

Whole Health Agriculture and homeopathy in livestock farming

Alternative Livestock Health Survey

by Karen Seyersted
with input from Jackie Pearce-Dickens



Karen Seyersted Jackie Pearce-Dickens

Jackie and Karen are both homeopaths with broad experience.

After graduating from CPH in 2006 Jackie developed courses for pet and horse owners before eventually joining HAWL as Secretary where she met Lawrence who was then a Trustee. She now runs Whole Health Agriculture (WHAg) and plays a key role in developing and promoting its education programmes, and in teaching and supporting farmers.

Karen has experience of practising physiotherapy and Complementary and Alternative Medicines (CAM) in France, Scandinavia and the UK and has an MSc in Integrated Healthcare. Her interests are mainly in salutogenesis and the role of CAM in combatting antimicrobial resistance (AMR).

Whole Health Agriculture (WHAg) was set up in 2018 in collaboration with Homeopathy at Wellie Level (HAWL). Founding members Lawrence Woodward OBE, Jackie Pearce-Dickens and Karen Seyersted were united by a wish to support farmers who are clearly proficient in their use of homeopathy and other complementary and alternative medicine (CAM); demonstrably refining and reducing antibiotics, anthelmintics and other conventional inputs, but getting little support or acknowledgement for their enlightened approach to farm health management.

Lawrence is a pioneer in organic farming and research in the UK and was awarded an OBE in 2001 for his lifelong engagement in this field. He founded and was director of the Organic Research Centre for over 30 years and sits on several organic forums in the UK and internationally. His interest in homeopathy started after his dairy herd of Jersey cows responded positively to remedies following a bout of 'milk fever' (post-parturient hypocalcaemia), to which this breed is particularly susceptible.

Other key members of the WHAg team are homeopathic vet Chris Auckland MRCVS, MFVetHom, who is Head of Livestock Programmes, and author and farming advisor Pammy Riggs. In addition, we could not manage without our farmers and our website and social media team.

Now well into our third year, in 2021, WHAg focuses on three main areas:

Investigation: the findings from our Alternative Livestock Health Survey will help inform more in-depth case studies and interviews with farmers who are able to demonstrate success with CAM.

Education: by the end of this year, we will have established training, support and consultancy services to farmers, both off- and online, including a residential course in Norway in November (god and corona permitting).

Application: our focus, and where we believe we can make a difference, is by providing practical solutions to farm health problems which can be easily learned and integrated, *and* which benefit the farmer, their livestock and our food chain, especially with regard to AMR.

To be able to provide solutions, we first need to learn from successful farmers to understand and establish best practice. It is not



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far-fetched to say that some livestock farmers who use homeopathy and other CAM are more experienced than some CAM practitioners; after all, they use homeopathy sometimes around the clock, for example during the birthing season, and their ‘patients’ are present 365 days a year.

Not infrequently, experience precedes what is later proved by science. By learning from farmers, we can develop solutions together. This was the thinking behind developing and running a survey among livestock farmers in 2020. We have also seen that farmers are among the best homeopathic practitioners there are, as they practise 24/7/365.

WHAg Alternative Livestock Health Survey report

In 2020, WHAg ran a survey to discover how livestock farmers find that using CAM affects the health and wellbeing of their animals in

general, and whether and how using CAM can affect the use of antibiotics and other antimicrobials. The survey was designed by WHAg with the help of a pilot group of farmers. Both open and closed questions were asked.

The 221 respondents are mainly sheep, beef and dairy farmers,

Whole herds respond positively to remedies

organic and conventional, and most of them commercial. According to the results, farmers find a variety of CAM useful to keep animals healthy, prevent disease, and treat both acute and chronic disease. The modalities most frequently used are homeopathy, herbs and essential oils, followed by fermented foods – including apple cider vinegar (ACV) and kefir – Rescue remedy and similar, and pre- and probiotics. A majority of respondents report that using CAM leads to a more holistic approach to livestock health management, better observation skills, early intervention and greater attention to animals’ wellbeing and to maintaining causes. Further, using CAM helps farmers reduce the use of antibiotics and other antimicrobials, reduce vet and medicine costs, and improve the overall health and welfare of their livestock. A quarter of respondents even report zero antibiotics use. ▶

Farmers are among the best homeopathic practitioners there are

▷ **Survey report**

The farmers' WHAg contacts through teaching and support groups, and also through our international network, are mainly homeopathy users. Hence it is no surprise that 88% of the 221 who responded to the survey use homeopathy. Two respondents are vets.

In the survey, which ran from May – October 2020, we asked livestock farmers who use at least one CAM as part of their farm health management what they use, how they learnt about what they use, and the results for health in general and in reducing antibiotics and other external inputs in particular. The respondents come mainly from the UK and Ireland, and one or two from each of these countries: Austria, Australia, Brazil, France, Germany, New Zealand, Norway, Spain and the US.

Other methods mentioned are: Tellington TTouch, magnet therapy, Trust Technique, shoeless foot-care for horses, Bowen technique, bioresonance, pasture management and grazing breaks, mixed grazing cycling on pasture to limit parasite load, Korean natural farming method, herbal ley mix, breeding for health, observation and behaviour analysis to detect early onset and signals of stress, positive health management system for poultry, keeping a closed herd, maintaining small groups.

Other products mentioned are: micro-organisms used on compost, biodynamic preparations, diatomaceous earth for internal parasites and lice, charcoal for calves scouring, colloidal silver, flower of sulphur mixed with salt in the pet lamb pen to prevent Orf, animal version of Cellfood.

When asked how they learnt about CAM, most respondents have done a course in homeopathy.

Most farmers report that they use CAM as prevention (88%) and treatment of acute problems (86%), but CAM is also widely used routinely for stressful events (77%) and for chronic health problems (71%).



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What CAM respondents to the survey use:	
Homeopathic remedies including nosodes	88% (191)
Herbs and medicinal plants, herbal leys, wormers, tinctures	68% (146)
Essential / Plant oils (e.g. teatree, Neem) and derived products, e.g. Uddermint®	63% (135)
Fermented foods, e.g. grains, ACV, kefir, lactic acid bacteria (LAB)	46% (99)
Rescue Remedy® or similar, e.g. Bach Flowers, Bush Flowers, Gem Essences	40% (86)
Pre- / probiotics	33% (72)
Bodywork: Physiotherapy / Massage / Chiropractic / Osteopathy	24% (51)
Energetic Healing including Radionics, Reiki	24% (51)
Cow Signals® (Behaviour analysis to prevent illness and disease)	18% (39)
Acupuncture / Acupressure / Shiatsu	9% (19)
OBSALIM® (diagnostic and feed adjustment method based on observation)	7% (16)

Above: To treat acute mastitis, one farmer used *Belladonna* when they first noticed the redness and then *Phytolacca* the next day. The ewe was feeding her lambs the very next day.

Top: The *Calf scours* nosode has had impressive results



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In 2020, WHAg ran a survey to discover how livestock farmers find that using CAM affects the health and wellbeing of their animals in general

Q10 How respondents use CAM

Preventative or maintenance: i.e. to prevent disease or maintain optimum health	88% (168)
Acute/first aid: e.g. infections, injuries, birthing problems, wounds	86% (163)
Routine stresses or events: e.g. weaning, de-horning, tail ringing, vet visits	77% (146)
Chronic: recurrent or ongoing conditions	71% (134)

Q12 How has learning and using CAMs influenced your farming practice?

More holistic approach to health management	85% (161)
Better observation	82% (155)
Early intervention	71% (135)
Greater attention to my animals' wellbeing	66% (125)
Better attention to maintaining causes	62% (118)
Better record keeping	26% (50)
Improved hygiene	20% (38)
Conversion to organic or biodynamic	13% (25)

Q13. Which of the following statements do you agree with?

Please tick all that apply.

My use of CAMs has contributed to / resulted in:

Improved general health and wellbeing of livestock	84% (157)
Lower vet and medicine costs	66% (124)
Zero, low or reduced antibiotic use	65% (123)
Lower disease frequency and / or reduced severity of disease	65% (123)
Zero, low or reduced wormer use	40% (75)
Reduced frequency or severity of lameness	36% (68)
Increased financial profitability of farm	33% (62)
Reduced frequency or severity of mastitis	30% (57)
Lower cull rate / re-stocking rate	26% (49)
Fewer incidences of milk withdrawal	26% (48)
Higher live birth rate	24% (46)
Higher fertility rate	22% (41)
Lower cell counts	20% (38)

Most farmers report (Q12) that learning and using CAM influences their practice towards a more holistic approach to health management, better observation, early intervention and better attention to animals' wellbeing and to maintaining causes. Around a quarter of the respondents say it has resulted in better record-keeping and improved hygiene. 13% report conversion to organic or biodynamic.

When questioning the results of using CAM (Q13), more than 50% respond that it has contributed to or resulted in improved health and wellbeing of livestock, lower vet and medicine costs, zero, low or reduced antibiotic use and lower disease frequency and / or severity of disease. 40% report zero, low or reduced wormer use and around one-third report reduced frequency or severity of lameness, increased financial profitability of their farm and reduction of frequency or severity of mastitis.

Noteworthy is also that 26% report lower cull rate and fewer cases of milk withdrawals, and 24% higher live birth rate. Higher fertility is reported by 22% and lower cell counts by 20%. Comments under 'other' show that results improve with time after learning and introducing CAM.



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▷ **Antibiotics**

Of 187 farmers who answered ‘Have you ever been requested to reduce antibiotics?’ (Q14) 38% respond that they have never been asked to reduce antibiotics, and 23% that they have been asked by either their buyers / customers and supermarkets, certification bodies, farmers’ organisations and media. 33% respond that they have made / are making efforts to reduce antibiotics use or use no antibiotic at all based on a wish to contribute to the health of their livestock, the wider environment and their customers, the threat of resistance and that it is better for their business. In Q15 we see that for 59% of respondents, CAM has helped them maintain or achieve low antibiotic use, 57% have been helped to reduce antibiotics use and 24% report that using CAM has helped them maintain or achieve zero use.

Zero antibiotics

Of the 48 farms / 46 farmers where zero antibiotics use is reported to have been achieved or maintained, 37.5% (18) are certified organic, 37.5% (18) are uncertified organic / biodynamic, 15% (7) are conventional and 10% (5) certified biodynamic.

79% (38) of the zero antibiotics group are commercial, 15% (7) keep livestock mainly for home use, and 6% (3) keep livestock mainly as pets or for grazing.

The most impressive results in reducing antibiotics by using CAM, in order of frequency, are reported for the following problems (in Q17): Diarrhoea, eye infection, mastitis, ringworm, respiratory infections, worms, and for problems occurring around birth.

In order of frequency, CAM respondents find the following useful in reducing antibiotics:

Observation: Many farmers find using CAM leads to better observation

homeopathy, tea tree oil, Neem oil, Uddermint, herbal leys, and various oils against flies.

Farming practices such as stopping chemical use, rotation and diversification are also mentioned. Specific homeopathic remedies frequently mentioned are, in order of frequency: *Aconite*, *Arnica*, *Ignatia*, *Hepar sulph*, *Caulophyllum* and *Carbo veg*.

We see that successful farmers use a variety of CAMs

Eureka moments

The 184 responses to Q18 'Please share any other standout successes or Eureka / lightbulb moments you may have experienced during your use of CAMs' can be divided into five main categories (this can be to do with anything – not just restricted to farming):

Treatment of acute problems (for animals and humans)

In early days, realising that animals did not have to believe in homeopathy for it to work! The results convinced many non-believers of the power of homeopathy.

Using remedies on sheep / lambs that look close to death. Recovery can be miraculous.

E Coli mastitis treatment with massage and Uddermint and continuous stripping of affected quarter, fully recovered.

Mastitis, one quarter went from watery / no milk back to full recovery in a couple of days.

Standout successes are cows with bad acute mastitis who have been restored to full health. The lightbulb moment was about 40 years ago with *Secale* for metritis, the first time we used homeopathy with instant success.

It's all about the vital force. ... My treatment of acute mastitis was a standout moment. I used *Belladonna* when I first noticed the redness and then *Phytolacca* the next day. The ewe was feeding her lambs the very next day. ... The stockman was amazed. Also, the whole team has to have the same understanding of health, or there is a tendency to reach for the antibiotics. In this new world, Zoom classes are an amazing way to educate farmers.

I am getting easier lambings and better survival from mastitis.

Multiple bee stings – no ointment required, soreness gone within the

hour. Husband convinced by *Pulsatilla* 1M for retained cleansing following advice in Ainsworths *Herdsman's* book; he couldn't believe the speed of response.

Kreosotum for CODD in sheep's feet (CODD in effect rots the foot away). I thought about Creosote as a preservative used to stop timber rotting hence that made me think about *Kreosotum* for sheep's feet.

Wound infection with antimicrobial resistant bacteria healed by homeopathy.

Patiently treating a totally lame 17-year-old dachshund that the vet wanted to euthanise, with *Arnica* pills and massaging with Weleda *Arnica* oil.

Ringworm clearing up quickly with homeopathy. Many acute mastitis cases. A cow with chronic mastitis which cleared within three days when I found the right remedy. A sickly calf from birth to 10 weeks old suddenly improved after *Silica* 30c twice a day for a week; we had used *Silica* previously, but the wrong potency and duration – a lightbulb moment.

Treatment of chronic conditions (for animals and humans)

The absolute magic and speed when we get it right, ... real visible results cut through most arguments and could change enough opinions to make a major shift.

Identifying cow signals and looking at the whole animal and not just the visible problem.

Thyme herbally for prevention and treatment of IBD, BVD.

April 2018, after my first winter / spring of using remedies, I decided to see if they had worked by getting the vet to do a pre-breeding scan of the cows after calving. He scanned 95 cows after which he said, wide-eyed, 'in all my years of scanning cows I have never seen such a healthy herd of cows so soon after calving and

Better to produce less, higher quality food for the long term than high levels of poorer quality food

still 2-3 weeks from the start of the breeding season; you should have no problem this year (2018).' That was my Eureka moment!

First time I witnessed an animal selecting the remedies she required, and the incredible bond we formed through doing so.

A cow with a tumour on her eyelid which the vet was going to operate on five days later: I gave the cow *Pulsatilla*; there was no sign of the tumour when the vet returned. A calf with chronic diarrhoea cured with *Phos acid*. Difficult calvings made much easier with homeopathy. Observing OBSALIM® signs on the cows which alerted me to check the calibration of the out-of-parlour cake feeders which had just been serviced (they were feeding far too much and the cows would have become acidotic). A chronically lame cow cured with *Sulphuric acid* – based on her walking quickly.

Stress reduction

Horses are handled at least daily and are incredibly dangerous (fight or flight animals) when panicking. *Aconite*, *AAA* and *Ignatia* means that frightened animals can be handled by just one person and other members of staff are released for other duties. ▶



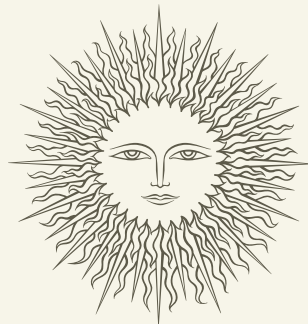
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▷ Use of homeopathy at lambing and suddenly realising that the whole lambing shed was quiet, full of the sound of contented ewes and lambs rather than the usual cacophony. *Ignatia* for pups leaving home, they settle much quicker. Rescue remedy for me pre-getting in a helicopter! *Aconite* for severely stressed post-calving cow that got herself stuck in the crush; instant result. Healing hands on lame animals. And a horse whisperer!

Remedies for beef cattle loading on to a lorry to go to slaughter, calmly and quietly, to the shock of onlookers – and obviously taking the same remedy myself.

Observation is as important as treatment of the whole animal, not just illness or injury. Spending time being mindful with them is a very important part of healing and maintaining good health. A stress-free animal is a healthy one. First finding the HAWL course and then The Trust Technique were my two Eureka moments; they took my life and those of my animals into a whole new world of peace and harmony. This is noticed by all who visit us.

Prevention

The *Watery mouth* nosode has saved me £1800 over the last three years. *Calf scours* nosode is impressive. The *Ringworm* nosode works very well. I use remedies for recovery, but we try not to have ill animals from the beginning.

Using *Urtica urens* on drying off! Weaning ewes and lambs, all was quiet!

My biggest Eureka was on the HAWL course when someone said she had a 21-year-old sheep! At the time our sheep lost their teeth at 6-7, so had to be culled.

Neem oil for tick control.

Using a mix of remedies my neighbour had his first clear TB test in five years.

ACV to reduce digestive disorders such as scours in young lambs. Coccidiosis is my personal standout success. Our vet said the only way to reduce Cocci without e.g. Veccoxan would be VERY good bedding and accepting some losses!

Tea tree oil for fly control. Tested it by spraying on cat meat on a hot day; left the plate out and the flies wouldn't come near it.

We now use CAMs for all our animals, farm and pets, and also for our own health and wellbeing. We are so grateful to our amazing vets who help and work *with us* and our farm as a whole. We have seen an increase in biodiversity on the farm, improved soil life and an increase in insects, birds and reptiles due to us stopping the use of chemicals such as wormers and antibiotics. The knock-on effect is incredible, we will never go back!

My major Eureka moment was to realise that *prevention* is better than cure. I really go by this German saying: Once the child has fallen into the well, it's too late.

The advantage of this survey design is that it was developed in cooperation with five farmers

Not had a Eureka moment yet

I really don't get this CAMs business. To me farming is just observation, common sense and caring for your animals in the way that works best. It can be quite different for the farmer across the road because his soil is different on the other side of the water course.

Experience with the veterinary profession

Of the 182 who responded to Q19 'What is your experience with the veterinary profession?', around 30% report positive experience with their vets. Many farmers do not tell their vet that they use CAM, especially not homeopathy, as they are often met with or fear rejection. Two farmers report that their vet is led by sales of products and that vets seem to see CAM as a threat to their profession.

What advice would respondents like to give to other farmers?

The 182 responses to this question broadly fall into the following categories:

Be open minded / give it a try / there is nothing to lose and a great deal to gain

Try it! Keep an open mind. Do a course.

Any treatment, alternative or conventional, only has a limited success rate. CAMs have a better success rate for some diseases and conventional for others. Antibiotics for pneumonia can be effective but do not necessarily prevent death. Useful in conjunction with CAMs.

Give it a chance to work (trust that it will) as in the future we won't have the open use of antibiotics so will need an alternative.

Better for the land.

Imperative to decrease antibiotics use; must use CAM as much as possible.

I can't prove it works, but we get a lot of coincidences if it doesn't!

▷ **Educate yourself, do a course, keep reading and learning from other farmers**

Take the HAWL course. You will make back the fees within a few months and after that it is real savings.

Farming is for the long term. We cannot wipe out all threats or simplify the systems in which we grow our food as this leaves them and us more vulnerable to both existing and future threats. Better to produce less, higher quality food for the long term than high levels of poorer quality food, leaving no options for the future. We must learn all the time to adapt, to adjust and to grow.

It is our lack of knowledge that keeps us down, so keep trying. And keep improving your knowledge by courses, meetings, and books.

Introduce it step by step

Pick one or two CAMs to start with, try it out, try some more, talk to others, learn, try out some more. As with any farm this is an ongoing moving process, nothing is stagnant; routine yes, but always developing, things change, new challenges will come, CAMs give so many more alternatives to improved health and profitability.

Don't run before you can master the simple stuff with homeopathy.

Since I mainly use homeopathy, I recommend starting with a few remedies and learn them well: *Aconitum*, *Arnica*, *Caulophyllum*, *Sepia*, and *Belladonna*.

Start homeopathy slowly. Get to know one remedy and its uses one at a

time. Use ACV as much as you can. Don't make antibiotics or vaccination your first-choice treatment.

Start with routine remedies for lambing and stress situations, and maybe foot issues.

Seek support from other farmers and vets

Be very observant of your animals; health and intervene early on with CAMs. Get vet if no improvement.

Find a vet who is educated and has expertise in CAM, especially homeopathy.

Join a holistic online group. You may find that you already know and do a lot of it. Don't just stick to herbal, homeopathic or allopathic management. Use what works.

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Glossary	
Anthelmintics or antihelminthics	Group of antiparasitic drugs that expel parasitic worms (helminths) and other internal parasites from the body by either stunning or killing them.
Bioresonance	Type of therapy used in holistic or complementary medicine. It uses a machine to measure the frequency of energy wavelengths coming from the body. Those measures are then used to diagnose disease and other issues.
BVD	Bovine viral diarrhoea.
Calf scours	Clinical syndrome characterised by diarrhoea and dehydration.
Cellfood	Cellfood supplements deliver oxygen, minerals, enzymes and amino acids at cellular level. They can detoxify the body and increase energy by transporting oxygen to cells.
Coccidiosis	Parasitic disease of the intestinal tract of animals caused by coccidian protozoa; the primary symptom is diarrhoea which may become bloody in severe cases.
CODD	Contagious ovine digital dermatitis is a severe foot condition of sheep.
CowSignals®	Simple and practical approach to improve dairy management; the goal is to improve cow welfare.
Diatomaceous earth	Naturally occurring, soft, siliceous sedimentary rock that has been crumbled into a fine white powder.
Drying off	At the end of lactation, dairy cows require a dry period to allow udder tissue to repair and rejuvenate.
IBD	Inflammatory bowel disease.
Korean natural farming	Self-sufficient farming system that involves the culturing of indigenous microorganisms (IMO) – bacteria, fungi, nematodes, and protozoa – in place of inorganic fertilizers to produce fertile soil.
LAB (Lactic acid bacteria)	Group of bacteria that include genera such as Lactobacillus, Lactococcus, Pediococcus, Enterococcus, and Streptococcus and are frequently found in dairy fermented foods.
Metritis	Inflammation of the wall of the uterus.
OBSALIM®	The different OBSALIM® tools allow you to discover a unique and original method: Diagnoses and dietary adjustments based on the observation of cattle, sheep or goats.
Orf	Viral skin disease that can be spread to humans by handling infected sheep and goats.
Postparturient hypocalcaemia (milk fever)	Disorder characterised by abnormally low levels of calcium in the blood (hypocalcaemia). It occurs in cows most commonly within three days after they have calved, at a time when the cow's production of milk has put a severe strain on its calcium stores.
Radionics	Healing technique in which our natural intuitive faculties are used both to discover the energetic disturbances underlying illness and to encourage the return of a normal energetic field that supports health; it can be used to help humans and animals and in agriculture.
Salutogenesis	The term describes an approach focusing on factors that support human health and well-being, rather than on factors that cause disease.
Tellington TTouch	The method is based on circular movements of fingers and hands over the entire body of a companion animal with the goal of activating cellular intelligence.
Trust Technique	Combination of animal communication and animal healing, structured in an easy to use format for pet owners and animal professionals.
Watery Mouth Disease (WMD)	Bacterial disease of neonatal lambs, especially in an intensive indoor situation.

Start talking to older farmers to see what they used, as that usually worked even though it may take a bit longer. Use Neem oil for flies.

It will change the way you look at the farm and your animals

Observe, observe, observe. Watch your animals closely and see what

they do and how they do it. How have they changed? What exactly is going on?

It helps you understand the language the animals speak.

You need to completely change the way you look at the farm and your animals. It is not this remedy for this

disease and that for the other. You need a holistic management strategy based on listening, looking, smelling, noticing, contemplating and thinking about everything that is going on, all the time. Then you will know what the right things to do are. If you can do a training course, do it, it will pay off. Less is often more!

▷ Know your animals. Unlike conventional approaches, CAM is more about healing individuals than treating specific conditions. Unless you can accept and adopt this mind-set you are unlikely to find solutions.

I think it is a more natural, holistic and kinder way of farming, and that the welfare and wellbeing of the animals will improve drastically if you use even just a few methods instead of always reaching for conventional medication.

Discussion and conclusions

After doing a literature search we found no other survey with a similar design. The advantage of this survey design is that it was developed in cooperation with five farmers from the group we wanted to investigate – a survey by farmers for farmers, which we see as a strength. As well as quantitative questions, the amount of open / qualitative questions resulted in information we would not otherwise have been able to collect within the timeframe and given the resources available.

We see that successful farmers use a variety of CAMs and continue to learn and develop throughout their farming career. The data shows that homeopathy and other CAMs are integrated into health management practices whether farmers are conventional or organic / biodynamic, commercial or non-commercial. Most important CAM, including homeopathy, offers tools to reduce and refine the use of antibiotics and other antimicrobials. As many as 24% of the respondents to this survey have become antibiotics-free.

Main trends

From the responses of a total of 221 conventional and organic farmers, including two vets, mainly from the UK and Ireland, but also a few from Australia, Austria, Brazil, France, Germany, New Zealand, Norway, Spain and the US, we find the following trends:

Main concerns among livestock farmers who use CAM are:

- to improve and maintain the health and wellbeing of their livestock
- to contribute to global threats such as AMR
- to find a vet who is not only supportive but also has knowledge in CAM
- to get support and recognition for their efforts and achievements
- that the price of food should reflect what is being put into it.

Main skills developed from learning and using CAM are:

- observation skills
- a more holistic approach to health and health management
- intuition.

Main successes reported are:

- improved overall health and wellbeing of livestock
- lower frequency and / or severity of disease
- reduced, low or zero antibiotics use
- lower vet and medicine costs
- reduced, low or zero wormer use
- improved farmer satisfaction.

The role of CAM is reported as being particularly useful in:

- preventing disease
- reducing stress
- treatment of acute infections and injury
- for fertility and around the time of birth
- for human health and the family.

The most frequently used CAMs for the above are, in order of frequency, for all diagnoses:

- homeopathy including nosodes
- herbal medicine
- essential oils
- fermented foods (including ACV and kefir)

Successful farmers use a variety of CAMs and continue to learn

Recommended reading

Philip Hansford and Tony Pinkus: *The Herdsman's Introduction to Homoeopathy*.

90-page revised edition of *The Herdsman's Guide*, with additions by – and written in collaboration with – Tony Pinkus, Chief Pharmacist of Ainsworths. This edition includes a deeper explanation of homeopathy and how to apply it on the farm. Philip Hansford is a herdsman with 40 years' experience in dairy farming and 30 years in the use of homeopathy.

- pre- and probiotics
 - bodywork and energetic healing.
- From the open questions, we learn that a majority find that homeopathy including homeopathic nosodes are particularly useful around birth, in disease prevention and treatment of acute infections, whereas particularly essential oils are often mentioned as effective in preventing tick / flea / lice infestations.

Surprising results

- Reported successes in using kefir and ACV to prevent diseases such as diarrhoea
- the number of farmers mentioning successful use of nosodes in the open questions
- the benefits of letting animals self-select herbs mentioned by several farmers
- 'CAM often works faster than a vet can get to the farm'.

Welcome to follow and support us!

We want to thank all the farmers who took time to do this survey, which took 30 minutes or more to complete. It has provided a huge amount of information which we will use to develop further programs of investigation, training and support.

If anybody reading this has experience in livestock farming, we would love to hear from you!

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