



Friday Fun Facts – Number 31:2010

Melissa Shelton DVM – Field Oils – Essential Oils for Hunting and Camping

Disclaimer: All of the information provided here is intended for educational purposes. The information is not intended to diagnose, treat, or prescribe for any illness. Please seek the advice of a qualified health care professional in your area of concern if you or your pets have a health challenge.



Have you ever wondered what you should bring with you when hunting? What if you or your dog get injured? What if you are far away from human or animal medical care? With a vast number of hunters in our family, fly-in fishing trips, and “real” camping in the Minnesota Boundary Waters Canoe Area - all complete with our dogs – our family is experienced in “roughing it”.

Here are the most common things that I find are needed in a hunting or camping kit. They are all natural, require no prescription from your vet, do not expire, and can be used on both humans and animals. The results are so amazing; you may never want to leave home without your kit.

The Hunting Hang-over: I am putting this one first, because often in my family, the hunters visit a small local bar the night before the hunting festivities. Now, I don't know exactly what goes on in there when "just the boys" are together – but I know they need some support afterward. I have on good report (I, of course, would NEVER know this personally 😊) – that taking **Sulfurzyme** (a natural MSM and Wolfberry supplement from Young Living) prior to and after said merriment, is wonderful for preventing and treating hang-over's! Peppermint Essential Oil can also help in nausea, upset stomachs, and headaches.

Anti-Inflammatories: The most common ingredient in my clients' hunting kits is Aspirin or another form of a Non-Steroidal Anti-Inflammatory (NSAIDs). Aspirin, no matter how buffered it is, is absolutely horrible for dogs. Other NSAIDs (like ibuprofen or acetaminophen) can be down right deadly to an animal. A study found that after only a few doses of Aspirin, almost every dog had a stomach ulcer visible by endoscopy – whether they had symptoms or not. And even the dog-specific NSAIDs can carry major side effects. Links to liver and kidney problems have been noted in almost every brand, and blood work is recommended before, during and after administration of products like Rimadyl or Deramaxx. I now have a great replacement for these products. **Copaiba Essential Oil** from Young Living – is one of the highest powered anti-inflammatory agents known. You can read more about it in a previous Friday Fun Fact (Copaiba) which is available on our website. Humans and animals can take it. It has no side effects and is extremely safe. It can even be used at the same time as other medications or anti-inflammatories. To prevent and treat over-worked and sore dogs (and humans) – I give 1-2 drops twice a day, often in food for dogs. You can give more drops of oil or give it more frequently if needed. For humans, 1-3 drops under the tongue twice a day is amazingly effective against inflammation, and especially arthritis pain. This oil can also be used topically, and has virtually no odor.

Stiff and Sore Dogs and Humans: Besides the Copaiba Essential Oil, **Sulfurzyme** (which you may already be taking from your activities the night before) – is amazing as a natural anti-inflammatory. MSM is often included in joint supplements with Glucosamine and Chondroitin, and there is good reason. We see massive benefits in pain relief, sore muscles, and joint issues with this

product. If you have ever worked out and felt the sore muscles from the aftermath – taking this product before the workout can prevent the soreness. But even if you forget, and take it afterward – you will be amazed at how fast the sore muscles go away. For me – after a huge workout in Tae Kwon Do – my muscle soreness was gone within 5 hours! Now I remember to take it BEFORE the workout.

Cuts and Lacerations: Unfortunately, this happens all the time. Dogs are racing through brush, meeting other dogs, and finding trouble! If a wound is bleeding, **Idaho Tansy Essential Oil** can stop bleeding on contact. **Cistus Essential Oil** is more expensive, but is *the* top oil to stop bleeding. If I am with a human on blood thinners – I make sure to bring the Cistus. Since I have to fight the man-made anti-clotting effects of the prescriptions – I find that I need a little higher powered oil on hand.

Once bleeding is controlled – then the wound should be treated with essential oils to prevent infection, reduce pain, and to accelerate healing. I routinely find that wounds treated in my veterinary clinic heal about 50-80% faster than traditional wounds. Often with less scarring, and no infection. One easy essential oil treatment to bring along is **Animal Scents Ointment**. Melrose, Purification, Lavender and many other oils can also be used on directly on wounds.



Scratched Eyes and Eye Problems: This is also a common occurrence in the field. A piece of grass, a seed head, or a little bacteria irritate an eye. Sometimes some green eye discharge is seen or sometimes some squinting. Eyes are nothing to mess around with, and they should be looked at by a vet as soon as possible. However, this is often not a possibility for a few days, depending on when and where you are hunting or camping. I am very comfortable having owners flush the eye out with saline solution (a basic eye wash is often available in a pharmacy, or plain saline solution for contact lenses can be used in a pinch). Then applying **Rose Ointment** or **Animal Scents Ointment** into the eye is very effective. You should not apply essential oils directly to eyes, or their sensitive

surrounding tissues, however, we have used the Rose Ointment on many occasions as a natural treatment for eyes, and the healing effects are wonderful. I prefer Rose Ointment first for eyes, but if all you had was Animal Scents Ointment for treatments of cuts, wounds, and rashes – then I would apply that.

Diarrhea and Upset Stomachs: This applies to humans and animals. We over-eat, over-hunt, over-drink, and are over-excited... **DiGize Essential Oil Blend** or **Peppermint Essential Oil** can be very helpful for upset stomachs. I have put a drop of Peppermint or DiGize oil into my kid's belly button – and a stomach ache is gone instantly. DiGize can be used for food poisoning orally – and will help purge out the tainted food. Another product I like for Diarrhea in dogs is **Inner Defense**. At the first sign of possible diarrhea (like when my dog ate ½ pound of hamburger off the counter) – I give an Inner Defense capsule. The essential oils contained in this convenient capsule act as an antibiotic – which aids in many forms of diarrhea. But it also contains many other properties that boost the immune system and health in general.



Insect Repellant: Please see my previous Friday Fun Facts on Natural Insect Repellants for much more information and recipes on this subject. **Purification Essential Oil** blend is a sure recommendation for humans and pets. **Longevity** capsules or essential oil can be taken orally to help reduce how good you or your dog taste to bugs. My dogs will just eat this oil in their dog food – kind of an extra flavoring! Other dogs may not be so willing ☺

Everyday Oils Kit: This is a great kit to cover almost anything else that you could possibly need to deal with on a hunting or camping trip. It contains 9 different medical grade essential oils – and you can literally find an oil for every purpose within it. Here are the oils it contains – and some of the uses for them:

- **PanAway** – rub on topically for pain and soreness. Also used to distract other dogs from the scent of a female in heat.
- **Lavender** - soothes skin, can be diluted and misted into irritated eyes (please get the directions on how to do this!), heals and prevents infections in cuts, can stop bleeding, heals and stops pain in burns, relaxes muscles and relieves muscle cramps.
- **Lemon** – add to water for better flavor, antibacterial, smells great, disinfect hands and wounds, gets tape, pine tar, gum, and sticky stuff out of hair or off of windows, kills airborne bacteria, etc... Removes duct tape from anything.
- **Purification** – insect repellent, eases insect stings and bites, disinfects and heals wounds, repels fleas and ticks, eliminates odors (spray in bathroom), use on dogs sprayed by skunks, spray in your stinky hunting boots, use as natural deodorant. Put a few drops on a tissue in front of an air vent or hang around the room, to make your hunting cabin smell fresh.
- **Peace & Calming** – can help calm over hyper dogs, often stops men from snoring, aids in falling asleep and staying asleep. Rub on the bottom of the feet, apply topically, sniff directly, or use in a travel diffuser.
- **Peppermint** – headaches, diarrhea, upset stomach, cooling if overheated, aches and pains. Can wake you up when you need to drive alert.
- **Thieves** – antibacterial, anti-fungal, can use on cuts and wounds. Very good for infected wounds. Will kill tooth ache pain and infections in teeth. Disinfect hands, orally can be used as an antibiotic. Orally in dogs, helps to stop diarrhea. Spray on old hunting mattresses and pillows to eliminate fungus, molds, and smells. Kills toxic mold.
- **Frankincense** – increases oxygenation to the brain, anti-tumor and cancer effects. Increases healing and oxygenation to tissues. Used as an overall oil for health and has many, many benefits. When in doubt, use some Frankincense!
- **Valor** – chiropractor in a bottle, helps in back aches and alignment, calms anxiety in dogs and humans, reduces bruising, and so much more!

Well, this is certainly a good start. It is amazing how many purposes each oil can bring to the table – and I haven't even listed them all! The other wonderful part about essential oils, is that medical grade oils are truly all natural. You will not alarm wildlife by smelling like a human or like synthetic fragrances...you will actually smell like a plant in nature. Much easier than hanging out your hunting clothes, bagging them up with leaves, or rubbing Doe pee on everything!! ☺

Please remember – that I only recommend the use of Young Living Essential Oils for your human family and your animal family. With this recommendation, I am certain that you will have safe and powerful oils, with consistent results. I never have to guess at the quality of the oil that you have... If they are Young Living Oils, I know that they are medical grade, and I don't even have to question it.

Feel free to contact our office or visit our website for more information on how to order Young Living Essential oils, or for consultations on how to use essential oils for the health of your entire family – two legged and four legged (and on our farm, sometimes three legged!).

“Mother Nature gave us the gift of healing. Providing our bodies with the nutrients, substances, and care required to heal, lies in our own actions.”

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