

Tumeric Golden Paste



Turmeric is a great herb for so many reasons. Curcumin, the principle active component in turmeric, is a potent anti-inflammatory and antibacterial agent which helps with arthritis, pain, skin conditions, blood issues and is used for cancer and doggie dementia. It is a powerful antioxidant and can help protect the liver against toxins.

Ingredients

60g (1/2 cup) Turmeric
1 cup water
70mls of organic cold pressed coconut oil
3gms ground black pepper

Method

Step 1: Mix turmeric and water in a saucepan and stir over low heat until thick.

Step 2: Cool and add coconut oil and black pepper and mix well.

Step 3: Allow to cool and put into a sterilized jar and refrigerate or place into smaller containers and freeze.

Refrigeration will last 1 month

Frozen will last 3 months

Dosage: ¼ teaspoon for a small dog and up to 1 teaspoon a day for a large dog. Mix in food. Always introduce new food and supplements slowly over a 5-7-day period. Check with your vet or animal naturopath before feeding if your dog is currently on any medication, before surgery or pregnant.

As a qualified Animal Naturopath and Muscle therapist I have found that natural remedies, certain dietary vitamin supplements and herbal products can help your pet with their allergies and many other health issues. Contact me at K9 SWiM to discuss your dog's best natural health solutions.

Sharon Osmond