

anímáEO[®]

ESSENTIAL OILS FOR ANIMALS

G.I. Goe

Ingredients: Essential Oils of Peppermint (*Mentha piperita*), Ginger (*Zingiber officinalis*), Marjoram (*Origanum majorana*), Copaiba (*Copaifera officinalis*), Anise (*Pimpinella anisum*), Fennel (*Foeniculum vulgare*), Basil (*Ocimum basilicum*), Juniper (*Juniperus communis*), Tarragon (*Artemisia dracunculus*), Patchouli (*Pogostemon cablin*)

G.I. Goe (pronounced G.I. Joe) is likely one of my favorite blends. Created for gastrointestinal concerns, this blend has become so much more!

G.I. Goe is great for intestinal concerns, diarrhea, vomiting, indigestion, colic, nausea, and motion or car sickness. This blend also has essential oils that are beneficial for intestinal parasites, however, veterinary data is still being collected on the most effective natural deworming methods with essential oils and other natural products. At this time, the results are sporadic and not always consistent with any essential oil protocol. It can be worth an attempt in certain animals, but follow up monitoring and confirmation of deworming actions with fecal tests is important. And when necessary, deworming with the least toxic and longest used traditional deworming agents is recommended.

Directions for Use:

Although G.I. Goe was not designed with diffusion specifically in mind, many people have found the fragrance quite enjoyable, as well as adding a mild layer of benefits, beyond what physical applications impart. Diffusion in a car diffuser is often helpful in cases of car sickness, and water-based diffusion can be a great option for animals who do not tolerate topical applications or who cannot be handled.

Birds & Exotics: The main way G.I. Goe will be used in these species is orally. Addition into drinking water (1 drop per liter of water), addition into foods (1 drop per Tablespoon), and Petting onto non-avian species (diluted 1 drop per 10 or more drops of Fractionated Coconut Oil) are the most common methods used. Please see the **Bird Page** for more instructions on adding essential oils to bird water. For chickens and other similar birds, having a very light coating (either directly out of the bottle, or diluted in coconut oil as stated above) on your hands, and massaging into the feet can be an excellent application method when more intense exposure is needed. Parrots who become car sick or have nausea, can also have G.I. Goe massaged onto their feet or be allowed to perch on hands that have a very light coating of G.I. Goe on them. The point with all applications for animals, is to start with very little, and only use more if you need to. For most animals, I will start with the essential oil being completely to almost completely absorbed into my hands before rubbing their feet or allowing them to perch on me. This small exposure is often very easy and effective!

Cats: The most cat friendly methods to use G.I. Goe is to use it within the **Litteroma Technique** or to use with **Petting Methods**. G.I. Goe can be diluted with 1 drop per 10 drops of Fractionated Coconut Oil for petting with cats if desired. In general, 1 neat drop is placed into the hand, your hands are rubbed together until the oil is almost completely absorbed, and then your hands can be used to pet your cat down their back and sides, and occasionally on the stomach fur if your cat is willing. In general - I do not recommend the application of oils to cats' feet or ears. For many feline conditions, the **KittyBoost** will still be your primary recommendation to try.

Dogs:

- Most commonly, G.I. Goe will be used by the **Petting Methods** with dogs. Neat (undiluted) application straight out of the bottle is generally fine. Just place 1-3 drops (occasionally more) into your hands, rub them together until there is a light coating of oil on your hands, then pet your dog down their back, sides, and onto their abdomen. Very light amounts are needed, and it is not important to get large amounts onto the bare areas of the abdomen. Application of the oil to feet or ears is not recommended.
- Oral use can be considered, but is generally used only if topical petting applications have not been effective. In general, up to 10 drops per 20 pounds (9 kg) of body weight, twice a day or more frequently can be used. Starting with less is still advisable. For severe car sickness, a drop or two directly into the mouth prior to a car ride, can greatly help with nausea. The taste is not always desirable to dogs, and they may salivate, but often this is the next most effective way to use the blend for car sickness, if petting was not enough. G.I. Goe can also be placed into an empty gel capsule for administration, however if a dog is nauseated or may vomit, direct oral administration will be better absorbed without the risk of being vomited back up.
- For some dogs, adding G.I. Goe to food or water is well accepted. Start with very small amounts of the oil blend added - 1 drop per liter of water or a very small amount added and mixed into soft moist foods. Once you are sure your dog is accepting food or water with essential oils in it - you can increase the amounts they are offered. For some dogs with chronic gastrointestinal issues, regular addition into foods can be a very helpful situation. Although, it is always advised to work with a holistic veterinarian to address the root cause of your dog's condition.

Horses & Large Animals:

- G.I. Goe can be given orally starting with 1-2 drops per 100 pounds (45 kg) of body weight. Monitor responses and adjust and increase according to individual needs.
- In cases of Colic 40 drops (approximately 2 mL) can be given orally, and applied topically to the abdomen every 20 minutes while awaiting veterinary attention. Often times, when the veterinarian arrives, they may find that the colic has passed. If you suspect a colic episode - we often follow this protocol:
 1. Call your veterinarian.
 2. Apply Calm-a-Mile RTU to yourself and to your horse, to aid in a calm and relaxed state.
 3. Apply 40 drops of G.I. Goe to the abdomen of your horse, and also give 40 drops of G.I. Goe orally.
 4. Repeat applications every 20 minutes if colic continues. If you have administered oils for 1 hour, without response, it is likely that the colic will be a surgical case.