

50 super cool things you should know

About Using Essential Oils for the HEALTH of Your Dog



1. Many essential oils are safe for use with your dog, but some are not.



2. Essential oils can be used with your dog in 3 ways; aromatically, topically and internally.



3. Not all essential oils are created equally and dogs are more sensitive to them than people are, so finding which oils are safe, and which are not, is paramount.



4. Dogs have 300million sensory receptors in their noses (compared to a human who has only 6 million).



5. Dogs breathe in through the large oval hole in their nostrils and out through the little slots next to the big holes.



6. Essential oils can, in some cases, reduce or eliminate the need for a pharmaceutical medication for your dog.



7. Essential oils, when used properly, have no side effects or risks of addiction.



8. When a dog inhales an essential oil, the molecules get to his brain faster than if the essential oil is absorbed through the skin or ingested.



9. Your dog can actually tell you which kind of oil he needs, and for how long-if you can only learn to listen.



10. Essential oils still get absorbed into the skin even if you pet them down the fur coat of your dog.



11. It is never ok to put essential oils in your dog's eyes or ears.



12. When essential oils are applied topically, they are absorbed into the bloodstream within minutes.



13. Essential oils can be used in combination with acupuncture and massage for your dog.



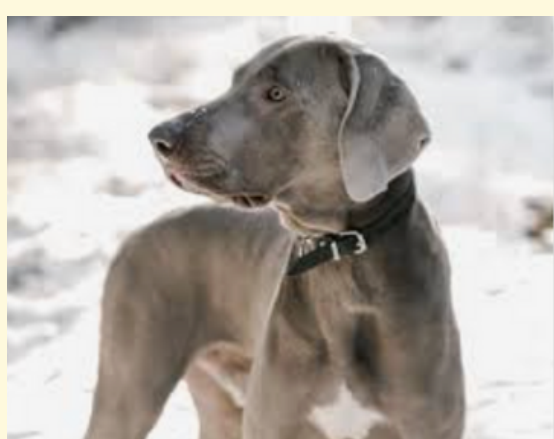
14. While dogs brains are, generally speaking, smaller than a humans, the part devoted to smell is 40 times larger!



15. When a dog sniffs an essential oil, part of the air he breathes in goes to his lungs for breathing and part of it goes to an area of smell recepting!



16. Dogs process smells both while breathing in, and breathing out.



17. You should always dilute essential oils, using an acceptable carrier oil, when applying essential oils topically to your dog.



18. Diffusing appropriate essential oils around your dog is a really good way to administer them since the dog's sense of smell is soooo amazing!



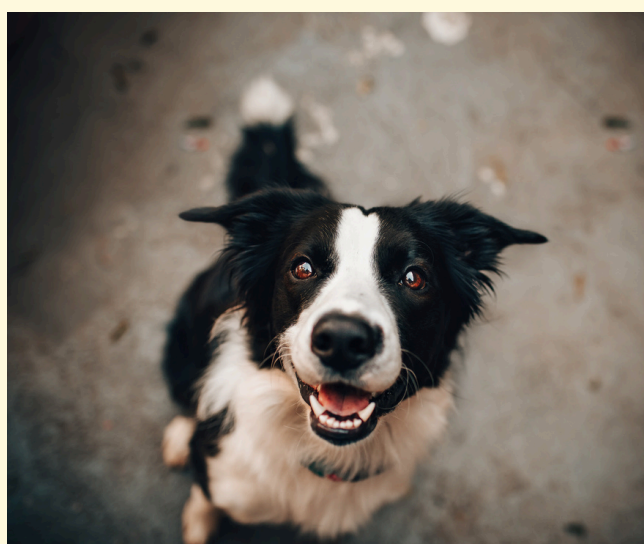
19. Cardamom essential oil may help increase the appetite of a dog who isn't eating enough.



20. Essential oils have both physical and chemical reactions in the body and can help with both physical and emotional/mental concerns with your dog.



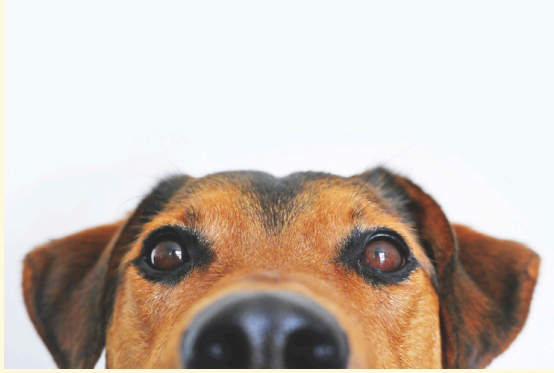
21. The single most important safety factor when using essential oils with your dog is the purity of the oil.



22. Dogs and humans metabolize essential oils differently and therefore it's important to remember that you cannot take human information about using essential oils and apply it to your dog.



23. Some veterinarians use essential oils in their practices.



24. Lavender essential oil may be used to help your dog sleep, or to calm him down in the car.



25. You can safely and successfully use essential oils for the health of your dog, but you have to learn how.



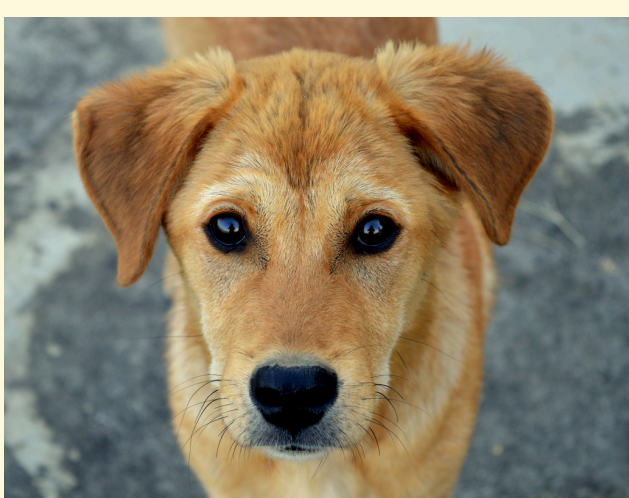
26. Many essential oils can be used to benefit more than one thing in your dog, for example peppermint for both joint pain and fever.



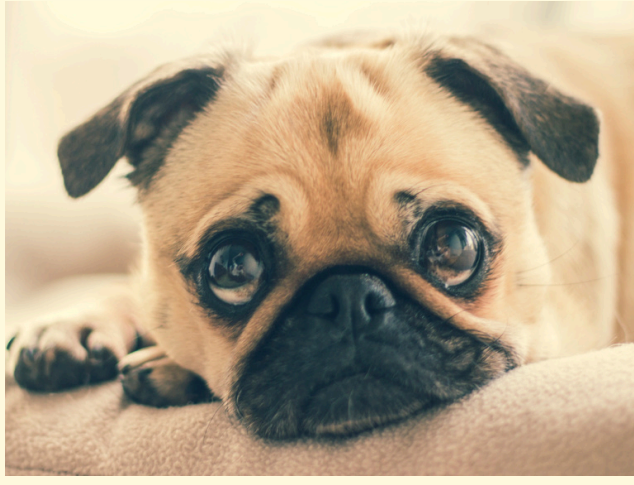
27. Essential oils are extremely concentrated, a little goes a long way.



28. You can use essential oils to reduce the number of toxins you put in your dog's body in every day products, like for example, shampoo and conditioner.



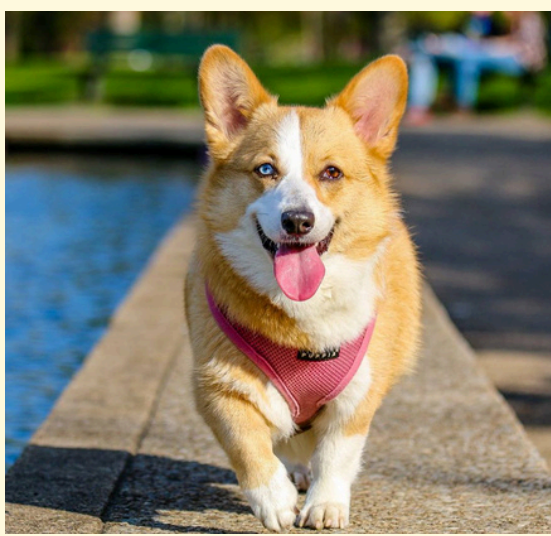
29. Essential oils are extremely cost effective. A "dose" is generally one to three drops.



30. While some dogs may be sensitive to essential oils, an actual allergy would be extremely unusual.



31. You can help your dog's smelly gas/flatulence with essential oils.



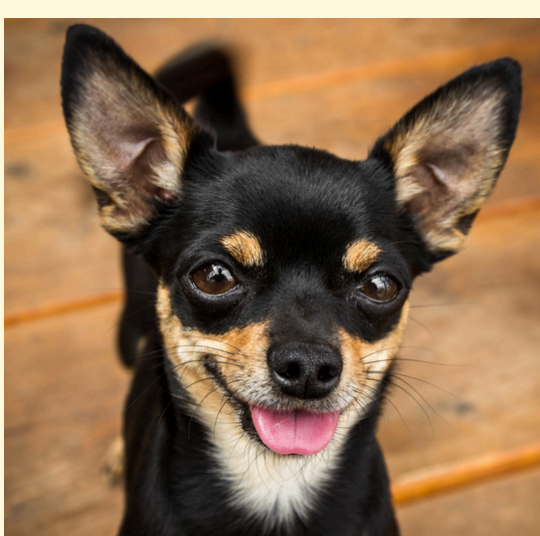
32. Using essential oils in conjunction with prescribed medications can assist the prescribed medication in doing its job.



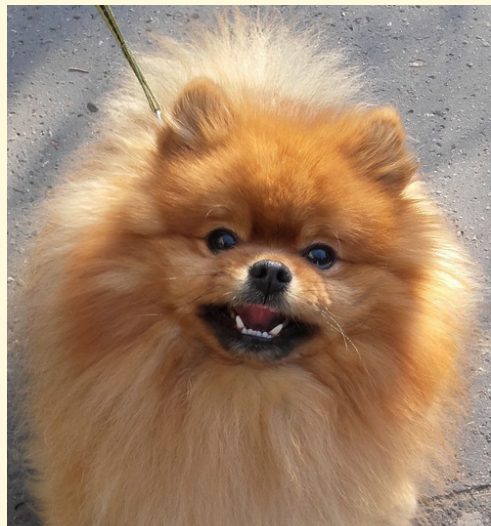
33. Essential oils can help with your dog's anxiety either daily, or in certain situations like thunderstorms.



34. Essential oils work at a cellular level in your dog.



35. You can make a natural flea repellent using essential oils.



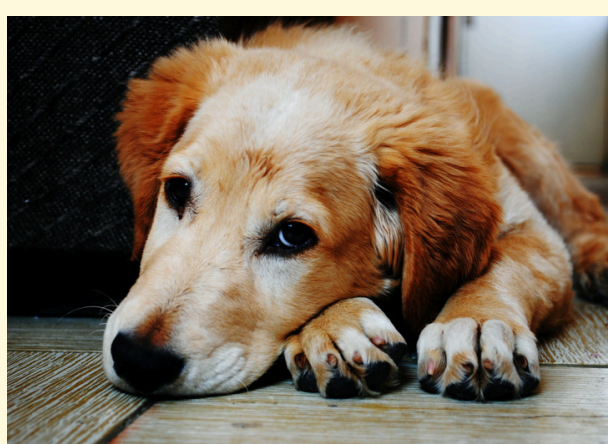
36. When using essential oils topically with dogs, you dilute the essential oil according to the weight of your dog.



37. Essential oils can help if your dog has diarrhea or constipation.



38. Essential oils can help with pain in your dog.



39. If your dog has seizures use extra care with essential oils. There are some essential oils that should not be used in dogs with seizures. Many essential oils may still be used with your dog, but seek professional help to get training and guidance first.



40. Don't apply essential oils to the tips of long-eared dogs as you don't want them to get into eyes while walking or running or shaking the head.



41. Essential oils can be used to help your dog emotionally, for example, when grieving after a trusted friend or human leaves.



42. Some essential oils, when exposed to the sun, can cause skin burning so you must be careful with any essential oils that are 'photosensitive'.



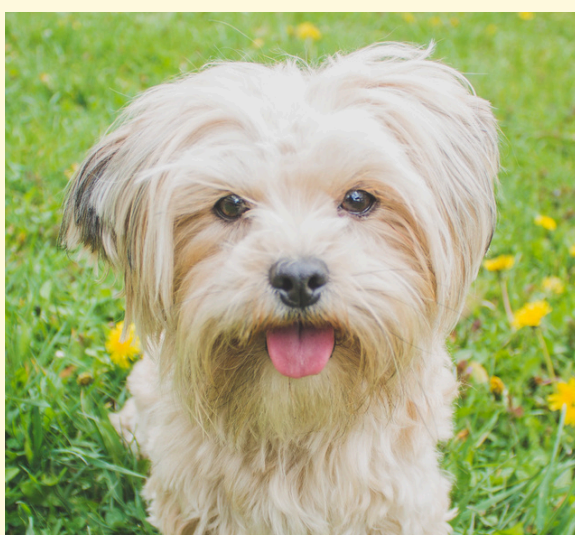
43. Dogs and cats are very different. Don't ever take dog essential oil information and apply it to your cat.



44. Using essential oils can help you reduce the cost of your dog's healthcare.



45. Essential oils can help with your dog's dry skin.



46. Essential oils can be used on dogs of all ages and all breeds.



47. Combining essential oils with massage can go a long way in moving you closer to your massage goals.



48. You can use essential oils in healthy dogs – to help them be healthier.



49. Essential oils can be used in both chronic and acute problems with your dog.



50. Using essential oils with your dog allows you to be more involved and take a hands-on approach to your dog's happiness and future.

**Coming Soon...Chris's first book on natural health for your dog....
*Beyond The Vet: Breaking Free From the System That's Failing Our Dogs***

Too many dog owners today feel stuck in a cycle of endless vet visits, costly medications, and temporary fixes—without ever finding true healing for their dogs.

***Beyond The Vet* is here to change that.**

This book isn't about rejecting veterinarians—it's about reclaiming your role as your dog's best advocate. Inside, you'll learn how to break free from the "sick care" mindset and discover a whole new path built on prevention, natural tools, and real, lasting health.

With simple steps, real-life stories, and actionable guidance,

***Beyond The Vet* will help you:**

- Build health instead of just treating symptoms.
- Understand how toxins, diet, emotions, and movement affect your dog's health.
- Gain the confidence to make the right choices for your dog—without fear or confusion.

Your dog doesn't need perfection. She needs you—equipped, empowered, and ready to take action.

This book is for every dog owner who has ever thought: There must be a better way.

Spoiler alert: There is.

www.chrishuppe.com