

## Slide into Whole Digestive Health- Slippery Elm and Marshmallow Root Powder.

Slippery Elm and Marshmallow Root has been utilised for centuries as a natural remedy for coughs and digestive upset. The question is, what makes these ingredients such a power house for the common ailments we see in our 21st century dogs? Let's take a look at some of these properties and why the combination of both working in synergy can promote whole digestive health.

### Properties of Slippery Elm and Marshmallow Root

Astringent - Rich in tannin's and aiding in contraction of cell walls. This tightening can support a reduction in irritation. **(Watts, C et al. 2012)**

Anti-inflammatory - Inflammation is a natural healing mechanism in the body, left unchecked can cause discomfort. Anti-inflammatory herbs can target sources of inflammation. **(Bonaterra, G et al. 2020)**

Demulcent - Soothing and lubricating inner mucous membranes. This can aid in protection of irritated or inflamed tissues by forming a gel coating. **(Watts, C et al. 2012)**

Diuretic - Stimulating the urinary system and can support the body flushing out toxins.

### Targeting the Upper Digestive Tract

Entrance - Pharynx - Esophagus - Stomach - Small Intestine

Kennel Cough, as the name would suggest, is a yucky cough. The difference between us and our dogs is that they can't blow their nose and bin a germ riddled tissue. This cough if left unchecked can lead to further respiratory issues, but with suitable veterinary care and the supportive addition of Karnlea Slippery Elm and Marshmallow Root Powder we can help manage the symptoms. If we have a nagging phlegmy cough, we sip a thick tonic to coat the throat to give us some respite from the constant tickle. Research indicates there is a **"positive influence of extracts used for therapy of irritated and inflamed buccal tissue and cough"** **(Sendker, J et al. 2017)**. Karnlea Slippery Elm and Marshmallow Root Powder can simultaneously coat the upper digestive tract and aid in soothing inflammation.

Acid Reflux, something that can plague us after a hot curry, but is a surprisingly common condition in dogs. Certain breeds can be predisposed, such as Golden Retrievers and French Bulldogs. Signs and symptoms can be excessive drooling, burping, gagging and lip smacking. How this can occur as we've discussed can be down to breed but may also occur from poor diet or even serving dinner up later than usual. The bioadhesive properties of Karnlea Slippery Elm and Marshmallow Root Powder can aid in coating the upper digestive tract, protecting against corrosive stomach acid.

**YAZ'S TOP TIP \*When targeting the upper digestive tract, mix Karnlea Slippery Elm and Marshmallow Root with water or Karnlea Bone Broth to a gel-like consistency. This helps to localise to the target area of the pharynx and esophagus.\***

## Targeting the Lower Digestive Tract

### Large intestine - Anal Glands - Exit

Leaky gut is a hot topic in the canine nutrition world, but what does this actually mean? The lining of the large intestines is covered in millions of villi. Responsible for nutrient absorption and housing the microbiome, if the villi are damaged there is an increase in permeability of the intestines. Damage may occur from chronic digestive issues or after scoffing something they shouldn't have. Either way this damage can cause a cascading inflammatory effect, allowing food and bacteria to enter the bloodstream. I often refer to all inflammation starting in the gut, as leaky gut can manifest as skin irritation, behavioural changes and beyond, causing discomfort. Research has found that **“development of atopic dermatitis may be predisposed to the entry of allergens into the body through sites of intestinal damage.” (Ekici, Y et al. 2024)** It is vital that if leaky gut is suspected, we get to work patching up those gaps in the gut barrier. The bioadhesive nature of Karnlea Slippery Elm and Marshmallow Root Powder can coat the intestinal tract, aiding a reduction of inflammation with a big gel like plaster.

Anal glands, your dog will either never have a spot of bother with them or they will rule their life. These glands are designed to coat the stools with a thin oil, almost like a business card for other dogs to read when they have a good sniff. However, diet, the conformation of your dog or a history of digestive upset can impact their overall function. Not only is this painful but once your dog has had issues once, they sadly may become a recurring theme (**Corbee, R et al. 2022**). For example with continual soft stools, the anal glands will not receive the necessary pressure to secrete. One way that Karnlea Slippery Elm and Marshmallow Root Powder can support is that it can act as a binding agent for stools. With firmer stools we can look to support regular stimulation of the anal glands and keep them happier for longer.

**YAZ'S TOP TIP \*When targeting the lower digestive tract, mix with your dog's food so the Karnlea Slippery Elm and Marshmallow Root Powder can be transported further down the digestive tract.\***

It couldn't be easier to support Whole Digestive Health with the Karnlea product range. Caring for your dog's gut health is one of my cornerstones not only for Whole Digestive Health but Whole Body Health!

Any guidance in this blog does not constitute or replace Veterinary advice.

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### Reference List

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