

Hilton Herbs

Natural Health for Dogs



Canine Catalogue

Your complete guide
to the full range of
Hilton Herbs Products.
Comprehensive and
user-friendly.

20 YEARS OF TURNING NATURE INTO HEALTH



Hilton Herbs

Natural Health for Dogs

Welcome to Hilton Herbs

Turning Nature into Health

Welcome to our latest canine catalogue. We are confident you will find exactly what you need in the following pages to help keep your dog fit and healthy. We are dog owners ourselves, and understand how important it is for our customers to be confident they are doing the very best for their pet's health. To do this you need to know exactly what you are feeding your dog.

When Tony and I started Hilton Herbs in 1990 we had no idea that our enthusiasm for, and commitment to, natural healthcare products for animals would develop into an international business. From the outset we were determined never to compromise on the quality of our ingredients, to back up our products with an in-depth knowledge of herbal medicine, and to offer the very best customer service possible.

We know that our Helpline is vital to the success of our business. It has been there since 'day one' and we are proud of its role in providing our customers with a friendly, knowledgeable, point of contact. If you have any questions please don't hesitate to contact us, we are here to help.

Our pure herbal products are all manufactured here, at Downclose Farm, in a purpose-built facility. We employ local people, many of whom are dog owners themselves and, like us, believe that only the very best will do for our pets. Our products do not contain fillers, additives, or animal by-products. Each day our natural healthcare products leave our farm in rural Somerset destined for dog owners all over the world.

We hope you have success using our products and that they help keep your dog fit and healthy, whatever the age or activity. We would like to wish all our customers and their animals, the very best of health and happiness and thank you for helping us continue 'Turning Nature into Health.'



Hilary Self.

Hilary and Tony



Tony Self



The Hilton Herbs Philosophy



Many of the common problems that beset the domesticated dog develop as a direct result of incorrect feeding, lack of exercise, overuse of medication and vaccination, interbreeding etc.

The distant cousins of our domesticated dogs – wolves and wild dogs – still roam the wild places of the world. Like many of the world's wild animals they know instinctively how to self select various plants to help them stay fit and healthy.

This behavior is mirrored in our domestic dogs and cats who, if given the opportunity, will chew on various plants and grasses they find in the garden or whilst out on a walk. Generally, depending on the position of the problem, the plant will work either as an emetic, to encourage vomiting of hair balls and food, or as a purgative to aid the expulsion of worms which lie further down the digestive system.

Studies have shown that wild dogs who hunt in packs will not eat all the animal they kill unless they are starving. The pack will initially eat the contents of the small intestine and the internal organs, and then bury the carcass. A few days later, when the enzymes in the meat have increased making the flesh more nutritious and easier to digest, the pack will return, dig up the carcass and have another meal.

This behaviour is again reflected in our modern day dogs when they bury the nice meaty bone you have just given them in your garden!

At Hilton Herbs we believe that by using appropriate herbal supplements, in conjunction with a good diet and regular exercise, we can greatly support the health of our dogs. Herbs will reconnect them to their origins, giving them the power to maintain their health as their wild cousins do.

“Dogs are not our whole life,
but they make our lives whole” Roger Caras

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**For current prices, please contact our helpline +44 (0)1460 270700
or see our website www.hiltoncanine.com**

Helpline

Our Helpline staff are happy to provide information on the use of any of our products. This information is given on the assumption that customers have previously consulted their own vet to obtain a proper diagnosis. Products or information provided by Hilton Herbs should never be used in place of veterinary care. Information provided for homeopathic products is sourced from a variety of readily available homeopathic veterinary publications. No responsibility can be accepted by Hilton Herbs for the practical application of any information/advice provided.

Standards

Fair Trade, Ethical values and Sustainability of raw materials

We are extremely conscious of our responsibility to ensure that the materials we use in the manufacture of our products should not have an adverse impact on the environment, the lives of people harvesting our herbs, or the sustainability of the herbs themselves.

To this end we use only bio-degradable packing material, our plastic tubs are recyclable, and we do not use herbs that are endangered or appear on the CITES list. We support Fair Trade organisations, helping them to achieve their goals, and only source our herbs from sustainable sources. We do not use animal by-products, fillers, or additives, in any of our products. The majority of our herbs are cultivated crops, grown without the use of pesticides or herbicides, dried naturally, and produced by families who have been growing medicinal plants for generations.



Sorting fresh Devils Claw tubers.

Quality Assurance

When you buy any Hilton Herbs product for your dog, you can be sure that you are giving them the very best ingredients, backed up by a Quality Assurance scheme second to none. At Hilton Herbs we operate a European-wide Quality Assurance scheme that ensures strict manufacturing procedures and controls to ensure full traceability of every single ingredient back to source.

Dried Herbs - We only buy our dried herbs from approved suppliers who operate the same QA system. In order to ensure these exacting standards are both met and maintained, our company is accredited and externally audited each year by the European Feed Safety Inspection Service (EFSIS), www.efsis.com an independent organisation who operate the Universal Feed Assurance Scheme (UFAS).

Tinctures - To ensure that all the tinctures we use are manufactured to the very highest standards we source them from a UK manufacturer that can boast the following impeccable credentials.

- Licensed to manufacture under strict new EU regulations governing herbal medicine
- Authorized by the UK's Medicine and Healthcare Regulations Authority MRHA
- Complies with Good Manufacturing Practice for Pharmaceuticals (cGMP)
- Audited by independent external expert bodies on a regular basis
- Committed to manufacturing to the same pharmaceutical standards of quality required for licensed medicines.

NASC – National Animal Supplements Council

In the United States, Hilton Herbs is a member of the NASC, an industry group dedicated to protecting and enhancing the health of companion animals and horses throughout the USA. The NASC membership is made up of animal supplements manufacturers, committed to the highest standards of quality in the industry. Their website address is www.nasc.cc.

The NASC is unique in that it requires all member manufacturers to declare all product ingredients and to complete a monthly National Adverse Event Reporting System (NAERS).



This system requires all member companies to report and investigate any adverse reactions reported by customers. In 2007 these systems enabled the organisation to respond quickly to enquiries from the FDA during the pet food recall when contaminated ingredients were found in many of the major commercial dog and cat foods.

The Hilton Herbs manufacturing plant has been audited by the NASC and is proud to have been awarded the organisation's 'Seal of Quality', with a compliance rating of "A". We are the **only** UK company to have successfully achieved this accolade.

Hilton Herbs is a member of both EFSIS and the NASC so our customers can be confident that our products offer:

Quality – Efficacy – Safety – Traceability



Our Formulations – Traditional Knowledge & Modern Research

At Hilton Herbs we use only the very best quality ingredients, in fact all of our herbal formulations, both dry and liquid, are made from human medicine grade herbs.

Hilary Self BSc MNIMH who, with her husband Tony, founded Hilton Herbs in 1990, is responsible for the formulation and research of all our products. We believe we are unique in being the only herbal company for animals whose products are formulated by a qualified Medical Herbalist, and member of the National Institute of Medical Herbalists.

Hilary uses her in-depth knowledge of the latest scientific herbal research and combines it with her own experience of the everyday problems that can afflict our pets, be they physical or psychological.

Hilary is a regular speaker at veterinary seminars around the world, and has run workshops on the application of herbs for companion animals. She runs her own human herbal practice at our premises in Somerset and continues to research the application of herbs for both animals and humans.

Dry Herbal Formulations – Directions for use

An appropriate measuring scoop is included in each of our dry herb mix packs. Full ingredients listing, directions for use and storage are provided on the back of each pack.

Feeding Guide for our proprietary dry herbal mixes

Weight of Dog:

5kgs / 11lbs	Half a 2.5ml scoop per day
10kgs / 22lbs	1 x 2.5ml scoop per day
20kgs / 44lbs	2 x 2.5ml scoops per day
30kgs / 66lbs	3 x 2.5ml scoops per day
40kgs / 88lbs	4 x 2.5ml scoops per day.

As a rough guide when fed at 3 scoops daily a 125g bag of our proprietary blends will last approximately 6 weeks. This may vary depending on the mix.

As with anything new you should always introduce the herbs to your dog's food very gradually, over a period of several days. Remember, herbs are a gently therapy so allow 2–3 weeks for complete absorption of dried herbs.

Note: If possible try and split your dog's daily amount of herbs between two meals. Dogs have a very fast metabolism and, by feeding the herbs twice daily, the body has a better opportunity to absorb the herbs' active constituents as they pass through the digestive system.

Canine Gold Liquid Products

These products are made from pure herbal tinctures mixed with Apple Cider Vinegar. Some dog owners may prefer to use the liquid format as it is more quickly assimilated by the dog's digestive system, producing a quicker response.

Some of our customers like to start on the liquid product and then switch to the dried mix equivalent for longer term use, which they find more cost effective.

Hilton Canine liquid products should be added to your dog's food, if possible try and split the daily amount between two feeds. If necessary the product can be orally syringed.

Our Gold liquid products are packed in easy-to-use, sturdy, plastic bottles with an integrated measuring tank marked from 10ml – 25ml. Full ingredients listing, feeding guide and storage recommendations are provided on the label.

Feeding guide for our Gold liquid products

5kg (11lbs) – 1 - 2ml twice a day
10kg (22lbs) – 2 - 4ml twice a day
20kg (44lbs) – 4 - 8ml twice a day
30kg (66lbs) – 6 - 12ml twice a day
40kg (88lbs) – 8 - 16ml twice a day.

Product Identification

Each of our Canine products has a specific action and falls into one of the colour and letter coded canine healthcare categories listed below.

We have done this so that you can quickly and easily identify the most appropriate product for your dog's individual need.

As you read through this catalogue you will notice that several of the products appear in more than one category. The reason for this is because herbs contain a myriad of different constituents which can offer a variety of different benefits to the body.

For example a product such as Tranquility will be found in the Nerves and Hormones healthcare category because it contains herbs that will maintain a healthy and balanced nervous system. Tranquility will also be found in the Digestion system, because those same herbs will also help maintain a relaxed and efficient digestive system in stressed or anxious dogs. As the product appears in each category we will try to indicate its particular application for that section.

All of our natural healthcare products whether they are dried, liquid, for internal or external use can be found in one of the following 7 groups.

The 6 groups are:



Coat & Skin - Herbal mixes along with topical gels, balms and shampoos to ensure that your dog's coat and skin stays in prime condition whatever the age, whatever the season.



Nerves & Hormones - Everything you need to help your dog maintain a balanced nervous and hormonal system. Dried and liquid products for rescue animals, nervous, sensitive dogs, whelping bitches, or anxious competition dogs.



Mobility & Seniors - Liquid and dry herbal products, topical lotions and balms to help your dog maintain supple strong joints, muscles, connective tissue and healthy internal organs whatever the age or activity.



General Health - Dry, Liquid and Topical herbal products, including items suitable for doggy First Aid. Details of everything natural you will need to help ensure your dog stays fit and healthy all year round whatever the age or activity.



Digestion - Gentle soothing herbal products to help you safely and effectively maintain your dog's digestive system in the very best of health and efficiency.



Special Needs - Specifically formulated Herbal products, along with homeopathics and flower essences, to help maintain the quality of life, natural balance and overall health in your "Special Needs" dog.



Coat & Skin





Coat & Skin

A dog's coat and skin condition is a direct reflection of its state of health. You can do your part by ensuring that your pet has a varied fresh diet to ensure healthy coat growth and skin condition. In addition, regular exercise will keep your dog fit and active and promote a good circulation, vital for stimulating and maintaining a healthy coat and skin. Finally, by regularly grooming your dog you will further stimulate the blood supply to the area, encouraging the removal of dead skin and hair and ensuring the coat stays in the very best condition.

Unfortunately there will be times when, despite your very best efforts, your pet's coat may become scurfy, dull, smelly, irritated, sore or damaged as a result of allergens, minor wounds, abrasions, biting insects or ill health.

We can help you ensure your dog's coat and skin is maintained in prime condition all year round. Our range of herbal mixes and topical products contain plants known for their soothing, cooling, anti-bacterial and anti-fungal action, that will help you support and maintain your dog's coat and skin in prime condition whatever the season.

Hilton Herbs - The Natural Answer for Outer Health

"No matter how little money and how few possessions you own, having a dog makes you rich."

Louis Sabin, *All About Dogs As Pets*



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Top Coat

A gleaming coat and healthy skin condition is a reflection of overall health in your pet. We all know how our own hair and skin condition suffers if we are run down, tired or feeling 'out of sorts', and our dogs are no different!

Top Coat contains herbs that will help support and maintain depth of coat colour and skin pigmentation. Herbs to help your dog's natural resistance to allergens, as well as herbs that will cool, soothe, and cleanse, ensuring your dog maintains prime coat and skin condition all year round.

If necessary, use our soothing, anti-bacterial and anti-fungal cream Phytobalm, for topical application to abrasions, irritations, dry or scurfy areas.

Contains: Marigold flowers, Chamomile flowers, Nettle leaf, Cleavers herb, Burdock root, Dandelion root and Kelp (Seaweed).

Code	Size
90830	125g Bag
90834	250g Bag



Tick Twisters

Helps you remove ticks from your pets without compressing the tick's body and without the use of chemicals.

We found this handy piece of kit whilst on holiday in France, and highly recommend it. It is a simple plastic hook which allows you to remove ticks from the skin of animals and people safely and painlessly.

The hooks are sold in packs of two (the large hook for the medium and large ticks, the small hook for small and very small ticks). This product is currently the most efficient tool for removing ticks of any size and in any location.

The Tick Twister allows you to remove ticks:

- without leaving the mouth-parts of the tick planted in the skin
- without compressing the abdomen of the ticks, minimizing the transfer agents (Lyme's disease)
- without the use of ether or other products
- in a few seconds, without pain



1 Choose the most suitable hook, according to the size of the tick.

2 Engage the hook by approaching the tick from the side (the body of a tick is flat) until it is held

2 Lift the hook very lightly and TURN IT (screwing or unscrewing)

Code	Size
91002	Twin Pack

Coat & Skin



Milk Thistle

Puriphy - The Canine De-Tox mix

Problem skin may be an indication of something not quite right internally, and could be due to allergens, incorrect diet, or a build up of waste products in the system. Puriphy contains herbs known for their ability to support and maintain a healthy excretory system by supporting digestive, lymphatic, liver and kidney functions.

Contains: Milk Thistle seed, Cleavers herb, Golden Rod herb, Liquorice root, Dandelion root, Nettle herb, Burdock root.

Handy Tip: We often advise dog owners to give their dogs a six week course of Puriphy to help de-tox the dog's system prior to using our Top Coat.

Code	Size
90860	125g Bag
90864	250g Bag

Seaweed & Rosehip

The very best of Sea and Soil! Providing a balanced blend of vital nutrients to help support your dog's digestive, nervous, and circulatory systems and maintain strong healthy nail, coat and skin condition.

Research has confirmed that nutrition plays a major role in the development and maintenance of strong healthy bones, teeth, nails, hair, skin, connective tissue and nervous system. Our Seaweed & Rosehip formula is the natural way to provide a balanced blend of vitamins, trace elements such as Iodine, Iron, Sulphur, Calcium, Copper, Magnesium and Selenium along with Vitamins Beta Carotene, B1, B2, B12, C, D, & E plus 20 amino acids.

We use only the outer shells of the rosehips plus Seaweed (*Ascophyllum nodosum*) a species of seaweed known for its high iodine, vitamin and mineral content.

Code	Size
90910	125g Bag
90912	250g Bag
90914	500g Bag

Handy Tip: Seaweed has a very distinctive smell and taste, so if your dog has not had this plant before we advise you introduce it into the food gradually over a period of several days. This will allow your dog to get used to the seaweed's particular smell and taste.



Deep Sea Kelp rich in minerals

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Seaweed – Kelp (*Ascophyllum nodosum*)

Harvested from the Norwegian seas, rich in iodine, vitamins, minerals and trace elements. A natural supplement known for its ability to support healthy skin tone, pigmentation, condition, and depth of colour.

Code	Size
90900	125g Bag
90902	250g Bag
90904	500g Bag

Handy Tip: Give your dog raw chicken wings twice a week to help clean and maintain healthy teeth and gums. Add any of our Seaweed products to your dog's daily food to help support overall health.

Evening Primrose Capsules

Recommended by many vets, our pure Evening Primrose Oil capsules contain a minimum of 10% GLA (gamma linoleic acid).

See our Nerves and Hormones section for full details.



Honey and Propolis from the Bee for Hilton Phytobalm

Phytobalm

A soothing herbal balm with anti-fungal and anti-bacterial properties, suitable for topical use on any animal. Phytobalm is easy to apply, quickly absorbed and safe to use on even the most sensitive skin. This superb product is perfect for application to minor wounds, cuts or abrasions, and will not harm even if licked and ingested.

We love this product, and make no apologies for the amount of space we devote to singing its praises. It's no wonder that so many of our customers come back for the bigger size pots once they see how effective it is, for both their animals and themselves.

Phytobalm is manufactured for Hilton Herbs, using natural products, by the UK's leading producer of herbal and aromatic creams for the human market. This company prides itself on producing the very finest quality herbal preparations, using innovative extraction methods to enhance efficacy. Like Hilton Herbs they promote the organic and ethical wild crafting of herbs.

Phytobalm is formulated using the following natural ingredients.

- **Shea Butter** – is made from the nuts of a tree found on the African savannahs and is used by the indigenous people for its remarkable skin softening properties, minor wounds and abrasions. Shea Butter forms the base cream that holds all the other ingredients.
- **Marigold** (*Calendula officinalis*) – is the supreme skin herb and we use both the oil and plant extract in our cream for their anti-fungal and anti-bacterial properties. Ideal for minor wounds and skin abrasions.

Coat & Skin

- **Precious Myrrh** (*Commiphora molmol*) – essential oil is the stuff of legends, and rightly so. Myrrh has been used for centuries both topically and internally for its anti-bacterial properties. It is especially helpful for skin that is slow to heal or has a ‘wet’ appearance.
- **Propolis** – this is the fantastic resin that bees produce to protect the colony against any foreign bodies that enter the hive. The propolis is extracted in both alcohol and almond oil and then introduced in both the water and oil phase of production. Incorporating the propolis into both phases of the cream allows for a more enhanced and prolonged action.
- **Hypericum** (St John’s Wort) – oil and tincture which impart a pinky red colour to the product. Specific for maintaining nerve endings, this herb is ideal for minor wounds, scuffs and abrasions.

Code	Size
20002	130g Tub
20003	250g Tub
20004	500g Tub

Aloe Vera

Open up the leaves of an Aloe Vera plant and you will find a rich cooling slimy gel, which can be rubbed straight onto the skin. This gel has a strong affinity for skin and epithelial tissue making it appropriate for both internal and external use.

See our General Health – First Aid section for full details.

Witch Hazel

Probably one of the most widely used plant products in the world. Distilled from the bark of the Witch Hazel shrub.

See our General Health – First Aid section for full details.

Hilton Phytocleanse Shampoos

Whatever you need and whatever colour your dog is we have the shampoo for you!

Hilton Phytocleanse shampoos are concentrated, low lather, and contain natural colour enhancers, plant extracts and essential oils. To help ensure your pet looks good whatever the occasion!

Ocean Blue – A Natural Winner

Our award winning shampoo has still not been bettered. Ocean Blue is fabulous for lifting the yellow out of white coats or any area of white hair on your dog’s body or legs.

Black Velvet – This rich shampoo contains Black Henna, Nettle extract, and Rosemary essential oil to help intensify depth of colour in black and dark brown coats. Especially useful if your dog’s coat bleaches in the sun.

Horse Chestnut – Let’s not forget the chocolate brown dogs out there. Combining the properties of natural Walnut extract and Red Henna, this shampoo will impart richness, depth of colour, and gleaming highlights to chocolate brown, brindle and tan coloured coats.

We use this shampoo on our brown Dobermann – “Yogi” whose coat tends to get a bit bleached out in the Summer. See Yogi on page 7 where he is our Coat and Skin section “pin up”. Fiercely guarding a welly boot!

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Ocean Green – Whatever colour your dog is, our Ocean Green shampoo with its Nettle extract and Rosemary essential oil will ensure the coat stays clean and healthy.

Coal Tar, Neem and Tea Tree – This medicated shampoo, with its anti-bacterial and anti-fungal properties, contains three classic ingredients to produce a pleasant smelling, cooling, and cleansing lather. Ideal for dogs with dull, dry coats, or scurfy skin. We use it on our own dogs when they have been rolling in something nasty out in the fields!!

Use any of our shampoos, in conjunction with Top Coat to help support and maintain your dog's coat in prime condition whatever the season.

All our shampoos are available in the following sizes: 200ml, 500ml, 1L, 5L.

For Ocean Green, Ocean Blue, Black Velvet & Horse Chestnut

Size

200ml Bottle
500ml Bottle
1L Bottle
5L Bottle

Coal Tar, Neem and Tea Tree

Size

200ml Bottle
500ml Bottle
1L Bottle
5L Bottle

Virgin Hemp Oil

Hemp oil is an excellent plant source of the essential fatty acids Omega 3 and Omega 6. We source our Virgin Hemp Oil from France where it is marketed in some of the finest grocery shops.

We are confident that if it's good enough for the discerning French gourmets, then it's good enough for our dogs or even us!. Our herbalist recommends it to her patients, we use it the dogs' food, in our own salad dressings or in yoghurt smoothies!

Note: Fish oils such as Cod Liver Oil are also a source of Omega 3's, however recent research has suggested that some supplies of these oils may contain unacceptably high levels of PCB's and heavy metals such as mercury.

Code	Size
90400	250ml Bottle
90402	500ml Bottle
90404	1L Bottle

Bach Flower essences that you may find helpful for Coat and Skin

Agrimony - stress or stress related

Cherry Plum - parasites

Crab Apple - cleansing

Impatiens - skin irritations

White Chestnut - obsessive behaviour, persistant licking, chewing, scratching etc





Nerves & Hormones



We all love to see a well-behaved dog, listening attentively to its owner's voice, under control, relaxed and ready to do 'its master's bidding'. This is what we all strive for with our dogs, an obedient, happy, healthy dog that is confident and secure in its position in the 'family pack'.

Breeding can bring its own set of concerns, with seasonal hormonal changes, breeding, pregnancy, whelping, nursing and weaning.

Unfortunately, as owners, we can inadvertently add to the stresses we place on our pets with incorrect feeding, insufficient exercise, poor or conflicting training messages, along with the stresses of showing, competition and travelling. It is no wonder that despite our best efforts our dogs may occasionally become stressed, anxious, tense and nervous or display unpredictable behaviour.

The UK is a country known for its love of animals, but unfortunately, despite this, every year thousands of dogs are abused, abandoned, or housed in appalling conditions. The fortunate ones find their way to one of the excellent charities or rescue centres around the country. From these centres the animal can be re-homed to a, new and caring owner who hopefully, will be able to restore the poor animals trust in humans.

Our range of dried and liquid herbal mixes, homeopathics, sprays, and Bach Flower essences will help you support your pet, whether it is highly strung, nervous, over- excitable, hormonal, a show animal with competition nerves, a pregnant bitch or a rescue case.

Hilton Herbs – **The Natural Answer** for Calm and Confident dogs.

"I am joy in a woolly coat, come to dance into your life, to make you laugh!"

Julie Church



Nerves & Hormones

Tranquility

Anxiety, stress, nervousness, or uncharacteristic behaviour can be due to physical or mental problems. Tranquility is a tried and tested herbal calmer that will not dope or sedate your dog, but will help maintain a healthy and balanced nervous system and a calm outlook.

We recommend this mix to help with over-excitabile dogs, rescue dogs that may have received bad treatment, or simply tense, nervous, or sensitive dogs.

Contains: Valerian root, Scullcap herb, Vervain herb, Chamomile flowers, Marshmallow root, Hawthorn tops and Meadowsweet herb.

Code	Size
90840	125g Bag
90844	250g Bag

Handy Tip: During the Fireworks season, or at any time of acute stress, try using the Bach Recovery Remedy or Emergency Spray.

Phosphorus homeopathic is also excellent for fireworks time. Give one tablet hourly at first and then as needed.

Bach Flower essences which are formulated to support the emotional states may be just what your dog needs. The book *Bach Flower Remedies for Animals* on page 54 will help you choose the most appropriate one for your dog.

Tranquility Gold

The liquid version of our Tranquility mix. Made from concentrated plant extracts for use when quick absorption is required to help your dog maintain a calm, healthy, outlook and balanced nervous system. Ideal for training, changes in routine, travelling or simply for tense, nervous, dogs.

Contains: 1:3 tinctures of - Valerian root, Scullcap herb, Vervain herb, Chamomile flowers, Marshmallow leaf, Hawthorn tops, Meadowsweet herb, Apple Cider Vinegar and Honey.

Code	Size
90312	250ml Bottle
90314	500ml Bottle
90316	1L Bottle

Birth Right

The better health your bitch is in, the more likely she is to sail through her pregnancy and whelping. A good diet, along with appropriate exercise and veterinary care, is vital preparation for the whelping.

Formulated by our medical herbalist this mix contains herbs to help support and maintain optimum health in pregnant and nursing bitches, from conception, to whelping, and beyond. Use to help support your mother-to-be whatever the breed.

Contains: Raspberry leaves, Milk Thistle, Nettle leaf, Kelp, Cleavers herb, Dandelion leaf and Rosehip shells.

Code	Size
90930	125g Bag
90930	250g Bag

Handy Tip: After whelping add Bach Flower Crab Apple to the bitch's drinking water.

Give Arnica 30c once a day for 4-5 days after whelping.

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Natural Rearing Gruel

A highly nutritious 'comfort food' for both nursing bitches and puppies. Excellent for use during pregnancy, and to help pups make the transition from mother's milk to solids. Easily digested by dogs of all ages.

One of the original Juliette de Bairacli Levy Natural Rearing range, used successfully by top breeders around the world.

Contains: Slippery Elm powder, Marshmallow root, Dill seed, Wheatgerm, Arrowroot, Barley Flour & Maize Flour.

Code	Size
90501	125g Bag
90503	250g Bag
90504	500g Tub
90506	1Kg Tub
90508	1Kg Bag



Juliette de Bairacli Levy in 2007 - aged 95

Natural Rearing - Garlic Plus

A tried-and-tested product formulated by the 'original' animal herbalist. Use this fine cut herbal mix for bitches after they have whelped to help them and their pups maintain a healthy resistance to internal parasites.

See the General Health section for full details.

Bach Flower Essences you may find helpful for pregnant bitch's

Chestnut Bud, Sweet Chestnut, Clematis, Holly or Walnut.

Choose the flower essence most appropriate for your bitch's particular situation.

Vitex agnus castus - (Chaste Tree; Monks Pepper)

This Mediterranean herb has been used for centuries to help maintain a balanced hormonal system in both female and male animals. Ideal for those bitches prone to phantom pregnancies.

Code	Size
02222	250ml Bottle
02224	500ml Bottle
02226	1L Bottle

Did you know? *Vitex agnus castus* is also known as Monks Pepper. It got this name because in medieval times it was used as a condiment in the monasteries, to help cool the ardour of the novice monks!

Evening Primrose Capsules

Recommended by many vets, our pure Evening Primrose Oil capsules contain a minimum of 10% GLA (gamma linoleic acid).

Contains: 500mg capsules containing a minimum of 10% GLA.

Code	Size
90122	30's Tub
90124	100's Tub
90126	500's Tub

Nerves & Hormones

Recovery Plus – Emergency Spray

This invaluable product is a combination of Recovery Remedy pre-mixed with water in a handy spray, so its ready for action at all times. Can be sprayed onto the animal's coat or directly into the mouth if appropriate.

Code	Size
20210	21ml Spray

Did you know? Our own anxiety, nerves, fear, or lack of confidence can easily be picked up by our dogs. If you have to deal with particular situations where these emotions may affect your dog's behaviour, then try choosing an appropriate Bach Flower Essence for yourself. e.g. Larch – lack of confidence; Red Chestnut – over-protectiveness, or anxiety for others.

Just add 6 drops of the chosen flower essence to a glass of water or fruit juice and sip prior to the situation occurring.

Handy Tip: When deciding which is the most appropriate essence, our experience has shown that it is important for the owner to try and view the problem from the animal's point of view, rather than from their own. A good example of this is the story of Rags.

Hilary and Tony's Dobermann bitch Rags used to get very agitated and fearful just before and during thunderstorms, digging at the carpet, whining, and cowering in corners. They selected Mimulus flower essence, which is recommended for "fear of known things". They would give Rags the Mimulus as soon as they knew a storm was coming, but found that it only seemed to make her slightly less agitated, and did nothing to reduce the fear and panic she experienced.

Bach Flower Essence suggestions for Nerves, Hormones and Rescue Dogs

- Scleranthus
- Aspen
- Larch
- Cherry Plum
- Chicory
- Clematis
- Holly
- Honeysuckle
- Mimulus
- Rock Rose
- Sweet Chestnut
- Star of Bethlehem
- Wild Oat

Handy Tip: The following Bach Flower Essences may be helpful for rescue dogs.

Walnut, Elm, Sweet Chestnut, Larch, Honeysuckle, Star of Bethlehem or Cherry Plum.

Choose the most appropriate flower essence to suit your dog's particular emotional picture.

Then they thought to themselves "hang on, WE know it's the thunderstorm that frightens her, all she knows is that the pressure builds up and suddenly there are all these scary bangs and crashes!!" They switched to using Rock Rose essence which is recommended for "panic, alarm, or terror" and never looked back. Rags was much better, not scared, and stopped digging up the carpet and hiding in corners.

So the moral of the story is: put yourself in the animal's position, look at the problem through their eyes, and then ask the question, how would I feel and why?



Mobility and Seniors





Mobility and Seniors

There is nothing more rewarding than seeing a dog bounding across a field or park, enjoying life to the full, flexible and agile as they jump and run for joy. It should be the aim of every dog owner to try and ensure their dog retains this suppleness and enthusiasm throughout their lives, regardless of age or activity.

Unfortunately, however carefully you look after your pet, you cannot protect them from the everyday knocks, bumps, and injuries that they will inevitably sustain.

These everyday injuries, plus the effects of ageing can, over time take their toll, affecting the overall mobility of your dog. Older dogs will lose the flexibility of youth and may struggle to do routine things like climbing stairs, jumping into the backs of cars or getting up out of their beds.

We are confident that in this section you will find products to suit your dog's particular needs. Listed in the following pages are a selection of dry and liquid herbal products, plus topical lotions and homeopathics to help support and maintain healthy supple joints, muscles and connective tissue in dogs of all ages whatever their activity.

Hilton Herbs – The Natural Answer for optimum mobility

“He is your friend, your partner, your defender, your dog. You are his life, his love, his leader. He will be yours, faithful and true, to the last beat of his heart. You owe it to him to be worthy of such devotion.”

Unknown



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Veteran

A pure dried herbal mix in fine-cut form containing Devils Claw root, Milk Thistle seed, Cleavers herb, Celery seed, Nettle leaf, and Hawthorn tops. These herbs have been selected for their specific ability to help support all the physiological systems of the dog as it ages. Devils Claw to help maintain flexible and supple joints, Milk Thistle for liver support and health, Cleavers for a healthy lymphatic system to maintain efficient removal of waste products from the body, Nettle for an effective and healthy circulatory system, Hawthorn tops, well-known to herbalists as 'the nurse of the old heart', and Dandelion to maintain an effective and efficient urinary and digestive system.

The herbs are easy to feed, very palatable and can be added to the dog's food once or preferably twice a day.

Contains: Meadowsweet herb, Devils Claw root, Milk Thistle seed, Hawthorn tops, Cleavers herb, Dandelion root, Nettle herb, Burdock root, Rosemary herb.

Code	Size
90800	125g Bag
90804	250g Bag

Handy Tip: If your dog has over-exerted himself, then try using magnetic pads. Place them in or on your dog's bed. The magnets will help promote circulation, maintaining a good blood supply to the muscles, which will help keep them warm and assist in the removal of inflammatory waste products from the system. You can also get dog collars with magnets in them.

Mobility Support

A combination of pure MSM (Methylsulphonyl-methane) working synergistically with Bamboo Extract, Devils Claw root, Meadowsweet herb, Yarrow herb and Ginger.

MSM is a naturally occurring sulphur compound found particularly in joints, tendons, ligaments, bones, and skin, where concentrations should ideally be high.

Bamboo (*Bambusa vulgaris*) is a natural, non-animal source of glucosamine-like compounds. These compounds are the precursors (building blocks) of the complex muco-polysaccharides that provide the structural components of connective tissue such as bone, tendon, cartilage and ligaments.

Generous quantities of Devils Claw, Meadowsweet, Yarrow, and Ginger are then added to support the dog's cardio-vascular system, joint suppleness, and ensure that they maintain optimum mobility whatever the activity or age.

Mobility support is recommended for dogs of all ages and in particular for agility and working dogs, or those animals whose breed/size may make them predisposed to inherited or genetic skeletal conditions.

Contains: MSM (Methyl – sulphanyl – methane), Bamboo extract, Devils Claw root, Meadowsweet herb, Yarrow herb, Ginger.

Code	Size
90820	125g Bag
90824	250g Bag

Mobility and Seniors



Did you know?

Many mobility products for dogs, horses and humans contain glucosamine and chondroitin as the main ingredient. These ingredients are principally derived from the cartilage or skeletal parts of factory-farmed cattle, pigs and hens. Joint products for dogs and humans can also contain shark cartilage (chondroitin) and green-lipped mussels.

Unfortunately many of the animals that are used as sources of chondroitin and glucosamine are reared in countries that have little regard for the welfare and living conditions of these animals.

With regard to shark cartilage, increased worldwide demand for supplements containing this material, has led to the indiscriminate slaughter of these magnificent creatures, and to the decimation of shark numbers around the world, so much so that many shark species are now designated as endangered.

The cartilage of blue sharks is considered to be among the highest in quality because it contains larger quantities of chondroitin, but cartilage of a variety of both deep-sea and coastal tropical sharks is used to manufacture products containing shark cartilage.

"One fifth of all sharks and rays are considered to be threatened with extinction. Shark finning (for sharks fin soup) and commercial fishing claims as many as 100 million sharks a year"

This is part of an interview with Jean-Michel Cousteau , son of the famous Jacques Cousteau, who is carrying on the remarkable legacy of his father, to try and protect the world's marine environment and marine creatures. For more information see: http://hsus.typepad.com/wayne/2007/06/protect_sharks_.html

Hilton Herbs is a supporter of Compassion in World Farming (CIWF) a UK charitable organisation that campaigns to improve the way farm animals are bred, raised, transported, and produced. Through their campaigning CIWF have already had success in areas such as sow tethering, transportation, veal crates, and battery hen cage sizes.

We fully accept that dogs are carnivores and should be fed meat, however in the light of the above we prefer to use a plant source of 'glucosamine-type compounds' in our mobility product. This enables our customer to give their dogs the benefit of these connective tissue building blocks, without supporting this disturbing trade.

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Puriphy - The Canine De-Tox mix

As dogs age, and their physiological systems become less effective, they may struggle to cope with the physical, environmental and dietary demands made on their bodies.

Wormers, convenience foods, environmental toxins and advancing age can all place additional pressures on your dog's general health.

See our Digestion section for full details.

Veteran Gold

Formulated from pure herbal tinctures and apple cider vinegar, this liquid product is often selected by our customers who prefer to use a liquid herbal product for their dogs.

These herbs have been selected for their specific ability to help support all the physiological systems of the dog as it ages.

Devils Claw to help maintain flexible and supple joints, Milk Thistle for liver support and health, Cleavers for a healthy lymphatic system to maintain efficient removal of waste products from the body, Nettle for an effective and healthy circulatory system, Hawthorn tops, well-known to herbalists as the 'nurse of the old heart', and Dandelion leaf and root to maintain an effective and efficient urinary and hepatic system.

Our apple cider vinegar is produced from the whole apple and contains high levels of potassium and magnesium, plus all the apple's health giving benefits.

Contains: 1:3 tinctures of – Meadowsweet herb, Devils Claw root, Milk Thistle seed, Hawthorn berries, Cleavers herb, Dandelion root, Nettle herb, Burdock root and Rosemary herb.

Code	Size
90302	250ml Bottle
90304	500ml Bottle
90306	1L Bottle



Mobility and Seniors



Releaf Gold

Releaf for dogs is an effective herbal blend containing generous concentrations of tinctures to ensure maximum bio-availability and quick absorption, helping your dog maintain a healthy and efficient musculo-skeletal system. We recommend Releaf for agility, working and older dogs, or for those animals prone to strains and sprains.

Contains: 1:3 tinctures of – Devils Claw root, Meadowsweet herb, White Poplar bark with Apple Cider Vinegar and honey.

Code	Size
02320	500ml Bottle
02322	1L Bottle

CDRM Solution

Formulated originally for a veterinary surgeon to help support his clients' German Shepherd dogs, this pure tincture mix contains herbs known for their ability to specifically maintain the dog's pelvic area as well as the nervous, musculo-skeletal, and circulatory systems.

The general feeding requirement is to give 1-2ml per 10kg of bodyweight twice a day. For example a dog weighing 20kg would be given 2-4ml twice a day in food. German Shepherds who tend to weigh around 35kg would be given 5ml twice daily.

We often suggest to our customers that they start the dog on the lower quantity as this may be all that is required. Owners can increase the quantity if it is felt the dog needs more support.

Contains: 1:3 Tinctures of St John's Wort herb, Astragalus root, Yarrow herb, Milk Thistle seed, Horsetail herb, Billberry fruit.

Code	Size
90372	250ml Bottle
90374	500ml Bottle
90376	1L Bottle

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Essential Arnica

Soothing cooling, non-sticky Aloe Vera gel, with added Arnica tincture, plus Chamomile and Lavender essential oils. This easy-to-apply gel is suitable for even the hairiest mutt! Ideal for application to minor abrasions and scuffs. We recommend using this topical product with an appropriate herbal formulation such as Releaf, or a homeopathic such as Arnica or the Arnica, Rhus tox, Ruta combination – see Triple Homeopathic – Liquid or Tablets – right .

Code	Size
10801	200ml Flip top bottle
10804	500ml Flip top bottle

Leg Aid

This creamy, easily applied, quickly absorbed, cooling and astringent herbal lotion, is ideal for use both before and after strenuous exercise. Smooth onto the tendons and ligaments or apply to any appropriate area as necessary.

We recommend using Leg Aid for dogs after strenuous exercise or training, agility work, or whenever the dog has been over-exerting itself. As Leg Aid contains Arnica tincture we advise against it being used on open wounds.

Contains: Aqueous cream base blended with generous quantities of cooling and astringent distilled Witch Hazel extract, together with Arnica, Comfrey leaf, and Ruta Graveolens tinctures.

Code	Size
20040	200ml Flip top bottle
20044	500ml Flip top bottle

Larger sizes available

Phytosalve

Originally produced for our endurance horses, this soothing easy-to-apply herbal lotion is just what is needed for those large muscle mass areas. Used by greyhound trainers and agility enthusiasts alike, this is just what you need for massaging sore tired muscles. Easily and quickly absorbed, Phytosalve can be applied to any muscle and massaged in gently - your dog will love you for it! We recommend using Phytosalve in conjunction with physiotherapy, massage, or after any strenuous exercise.

Contains: Acqueous cream base blended with generous quantities of Witch Hazel, Arnica tincture, Comfrey tincture, together with Lavender essential oil.

Code	Size
20030	200ml Flip top bottle
20034	500ml Flip top bottle

Larger sizes available

Triple Homeopathic - Liquid or Tablets

A combination of high potency Arnica, Ruta Grav and Rhus Tox in either liquid or tablet form. Ideal for use after strenuous exercise, or if sprains and strains are suspected.

10466	Arnica 1m/Ruta 200c/Rhus Tox 1m liquid homeopathic - 30ml
10602	Arnica 1m/Ruta 200c/Rhus Tox 1m tablets - 7g

Bach Flower Essences you may find helpful for Mobility and Senior Dogs

Rock Water - Mobility

Beech - Mobility

Walnut - Life changes

Mustard - Despondency



General Health



Throughout its life every dog will experience occasional ill-health, infection, injury, and ultimately the effects of old age. You can support them throughout their lives by ensuring they have a healthy, balanced diet, regular exercise, veterinary attention when necessary, and the love and care they so richly deserve. In addition we can provide a diverse range of products formulated from plants found both on the land and in the sea that will help your dog maintain optimum health and vitality throughout its life.

Hilton Herbs – **The Natural Answer** for a Healthy Dog.

“A dog doesn’t care if you’re rich or poor, big or small, young or old. He doesn’t care if you’re not smart, not popular, not a good joke-teller, not the best athlete, nor the best-looking person. To your dog, you are the greatest, the smartest, the nicest human being who was ever born. You are his friend and protector.”

Louis Sabin, All About Dogs As Pets



General Health

Vital Daily Health

Eight of nature's most effective plants brought together in a carefully formulated and balanced blend to help your dog maintain optimum health all year round. Add Vital Daily Health to your pet's food to ensure they receive the very best that nature has to offer. Can be used for dogs of all ages.

Contains: Milk Thistle seed, Cleavers herb, Rosehip shells, Nettle leaf, Golden Rod herb, Dandelion root, Burdock root, Seaweed (*Arctostaphylos uva-ursi*).

Code	Size
90920	125g Bag
90924	250g Bag

Seaweed & Rosehip

The very best of Sea and Soil! Providing a balanced blend of vital nutrients to help support your dog's digestive, nervous, and circulatory systems and maintain strong healthy nail, coat and skin condition.

See our Coat and Skin section for full details.

Seaweed – Kelp (*Ascophyllum nodosum*)

Harvested from the Norwegian seas, rich in iodine, vitamins, minerals and trace elements.

See our Coat and Skin section for full details.



'Harvey' - Picture by Annie Dent

Apple Cider Vinegar

All the benefits of the original apple in a bottle! Apple Cider Vinegar has a long tradition of use as a healthy food supplement for animals of all kinds. It provides a rich natural source of potassium, phosphorus, sodium, calcium, iron and trace elements. Our Apple Cider Vinegar is human-grade, this means it is exactly the same as you would buy in your local health shop or supermarket. It has a minimum of 5% acidity and is made from the whole apple, (many cider vinegars are produced from the pulp left over after the juice has been extracted!). We use it in our salad dressings and for ourselves. Add to your dog's food or water on a daily basis to maintain overall good health in dogs of all ages.

Contains: Apple Cider Vinegar of minimum 5% acidity.

Code	Size
00752	1L Bottle

Larger sizes available

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Natural Rearing - Garlic Plus

A tried-and-tested product formulated by the 'original' animal herbalist. In powdered form for ease of feeding, this traditional mix will help your dog maintain a healthy resistance to internal parasites.

Contains: Garlic granules, Wormwood herb, Ginger root, Cayenne powder and Sage leaves.

Code	Size
90734	125g Bag
90736	250g Bag

Garlic

Powder - the most economical form for you and your dog.

Granules - easier to use and less odour for owner and dog.

Garlic Oil Pearls - odour-free pearls containing pure garlic oil.

Whichever form of Hilton garlic you choose for your dog, you can be confident that it is the very finest quality. We buy literally tonnes of garlic in various forms from our Chinese suppliers who take the greatest care when processing the fresh bulbs to ensure the plant's active constituents are preserved. Rich in Allicin, Sulphur, B vitamins and oil.

Garlic Powder

Code	Size
00479	250g Tub
00480	500g Tub

Larger sizes available

Garlic Granules

Code	Size
00509	250g Tub
00510	500g Tub

Larger sizes available

Garlic Oil Pearls

Each of our capsules contains 1.05mg of garlic oil. Rich in bio-available sulphur, oil and B group vitamins, garlic is known for its ability to support and maintain a healthy digestive and respiratory system. Ideal for owners, and dogs, who prefer an odour-free form of feeding garlic.

NB: These garlic capsules are made from Gelatine.

Code	Size
90128	500's Tub
90130	1,000's Tub



General Health

Virgin Hemp Oil

Hemp oil is an excellent plant source of the essential fatty acids Omega 3 and Omega 6. We source our Virgin Hemp Oil from France where it is marketed in some of the finest grocery shops.

See our Coat and Skin section for full details.

Handy Tip: If your dog is not a good traveller then some of the following suggestions may help:

- When first introducing your dog or pup to the car, make the journeys very short, and to nice places so the dog looks forward to the trips
- Some dogs feel safer and more secure if they are wearing a car travelling harness
- Put a few drops of Peppermint Oil or Ginger oil on the blanket your dog sits on in the car, this can help settle the stomach
- Give 6 drops of Bach Recovery essence or Scleranthus flower essence ten minutes before travelling and during the journey, if necessary
- Add a little powdered ginger to your dog's food. You could even try giving your dog a couple of ginger nut biscuits before the journey
- Consider Homeopathics such as Petroleum 30c, Coccus 30c, Tabacum 30.

First Aid for Dogs

However carefully we look after our dogs there will always be the occasional minor injuries which are troublesome, but not sufficiently worrying to require veterinary attention. Of course our products should never be used to replace veterinary care, but in this section you will find some useful preparations to help deal with those everyday knocks and bumps.

Vital Statistics

- Heart Rate: 70–130 beats per minute
 - pups and small dogs will have a higher heart rate than medium & large dogs
- Respiration: 10–30 breaths per minute (BPM) - pups and small dogs will have a higher BPM than medium and large dogs
- Temperature: 100.4–102.2 F.

Handy Tip: Give Aconite 30c homeopathic for any accidents. This can be followed by Arnica 30c to help with any subsequent bruising and discomfort.

First Essential

The all-natural spray for minor wounds and abrasions that no pet owner should be without. This cooling liquid gel combines soothing Aloe Vera and cleansing Tea Tree essential oil with tinctures of Echinacea purpurea and Yarrow with their anti fungal and anti-bacterial properties. The gel is liquid enough to spray freely, but viscous enough to adhere lightly to even the most awkward places on your dog's body. If necessary the spray can be easily removed with water if an alternative product is subsequently recommended by your Vet.

Code	Size
10808	200ml Squeezy bottle
10812	500ml Spray bottle
10814	1L Refill bottle

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Phytobalm

A soothing herbal balm with anti-fungal and anti-bacterial properties, suitable for topical use on any animal. Phytobalm is easy to apply, quickly absorbed and safe to use on even the most sensitive skin. This superb product is perfect for application to minor wounds, cuts or abrasions, and will not harm even if licked and ingested.

See our Coat and Skin section for full details.

Essential Arnica

Ideal for those everyday knocks and bumps! Soothing cooling, non-sticky Aloe Vera gel, with added Arnica tincture, Chamomile and Lavender essential oil. This easy-to-apply gel is suitable for even the hairiest mutt! Ideal for application to minor abrasions and scuffs. We recommend using this topical product with an appropriate herbal or homeopathic product such as Releaf Gold or Arnica.

See our Mobility section for full details.

Space Spray

This easy-to-use, fresh-smelling product contains a blend of top-quality essential oils selected for their anti-fungal and anti-bacterial actions. We recommend using Space Spray in kennels, areas of restricted air movement, on or around bedding, and in the car when travelling dogs to maintain air freshness and air quality.

Contains: Bergamot, Eucalyptus and Lemon Grass essential oils suspended in alcohol and water.

Note: Do not spray Space Spray directly onto the dogs' coats.

Code	Size
20420	500ml Spray bottle



General Health

Aloe Vera

Open up the leaves of an Aloe Vera plant and you will find a rich cooling slimy gel, which can be rubbed straight onto the skin. This gel has a strong affinity for skin and epithelial tissue making it appropriate for both internal and external use to maintain healthy skin repair.

Our 2:1 Aloe Vera extract can be used both internally and externally for dogs. The extract also makes an excellent base liquid to which other plant tinctures or essential oils can be added, to create skin washes, gels and sprays according to your pet's individual needs.

Code	Size
20340	500ml Bottle
20342	1L Bottle
20343	3L Bottle
20344	5L Bottle



Leg Aid

We recommend using this creamy and easily applied cooling astringent herbal lotion for dogs after strenuous exercise, training, agility work, or whenever the dog has been over-exerting itself. Used by professional dog agility teams and on working dogs.

Do not use on open wounds.

See our Mobility section for full information.

Did you know? That Swiss mountaineers used to chew the leaves of the Arnica plant to help ease stiff sore muscles. Arnica is no longer used internally, but you can still use the homeopathic Arnica internally.

Phytosalve

Used by greyhound trainers and dog agility enthusiasts alike, this is just what you need for massaging those overstretched, sore and tired muscles.

See our Mobility section for full details.

Witch Hazel

Probably one of the most widely used plant products in the world. Distilled from the bark of the Witch Hazel shrub. This cooling, soothing and astringent liquid is safe to use neat for bathing minor wounds and abrasions, for bites and stings or for soaking compresses and bandages.

Code	Size
20332	500ml Bottle
20334	1L Bottle
20335	3L Bottle

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Triple Homeopathic – Liquid or Tablets

A combination of high potency Arnica, Ruta Grav and Rhus Tox in either liquid or tablet form. Ideal for use after strenuous exercise or if the dog has sustained any sprains or strains.

10466 Arnica 1m/Ruta 200c/Rhus Tox
1m liquid homeopathic - 30ml

10602 Arnica 1m/Ruta 200c/Rhus Tox
1m tablets - 7g

Traditional Herbal Syrup

Everyone loves our traditional warming herbal syrup. Most dogs will lick it straight off the palm of your hand, but it can be orally syringed if necessary. Ideal for dogs who have a dry throat, when there is risk of cough, or for use after kennelling when excessive barking may have occurred.

Contains: Traditional Thyme and Liquorice syrup plus tinctures of Elicampane with its anti-bacterial action, Plantain for cooling and soothing the airways and warming Ginger.

Code	Size
02428	250ml Bottle
02430	500ml Bottle
02432	1L Bottle

Handy Tip: If you are planning to kennel your dog then plan ahead and give your dog Canine Immunity Support for a couple of weeks before going into kennels. This mix can also be used in advance of any times when your dog may be exposed to increased risk of infection (shows, new training, holidays)

Recovery Remedy

The most famous of Dr Bach's flower essences, a combination of Cherry Plum, Clematis, Impatiens, Rock Rose and Star of Bethlehem flower essences preserved in Brandy. Use Recovery Remedy as an all-purpose comforter, it is ideal for animals or humans who have had any sort of accident. Add to water to encourage the speedy release of its effects.

Code	Size
20052	10ml Bottle
20054	20ml Bottle

Emergency Spray

Emergency Spray is a unique alcohol-free formula combining Dr Bach's original 'rescue remedy' with the Bach flower 'emergency fear combination'. The resulting product is a mixture which delivers a unique and comprehensive combination for anything life may throw at us, or our animals. The gentle taste-free formula can be used on animals of any age. This is a safe, natural and effective non-alcoholic solution.

Code	Size
20210	21ml Spray

Suggested Bach Flower Essences for General Health

Gorse - restores perseverance, vitality and endurance

Centaury - for animals that may be weak after illness

Chestnut Bud - for accident-prone animals

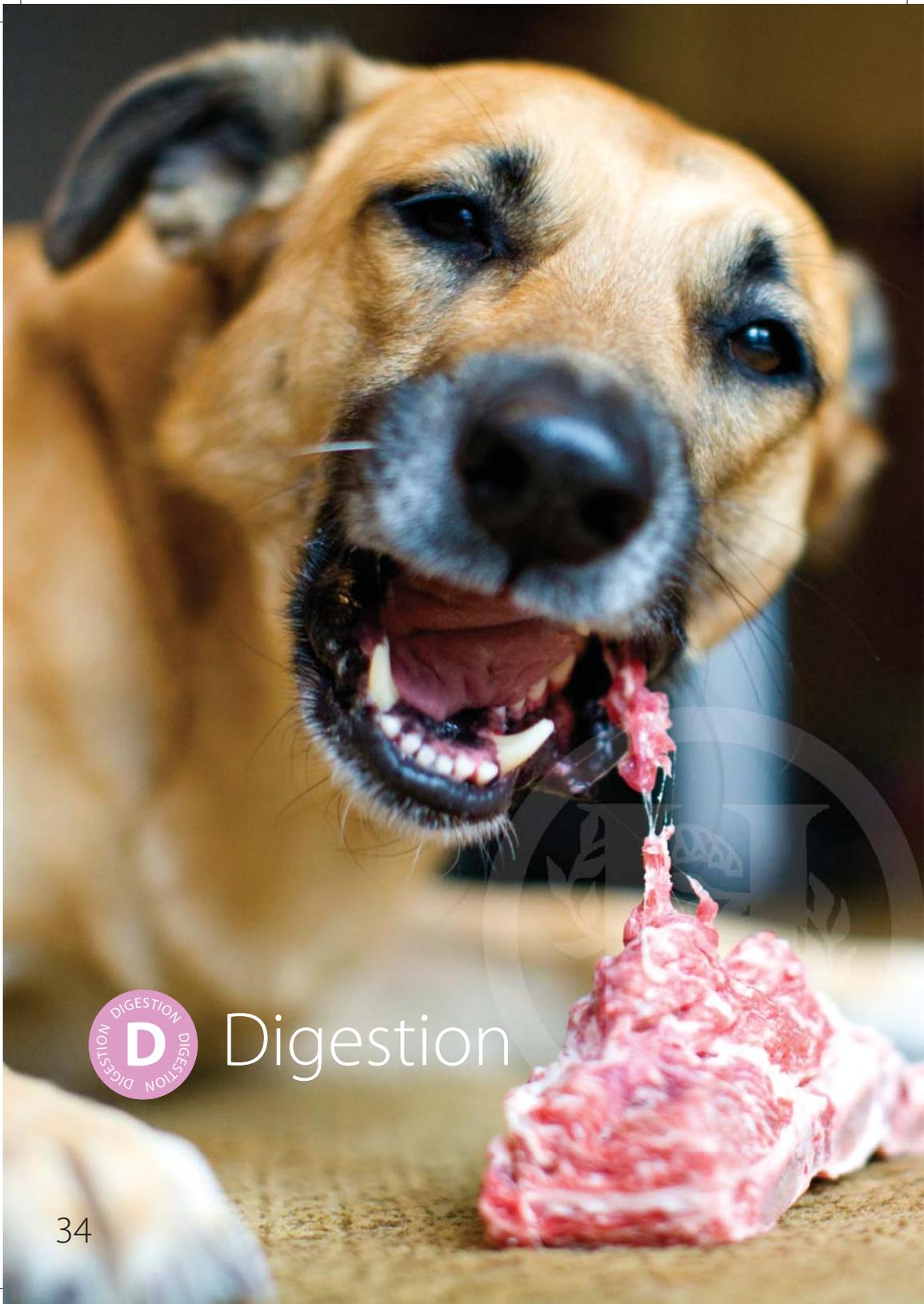
Clematis - after surgery

Crab Apple - Dr Bach's De Tox essence

Hornbeam - a 'pick-me-up' after illness

Oak - restores resilience, strength and stamina

Rock Rose - overheating, dentistry



Digestion

You are what you eat. This may be an old adage, but it is true and applies equally to both people and animals. In recent years there has been an increasing trend in both the human and pet market towards the use of 'convenience' foods.

This may appear to be a quick, cheap, and easy way to feed our dogs, but many of these products fall far short of providing a fresh, healthy, nutritious diet, and can ultimately lead to poor overall digestive function and a tendency to develop various other health issues.

Obesity in dogs is on the increase and this is directly related to over feeding, reliance on convenience foods containing high levels of fat and salt, too many treats and lack of exercise.

Obviously we can't rectify all the effects of a poor diet or lack of exercise, but we can offer a variety of pure herbal products that will help ensure your dog's digestive system is maintained in the very best of health, whatever the age and whatever the routine.

Hilton Herbs – **The Natural Answer** for Internal Health and Balance.

"My dog, she looks at me sometimes with that look, and I think maybe deep down inside she must know exactly how I feel. But then maybe she just wants the food off my plate".

Unknown



Digestion

Oral Health

Remember the digestive system starts in the mouth and finishes with the anus. It is alarming that around 60% of dogs over 3 years of age have poor oral hygiene, tooth decay and gum disease, and many of these dogs will have to undergo annual anaesthetics in order to have their yearly "tooth scrape".

Admittedly some of this may be due to poor jaw formation. The toy breeds in particular may have jaws that are too small to accommodate all their teeth, which leads to overcrowding, impaction and poor tooth alignment contributing to gum disease. However, the biggest contributor to poor oral health in both dogs and cats is commercial food.

Look in your dog's mouth, you will see that the teeth in both the upper and lower jaw are pointed. When the dog closes its jaw the top teeth should fit into the gaps between the bottom teeth. A dog's teeth (even small dogs) are designed to tear flesh and chew on bones, this action exercises the dog's muscles, keeps the teeth free from tartar, and the gums in good health.

The soft texture of commercial pet foods requires virtually no chewing at all. Some of these foods are little more than compressed powders which when eaten turn into a sort of paste that sticks to the teeth, contributing to tooth decay, bad breath and poor gum hygiene. This problem has obviously been recognised by the pet food manufacturers who are now marketing their own "dental sticks" which claim to help clean the dogs' teeth after eating their food!

Dogs whose diet includes raw meaty bones or raw chicken wings, have no need of these dental sticks, their teeth are cleaned, their jaws exercised, and their gums stimulated by the very action of eating the bones.

Even small dogs can safely eat raw bones, our herbalist's sister has a Welsh Terrier that is fed on a natural diet and given a raw chicken wing three times a week. The eight year old bitch has never had to have her teeth cleaned, and on the rare occasions she is taken to the vets, he always comments on how healthy her teeth and gums are.

See the section "A Dog's Dinner" for more information on a healthy diet, and ways to keep your dogs teeth pearly white!

"My daughter brought home one of your diet sheets after visiting your stand at Crufts in 2006, as Magic, my Bischon Frise, had suffered with bad breath and teeth staining. I'd just had her teeth cleaned by the vet, and after reading the sheet, started her on the natural diet straight away, adding your Seaweed and Rosehip Mix and Virgin Hemp Oil to her food. 18 months later Magic's breath is fine, her teeth and gums are still in excellent condition and I've not had to return to the vet for a further clean."

Mrs Wendy G from Redhill in Surrey.

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GastriX

To get the most out of a fresh healthy well balanced diet, or in fact any diet, it is vital that your dogs digestive system should be working effectively and efficiently.

A healthy digestive system will ensure that your pet can process and absorb the vital nutrients contained in the food, in order to maintain a healthy coat, heart, teeth, bones, skin, immune response and overall health and vitality.

Every animal will occasionally suffer from an upset tummy, this is usually a swift and healthy reaction to something that does not agree with it. However, long term digestive disorders can have a debilitating effect on your pets health, and this is where herbs can help to maintain the digestive balance.

GastriX is a soothing, calming and supportive mix to help maintain and support a healthy and efficient digestive system, enabling your dog to get the very best out of their food.

This product is particularly helpful for use when stress or change of routine may upset your dog's normal digestion, and can help maintain the steady process of food through the digestive tract.

Contains: Slippery Elm, Marshmallow root, Gotu Kola leaf, Liquorice root, Dandelion root, Chamomile flowers, Valerian root and Cramp Bark.

Code	Size
90880	125g Bag
90884	250g Bag

Handy Tip: If you want to give your dog a treat use pieces of raw fruit or vegetables such as carrots or apple.

Never give your dog chocolate, it contains theobromine which can kill dogs. If you must give chocolate then use one of the commercially available doggy chocolates which have had the theobromine removed.

Puriphy - The Canine De-Tox mix

Each day our dogs' systems are required to cope with the physical, environmental, and dietary demands made on their bodies.

Wormers, convenience foods, environmental toxins or advancing old age will all place additional pressures on your dog's general health.

Puriphy contains herbs that have been specifically selected to help your dog's physiological systems respond to these demands. Milk Thistle seed to maintain healthy and effective liver function, Cleavers to support a healthy lymphatic system, Golden Rod to maintain efficient kidney function, Liquorice and Dandelion root to support an effective digestion, Nettle and Burdock to help maintain the body's circulatory and excretory systems.

Contains: Milk Thistle seed, Cleavers herb, Golden Rod herb, Liquorice root, Dandelion root, Nettle herb, Burdock root.

Code	Size
90860	125g Bag
90864	250g Bag

Digestion

Tranquility

We have included this product in this section for those dogs whose digestive system may be affected by tension, stress or anxiety, rather than any physiological digestive disorder. We recommend this pure herbal mix to help your dog maintain a calm, relaxed, digestive tract.

Contains: Valerian root, Scullcap herb, Vervain herb, Chamomile flowers, Marshmallow root, Hawthorn tops, Meadowsweet herb.

Code	Size
90840	125g Bag
90844	250g Bag

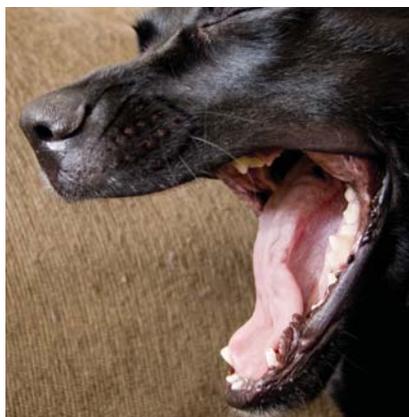
Handy Tip: If your dog has an upset tummy then treat him/ her exactly as you would yourself. Give easily digested food such as scrambled eggs and cooked porridge oats. These make great convalescence food and are easy for the dog to digest.

Slippery Elm

The premier digestive plant, Slippery Elm powder, is made from the inner bark of the Red Elm tree, the slightly pink powder is rich in mucilage, and when ingested becomes a smooth slippery gel that is both soothing and cooling to the digestive system.

Safe to use on the very youngest and oldest of animals, this herb is included in both the GastrIX mix and the NR Gruel for its beneficial properties.

Code	Size
00682	250g Tub
00684	500g Tub
00686	1kg Tub



Healthy teeth and gums from a healthy diet

Slippery Elm capsules

Our same top quality Slippery Elm powder but presented in capsule form.

Contains: Each vegi – capsule contains 333mg of slippery elm powder.

Code	Size
91020	25 Capsules
91022	50 Capsules
91024	100 Capsules

Did You Know? That fasting is the natural way for dogs to clean out their systems. In the wild, when animals are sick they will often take themselves off on their own into isolation and fast, clearing their systems of accumulated toxins. Fasting a healthy dog does no harm and many experienced dog owners and vets advocate fasting dogs for a day, once or twice a month. Make sure that your dog has access to fresh water at all times.

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Digest Plus “The Herbal Balancer”

Selected ingredients designed to soothe, balance and maintain a healthy gut environment. This appetising product is the ideal partner for our Gastri X. We recommend using it prior to, and during competition, when there are any changes to the dog's routine, or at any time when the dog experiences additional stresses which may upset the delicate balance of the gut. Ideal for use after administration of antibiotics, wormers or other conventional medicine.

Code	Size
01070	100g Tub
01072	250g Tub
01074	500g Tub
01076	1kg Tub



NR Gruel

Nutritious, soothing and calming, this product is ideal for both the very youngest and oldest of dogs. We recommend this product to help maintain and support a healthy digestive system.

The original, and in our opinion the most famous formula created by Juliette de Bairacli Levy, the original “Animal Herbalist”. This fantastic product has really stood the test of time and has been used by literally thousands of breeders and dog owners worldwide.

See our Nerves and Hormones section for alternative uses of NR Gruel.

Contains: Slippery Elm powder, Marshmallow root, Dill seed, Wheatgerm, Arrowroot, Barley Flour & Maize Flour.

Code	Size
90501	125g Bag
90503	250g Bag
90504	500g Tub
90506	1kg Tub
90508	1kg Bag

Crab Apple

One of the famous Bach Flower range – this is the flower essence for Cleansing.

Use internally by adding to the dogs drinking water or administer with a dropper bottle. Add to water and use in a mister spray for pet bedding.

For full information on the use and administration of the Bach Flower essences see page 53.

Digestion

Interesting Note: Coprophagia

This describes the rather unsavoury (to us humans) canine practice of eating other animal's droppings. Dogs seem to love to eat horse dung, sheep droppings, rabbit pellets and cow pats! Although you wouldn't want your dog to give you a big kiss after doing this, it is a natural thing for them to do and just their way of gaining access to partly digested plant material. In our experience, dogs whose diets include plenty of fresh vegetables and fruit are less likely to show interest in the droppings of herbivores!



Bach Flower essences you may find helpful for Digestion

Agrimony - Tension

Crab Apple - Coprophagia

Gentian - Lack of appetite

Sweet Chestnut - Tension, Rescue animals

Did You Know?

Anal Glands

Well we really are covering everything to do with the digestive system from mouth to anus!! The anal glands are small sac like glands located on either side of the anus, which secrete a scent. In fact it is probably what other dogs are smelling when they say "hello" by sniffing each other's behinds! Dogs use urine, and scent from the anal gland to mark their territory.

Some dog's anal glands get blocked and can even become infected, this is very painful for the dog who will drag its behind across the ground to try and unblock them. The blockage can be cleared by your Vet who can manually squeeze the sacs to release the fluid (not a nice job!).

Remember however, that nature abhors a vacuum, and once the gland sac has been emptied it will refill.

Feeding a natural diet that contains meaty bones and vegetable fibre can often help overcome this problem. Dogs fed a natural diet will produce a slightly dryer stool which will help to empty the anal gland as it is passed.

Commercial diets tend to produce a softer, wetter stool which puts less pressure on the anal gland as it is passed, thereby encouraging the problem to re-occur.



Special Needs





We understand that our customers have a unique relationship with their dogs, and of course every dog is special, but from time to time some of them need that extra bit of care, support, and attention.

The following range of products have been carefully and specifically formulated to help support these 'special needs' dogs, maintain their quality of life, restore the natural balance, and encourage them back to full health.

So if you have an elderly dog who struggles to shed his coat, one whose immunity needs that extra bit of support, an elderly bitch who can no longer remain dry overnight, or one who suffers during the pollen season, one of the following mixes may be just what you are looking for to help that special canine friend in your life.

Hilton Herbs – The Natural Answer for your 'Special Needs' dog.

"A dog wags its tail with its heart"

Martin Buxbaum



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Cush X

A pure herbal product that has been used successfully by many of our customers to help their dogs maintain a balanced endocrine system.

As part of her BSc degree in herbal medicine Hilary, our herbalist, was required to undertake clinical trials. She took the opportunity to trial a single herb, Vitex agnus castus. In response to the findings of this trial she then formulated Cush X for both dogs and horses. Owners have reported excellent results with this mix, especially with older dogs that struggle to shed their coats. Safe to use in conjunction with conventional medication.

Contains: Vitex agnus castus seed, Milk Thistle seed, Golden Rod herb, Artichoke leaf, Burdock root, Cleavers herb, Goats Rue herb.

Code	Size
90870	125g Bag
90874	250g Bag

Immunity Plus

Throughout their lives dogs may occasionally need that extra support to help maintain a healthy and efficient immune system and response. Our easy-to-feed pure herbal formula is rich in Echinacea purpurea root, together with other herbs known for their ability to support and maintain a healthy immune system. Use any time you feel your dog's immunity may be under pressure.

Contains: Echinacea purpurea root, Milk Thistle seed, Gotu Kola leaf, Nettle herb, Liquorice root, Cleavers herb, Rosehip shells and Seaweed.

Code	Size
90850	125g Bag
90854	250g Bag

Puriphy – The Canine De-Tox

Healthy liver and kidney function is vital if your dog is to remain fit and active. This tried-and-tested herbal formula will help your dog maintain healthy liver and kidney function all year round. We particularly recommend using Puriphy in conjunction with your routine worming programme, or when giving conventional medication.

Contains: Milk Thistle seed, Cleavers herb, Golden Rod herb, Liquorice root, Dandelion root, Nettle herb and Burdock root.

Code	Size
90860	125g Bag
90864	250g Bag

Did You Know?

The anti-oxidant activity of Milk Thistle is 10 times that of Vitamin E!



Special Needs

Metabolyte Gold

Vets are reporting a steady increase in canine obesity. It is believed that this is due to owners relying more and more on high calorie foods, over-feeding of inappropriate treats, and a lack of energetic exercise.

Metabolyte Gold is a unique product that has been specifically formulated to help your dog maintain the correct and efficient metabolism of nutritional energy sources. The liquid format makes it easy to administer by adding to a small amount of low carbohydrate food. We recommend this mix for dogs who struggle to lose weight. For effective weight loss this mix must be used in conjunction with a suitable low calorie diet and exercise regime.

Contains: 1:3 Tinctures of – Milk Thistle seed, Goat rue herb, Artichoke leaves, Gymnema leaf, Garlic juice, Burdock root and Nettle leaf with Apple Cider Vinegar.

Code	Size
90422	250ml Bottle
90424	500ml Bottle
90426	1L Bottle

Handy Tip: If you want to spoil your dog without piling on the pounds, cut up fruit and vegetables such as apples, carrots, broccoli, cauliflower and cabbage stalks and keep them in the fridge. Vegetables make great low calorie healthy treats for dogs.

LBM Solution

Many of us have experienced not only the distress caused to our spayed bitches when they have 'accidents' in their beds whilst sleeping, but also the additional work incurred with daily bed washing!

Some breeds are more prone to this problem than others. Dobermanns seem to be one of the most commonly affected breeds. In response to her own Dobermann bitch's needs our herbalist formulated a liquid product containing tinctures of herbs known for their ability to help support and maintain healthy bladder control and tone. *This mix does not contain hormones.* Our LBM mix has been marketed through several veterinary practices around the country that have reported excellent feedback from their clients.

LBM is a pure tincture product designed to be added to your pet's food twice daily. We recommend giving 1-2 ml per 10kg body weight twice daily.

Contains: 1:3 Tinctures of – Hydrangea root, Horsetail herb, Astragalus, Vitex agnus castus seed, Cramp Bark, Black Cohosh root.

Code	Size
90392	250ml Bottle
90394	500ml Bottle
90396	1L Bottle

Handy Tip: Use food that contains phyto-estrogens in your bitch's diet such as fenugreek, cooked oats, oatmeal, linseed (this can be whizzed up in a grinder and sprinkled over the food).

Handy Tip: Homeopathics that may be helpful – Stilboestrol 30c or Sepia 30c.

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KD Solution

Some breeds of dogs, may be more prone to developing gravel and stones. With modern analytical techniques the exact type of stone (struvite or oxalate) the dog produces can be identified and, with the help of dietary and lifestyle changes, the predisposition to developing more stones can be reduced.

In response to specific requests from dog owners, our Medical Herbalist has formulated a special pure tincture product to help support and maintain a healthy urinary and kidney function in all breeds of dogs. Using anti-lithic and soothing herbs such as Hydrangea, Gravel Root, Pellitory of the Wall, and other herbs known for their beneficial action on the urinary tract, kidneys and bladder, this mix can be given on a daily basis to help support your dog's whole urinary system.

KD Mix is a pure tincture product designed to be added to your dog's food.

The general feeding requirement is to give 1-2mls per 10kg of bodyweight twice a day. So, for example, a dog weighing 20kg would be given 2-4mls twice a day in food.

We often suggest to our customers that they start the dog on the lower quantity as this may be all that is required. Owners can increase the quantity if it is felt the dog needs more support.

Contains: 1:3 Tinctures of – Couch Grass, Marshmallow leaf, Hydrangea root, Golden Rod herb, Gravel root, Pellitory of the Wall, Wild Carrot, Corn Silk.

Code	Size
90382	250ml Bottle
90384	500ml Bottle
90386	1L Bottle

Handy Tip: If your dog is prone to developing stones/gravel, use filtered, ionised, or at least pre-boiled water in their drinking bowls, as this water will have a lower mineral content. Add water to your dog's food just before feeding to increase water intake and help dilute urine.

CDRM Solution

Formulated originally for a veterinary surgeon to help support his clients' German Shepherd dogs, this pure tincture mix contains herbs known for their ability to specifically maintain the dog's pelvic area as well as the nervous, musculo-skeletal, and circulatory systems.

Contains: 1:3 Tinctures of St John's Wort herb, Astragalus root, Yarrow herb, Milk Thistle seed, Horsetail herb, Billberry fruit.

Code	Size
90372	250ml Bottle
90374	500ml Bottle
90376	1L Bottle

Bach Flower essence suggestions for your 'special needs' dog.

Scleranthus - maintain hormonal balance

Oak - struggles bravely on, resolute.

Olive - tiredness, despondency, lack of stamina, support for cleansing process.





A Dog's Dinner!
Homeopathy
Flower Essences
Bookshop
Herbs & Tinctures

A Dog's Dinner!



At Hilton Herbs we are great advocates of the Meaty Bones and Raw Food diet for dogs. We are not nutritionists, just people who work on applying common sense and the experience gained from many years of dog ownership.

We believe in the "holistic" care of both animals and people, and in our opinion this begins with a good healthy diet. The old adage "you are what you eat" applies not only to us but to the pets and animals in our care.

Our dogs share our lives and lifestyles, and as such are dependent on us to give them a healthy diet. As with people, many of the health problems prevalent in pets these days are food related, whether it's allergies, obesity, heart disease, gum disease, tooth decay, or skin conditions.

Pet food manufacturers spend huge sums of money on advertising, encouraging dog owners to purchase their products. The food is presented in a variety of forms :- "muesli style", dried kibble, semi moist sachets or tinned food. Unfortunately the majority of commercial foods are designed more for the owner's convenience than their pets!

It is a sad fact that as many as 60% of dogs, over 3 years, suffer from gum disease and tooth decay. Commercial pet foods require little or no chewing, an action that is absolutely vital if the dogs teeth and gums are to remain healthy.

In fact, some dog food manufacturers are now marketing a "dental stick" that can be given to the dog to help clean its teeth after eating their food! These would not be necessary if the dog was fed a fresh natural diet in the first place!

It may seem quick and easy to serve your dog a dry, or tinned meal but these products bear little or no resemblance to the food a dog would eat naturally.

Dogs are principally carnivores, but if you look at what wolves or wild dogs eat, (our dog's distant cousins) you will find their diet is hugely varied and contains a mixture of fresh meat, bones, vegetables, seeds, possibly the vegetable fibre obtained from the digestive systems of their prey, fruit from trees and bushes, along with grasses to help with digestion and parasite control. Wolves and wild dogs will also eat earth and charcoal to help with digestive upsets and just about anything else they can scavenge!

Bearing all this in mind, one must ask the question – Why when nutritionists and doctors are urging us to eat as varied and wide a variety of foods as possible, are we being told by the pet food industry that its absolutely fine to give our dogs exactly the same processed food every single day of their lives?

To be fair, a small number of the commercially available foods are produced using good quality ingredients, free from preservatives, sugar, corn syrup, taste enhancers, salt, artificial flavourings and colourings etc. These foods will usually contain ingredients such as brown rice, millet or oats as the carbohydrate portion of the food, with vegetables and lamb, duck, chicken meat or fish as the protein part of the food.

A Dog's Dinner!

Unfortunately pet owners cannot rely on the product labelling to provide clear and accurate information. The label may state that the food contains beef, chicken or fish protein, which most pet owners would take to mean that the product contains the flesh of cattle, chickens, sheep or fish. This may not be the case, as the crude protein portion of the food can be provided by the heads, hooves, beaks, bones, skin, feathers, and internal organs of these animals. At present labelling regulations do not require pet food manufacturers to state which part of the animal is providing the "protein" part of the food.

Of even more concern is that some of the meat used in pet foods, comes from animals that have been passed as unfit for human consumption, either through contamination with drugs, or disease.

Commercial foods may also contain chemicals added to the food to preserve the ingredients, colourants to artificially colour the lumps of pressed food so that they look like meaty chunks and a mixture of waste fats that are sprayed onto the finished product to make it appealing to dogs and cats.

The only way you can be sure of feeding your pet, food that you would be happy to eat yourself is to give him/her fresh food bought from your butcher, greengrocer etc.

For a real insight into "What is really in Pet Food?" go to; http://www.bordercollierescue.org/news_and_views/Content/PetFood.html

Feeding a Healthy Diet – Its not difficult!

Many people are put off feeding a natural diet for a number of reasons.

Firstly - they are worried their dog will not get all the vital minerals, vitamins and nutrients it needs. Don't worry, animals in the wild don't eat a scientifically balanced diet each day and yet they remain fit and healthy! Providing your dog receives a varied diet containing fresh wholesome food, he will get everything he needs to remain fit and healthy.

Dogs are carnivores, that's why their jaws are filled with sharp pointed teeth that allow them to hold, and then chew through bones, sinew, meat and tendons, thus exercising their jaws and cleaning their teeth and gums at the same time. Their diet however does not just contain red meat, in addition they will happily eat fish, chicken, fruit, vegetables, cereals, grains etc.

Additional vitamins and minerals are generally only required in special circumstances such as during pregnancy, nursing or for fast growing pups.

Secondly – people are concerned that feeding a "Natural Diet" will be time consuming, expensive and complicated. Nothing could be further from the truth. Once you get into a routine feeding a fresh natural diet will not take you much longer than opening a tin or pouring out some dried kibble. Plus you will also have the satisfaction of knowing your dogs are being fed a healthy diet and it should not cost you any more than buying some of the named brand dog foods.

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I have just been to my local butcher and he sells me fresh meaty bones and fresh chicken wings. I collected over 100 chicken wings, and 30 large meaty beef bones and lambs necks. The whole lot cost me £5.00! I will now freeze these and feed them to our two dogs over the next few weeks.

Twice a week I cook up a casserole of brown whole grain rice, oats and millet, and blitz raw vegetables (carrots, broccoli, etc) in the food processor. The whole process takes me a maximum of 30 minutes. The casserole and raw vegetables are then kept in the fridge to be added to the raw meat each day. In addition to this I will give the dogs any suitable table scraps or off-cuts of fruit and vegetables that I am preparing for our own meals (cabbage, spring greens or cauliflower outside leaves and stalks, celery sticks, apple cores, pears, strawberry tops etc).

We have two large dogs who are fed twice a day on a natural diet, it takes me under 10 minutes to prepare their meals.

Ok, it takes a little more time than opening a tin or a bag, but I reckon 20 minutes a day, to feed two dogs, and one and a half hours a week to prepare their food is not too much time to spend on feeding members of the family that give us so much love, affection and pleasure!

So what can you feed?

Each dog is an individual, just like us, and you must adjust what you feed your dog depending on their body type. Some dogs just seem to burn off the weight without trying whilst others who are more sedentary may have an inclination to pile on the pounds! Obesity is one of the biggest problems facing our dog population and is the reason why heart conditions, diabetes, skin problems and digestive disorders are becoming so much more prevalent.

A dog's diet should contain:

Protein

Good quality meat and raw meaty bones are a vital part of a dog's diet. It is really important to feed the meat raw as cooked meat will lose some of its vital nutrients in the cooking process so if you really must cook it then only cook lightly!

Develop a relationship with your local butcher! He will probably be only too happy to supply you with packs of raw diced or minced beef or lamb, which can be taken home, put into meal size packs and frozen ready for defrosting when necessary. You will have the satisfaction of knowing that this meat is free from colourants and preservatives and is produced from human quality meat. Don't just give minced meat, dogs love to chew on chunks of raw meat, and this helps to clean the teeth, so ring the changes if you can.

It is so easy to just take a pack out of the freezer each night, allow it to defrost overnight and then its ready to feed the next day, what could be simpler?

Try and feed a little offal such as heart, kidney or liver as a special treat once a week, it can be fed either raw or very lightly cooked. Offal given once a week is quite enough, it is rich in Vitamin A which is a vitamin that should not be given to dogs in excess. I was in one of the big supermarkets recently and found that they were selling packs of ready diced Ox heart. It was extremely cheap to buy, so I bought eight packs and froze them. I have now got over two months supply of offal which I can simply defrost and add to the dogs' dinners, this is what I call convenience food!

A Dog's Dinner!

Chicken Wings - your butcher should also be happy to sell you fresh raw chicken wings. Pack a few wings into a freezer bag and then freeze them, this will allow you to take out one or two at a time a couple of times a week and feed them to your dog.

Don't worry, this is absolutely safe for even small dogs, just make sure the wings are fed **RAW**. Your dog will love them, the tiny bones in the wings are excellent for cleaning down the sides of teeth and will keep your dog's teeth and gums in tip top condition.

More and more dogs are now requiring an annual dental scrape from the vets. This is very similar to the sort of process undertaken by a dental hygienist. A build up of tartar on the dog's teeth leads to gum disease and tooth decay. This process will involve a visit to the vet, a general anaesthetic, and the removal of the tartar build up.

Some dogs' physical make up and poor jaw confirmation (undershot, overcrowded or overshot) will naturally incline them to poor dental health, however the majority of dogs, even small ones, if fed a diet containing raw meat and bones will have no problem in keeping their teeth and gums in good condition.

Fed correctly your dog will not only have a stronger immune system that is able to resist everyday infections, but will also be spared the annual anaesthetic and discomfort of rotten teeth and gums. Seaweed can also be fed to help maintain healthy teeth and gums.

Bones - Feed **RAW** meaty bones to your dog on a regular basis, if they are nice and meaty they can be given in place of a meal. Choose meaty beef or lamb rib bones, or lamb's necks, they make excellent teeth cleaners, will provide hours of exercise to not only the dog's jaw but also to their neck, shoulders and legs.

I have often watched our dogs pinning the bone to the floor with their front legs while they rip off the meat from the bone. Fed this way the meat is in proportion to the bone intake and will help to pad out the bone as it is digested.

N.B. Never feed cooked bones to your dog, the cooking process weakens the bone structure causing them to splinter which can lead to digestive blockages and damage.

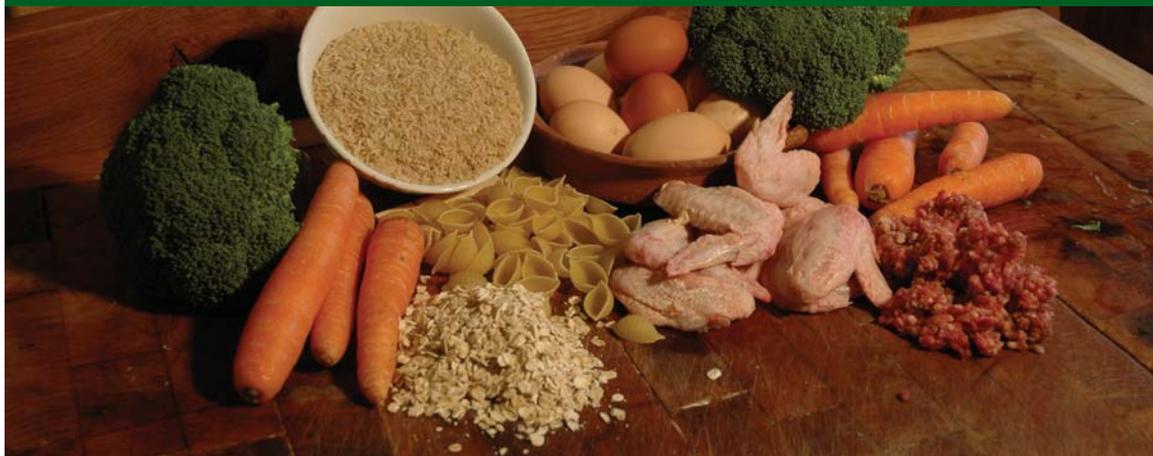
Marrow Bones of course contain marrow, but beef marrow bones are huge and are so hard they can cause wear on a dog's teeth. I tend to avoid giving these too often and opt instead for the leg bones from sheep, these are much smaller and the dog can easily crack open the bone to extract the marrow. Speak nicely to your butcher!



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Fish - most dogs absolutely love fish. Some people advocate feeding fish raw. I prefer to cook it lightly making sure there are no bones left, and then use the cooking liquid in the food as well. Be aware that some dogs may be allergic to fish so just introduce it gradually and keep an eye out for any problems.

Eggs - these are an excellent source of protein and calcium, but don't overdo them. Add a raw egg and include the shell in the food once or twice a week, just smash up the shell with the food. Try and use organic or at least free-range eggs if possible.

Carbohydrates - Some people do not agree with feeding any grains / cereals to dogs, stating that in the wild dogs would not have access to these foods and that the canine digestion is not designed to process cereals. You must make your own decision on this.

If you choose to include carbohydrates in your dog's diet then this can be provided by using brown rice, oats, millet, buckwheat or wholewheat pasta. For dogs with a gluten intolerance cooked potato and rice could be used. The important thing to remember is that these carbohydrates must be cooked so that they are more easily digested.

Vegetables - These can be fed either raw or lightly cooked. Raw vegetables such as carrots and broccoli can be finely chopped up in a food processor and stored for a couple of days in the fridge. Some people prefer to feed cooked vegetables, but don't overcook them as important enzymes will be lost during the cooking process. Our dogs will eat just about any fruit or vegetables and in the Autumn our dogs are always greeting me with a windfall apple in their mouths, which they chomp up with great enthusiasm. Watch out for grapes though, whilst at a show recently one of our customers told us that after giving her dog some grapes it developed a serious kidney disorder, her vet told her that grapes and raisins are toxic to some dogs.

Oils - Hemp Oil is an excellent source of the Omega 3's and 6's your dog needs in its diet. I give our dogs 5ml each day in their food. Remember to keep the oil in the fridge to prevent oxidation.

We hope you found this article interesting and that it will give you pause for thought when feeding your dogs in the future.

Homeopathy for Dogs

In recent years the use of homeopathy for dogs has dramatically increased. Owners and trainers who have successfully used homeopathic products for themselves are gaining confidence in their application for dogs and other animals.

At Hilton Herbs we stock over 230 homeopathics in a variety of potencies (6c, 30c, 200c, 1M, plus several combinations). The majority of these are in the hard tablet form, with a few liquid products. All our homeopathic tablets are supplied in dark glass vials (7g weight being approximately 50 tablets). Our liquid homeopathics are supplied in 30ml dark glass dropper bottles.

It is possible for us to source homeopathics in powder form, however our experience has shown that most dog owners are happier using either the hard tablets or a liquid. Any information given by our Helpline is taken from a variety of excellent books on the use of homeopathy for dogs and other animals. (See our books section).

We hope that customers who are not so familiar with the use of homeopathics may find the following basic instructions useful.



How to administer and store homeopathic tablets or liquids, as recommended in **Homeopathy for Horses** by Tim Couzens.

- The quantity given (one tablet) is the same regardless of size, weight, height or age of animal. It makes no difference if it is an elephant or a mouse!
- Do not handle the tablet. The surface of the tablet is potentised, oil or sweat from your skin will reduce the potency.
- Tip one tablet into the cap of the container and then directly into the mouth of the dog or add to a very small amount of food.
- Liquids (about 5 drops) can either be dropped straight into the dog's mouth, dropped onto a very small amount of food, or added to the drinking water.
- Never return unused tablets or tablets that have been dropped back into the container.
- Always keep the lid on the glass vial and store containers out of strong sunlight, at room temperature and away from extremes of temperature.
- Keep away from strong smells, perfumes and essential oils such as camphor, eucalyptus etc.
- Keep away from sources of electromagnetic radiation such as mobile phones, televisions, computers and microwaves.

10050 – Any 6-30c homeopathic
7g

10052 – Any 200c or combination homeopathic
7g

10054 – Any 1m homeopathic
7g

10602 – Arnica 1m/Ruta 200c/Rhus Tox
1m tablets
7g

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Dr Bach Flower Essences

At Hilton Herbs we are proud to stock the Ainsworths range of Bach Flower Essences. Ainsworths is a founder member of the British Association of Flower Essence Producers which sets and maintains the highest standards and monitors regulatory requirements.

How to give Flower Essences

There are 38 Bach flower essences, plus other products such as the combination Recovery Remedy, Emergency Spray, and Emergency Formula. These essences are very much aimed at 'states of mind', for example, fear, jealousy, lack of confidence etc.

Each flower essence comes in a bottle with a dropper top. A single essence can be chosen, but you can choose several (up to five) that reflect different emotional states of the animal. Each essence has an indication for use and a positive outcome. Dr Bach stressed the importance of taking these "vibrational" plant essences in water, shaking before each use.

It is preferable to make up a 'mixer bottle', but drops can be added directly to your dog's drinking water. For a mixer bottle, add up to six drops of each chosen essence to 30mls of mineral/boiled tap water (plus a teaspoon of cider vinegar to preserve the essences). Shake thoroughly and then shake well before each use.

DOGS can be given 4-6 drops from the mixer bottle which can either be placed in the drinking water, onto the animal's nose, rubbed into the gums or skin, or given in food or on a treat. Drops can be added to an external wash or put into a water-based 'mister' and sprayed into the animal's environment. The above can be repeated up to four times a day.

If no mixer bottle has been made, or is available, the drops can be taken directly from the individual flower essence bottle(s), and then preferably added to drinking water, or put directly into the dog's mouth or onto a treat.

Dogs can be given 4 - 6 drops in total, either of one essence, or 2 - 3 drops of two individual essences etc.

The average course is seven days, but essences can be given for longer periods if necessary. In acute situations, for example fireworks' night, the drops can be given directly from the flower essence bottle to the animal every 20 minutes.

Hilton Herbs stock the complete Bach Flower Range and mixer bottles as well as books on this fascinating subject.

We stock some excellent books that will help you choose the most appropriate flower essence for your animals, whatever the problem.

One of our favourites is **Bach Flower Remedies for Animals** by Helen Graham and Gregory Vlamis. See page 54 for further details.

20052
Ainsworths Bach Flower Recovery Essence
10ml

20054
Ainsworths Bach Flower Recovery Essence
20ml

20210
Recovery Plus – Emergency Spray
20ml

20056
Any Ainsworth Bach Flower Essence
10ml

20202
Ainsworth Bach Flower Recovery Cream
40g

20204
Complete set of Bach Flower Essences (39)
10ml

The Hilton Bookshop

Essential Care for Dogs - A Holistic Way of Life

by Jackie Drakeford and Mark Elliott MRCVS

We cannot recommend this book too highly. It is equally suitable for both the new and experienced dog owner. Easily accessible and full of absolutely vital information this book takes your hand and leads you through dog ownership from start to finish. Packed with really sensible advice on choosing the most suitable dog, caring for puppies, feeding for health and good behaviour, body care, exercise, caring for the older dog, breeding and first aid. The only bad thing about this book is the index!

30570

The Complete Herbal Handbook for Dog and Cat by Juliette de Bairacli Levy

This book provides the dog and cat owner with a wealth of information on the use of herbal medicine, disease prevention and the world famous Natural Rearing methods used by this wonderful herbalist and renowned Afghan Hound breeder.

30358

Your Sick Dog by Nico Maritz BVSc. MRCVS

A dog owner's guide to understanding and managing breeding, illness and injury. What's wrong with my dog? This interesting and helpful book looks at dog care and management from a completely different perspective. Each chapter of the book is written as if it were a consultation with your vet, and covers all the common symptoms people consult their vets on. Each chapter starts with a flow diagram that will help guide the reader through the chapter, asking appropriate questions and explaining the pros and cons of the various treatment options. The book explains how you can do much of the detective work yourself. An invaluable and informative manual for every dog owner.

30572

Bach Flower Remedies

Bach Flower Remedies for Animals by Helen Graham and Gregory Vlamis

We recommend this as 'the Bible' for anyone who wants to use the Bach Flower Essences. The book is very readable, with an introduction to the philosophy of Dr Bach's wonderful flower essences, and advice on how to assess your particular animal's character and temperament. The index is excellent and each flower essence is covered in detail, with comprehensive advice on choosing the appropriate one for dogs, cats, horses, sheep and even fish!

30342

Dogs Misbehaving

by Martin J. Scott and Gael Mariani

This book explains how to use Bach Flower essences to tackle your dog's problems such as aggression, attention seeking, barking, biting, destructiveness, separation anxiety, hyperactivity, jealousy, and turn your dog into the perfect pet.

30438



Straight Herbs & Tinctures



Ainsworths Homeopathic Guides

A range of concise and easy to read guides, on the everyday use of homeopathy for various animals.

30303 – Dogs & Homeopathy

Mark Elliot & Tony Pinkus

30202 – Homeopathy For A Healthier Cat

Mark Elliot & Tony Pinkus

30302 – Horses & Homeopathy

Mark Elliot & Tony Pinkus

30300 – Homeopathy The Shepherds Guide

Mark Elliot & Tony Pinkus

30305 – Homeopathy The Herdsmans Guide

Philip Hansford & Tony Pinkus

Hilton Herbs

Tony Self is responsible for the sourcing and contracting of all our raw materials and assessing the company's herbal requirements as much as 18 months ahead of the time. In many cases he will be contracting on plants that have not even been grown yet!

Of course we hold large stocks of all the herbs in our proprietary canine and equine mixes, but we also stock many others. All of our herbs can be bought as 'straights' to be used by customers who either just want to use a 'simple' herbal therapy, or for those who want to formulate their own blends. Unfortunately we just don't have the room to list them all, so if you are interested in purchasing any "straight" herbs please contact our Helpline who will be happy to tell you if the herb you want is available and quote you a price.



Hilton Tinctures

We care just as much about the quality of the tinctures we use in our proprietary mixes as the herbs we sell, in fact the majority of our tinctures are produced for us using our very own herbs.

Please see the Quality Assurance section at the front of this catalogue for full details of our tincture supplier.

We stock over 60 tinctures, obviously including all the tinctures in our proprietary mixes, but we also have many others that Hilary uses for her special mixes or in her dispensary. Unfortunately we just don't have the room to list them all, so if you are interested in purchasing any individual tinctures please contact our Helpline who will be happy to tell you if we have it in stock and quote you a price.

The majority of our tinctures are 1:3 (that is one part of plant material to 3 parts of liquid) the percentage figure that is listed, denotes the percentage of alcohol to water in the liquid part of the tincture. So for example, our Bilberry fruit tincture is made using 1 part Bilberry fruit to 3 parts liquid and that liquid is made up of 25% alcohol and 75% water.

N.B Cats should not be given tinctures containing alcohol.

All our tinctures are available in the following sizes: 250ml, 500ml, 1 litre.

Hilton Herbs - Turning Nature into Health

Other Animals

At Hilton Herbs, we don't just care for dogs. Over the last 18 years we have developed a comprehensive range of natural healthcare products for horses. This range is so extensive that it warrants its own catalogue and website.

We don't draw the line at dogs and horses. Over the past 18 years we have been asked for, and supplied, herbal products for all sorts of animals including rabbits & chinchillas, racing pigeons, canaries, fancy fowl, llamas, alpacas, chimpanzees, elephants, camels, hens, goats, and lots of other domestic and farm animals. See our website for details.

We also have trade stands at premier shows such as Badminton and Burghley Horse Trials, Crufts, the Game Fair, and several shows in Europe and the USA.

For more information, or to obtain a copy of our equine catalogue, which has details of all our natural healthcare products for horses, please contact our Helpline or order one free on our website: www.hiltonherbs.com

If you need herbal help with any of your animals please don't hesitate to contact our Helpline with your own particular request.

We're here to help!

**Hilton Herbs -
Turning Nature into Health**

Obtaining our products has never been easier - just choose the method that suits you best. For Hilton Herbs stockists worldwide, call the Helpline or look on our website.

Mail Order

Contact our Helpline who will be happy to answer any of your questions, take your order, and arrange for delivery of your goods. Payment can be by credit card, cheque, or cash. Personal callers will receive a 10% discount. All goods ordered on Mail Order are sent either by First Class post or by next day delivery courier service.

On our Website

Visit www.hiltonherbs.com (click on the Canine Home tab) for full details of all Hilton Herbs products, special offers and online shopping.

From our Tradestand

We attend several of the larger dog and horse shows, in the UK and Europe. Contact our Helpline for dates and venues.

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Email: helpline@hiltonherbs.com

www.hiltonherbs.com

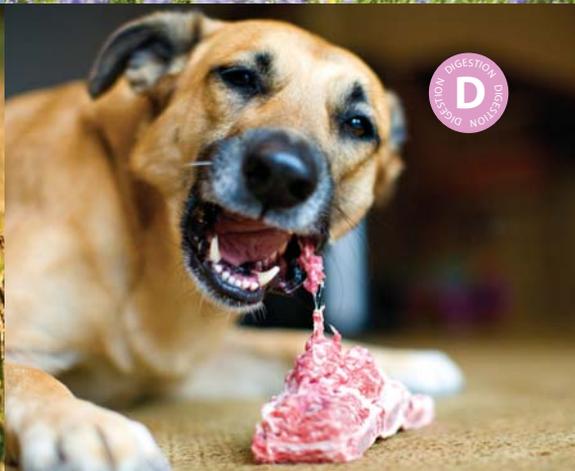
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Email: helpline@hiltonherbs.com www.hiltoncanine.com



Fido Facts

Important details about your dog.

Dog's name: DoB:

Breed: Weight:

Microchip number:

Owner details:

Hilton Herbs Customer Club No:

Vet contact details:

Medication:

Vaccination dates: / / 20..... / / 20..... / / 20.....

Worming dates: / / 20..... / / 20..... / / 20.....

Flea treatment dates: / / 20..... / / 20..... / / 20.....

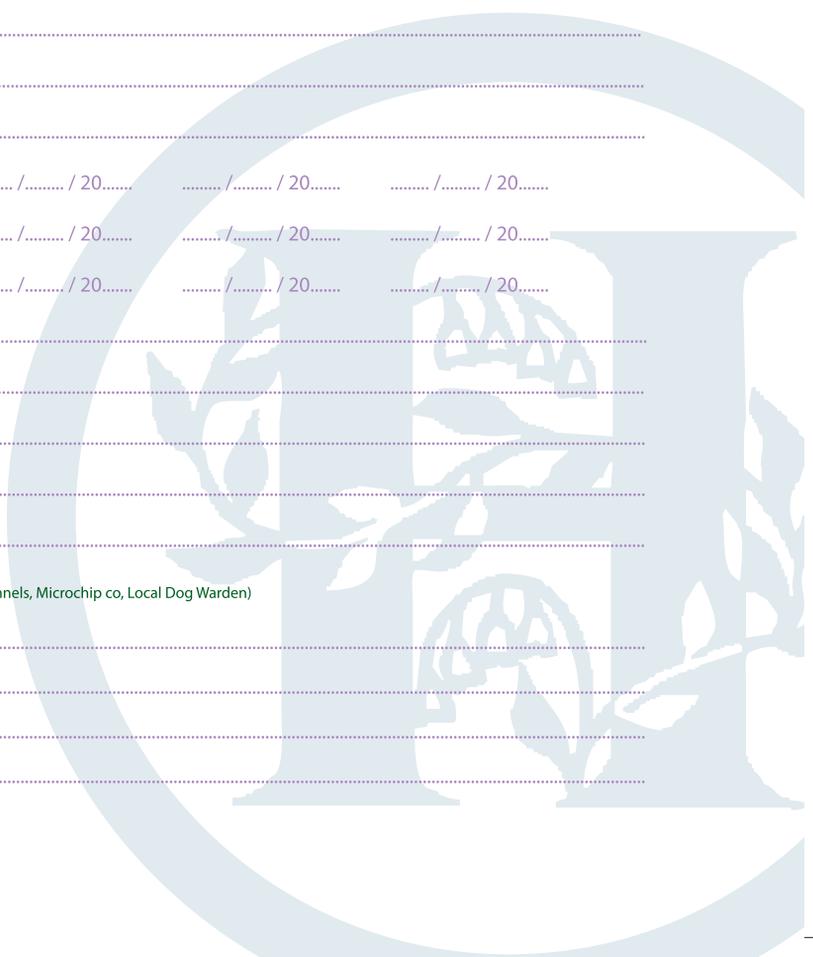
Any allergies:

Supplements:

Insurance details:

Useful contact details (e.g. Kennels, Microchip co, Local Dog Warden)

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Important details about your dog.

Dog's name: DoB:

Breed: Weight:

Microchip number:

Owner details:

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Hilton Herbs Customer Club No:

Vet contact details:

Medication:

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Vaccination dates: / / 20..... / / 20..... / / 20.....

Worming dates: / / 20..... / / 20..... / / 20.....

Flea treatment dates: / / 20..... / / 20..... / / 20.....

Any allergies:

Supplements:

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Insurance details:

Useful contact details (e.g. Kennels, Microchip co, Local Dog Warden)

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Dawn Norris

Pet Photography & Landscape Photography

We are delighted to have been allowed to use Dawn Norris's wonderful photographic images for our latest canine catalogue and product labels.

We hope our customers will get as much enjoyment out of them as we have, and will come to agree with us that Dawn Norris really is "A Dogs Best Friend".



Dawn Norris has been a professional pet photographer for five years specializing in on-location candid work. She has done commercial work as well as private commissions.

Her pet photography is currently on permanent display at The New York Veterinary Specialists in downtown Manhattan, New York, Veterinary Specialty and Emergency Center outside of Philadelphia, Pennsylvania, and Florida Veterinary Specialists in Tampa, Florida. She was recently featured in an article on Pet Photographers in the 2008 Photographer's Market a worldwide publication published by Writer's Digest Books.

Her specialty is working with animals in a candid natural environment and magically honing their everyday behaviors through her lens so that each individual animal's true personality jumps from the resulting images.

Her education is based on self-learning and by attending the prestigious Maine Photographic Workshops and Sundance Photographic Workshops working with world renown photographers John Isaac and Nevada Weir.

Dawn donates her talents to organizations in the non-profit world from the MSPCA to smaller niche animal preserves such as the Working Dog Foundation of Portsmouth, New Hampshire, Rolling Dog Ranch in Ovando, Montana and Glen Highland Farm in upstate New York.

Prior to working as professional photographer Dawn worked in marketing for The New York Times, the legal department of Wellington Management Company LLC, and was a law student at Massachusetts School of Law. Dawn graduated with a BA in Political Science and a double minor in Philosophy & Sociology from the University of Vermont. But ever since her father put a 35mm Minolta in her hands at the age of 10, she's always come back to photography as her love, passion, and a career.



Dawn is the proud canine guardian to Ruby Lou, a yellow Labrahound and Honeycomb, a Belgian Malinois. Honeycomb was the lucky dog used in our meaty bone picture that heads up our Digestion Healthcare section. Both are rescues and inspired Dawn to pursue her path in professional photography. She resides in Boxford, MA with her two aforementioned canines, her husband, and identical twin daughters.

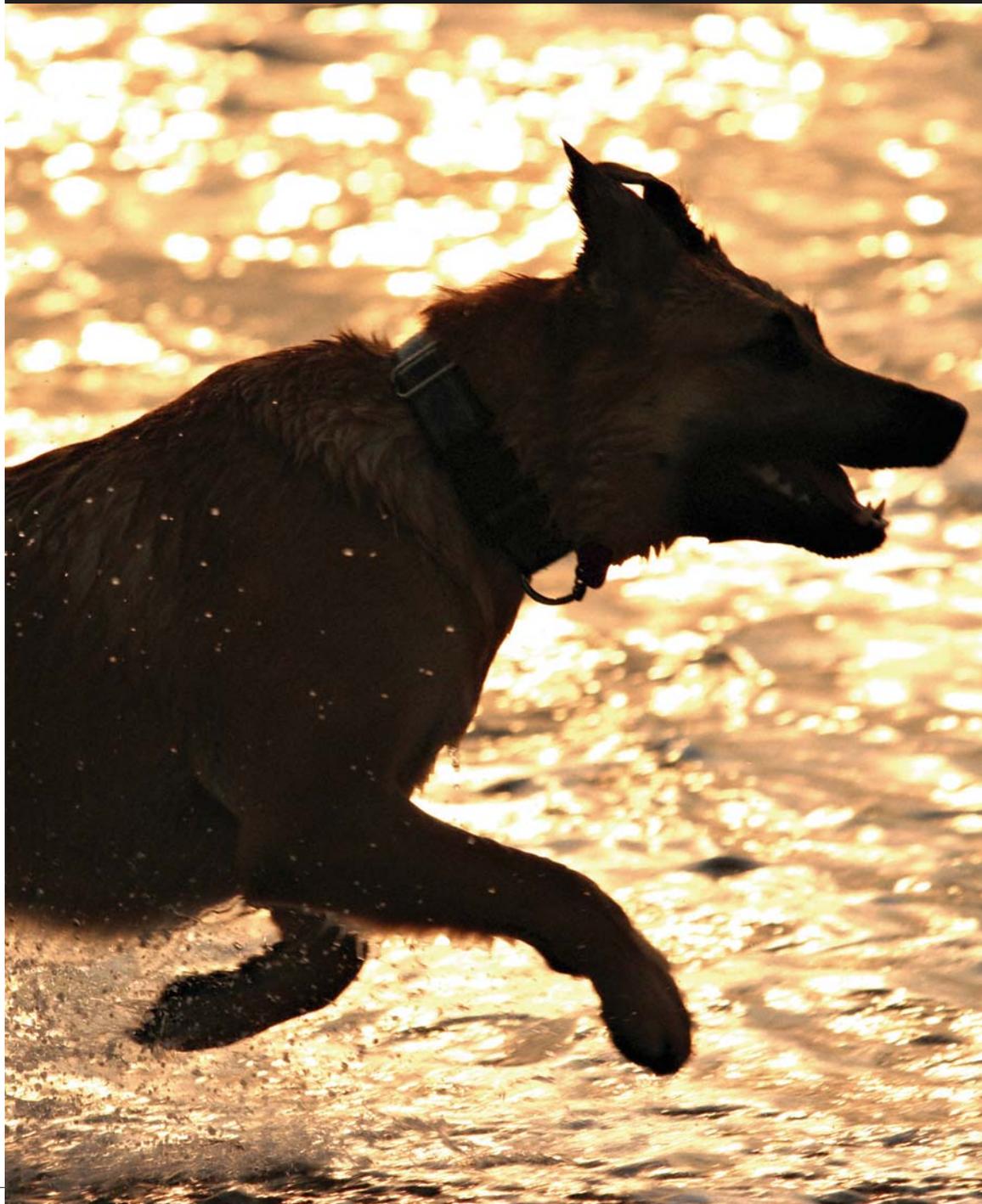
Dawn is available for private commissions and commercial projects.

www.absolutelycaninephotography.com

Hilton Herbs Helpline:

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Email: helpline@hiltonherbs.com www.hiltoncanine.com



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Email: helpline@hiltonherbs.com
www.hiltoncanine.com

"Dogs are our link to paradise. They don't know evil or jealousy or discontent. To sit with a dog on a hillside on a glorious afternoon is to be back in Eden, where doing nothing was not boring - it was peace."

