



Paw Soak

Pets don't wear shoes, so their paws collect whatever residues and contaminants are in the environment. We love this soothing, detoxifying paw soak, especially in the evening after all outdoor walks are done. If your pooch is tiny, putting the solution in a 9x13-inch cake pan and soaking all four paws at once works well.

Yields about 1 quart

1 quart water

4 organic green tea bags

$\frac{1}{4}$ cup Epsom salt

$\frac{1}{2}$ cup organic, raw,
unfiltered apple cider vinegar

1. Bring water to a boil, then remove from heat.
2. Add tea bags and salt, then stir well until salt is dissolved.
3. Let steep until cool.
4. Remove tea bags and add apple cider vinegar, stirring well.
5. Pour solution into a bowl that allows you to submerge one paw at a time up to your dog's wrist.
6. Allow the solution to penetrate through your dog's fur (if possible for 30 seconds).
7. Remove paw and pat dry. Do not rinse.
8. Repeat for the other 3 paws.