**E.A.T. sticks and leaf jerky** greens are grown organically in Kettering, Ohio, and are hand-picked and dried. Leaf jerky is a tasty, healthy treat for house rabbits and other herbivores. E.A.T. sticks and twigs are composed of Rose of Sharon (a softer wood easier on the teeth of older pets or pets with dental issues) and mint twigs (quite appropriate even for pets with chewing difficulties).

Wild edible greens (‘weeds’) are typically higher in phytonutrients than cultivated crops (phytonutrients are plant compounds associated with positive health effects). Cultivated plant foods typically have had at least some of the nutrients bred out of them in favor of higher yields, increased cold tolerance, etc. Weeds have a higher content of vitamins, minerals, important antioxidants, antimicrobials and anti-inflammatories.

Wild foods are oftentimes valuable adjunct therapies for a poorly bunny, guinea pig or other pet. They are not a substitute for proper veterinary care, but when used correctly they can provide additional support for other therapies that have been prescribed.

‘Mixed’ bags of dried greens may contain any of the greens listed here, but will almost certainly include dandelions, chicory, and wild carrot greens.

**Mint medley** – lemon balm, peppermint, spearmint and catmint. All mint promotes digestion, eases nausea and gassiness and soothes the stomach. **Lemon Balm**, a member of the mint family, also reduces stress, agitation and anxiety. Mint is rich in a variety of vitamins and minerals, is a powerful antioxidant and is being studied as an anticancer agent.

**Wild violet leaves** – substantial amounts of vitamins A and C, as well as anti-oxidant and anti-inflammatory properties. Add only 3 or 4 dried violet leaves to your rabbit’s daily diet to begin with as larger amounts may have a gentle laxative effect. Note: pets and humans should NEVER eat the root nor seeds of the violet, as these are poisonous. **African violets are not in fact true violets, & are also not edible.**

**Rose of Sharon** contains vitamin C and antioxidants. Every part of The Rose of Sharon is edible: leaves, blossoms and bark. ROS has also been used to ease digestive disorders.

**Chicory** eases digestive disorders, reduces arthritis pain, detoxifies the liver and gallbladder, helps prevent/fight bacterial infections and boosts the immune system. It is an anti-inflammatory and contains fructans which have anti-tumor qualities. The polyphenols & phytochemicals within chicory have a positive effect on preventing cancer of various types. Chicory is a natural sedative and can reduce anxiety and relieve stress. It is a great source of vitamins & minerals, including zinc, magnesium, manganese, calcium, iron, folic acid & potassium, as well as vitamins A, B6, C, E, & K. Feed in moderation (i.e. a few large dried leaves twice daily) as chicory contains inulin, a polysaccharide (a natural starch). Inulin is a powerful probiotic used to combat a number of intestinal & digestive concerns but bunnies should not have unlimited supplies of inulin/chicory!
**Dandelion** – settles digestion, strengthens bones, benefits the nervous system and provides vitamins C and B6, thiamin, riboflavin, calcium, iron, potassium, manganese, folate, magnesium, phosphorus, and copper. Dandelions are easily digestible & loaded with antioxidants.

**Milk thistle** - all thistle is high in fiber, B vitamins, vitamins A & C, and contain calcium, phosphorus and iron. Milk thistle contains a powerful antioxidant (silymarin) which protects the liver, reduces inflammation, & blocks toxins; milk thistle also contains omega-6 fatty acids, which have anti-inflammatory properties & promote skin & bone health. Thistle can help protect bunnies from potentially fatal endotoxins: a diet low in fiber is associated with increased levels of the type of gut bacteria that produce endotoxins; endotoxins contribute to gassiness of the bowel. Gassiness helps set bunnies up for potentially fatal GI stasis; the liver filters out these endotoxins, but if the liver has already been compromised in some way, it can be overwhelmed and unable to perform its filtration task. Silymarin was shown to protect against liver damage from a variety of toxins in a variety of animals; silymarin can even stimulate the liver to make new liver cells to replace the damaged old cells.

**Wild carrot tops** - rich in protein, minerals & vitamins; a great source of potassium, magnesium, vitamin K & calcium for strong bones & muscles, circulatory health, health of lymph nodes & adrenal glands. Very rich in chlorophyll; studies have shown chlorophyll useful in combatting the growth of tumors.

**Wild Lettuce** – a member of the lettuce family, it provides mild sedative effects.

**Moon Primrose leaves** – helpful as an anti-inflammatory; may ease discomfort of arthritis.

**Plantain** is high in fiber, rich in B complex vitamins, vitamins A, C and K and has antibacterial and anti-inflammatory properties. It is high in calcium, sodium, cobalt and copper, and contains magnesium, potassium and phosphate. Certain enzymes in the leaves act to relieve mild intestinal inflammations, and the tannins in plantain are effective in easing diarrhea and other symptoms of intestinal upset. Plantain is a gentle herbal diuretic and promotes bone density and healing.

**Digestive blend** – dandelion, lemon balm, chicory and plantain to ease gassiness and nausea, provide fiber content and tempt the poorly bunny into eating.

**Calming blend** – sage, lemon balm, Wild Lettuce, chicory. Sage provides a calming effect as well as aiding digestion and many other therapeutic benefits.

**Dental blend** – violet leaves, ROS leaves, plantain and possibly wild carrot tops: these dried leaves fall apart easily in bunny’s mouth and require the least amount of chewing/grinding. Bunnies with dental issues usually appreciate this.