

Essential Oils for Animals

Guest: Dr. Janet Roark

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Jill: Hey, everyone! I'm so excited to have you with us today. My name is Jill Wenger. And for those of you who might not know me, I blog at ThePrairieHomestead.com. And I am passionate about all things related to natural living and natural health.

Essential oils happen to be a huge part of my home remedy kit, which is why I am so excited to be cohosting this Essential Oil Revolution Summit with my partners Dr. Zielinski and Dr. Axe. It's our goal to bring you the very best essential oil education so you can feel empowered, confident, and inspired as you use your oils.

So we have a really fun guest with us today. We have Dr. Janet Roark, DDM of Austin, Texas. She is here. She is a practicing veterinarian who uses essential oils in her practice. And she's going to share her best attempts, some safety advice, some of her best stories. And I am so excited because I know this is a topic that sometimes it's hard to find information about using essential oils and animals. And I am so excited to see what she has to share with us today.

So are you there, Dr. Roark?

Dr. Roark: Yes, I'm here. Hi, Jill!

Jill: I am just thrilled. This is one of my favorite topics, being an animal girl myself. This is just perfect. So just kind of start out in you with a little bit of a background about you and your practice.

Dr. Roark: Okay. Like you said, my name is Dr. Janet Roark. And I graduated from vet school in 2005 from Michigan State University. In 2009, my husband and I moved to Austin, Texas. And I established a practice here. I'm the owner and sole proprietor of Hill Country Mobile Veterinarian Service here in Austin, Texas. It's a mobile practice.

So I get to go to people's homes and their farms and work with their animals where their animals are actually the most comfortable. So I really enjoy what I do. And they do use essential oils in my practice. And I'm really excited to share with you some of the benefits that I've seen with using essential oils and animals.

Jill: Very cool. So what's convinced you to initially start using essential oils in your practice? Because we don't find—at least in my experience—a lot of vets who are doing that at this point.

Dr. Roark: Yeah, there really aren't a lot of veterinarians that I know that are doing it just yet. There's a lot of hype out there and a lot of information that isn't necessarily correct. But I started using essential oils actually on myself first. I had severe migraines. And I started those in my mid-20s. I started getting those when I was in vet school. The doctors said that they were stress related. I had MRIs, CT scans, and all sorts of tests, blood work, hormone checks, everything. They could never find a source for the cause of my migraines.

And I was actually seeing a neurologist here in Austin. And she had put me on three different prescription migraine medications because it was getting to the point where I was having migraines daily, actually. It was more and more frequent. So I was on all these different medications. In the medications obviously had some side effects, as medications tend to do. And I was that of looking for something else to help me deal with those.

And a friend of mine introduced me to essential oils. And she gave me a blend, the tension blend. And she said, "Just try this." So I took it, put it in my

purse. Actually, I didn't particularly care for the smell. But I put it in my purse. And one day while I was at work, I could feel a migraine coming on and reached in my purse for my migraine medication. And I was out. So I didn't have any migraine medication with me. I still had six hours to work that day. And I knew I wasn't going to be able to do it without medication. So the essential oil was in there. So I was like, "Well, we'll try it and see what happens."

And I put it on the back of my neck and on my temples. And within 15 minutes, my headache was completely gone. And it didn't come back the rest of the day. So I was really excited about that and never replaced my migraine medication in my purse. I've been using essential oils for that particular condition in myself ever since then. And my migraines have completely gone away because of the regular use of essential oils.

So then I was working, and one of my regular clients called me. Her horse has chronic sinusitis. So every six months or so, he'll get a pretty nasty sinus infection. We had been treating it with antibiotics. It's a pretty resistant little bug. So we ended up having to do two or three rounds of antibiotics for him to clear that up. And she called me one time and was like, "He's getting a sinus infection again. Is there anything we can do besides antibiotics?"

And this is right when I had started up with the essential oils. And I said, "We can try doing an essential oil session with him if you'd like." And I kind of explain some of the essential oils that we could use. And I was like, "If it doesn't work, we can always do a course of antibiotics with him afterwards." So I went and I did it. And she agreed to do it and was like, "Yeah, let's try the essential oils. I think he'd like that. I think I would prefer a more natural solution to this problem anyways."

So I went and did the session on him. And it lasted about an hour. And throughout the course of the session, his sinuses started draining. They were draining excessively. And by the end of the session, he was shaking his head, getting all the sinus drainage out. And by the end of the session, his sinuses

were totally cleared. And he just had a little bit of clear discharge from his nose at that point.

And then I called her back the next day and I said, "How is he doing? Do we need to put him on some antibiotics?" And she said, "No, his sinus infection is totally gone. And it didn't come back." And so that is what actually convinced me to start using them in my practice is that it worked so well for him. For him, it was a much better solution than the antibiotics. It was difficult to get the antibiotics into for the oral antibiotics. And he really, really seemed to enjoy his essential oil session. So ever since then I've been using them.

Jill: Wow! So what did you use? I'm curious, what did you use on him? Or what was your technique for that?

Dr. Roark: So what I do with horses is you can start with the grounding blend. And you do six drops along their spine, going from tail to head, and then six drops. And you balance their sacrum overtop of their hips. And then you do the same thing on their withers. And when I say that, you just rest your hands on either side of the spine and just kind of rest them there until they kind of feel equal. One of my hands usually feels colder than the other one.

So once they feel equal, that means the blood flow and everything is starting to equal out. And then go up and do the same thing on the pole. And you can do the same thing on their hooves, and just three drops. And rub it in. And then did the spinal application, which is the six drops from tail to head going up the spine. I think I used oregano, thyme. Well, the grounding blend was first. And then oregano, thyme on the Protective Blend, melaleuca and marjoram and peppermint.

So those particular oils, I selected those oils because of their antibacterial properties. I also did use the respiratory blend on him, as well. And it just totally took care of the issue. And he's been great. He did have a recurrence of it. His owner called me. It happens about every six months with him, kind of

whenever the weather changes. And his owner called me up and was like, “No antibiotics this time. I just want an essential oils session.” So we went and did the same thing with him. And the same thing happened. He was completely better the next day. So it was great.

Jill: Wow. So it sounds like he was happier and the owner was happier. It was just a win-win for everybody.

Dr. Roark: For everyone. It helps to the horse so much more quickly than the antibiotics did. Like I said, we had to do usually two or three sessions. So between two and three weeks of antibiotics with him before and would actually clear up. So it was a much better benefit to the animal. And really that's kind of what it really, really drew me to it was really we can use this as a tool in my practice. I can use this as a tool to really help animals in some difficult-to-treat situations, like with viruses and chronic type situations and with pain and all sorts of other things.

Jill: Okay, so you mentioned horses. What other types of animals do you treat in your practice with essential oils?

Dr. Roark: Well, I do a lot of consulting, actually, for small animals. I do have a Facebook page. And I get asked a lot of questions about all sorts of animals: reptiles and alpacas and cows and sheep and goats. And obviously dogs and cats are the most common with the consultation part of it.

I do in-home treatments, as well, for dogs and cats. In the Austin area, that hasn't really picked up really well. So I only have a few clients that do that. But they really do benefit from that, as well.

Jill: Very cool. So this is a question I know that comes up a lot, especially online. How safe are essential oils when we're using them on animals? Is there any concerns that we need to be aware of?

Dr. Roark: Yeah, Jill, I get that question a lot, actually. There's so much

information on the Internet, as you know. And a lot of that information, some of it's good. And some of it's not so good. So especially with cats, people come to me and they're like, "Dr. Roark, someone told me that if I diffused essential oil around my cat that it would die!" And I try to calm them down. I diffuse essential oils around my cat all the time, every single day, 24 seven. And she actually likes to sleep right by the diffuser. And I don't really think she would sleep by the diffuser if it was negatively impacting her health so much.

So, yeah, there are definitely some concerns with essential oils that you do want to consider with animals, and especially with small animals. Melaleuca is one that, if you look on the pet poison hotline website, it is listed as a toxin to small animals, dogs and cats. They do tend to metabolize it more slowly than other animals.

I have used it in really difficult situations. And if you dilute it and you don't use it really regularly and you're using a very pure essential oil, then you should be pretty safe. The problem with melaleuca or tea tree oil is that it gained popularity very quickly. So if you go to the health food store in your grocery store, you'll have tea tree oil this and tea tree oil that. And there's a lot of difference types of essential oils on the market.

So with animals, you want to use a pure essential oil. And essential oils are considered supplements. They're not regulated by the FDA. So they can label things as 100% pure when they actually don't have 100% essential oil in it. It could have other things in it, which those other things tend to be what the animals are more susceptible to as far as toxins and that sort of thing.

So you want to make sure that you're using an essential oil that has been tested. There's a couple of companies that are really good that test their oils. And you know that you're getting a pure essential oil. And those are really the ones that you want to use. You don't want to use anything that you can buy at the grocery store or the health food store typically just because those usually have a lot of fillers and things in them that, one, they're not safe for

the animals. But also they're usually not as effective, as well. So that's my little stint on safety with animals.

You can use essential oils on cats. I use them all the time. My own kitty has epilepsy. She has asthma, which she's had her whole life. She has a heart murmur. And she's 15 going on 16 years old. So she gets a lot of essential oil treatment because of all of her issues. And she gets frankincense in her food every single day for her seizures. And ever since she's been on the frankincense, she hasn't had a single seizure. So it's pretty exciting.

Jill: I love it. And I think that's going to be reassuring for a lot of people because like you said, I see a lot of fear, especially with cats. No one wants to hurt their cat. So it's reassuring to know that you're able to use oils with common sense, and a high quality oil with success, especially around cats. That's great information.

So I'm just curious. What are some of the other ways you use them with animals? Just give us an overview of some of your favorite ways to use them.

Dr. Roark: Okay. So with animals, it's really a lot like people. So there's different ways to use essential oils. You can diffuse the essential oils for an aromatic experience, the aromatherapy side of things. They've actually done studies on horses, that just diffusing lavender and introducing a stress stimulus and they were monitoring heart rates and respiratory rates and were able to show that's just diffusing lavender in their stalls decreased the stress response significantly.

Lavender is one of my favorite essential oils to use in animals in general. There usually a little bit stressed out when I see them. And I see a lot of animals with anxiety issues, separation anxiety. Thunderstorm anxiety is really common in dogs. And using lavender and the grounding blend in combination seems to be very effective for those anxious type animals.

So other than diffusing, you can also apply it topically. I usually do it along

this line just because that's easiest. With cats, they tend to not really want you to put things on them typically. So you just rub your hands together with the oil on your hands and then just pet your cat, that is a very effective way to get the oils topically onto cats or dogs.

Some people like to use the reflexology parts and that sort of thing. I find that effective. However, it's a little bit difficult to get to the back paws of some animals that are not quite as cooperative. So you can apply a topically. You can also give it internally. Usually mix it with food to dilute it out a little bit. But you can give it internally, as well.

With cats, another really good way to get the oils to them is by taking a cup of baking soda and mixing about four drops of the essential oil into it. I usually will just shake it up and let it set overnight. And then sprinkling it into their litter so they get the essential oils when they go to use their litter box. And then they get a little bit on their paws. And they will get little small amounts. And it seems to be very effective and a really good way to apply essential oils with cats, as well. Plus, it makes your litter box smell great.

Jill: I have never even thought of it. That is brilliant. I am totally trying that today!

Dr. Roark: It's wonderful. I use it all the time.

Jill: That is awesome. So you mentioned that there's a study about horses and lavender. Are there a lot of other scientific studies out there? Or is this something that still being worked on as far as that goes?

Dr. Roark: Well, that was another big draw for me essential oils. My mom had actually used essential oils for about 30 years. And I always thought she was a big hippie. And as a teenager, teenage girl, my mom didn't know anything. So I had been exposed to essential oils regularly. I have been to some continuing education at my veterinary conferences that I do every year, been to some of those that mentioned essential oils and using them in animals.

So when I started using them on myself, I started looking at some of the research. And this, to me, is the most exciting thing because really in the last five years, there has been more and more research being done on essential oils with some of the resistant bacteria that we have like MRSA and some of the viruses that we have. People are looking for alternative modes to combat these diseases. And essential oils is one of those tools.

And so you can actually go to different websites that have some really good research available. And a lot of the essential oil research has been done on people. But there is actually quite a few studies that have been done on animals, rats and horses and dogs and cats, as well. I was actually just reading a research article yesterday that was about atopic dermatitis in dogs, which is the demodectic mange or demodex.

And they did a study where they took half of the dogs were controls. And half of the dogs were treated with essential oils. And I think they used a combination of cedarwood. They actually did use melaleuca and rosemary and a couple of others. And the dogs of that had been given the essential oils showed 50% improvement just after a couple of weeks. And I think if they would have continued the study out, they would have seen 100% improvement.

So it's pretty exciting because that particular condition is very, very difficult to treat using Western medicine. It's usually involving pretty intense chemicals and that sort of thing. So, yeah, there's definitely a bunch of research articles out there. I just go to PubMed.com to read those. And there's another really good websites that has a lot of research articles, the AromaticScience.com. And that one is really good, as well.

There's not a ton of research out there just yet. But there's getting to be more and more. So anything that comes out, I'm just reading it and learning. And those are free websites. So I really encourage other people to do that, as well, to actually do the research and find out what's best for you and for your animals, as well.

Jill: And I agree. I think were just going to see more and more of those pop up, both for humans and animals here in the future because people are really getting that awareness now.

So in your experience, do you find that it has to be either or when it comes to essential oils or conventional treatments? Or can we use them together sometimes?

Dr. Roark: That's a really good question. I am not a holistic veterinarian. A lot of people think I am. But, no, I use every tool that I can to help an animal. I have a lot of clients that aren't interested in essential oils just yet. So I do use conventional medicine in combination with essential oils quite regularly. Some people only want to use the essential oils. They'll just want to use those first.

And some of the more extreme cases, you just want to use as much as you can to help those animals. I think that you can use them in conjunction. There's some information about you don't want to use certain essential oils when you're either a person or an animal is on a certain medication. So you want to look at those precautions and do that. And definitely work with your veterinarian, especially with diabetes in animals.

So if you're giving your animal insulin and then you are using essential oils to help regulate blood sugars and that sort of thing, you really want to work with a veterinary because essential oils will make it so that you have to use less insulin over time. But you want to really regulate that so that you don't get the opposite effect to happen. So working with your veterinarian when you're using essential oils is really, really critical.

Jill: That's good advice, definitely. So we talked about contact dermatitis. We've talked about sinus issues with horses. What are some of your other conditions that you're using oils with with the most success right now?

Dr. Roark: The most success? Well, the anxiety is a really big one. We kind of mentioned that a little bit. Essential oils really seem to help calm animals

down. I really also love to use essential oils with rescue cases. I see a lot of rescue horses, rescue dogs, as well. Almost everybody that owns a dog in Austin has a rescue because of all the rescue groups down here.

So rescuers have a lot of emotional issues, as well. And I think that veterinarians don't really address those. We don't really learn too much about emotions in vet school in animals. We just learn the disease and we treat it. And for animals who have been through several owners or they've been neglected or they've been starved, they have those emotional issues attached to them. And using the essential oils, even just diffusing them, seems to be extremely helpful. My favorite one to use is myrrh for abuse cases. So, absolutely.

And you can use it for allergies. Allergies are really common in animals. It's getting more and more common. You can't just use essential oils. Obviously you have to work with your veterinarian and find out the cause of the allergies because there's many different types of allergies, food allergies, flea allergies, seasonal allergies, contact allergies. So finding the triggers that cause your dog or cat or horse to have an allergic reaction, that helps a lot and then trying to eliminate those triggers.

But also using essential oils, the lavender is a natural antihistamine. So here's me using lavender again. It's a natural antihistamine. So it is very effective in those allergy cases in combination with eliminating the source. So if it's a food allergy, switching to maybe a grain-free food or a venison type based food as opposed to your typical generic brand of dog food is really important, as well. So, allergies.

Let's talk about some of the other things I've treated recently. Pain. Pain is another big one. I really, really like the massage blend for all species, diluting it out for the small animals. And you actually just massage it in. They really enjoyed the massage. It has Cypress in it, which increases circulation, which really helps with pain responses.

Cancer. Frankincense is like the best thing ever for cancer. There's study after study if you look them up about the effectiveness of frankincense in different types of cancer cases. I've used them for sarcoids in horses and that sort of thing, lameness in horses, abscesses. You can treat abscesses with a protective blend or very diluted oregano, very effective for those types of things.

Jill: So you mentioned in passing their fleas, flea allergies. But have you found any good treatments for people who are dealing with fleas and takes chronically?

Dr. Roark: Well, fleas are really complicated because it's not just an issue with your animal. Obviously, that's where you're the most concerned with. But you're only seeing about 10% of the population on your animal. So usually you have an environmental problem, as well. So when you treat for fleas, you have to treat the environment. You have to treat every animal and the household. If you're really have to be vigilant about making sure that you address every part of it.

Yes, you can use essential oils. The citronella and the catnip pearls are extremely effective. Lemongrass is extremely effective. The repellent blend is what I use. And you don't even have to dilute that one out, even for cats. And you use that every 12 hours. And you'll be able to address part of the issue.

You also have to treat your home, as well. And there's different protocols for that. If you actually look it up, there's a couple of different flea bombs you can use in your house in your diffuser and making sure you vacuum and throw out your vacuum bags and that sort of thing.

Jill: Okay. That's good. I know I hear that's an issue that people are dealing with a lot. That's one of the biggest ones that I hear coming up.

So we have talked about lavender and things like that. But let's say you can only have five essential oils in your arsenal. Or let's say someone at

home just wanting five essential oils for their animals, like their little kit. What are your top five picks?

Dr. Roark: My top 5...Well, it would depend on the animal honestly. But I could not live probably without frankincense, helichrysum, lavender, the massage blend for pain, and myrrh. Those would be my top five that I used for animals and all species.

Jill: Good picks, good picks. So I was thinking of this earlier when you were talking about different applications. You said you diffuse them sometimes as you feed them in food, and then you use them topically. I know with people, sometimes it's going to dilute the oils when we use them topically. Do you dilute them in animals, too? Or how does that work?

Dr. Roark: Absolutely. So essential oils are extremely powerful. They're very potent. So especially with small animals, you do want to start out diluting them if you've never used them in your animal just to see how they're going to react. I usually start out diluting one drop in a teaspoon to a tablespoon of carrier oil with cats. And the same thing with dogs.

You usually don't want to use more than a drop or two with dogs or cats, depending on the essential oil and the condition that's going on and everything. There's a lot of variables. But you can always add more essential oils. But once they absorb it into their system, you really can't take it out of their system. So you want to start out with less. And you can always add more if you're not getting the response you need.

So absolutely dilute, especially with the hot oils, oregano, things like that, you want to highly, highly dilute those. Cinnamon, thyme, peppermint, all of those are pretty hot oils. So you want to really dilute those when you're using them with your animals, absolutely.

I kind of give people the recommendation. Use the oils as if you were using them on an infant, on a baby. And if you wouldn't use it on a baby, don't use

that one on your animal if you're not comfortable with it. Or if you would highly dilute it for your baby, then absolutely dilute it for your animal, as well, your fur baby.

Jill: So it sounds like dogs and cats are using very small amounts. We're not dumping half a bottle on there.

Dr. Roark: No. And that's really where some of the toxicity reports have come in, a cat getting into half a bottle of Melaleuca. That's absolutely going to cause a toxicity situation. And you do want to be very careful with that particular oil, especially. But even something like getting even a couple of drops of oregano can really cause some serious skin irritation and that sort of thing.

The good thing is that it's very short-lived usually. It doesn't stay in their system for more than 12 hours. So usually the animals are better within a few hours even if they do get a little bit more than what they should have. But, yeah, definitely diluting is highly recommended.

And that's the other great thing about essential oils. You can buy a bottle of essential oils. And it'll last you a very, very long time. So it ends up saving you a lot of money in the long run because you end up just using a very small amount on your own animals or on yourself. So it's great.

Jill: Definitely. So we've talked about melaleuca a little bit. And we've talked about online especially, that's the one that gets the most press as far as being toxic. Is there any other oils that we should avoid in our animals as a rule? Or does it just depend on amounts?

Dr. Roark: It's really more about the amounts honestly, Jill. But there are some that you kind of want to probably avoid with cats. They do lack an enzyme in their liver metabolism. So they don't metabolize toxins or anything the same way as other animals. So you think about cats and all the things we have to keep them away from. Tylenol is extremely toxic to cats. Easter lilies,

you don't want to bring Easter lilies into your house an Easter time because of your cat even just takes one little bite of that, it's very detrimental to them and very toxic. It's because they don't have the same type of liver metabolisms as other animals.

So there are some that you want to stay away from the cats that are high in phenols, so melaleuca, peppermint, birch, oregano. And some of the hotter oils you probably want to avoid with cats for the most part, except for in very severe cases. And in those severe cases, I have used melaleuca in cats. And I have used oregano and cats. Usually what I do is I put one drop in 4 ounces of carrier oil. So it's highly, highly diluted. And I use it. And it's under very close supervision. So you can. You can use those.

But I want to caution people against using those particular ones. And then some people just choose not to use them. And that's okay too because there's other essential oils that are a little bit safer that are equally as effective. The oils that are high in phenols, those are the ones that you want to stay away from with cats.

With dogs, I tend not to use, again, the hot oils. You want to really dilute those. With dogs, they have very sensitive noses. They have very sensitive skin typically. So you want to dilute the hot oils with them. And I typically don't use birch with dogs either or melaleuca, again except for in rare circumstances.

With horses, you can use anything. With cows, they love essential oils. I think the herbivore species, I think they would naturally seek out those plants anyways for whatever is ailing them if they were in the wild. So I think that they don't tend to have any really negative reactions. I do get some skin sensitivity with the hot coils with horses. So with oregano especially, I'll dilute that with horses even. But other than that, most of them are very safe to use.

Jill: Yeah, and I found that with my horses, and my cows, too. They're really drawn to the oils. They know if they're in my pocket. And they tried to get

them out of there in the smell and lick and all kinds of stuff.

Dr. Roark: Yeah. That's actually a really good point, Jill. You want to listen to your animals and observe their behavior. And if they're acting abnormally like they really don't like something that you are diffusing for example, stop diffusing that one. Use common sense.

With most animals—cats, not so much—but with dogs and with horses and cows, they ask for certain oils. And I usually, with horses, I'll even take my home oil set out. And I'll set it in front of their nose and have them pick which oils they want because they usually kind of know what they need. And those are the ones that I'll use.

Jill: Yes, they do know. They just do. Okay, so not everyone has a set who is as open to essential oils as you are. What would be your number one piece of advice for people who are wanting to present this whole idea to their vet?

Dr. Roark: Well, I was say don't push it. What I would say is let them know that you're interested, that you're not discounting their knowledge at all. You are interested in exploring alternative methods in conjunction with traditional methods. And explain to them some of the science behind it because that's what really truly is I'm like, "I'm not going to try something that there's no research on. That's just risky."

And many veterinarians think that there's not research out there yet regarding this. And there isn't a time. But there is some if they look for it. And presenting that information, helping them find that information and just being understanding, and maybe providing them with some samples of essential oils so they can try for themselves, I think that's a really good way to introduce it because most veterinarians will try different medications, even for our animals.

We'll try them on ourselves first. Or foods even, we'll taste them before we give them to the animal because if it's not something that we would use, we

probably won't use it on our patients. But bringing them some of the science behind it will really help a lot of veterinarians understand that really this is just another tool in their arsenal against diseases and pain. So they don't have to totally give up all of their other medications.

As a horse person, I will never give up my Bute & Banamine. But they're a really good tool to use in conjunction with those things. And as long as you don't discount their knowledge, definitely continue to use your veterinarian for the diagnostics. I can't tell you how many people on my Facebook page has said, "My dog has a lump. What do I do?" And what I'll tell them is to go to their veterinarian and find out what the lump is before you start just using essential oils willy-nilly because you really do need a diagnosis to start out and figure out where to go from there.

And just work with your veterinarian. Most veterinarians are very understanding people. And we really want to help your animals in any way we can. And if that's essential oils, then I think a lot of people will be willing to try it if you're willing to try it.

Jill: Great advice. I love it. So we're just about out of time. But I wanted to ask you if people want to learn more about using essential oils for their animals, what are some of your favorite resources where they can learn further?

Dr. Roark: So there's a lot of resources available online. Like I said, PubMed is a great one if you like reading scientific articles. I get they're not all that interesting. But I really enjoy them. And other one is AromaticScience.com.

There's also a really great book called *Spoil Your Pet*. It's a practical guide to using essential oils and cats and dogs. And it's written by a veterinarian and a good friend of mine. And it's a really great basic tool to have in your house. And is available on Amazon.com, as well as AromaTools.com. And is also available for Kindle and Nook now. So that's a really good book and a good place to start, as well.

There's a lot of books out there that you can use as references, as well. I really recommend the ones that have been written by veterinarians or co-authored by veterinarians as opposed to the laypeople. They contain a lot of really good information.

Jill: Wonderful. So if people are in the Austin area and want to get in touch with you, do you have a website?

Dr. Roark: I do. I'm at www.HillCountryMobileVet.com.

Jill: Perfect. All righty, Dr. Roark. This was such an awesome interview. I learned a ton. I have a whole page of notes here. And I am going to try the baking soda in the litter box like today! [*Laughs*] Really excited that you were able to spend some time with us this morning.

So for those of you who are listening, if you found this content helpful, remember that you can take it home with you just by clicking the banner below for more details. Thanks again, Dr. Roark. And good luck to anyone who is learning more about using essential oils in their animals. I hope this was a helpful segment for you.