



SLIPPERY ELM

Benefits

- Convalescence Feeding
- Lack of Appetite Due to Illness or Medication
- Throat or Stomach Irritation
- Diarrhea
- Constipation
- Colitis / IBD
- Coughing

Product Suggestions

- Sustenance Herbs G.I. Soothe Elixir
- The Honest Kitchen Perfect Form
- Animal Essentials Colon Rescue

- Herbsmith Slippery Elm powder
- Animal Essentials Slippery Elm liquid

Slippery Elm can be fed to dogs and cats suffering from many kinds of digestive system problems, providing soothing and healing support. It is effective for both short-term and long-term conditions, and can be fed for long periods safely.

It is made from the inner bark of the Slippery or Sweet Elm tree (which unfortunately is becoming environmentally at-risk due to over-harvesting). It has been used for centuries as a soothing, nutritious, and healing food. It has anti-inflammatory and astringent properties, and lubricates and protects internal mucous membranes. It's also highly nutritious, containing vitamins A, B Complex, C, and K, as well as rich amounts of calcium, magnesium, and sodium. It's slightly sweet and nutty taste is appealing to most animals.

For many pets the best option is to use a prepared formula that provides a balance of complementary ingredients. The sidebar gives suggestions on some of those options.

For pets who are not eating due to disease or medical procedures we recommend preparing Slippery Elm powder with water as an excellent convalescent food. Even pets refusing to eat on their own can be given this nutritious liquid via an oral syringe; the soothing qualities often result in appetite returning and digestion calming down. It provides fluids and naturally occurring electrolytes to sustain pets for several days when they are having difficult times after surgery or chemotherapy.

How to Prepare the Powder

Simply add hot water and stir until desired consistency is achieved. Cool before serving. This preparation can be stored in the refrigerator for up to one week.

One teaspoon of powder mixed with one cup of water is a good starting point. You can make it as thin or thick as desired by using more or less powder.

How Much to Feed

There are no strict dosage rules for Slippery Elm because it is considered so safe, but here are some "as fed" (measured after it's prepared with water) amounts to start with (*they can be increased, and should be for pets who are not eating any other food*), given 2 to 3 times a day as needed:

Very small cats and dogs – ½ teaspoon

Cats and small dogs – 1 teaspoon

Medium dogs – 1 tablespoon

Large dogs – 2 tablespoons

It is best fed shortly before meals to help animals with "sensitive stomachs." Gently using an oral syringe placed in at the side of the mouth may be needed for especially reluctant pets. In our experience the slippery elm will improve their outlook and vitality so that they will more willingly eat on their own.

Extra Tip: Bone Broth is a good companion food to slippery elm.

