**Holistic Treatments for Digestive Upset**

Vomiting, diarrhea and excessive, stinky gas are signs of digestive upset in animals. Intestinal parasites or malnutrition could be the culprit. A variety of at-home treatments are readily available to help offset digestion issues.

**For Flatulence**

* Fennel (sprinkled on food)

**For Diarrhea**

* Organic plain yogurt (small amount)
* Canned pumpkin
* Probiotics (especially dog- and cat-specific Enterococcus species)
* Prebiotics (acacia fiber, pumpkin)

Some of these feed gut cells. Others work directly to solidify stool or heal an irritated GI. Chronic, recurring diarrhea is means for a visit to the vet as a bigger issue is likely lurking, such as adverse food reactions or inflammatory bowel syndrome (IBS).

**For Vomiting**

* Ginger (jellied candy or dried culinary)
* Mint (tea or fresh herb)
* Catnip (tea or fresh herb)
* Oat grass (live plant)

These help with nausea, vomiting and motion sickness. If repeated vomiting occurs, then seek immediate veterinary care. An adverse food reaction or other issue could be going on.

With issues of vomiting, also be observant. Has anything new been added to the diet? Food or treat changes? Garbage grazing? Missing toys or chewed up objects? Stress? Dog parks or kenneling? Hiking? Swimming?

Restrict food for 24 hours. Restrict water for several hours and then slowly reintroduce over the next 24 hours. Small meals of 2:1 cooked white rice and non- or low-fat organic cottage cheese in tiny proportions can gently ease a queasy tummy back into accepting food.

Hairballs can also cause digestive upset, particularly in cats. Rabbits also suffer from hairballs but they cannot vomit so they have no way to expel them.