



## SLIPPERY ELM: A BRIEF INTRODUCTION

Why is Slippery Elm handy to have in the cupboard? Slippery Elm Bark Powder has been used as a herbal remedy for centuries and is a must-have for all dog owners. It comes from a tree found in eastern North America. First Nations have used the inner bark for centuries as a remedy for digestive upset, coughs and more. It is all-natural and safe to use for humans and dogs. It is premium food grade quality and comes in a stay fresh resealable pouch. The inner bark of the Slippery Elm traditionally is used to soothe and coat injured and inflamed tissues, and is known for helping them to heal. Slippery elm secretes a gooey substance called mucilage which then creates a protective film to relieve any mucous membrane irritations. It has been known to help with, diarrhoea, constipation, digestive issues, heartburn, coughs, transitioning from different dog foods, UTI, skin irritations, anti-inflammatory, IBS, sore throat, and more. Slippery elm helps to nourish the body and is packed with nutrients like vitamins A, B complex, C, K, calcium, magnesium, and sodium. It can be used internally and externally and can help soften and soothe skin but also tighten skin cells and tissues. I use it for myself and for my dog! I highly recommend trying it out to see the results for yourself!

It can affect the absorption of other medications, so it is best to take 2 hrs before or after any other medications.

Dog Dosage:  $\frac{1}{4}$  tsp for small/toy dogs,  $\frac{1}{2}$  tsp for medium dogs, 1 small tsp for large and extra-large dogs. Directions for use: mix powder with enough water to make a smooth paste and mix into food or give orally.

Human Dosage: take  $\frac{1}{2}$  tsp mixed in  $\frac{1}{2}$  cup water, drink after stirring well. May be given up to 3 times a day. Can also be given to horses.

Always seek medical advice if symptoms persist.

This information is provided for educational use and is not intended as medical advice.