



# Recipes

## for Natural Oral Rinses for Horses

by Katharine Lark Chrisley, NHC, RMT

**T**here are many instances where an antiseptic, antibacterial mouth wash is needed for a horse. During and after teeth floating, oral surgery, for ulcers of the gums, foxtail irritations, blisters are a few. These recipes will make non-toxic, soothing oral rinses that pose no danger if swallowed and will not cause further damage to tissues in the mouth.

### Goldenseal

One oral rinse that fights infections is made with ¼ cup cut and sifted goldenseal root (use sustainably or organically grown - do not use wildcrafted, it is endangered – or Oregon grape root can be substituted) simmered for 30 minutes in one quart of pure water in an enameled or stainless steel pot. Add this liquid (after straining) to another quart of pure water and use as a rinse. The leftover herb in the strainer can be used to make another batch.

### Calendula

Just calendula as an infusion will not offer the protective properties that a mixture of homeopathic mother tincture of Calendula will provide. This form of Calendula is an anti-tetanus protocol (with oral Ledum dosing) wound or mouth wash, and is more effective with equal parts Hypericum homeopathic mother tincture, which

is used for tooth abscesses, mouth wounds, nerve damage and tooth extractions. The two tinctures are added to a quart of pure water – 30 drops each, then agitated for one full minute to create the oral rinse. A pinch of sea salt can be added to make it isotonic.

### Colloidal Silver

Prepare or purchase 4 ounces of approximately 15 to 30 ppm (parts per million) colloidal silver liquid. Just before using, add the silver to 16 ounces of distilled water for use where an irritation or infection is in place. Add the four ounces to 32 ounces of pure water for an oral rinse during a procedure (as a prophylactic application). Shake the mixture aggressively before using and use all of it that day.

Silver has been used to kill micro-organisms that cause illness and infection for hundreds of years. Surgical instruments and body invasive tubes (for people and animals) are coated with silver to prevent infection. Silver sulfadiazine is used on bandages to prevent infection. Colloidal silver (any that is 30 ppm or less) is made in distilled water with an electrical current to dislodge particles from a pure silver rod and suspend them evenly throughout the water. I use colloidal silver often!



# HERBS FOR HEALTH

## Himalayan Salt

The pink, Himalayan crystal salt can be dissolved (use  $\frac{1}{2}$  cup salt to one quart water) to make a salt base liquid that is added to water for another type of oral rinse. It takes a week to dissolve the salt. Then, add  $\frac{1}{4}$  cup salt water to 2 quarts of pure water to make the rinse. Shake it very well. The salt rinse is more appropriate for use during procedures where no infection is present.

### Don'ts:

- Do not use alcohol based preparations. The alcohol “seems” like a disinfectant, but it can cause tissue damage.
- Do not use hydrogen peroxide. It will definitely be caustic to tissues and mucus membranes.

### Instruments:

Soaking instruments in a solution of 1 gallon pure water with  $\frac{1}{2}$  ounce (15cc's) of grapefruit seed extract liquid, mixed very well, will disinfect the tools properly. This will do no harm to any skin it touches in this ratio – but full strength grapefruit seed extract will cause severe burns.

Alternatively, you can use hydrogen peroxide spray (three percent USP) full strength on instruments, then rinse with clean water.

Colloidal silver mouth rinse will not adversely react with the instruments. Because the silver is “dissolved” into the water through electrolysis, it would take another current to attach the silver to the instruments. Since they are usually stainless steel, the instruments do not have any effect upon the silver or herbal solutions.

A 60cc catheter tip syringe makes a great dose syringe and is inexpensive! ☺☺

### *About the author:*

Katharine's company is Dharmahorse, where it is believed that good health is the natural condition and they nourish it with everything they do.

The Natural Path to the Horse  
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