

Recap: Dog Presentation Video 6

- You feel full when you have had enough food - food and secondary metabolites are very different.
- Anything water soluble will leave the body very quickly, whereas something that's lipid soluble will be absorbed into the body.
- There's a lot of overlap with some remedies and each could be used for a number of different reasons.
- Essential oils are very concentrated, for example an animal would have to ingest 5-10kgs of garlic bulbs to obtain the active constituents in 5mls of garlic essential oil. (Ref. Caroline Ingraham)
- If you're stressed don't stay with your dog while they're self-selecting as this will affect their decisions.
- Dried herbs are much more concentrated than fresh herbs - but ensure they are pesticide free.