vera will help. And not necessarily adding more oils to it because they're probably just overdoing and have a sensitivity to that one.

Dr. Roark:

So it is something that happens. It's something that we do need to be aware of and we do need to make sure people are educated about it, but do it in a way that's very loving. A lot of people are like, oh, it's the detox, you need to do a gut cleanse or something like that with a ton of oils. And like, that's not always the answer. The answer for me was to stop using oils, or lavender in particular, in my bath and just be really careful with it topically. So I actually wasn't using it topically for about six months and then my sensitivity went away. And so I'm still a little more careful with lavender because I know I'll pick up that sensitivity again if I'm not careful with it, because I do use a lot of lavender. But it is one that I no longer have a sensitivity to.

Dr. Roark:

So you can actually have a sensitivity and then get over it by being really careful for the next. And sensitivities do go away, but it usually is over time and it's different with every person. In my aromatherapy circle with [Sylla Sheppard people talk about it. Several of us have had these sensitivities because we're using so many oils all the time. And the, I mean, I think the longest someone has gone was like two years before it went away. Like for me it was pretty solid like six months, but it was better after that. So, anyway. Okay, the next question. Lisa, follow up to my rabbit that had GI stasis, he's improving but still recovering. I was using copaiba on the inside of his ear twice a day to help with GI pain alongside meloxicam. I'm wondering if copaiba will further slow GI peristalsis, given its calming properties? I wasn't sure how much it was helping versus the meloxicam.

Dr. Roark:

So it is really supportive of the digestive tract, but I don't think it actually... And that's a really good question. I honestly don't know. I have used it in GI stasis, but I do tend to use... Yeah. So I tend to use more like the peppermint, that sort of thing, things that are supportive of the digestive tract, but don't necessarily slow it down. Not necessarily the calming ones, unless he's really, really uncomfortable. So if he's past the point of discomfort, then we can maybe stop the copaiba, see if it improves. Maybe switch to something else that's not quite so calming, for sure.

Dr. Roark:

Tracy, no, I did not. Send me an email Tracy so I don't forget. Dale, my kitty Luca with lymphoma has been on prednisone for around two months. I've been cutting it back because the vet said we should stop giving it to him. I was wondering if it's better to leave him on it. I also use frankincense, copaiba, DDR 2%, two to three times a day. I know there's only so much I can do, but I want to do as much as possible. Thank you. I would be really careful with totally stopping the prednisone if he's doing well on it, but definitely follow whatever your veterinarian recommends. Awesome. Yeah, let us know how it goes Natalie. Take pictures for lumps and bumps, we like those. They're always fun, before and after. Oh, sorry about my cough you guys. All right. Who else had a question, or does anybody know about CIO, I don't even know what that is. Oh, that's like the healing modality that you were talking about, right Tracy? Oh Sarah, go ahead.

Sarah:

Hello. Can you hear me?

Dr. Roark:

Yeah.

Sarah:

Yes, I have a question about the turmeric. When you speak about turmeric, you are speaking about the oil internally or the dual capsule?

Dr. Roark:

Either one. Either one, either one. So typically we talk about the oil in here as opposed to the supplement. But the supplement is just the herb and the oil combined.

Sarah:

And when we spoke about the first case that it look like very complicated for this poor doggie, I don't know why I read in some place that vetiver was good to some indulgent. I don't remember what kind of tree book. But if you look at it go deep inside the skin to help to, I don't know the word in English, to help this part of the skin to be more healthy. Can be a why in allergy problem, the vetiver, for this reason? Because then it go deep and it stimulate your cell to do, I don't remember what. Sorry, I'm studying too much and then I got confused.

Dr. Roark:

It's okay. Yeah, vetiver is a good one. And if you think about it, I mean about it being a very, it's like a sedative oil, right? And so it calms things down like excessively. So this is with your dog, Kathleen, in your case that we were talking about. So Sarah recommends vetiver. And it does, it is really helpful, especially when these dogs are like frantically itching. It calms things down, it calms the nerves down so that they don't itch as much basically. So then it gives it time for the skin to heal. And with it having a lot of sesquiterpenes it does penetrate a little bit deeper, the deeper skin tissue, like into the dermis and that sort of thing, as opposed to just the epidermis. So I really like that idea for sure. So that's another one to try for sure. I like that. I like it a lot. All right.

Speaker 4:

Would that be with the paw soak, Dr. Roark?

Dr. Roark:

The vetiver? You could do it with the paw soak. You could do it mixed in with the paw salve. I would do self-selection with that one first. So it's very similar to Roman chamomile. I would just do the self-selection if the dog is like, yes, please, all the vetiver, like right now, then I would mix it in with anything topically. You could certainly do it internally, but that's one I would tend to use topically more often.

Speaker 4:

Thank you.

Dr. Roark:

Brenda, level one case study sticking to one oil at a time. Cat with anxiety, when company comes over he hides under the bed. First session, if he used bergamot first 20 to 30 minutes in the room but left the door open so he could leave if he didn't like it, we couldn't get him to come out. Is that all you have Brenda or is there more?

Brenda:

No, I accidentally hit enter.

Dr. Roark:

Oh, you can unmute.

Brenda:

So I'll just unmute. I'm going back tonight to try something else. I thought maybe some uplifting oils, like maybe some grapefruit or I don't know. I got ylang ylang, something like that. I'm trying to stick to single oils because it's level one, and see what kind of a result. Do you have any suggestions of something I could try to diffuse in there?

Dr. Roark:

Yes. So, okay. What do you guys think on this one? So the cat gets super freaked out when people come over, obviously can't really do a lot of self-selection since the cat is under the bed when she gets there. So some good recommendation. So Tomoyo says myrrh. Joanna says copaiba is super gentle diffuse. Stephanie says magnolia. Kathleen says, have pole, will travel, just kidding. Debbie says jasmine. Audrey says spikenard. Vanessa says spikenard

Brenda:

Balance was another one I was thinking of. I remember the cat from level one.

Dr. Roark:

Oh yeah, yeah. So yeah, we did lavender. We did lavender and balance with her. And we did do self-selection with her. So I don't know if you can just kind of like... So with her she was hiding when we did it, but she was in kind of a corner, in a crate. And so I stayed, I don't know, probably six feet away. And I did one of these like, like I introduced the oil. So it was probably about three or four feet away from the cat. And if she turned towards it, I said, okay, that's a yes. As opposed to if she didn't do anything, if she was just hiding her head. So she turned her head and kind of even stretched towards lavender and balance, which is why we chose those two. So she actually self-selected those. So I don't know if that's something you're willing to, or the owner is willing to let you try with this particular cat. But bring a couple oils in there and then stick them next to under the bed and see if, just kind of watch, you have to kind of lay on the floor sometime.

Dr. Roark:

Sometimes we do weird things in these sessions. Just tell the owner ahead of time, I'm going to get down so I can see what the cat's doing. And they'll be fine with it. They actually love it because they're like, man, this person is dedicated. This is awesome. So I would do that if you can. And see what the cat turns their head toward. If they turn toward magnolia, lavender, would be another good one, copaiba. Ylang ylang is a really good one. So I really like that. Basically the cat doesn't feel safe. And so those oils that we talked about in week six, as far as like feeling safe, would be really good ones. I like spikenard as an option. A lot of cats really like spikenard. It kind of brings them out of their shell a little bit. Jasmine as well, that was one, you know the kitty that was meowing meowing all the time now, she was used to be super shy and now she really likes Jasmine and now she won't shut up. So it's kind of great, great problem to have. Right.

Brenda:

Well, the owner is very receptive. She's like, anything you want to do, she's kind of fascinated by it. So it's-

Dr. Roark:

Yeah. And Anna does a lot of rescue work and so she sees a lot of feral cats and she just goes to, balance is her go-to as well. It's one of my go-tos as well. But yeah, so if it is one that you want to try, it's certainly a good one to try, even though it is a blend. But try some of those single oils, those floral oils. I know a lot of kitties that do really well with ylang ylang. And Suzanne says patchouli, which is another confidence building oil. So I really like that one as an option for that as well. Joanna says the older TerraShield contains catnip, and so a lot of cats really like that one. That's true. turmeric as well. Jackie says, can the owner put her in a carrier before you arrive so you can do self- selection? I don't know if that's something she wants to do or if that's too traumatizing for her. That might be another option so she doesn't hide under the bed when you get there.

Brenda:

We're hoping to be able to do some self-selection, hoping he'll be out from underneath the bed when I go back today and we can shut the door.

Dr. Roark:

Yeah. So I would just be like, before you get there, can you close all the doors so that the cat can't get under the bed. I would shoot them a quick text or phone call, and just see if they'll do that so that we can actually do some self- selection. And I wouldn't push the issue. Like I said, with Dahlia, I could not get near her, she would attack us. So we just did it from far away. And very subtly tried several different oils, and those were the ones that she gave me any kind of response to. So we tried it and it was miraculous and it was just one session. So crazy.

Brenda:

So from that far away, should I still have the cap on?

Dr. Roark:

Yep.

Brenda:

Okay.

Dr. Roark:

Oh yeah, Terry says, cedarwood is another great oil for a stressed kitty. That's another really good one. Yeah.

Brenda:

Okay.

Dr. Roark:

So I would try several different ones, not just all the floral oils, in case the cat doesn't like floral. I really like your idea of using bergamot. I'm kind of bummed it didn't work. But that's not what she needs right

now. She might need something else that's a little less, or he, sorry, I keep saying she, he might need something that's a little different.

Brenda:

Okay. Thank you.

Dr. Roark:

All right. You're welcome, Brenda. Awesome. Good question. I like that. Let us know how it goes. And any other questions? We're kind of wrapping up our hour here, so we don't have to go the full hour. It's okay. I have to go teach some vets some acupuncture this week, that's why I couldn't do it tomorrow. It's going to be a long, long, long week. I'm going to be tired. And it's supposed to be cold and we're going to do horses for the first three days outside in the cold. Man, I don't know how you guys live up in Michigan and stuff anymore.

Dr. Roark:

No, I live in Texas. It's like Texas cold. So it'll be like, it'll be in the thirties, but also it'll warm up to probably 50 or 60 during the day. My husband is feeling a little better today. I don't know. He tested negative, so we will see. He has a bit of a headache, that's the main thing that he's dealing with. Not Canada cold. Well, I don't know. There's like different Canada colds too. There's like middle of Canada cold and then there's like coast cold, which is different. Oh my goodness, New Hampshire, no, thank you. Negative nine below, basically the same as Michigan. Oh, okay. Here we go. We have a question.

Dr. Roark:

Linda, a vet in case studies used Cerenia for a kitty and they have been using it for a very long time for cough suppressant. This is a case study that I have for a cat with a hairball. Interesting. Cerenia is an anti-nausea medication. So it might be for the hairballs. 19 degrees. Okay. So it's very warm compared to what you got. Yes, Tracy. I want to come visit you. I want to go to Australia. I want to go where it's summer right now. I moved to Texas for a reason, you all. I like the hot, hot weather today. I'm definitely not coming out there. Yes, Kyoko, I'm going to come visit you. I love that. I love hot, hot, hot, hot. I want to be sweating. That's what I live for. Okay, Janice, go ahead. And we'll finish up with you. Can you unmute? You have to unmute.

Janice:

Yeah.

Dr. Roark:

Okay. There we go.

Janice:

So interesting enough, when you have an animal that is pretty stressed out and it was kind of alike with my little dog, PJ, where he was so stressed out with his coughing because of his throat, his cartilaginous throat. But in order to get him we had to put him on prednisone to calm him down. So how would you decide when or not to use some type of an oil that would help with that? Because actually in the end put him on prednisone and it was able to take the stress right out of him. But I didn't want to leave him on prednisone, so I went to yarrow pom and Melissa, which has helped him. So what about in some of

these allergy, like when you have a dog that is like, or a cat, can't remember whether it's dog or a cat, that has allergies so bad. Why not go and look at it at that direction and give them some supplement oils that would help them to take the edge off of that?

Dr. Roark:

Yeah, we almost always add in lavender with allergies because of its antihistamine properties, but it's very calming as well. Which is also probably part of the reason why Sarah was recommending vetiver. Definitely these calming oils can help a ton with taking the edge. Roman chamomile is another one we use a lot for taking the edge off and also antihistamine properties. So things that have multiple properties, multiple benefits that could also be calming. If it's calming to the emotions, it's often calming to the skin as well. And so that's why we do use some of those particular oils. Absolutely.

Janice:

I think it's just a really good reminder for us.

Dr. Roark:

Mm-hmm (affirmative). Yes. Absolutely.

Janice:

Thank you.

Dr. Roark:

Very, very good reminder. Excellent. Thank you so much. All right you guys, really good call today. I'm sorry I missed recording the very first discussion. For those of you that are watching the replay it was about allergies. So we talk about allergies almost every week, so it's not really new information. But definitely check out the allergy webinar and the membership group, if you haven't done that already. And I will see you guys next Tuesday. Oh, okay. A couple of other things, couple of announcements really quick.

Dr. Roark:

You guys should have gotten an email today. We do have a Google form for you guys to get a referral credit if you do end up referring someone who decides to take the animal aromatherapy course. I certainly do give credit for that. So there is a Google form for you to fill out for people that do that if they enroll after January 1st. So as of this year, basically. And then we do need people to sign up for your case study presentation, don't forget to do that. And that's it. And don't forget Dr. Z is going to be talking this month, last week in January on Tuesday. So I will see you guys next week on Tuesday. And let me know if you have any questions between now and then, go ahead and post it in the group or post it in the, not in the group, in the questions section of your portal, your membership portal, and that's it. All right. See you then. Bye.

Speaker 7:

Thank you. Bye.