

First Aid For Vomiting and/or Diarrhea (gastroenteritis)

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Notice: This is first aid treatment only. When you choose to treat an animal without having it examined by a veterinarian at the time of the illness, you assume responsibility for the treatment and the outcome.

For the first aid treatment of vomiting and/or diarrhea—including foul-smelling, liquid, bloody diarrhea—of any suspected infectious cause, my personal first aid kit contains Nutribiotic CapsulesPlus. This product contains grapefruit seed extract (125 mg; antibacterial, antiviral, antifungal, antiparasitic), *Echinacea angustifolia* root (200 mg; stimulates the immune system), and *Artemesia annua* (200 mg; Chinese wormwood—antiparasitic). My dose is one capsule per 25 to 30 pounds body weight (in severe cases, this may be doubled for the first one or two doses). If vomiting or diarrhea occurs, I administer one dose every 2 to 3 hours until the initial symptoms are controlled. (If I cannot dose every 2 hours initially, I give twice the dose at 4-hour intervals.) Once the vomiting or diarrhea has stopped, I continue giving one dose three or four times daily for at least 3 to 3 days after stools have returned to normal. If the treatment is discontinued too quickly, the symptoms reappear. This is my dosage schedule; it can be adjusted to meet the needs of individual animals.

This product has a diuretic effect at high doses. If an animal starts urinating frequently, reduce the dose. I have used one whole capsule every 2 hours for five doses in a 4-month-old whippet puppy weighing 15 pounds without incident and with excellent results. I expect smaller dogs to receive one-fourth to one-half a capsule as one dose. Do not use in an animal with kidney failure without consulting a veterinarian.

I do give the capsules to a dog that has just vomited. If the dog is unable to keep the capsules down, it is possible to administer dilute GSE liquid in water (or water+honey) with a syringe until the dog can keep the capsules down. Start with 1 drop per 2 tablespoons of fluid; give 1 teaspoon (5 cc) per 10 to 20 pounds body weight. Ten to 15 minutes later, use 2 drops per 2 tablespoons fluid and give another dose. Ten to 15 minutes later use 3 drops per 2 tablespoons fluid. After three or four doses of liquid GSE, try again to give the capsules. Use the smallest amount of liquid possible to administer the GSE; it has a very strong citrus taste, but you do not want to give large amounts of water to a dog or cat that is vomiting.

I expect considerable improvement after the first dose of CapsulesPlus and complete resolution of symptoms—except perhaps for a tinge of blood in a well-formed stool—after the second or third dose. If you do not see this rapid response, take your animal to a veterinarian for treatment. It may have a serious illness, including pancreatitis or kidney failure, that will not respond to CapsulesPlus or GSE.

Be advised that young puppies, small dogs, and sighthounds of all ages become dehydrated very quickly and may need fluid therapy if vomiting or diarrhea is not controlled quickly.

Note for Heart Patients: If your dog or cat is taking medication for heart disease, consult a nutritional veterinarian before giving GSE liquid or CapsulesPlus. Grapefruits contain a substance that may prolong the activity of certain heart medications and may cause your animal to experience side-effects from the heart medication if you give CapsulesPlus or GSE.

Chronic Diarrhea: Nutribiotic CapsulesPlus. Start with 1 capsule per 25 lbs three times daily for ~ 3 days. Continue at one capsule twice daily for ~ 4 weeks. Maximum 3 capsules per dose.

Nutribiotic GSE Liquid and CapsulesPlus are available at health food stores and The Vitamin Shoppe (New Jersey, USA), 1-800-223-1216 or <<http://www.vitaminshoppe.com>>.