
File Type PDF Natural Remedies For Animal First Aid Natural Remedies For Animals Series

Thank you certainly much for downloading **Natural Remedies For Animal First Aid Natural Remedies For Animals Series**. Maybe you have knowledge that, people have see numerous period for their favorite books gone this Natural Remedies For Animal First Aid Natural Remedies For Animals Series, but end occurring in harmful downloads.

Rather than enjoying a good book later a mug of coffee in the afternoon, on the other hand they juggled behind some harmful virus inside their computer. **Natural Remedies For Animal First Aid Natural Remedies For Animals Series** is open in our digital library an online permission to it is set as public correspondingly you can download it instantly. Our digital library saves in combined countries, allowing you to get the most less latency times to download any of our books when this one. Merely said, the Natural Remedies For Animal First Aid Natural Remedies For Animals Series is universally compatible taking into account any devices to read.

KEY=FIRST - DECKER PATEL

The Natural Way For Dogs And Cats

Natural treatments, remedies and diet for your pet

Random House As more and more people are choosing natural medicine for themselves, they are also seeking it for their pets. This book tells you everything you need to know about natural health care for dogs and cats, including: ·How to make a fresh, balanced natural diet for your pet ·How natural medicine works and why you should choose to use it ·Which treatments and remedies are available for animals ·Which conditions respond best to which treatments ·Using herbs, food supplements and natural remedies for specific ailments ·How to treat a variety of common complaints safely and effectively at home ·What to include in a natural first-aid kit ·Where to find a practitioner to treat your pet ·How to give your pet a healthier, happier, and longer life Filled with practical help, *The Natural Way for Dogs and Cats* details simple and effective cures for a variety of common complaints. From skin problems and arthritis, to behavioral problems and digestive disorders, this book will help you choose the most effective treatment or remedy for your pet. It describes in detail the major holistic treatments for animals, including acupuncture, herbs, aromatherapy, chiropractic, flower remedies, healing, homeopathy, and nutrition. If you're looking for healthy alternatives to commercial pet foods, drugs or surgery, but do not know where to start, this inspirational book is for you - and your pet!

The Natural Medicine First Aid Remedies

Self-Care Treatments for 100+ Common Conditions

Hampton Roads Publishing When faced with common health emergencies, many of us automatically turn to over-the-counter medications. But we have another option--easy-to-use, safe, inexpensive, and highly effective natural medicines. *Natural Medicine First Aid Remedies* provides everything you need to know to treat a range of ailments and health concerns, including burns, muscle cramps, hot flashes, shock, sore throat, toothache--100 common health problems in all. (Next time you get a headache, try rubbing peppermint essential oil on your temples before you reach for the aspirin.) *Natural Medicine First Aid Remedies* tells how to equip your medicine cabinet with the ten most essential natural remedies including arnica (for pain and stiffness), echinacea (for colds), tea tree oil (for skin infections), aloe vera gel (for burns), activated charcoal (for food poisoning), and more. It explains how homeopathy, herbs, diet, essential oils, flower essences, nutritional supplements, reflexology, and gem therapy can provide healing benefits for various conditions. Written by health journalist Stephanie Marohn, *Natural Medicine First Aid Remedies* is based on medical research and draws upon protocols used by dozens of health care practitioners. Informative and unique, it is a reference that you will want to consult whenever faced with one of life's everyday medical emergencies, injuries, or discomforts.

Homeopathic First Aid for Animals

Tales and Techniques from a Country Practitioner

Inner Traditions / Bear & Co Homeopathic remedies can be safely and effectively used for all species of animals. Homeopathy is even applicable to birds and reptiles, and special notes on these species are included at the end of the manual.

The Complete Book of Home Remedies for Your Dog

Macmillan Provides advice on canine diet and information on symptoms, diagnosis, conventional treatment, and home remedies for fourteen common canine medical conditions, including arthritis, diabetes, kidney problems, obesity, and worms.

Herbs for Pets

The Natural Way to Enhance Your Pet's Life

Fox Chapel Publishing Herbs for Pets, by herbalists and holistic experts Gregory L. Tilford and Mary L. Wulff, is the bible for all pet owners looking to enhance their companion animals' lives through natural therapies. Now in its second revised edition, Herbs for Pets is an indispensable resource, an exhaustive compendium of medicinal plants and natural remedies that hosts an illustrated tour through Western, ayurvedic, and Chinese herbs that grow in North America, including their holistic applications and contraindications, and alternative approaches to treating a wide range of ailments. Remedies in the book are applicable to dogs and cats, as well as birds, small mammals, and even farm animals. The book is organized into three chapters, the first is dedicated to the "Principles and Practices of Herbalism," discussing the many facets of herbs, concerns about toxicity, basic herbal preparation, the ethical use of herbs, the connection between herbs and diet, and using herbs as dietary supplements. Chapter 2, titled "Materia Medica: An A-Z Guide to Herbs for Animals," is an exhaustive 150-page section presenting color photographs and text about the appearance, habitat and range, cycle and bloom season, parts used, primary medicinal activities, strongest affinities, common uses, availability, propagation and harvest, alternatives and adjuncts, and cautions and comments for 65 different herbs (from Alfalfa to Yucca!). The common uses section is extensive for each herb, discussing the nutrient value, various qualities, and ways in which the herb is used for specific treatments. The third chapter of the book is titled "An Herbal Repertory for Animals: Ailments and Treatments" and details remedies for the following: anxiety, nervousness, and behavioral problems; arthritis and hip dysplasia; cancer; cardiovascular problems; digestive system problems; ear problems; elderly animal care; endocrine system and related problems; epilepsy, convulsions, and seizures; eye problems; first aid, immune system care; mouth and nose problems; parasite-related problems; pregnancy and lactation; skin problems; and urinary problems. The authors share over two dozen herbal remedies for various ailments, from asthma and pneumonia to constipation and eye cleaner. A glossary of over 200 terms is included, as are references and a comprehensive index. .

Natural Remedies for Dog Health

[Mark Gilbert](#)

Natural Remedies For Goat Health

[Mark Gilbert](#)

Natural Remedies For Sheep Health

[Mark Gilbert](#)

Natural Remedies For Pigs Health

[Mark Gilbert](#)

Veterinary Forum

Natural Remedies for Horse Health

[Mark Gilbert](#)

Natural Remedy Book for Dogs and Cats

Crossing Press Fifty common pet ailments and the natural methods and remedies optimal to support their treatment are arranged in alphabetical order. The book includes a thorough discussion of several natural healing modalities and how they are used for pets. The methods of treatment include nutrition, naturopathy, vitamins and minerals, herbs, homeopathy, acupuncture/acupressure, flower essences, and gemstones. Each method is discussed for each of the fifty illnesses. Many people use natural healing for themselves, but wonder how to use it for their dogs and cats. This book is a comprehensive answer to that question. Use it with Diane Stein's books Natural Healing for Dogs and Cats and The Holistic Puppy.

The Complete Book of Home Remedies for Your Cat

A Concise Guide for Keeping Your Pet Healthy and Happy - For Life

St. Martin's Paperbacks From hairballs and fleas to obesity and diabetes, this comprehensive guide shows you how to treat a wide range of common feline ailments using simple home remedies, herbal therapies,, and chemical-free options that can save you

hundreds of dollars in veterinary bills—and help Kitty live a longer, healthier life. • This guide features a cross-reference to the most common feline health problems that can be treated with natural remedies • Contains comprehensive, accessible information on a full range of natural, herbal, homeopathic nutritional supplements for cats. • There section of "10 Kitty No Nos" -- suppliments and foods you should avoid giving your cat. • Provides information on benefits of use, dosing, signs and symptoms of deficiency, and signs and symptoms of overdose.

Dr. Carol's Naturally Healthy Dogs

American Pet Institute Our dogs are cherished family members and best friends and with proper care lifelong companions. Although illnesses can affect your dogs health and appearance, many conditions can be effectively treated at home. This 112 page, four color, user friendly book takes a comprehensive look at how you can help your dog and when to consult a vet. Gives clear, expert advice on conventional therapies as well as alternative therapies and herbal and homeopathic remedies that you or a practitioner can administer. Shows you how to recognize symptoms of illness and gives advice on everything from digestive disturbances, allergies and itching to behavioral modification, healthy aging tips and explains first aid techniques in the event of an emergency.

New Choices in Natural Healing for Dogs and Cats

Furry Muse Publications From the author who brought you *THE FIRST-AID COMPANION FOR DOGS AND CATS*, award-winning pet journalist Amy Shojai presents this new large-format edition of her popular *NEW CHOICES IN NATURAL HEALING FOR DOGS & CATS*. At your fingertips you'll find over 1,000 at-home remedies for your pet's problems. Herbs * Acupressure * Massage * Homeopathy * Flower essences * Natural diets * Healing energy This new edition is a vet-approved, authoritative guide to homeopathy, supplements, and hundreds of other new choices for keeping dogs and cats healthy! Strengthen joints and repair cartilage with this all-natural enzyme Push the "aspirin" point for instant pain relief Stop behavior problems like barking with a flower essence Herbs that fortify immunity and can help prevent cancer Eliminate swelling with this powerful nutrient A one-week plan to get rid of fleas--without harmful chemicals Discover for yourself how the country's top holistic veterinarians treat their pets without using drugs...and how you can do it, too!

Natural First Aid

Herbal Treatments for Ailments & Injuries : Emergency Preparedness : Wilderness Safety

Storey Publishing Presents a wide range of simple home remedies for common household emergencies

The First Aid Companion for Dogs & Cats

Rodale Provides a directory of first-aid and emergency procedures for cats and dogs, covering everything from identifying a problem and performing CPR to administering a pill and follow-up care.

Natural Forms of Defense Against Biological, Chemical and Nuclear Threats

Trafford Publishing The events that took place on September 11th caused Dr. John Brighton, a naturopathic health consultant, to ask himself questions about what role natural forms of healing might have in a scenario involving weapons of mass destruction (WMD). As he examined the issues and the nature of the threat, he felt assured that a naturalistic approach could make a significant contribution in conjunction with that offered by conventional medicine. Moreover, he felt that to use both would provide a more powerful deterrent than if either were used alone. The naturalistic approach would augment the use of drugs by adding 5 extra lines of defense aimed at supporting and strengthening the immune system to deal with such a dire event. These lines include: A psychological dimension A social dimension A preventative dimension An environmental dimension A specific dimension The whole idea of this holistic strategy is to employ prevention and immune-enhancing factors in order to reduce the level of crisis to begin with. As a result, the dependency on antibiotics (there are no effective antivirals) and other valuable medical resources can be considerably reduced, and, most importantly, preserved for when they would be needed most. Another benefit of integrating these two systems would add what Dr. Brighton calls "synergistic complexity" as a way to reduce the current crisis of germ resistance to many most potent antibiotics and to provide a holistic approach to all forms of WMD. The book clarifies the scope of the threat we face by examining: The variety of biological, chemical, and nuclear threats The factors involved in the creation of WMD The uncanny capacity of microbes to develop resistance to our medications The threat of bioengineering and the creation of superbugs How synergistic complexity could provide a possible solution A chapter is dedicated to focusing on the specific nature and challenges posed by each biological, chemical and nuclear agent. This includes: A description of the agent How it causes harm How it might be used as a weapon, and the possibility of it being used How it is detected diagnostically and in the field The conventional method of care and treatment The suggested natural forms of defense including herbs, vitamins & minerals, and other natural substances and healing therapies. The book ends with a forward-looking chapter on emerging technologies that have promise of increasing our level of defense against WMD. A bibliography and a full section on resources are available.

Doctors' Favorite Natural Remedies

The Safest and Most Effective Natural Ways to Treat More Than 85 Everyday Ailments

Simon and Schuster "Thousands of tips for a healthy mind and body"--Cover.

Vet On Call

The Best Home Remedies for Keeping Your Dog Healthy

Rodale Describes home remedies for common dog illnesses and conditions and discusses behavior, care, and feeding

The Complete Holistic Dog Book

Home Health Care for Our Canine Companions

Naturally, you want the best for your canine companion's body, mind, and spirit. Ensure a lifetime of tail wags and dogged good health with THE COMPLETE HOLISTIC DOG BOOK. Animal healers Jan Allegretti and Katy Sommers discuss natural preventive health care, including early socialization, environmental safety, nutrition, and the application of alternative therapies and allopathic medicine. A thorough grounding in homeopathy, traditional Chinese medicine, and herbal remedies provides practical techniques for treating hundreds of common canine illnesses, injuries, and health problems. Also covering the special needs of older dogs, THE COMPLETE HOLISTIC DOG BOOK is a compassionate reference for animal guardians and caregivers, at home as well as in a clinical setting. Offers a unique, holistic approach that maintains the health of a dog's entire body system, from puppyhood through the senior years. With an easy-to-use, 80-page Materia Medica covering nutritional supplements, herbs, and homeopathic remedies. Includes a guide to creating a holistic first-aid kit.

Homeopathic First Aid for Animals

Tales and Techniques from a Country Practitioner

Simon and Schuster An A-to-Z reference for using homeopathy to treat animals. The gentle and effective qualities that have made homeopathy such a popular remedy for humans make it the perfect treatment method for animals as well. This reader-friendly guide is an A-to-Z reference for treating almost any emergency that may befall our beloved animal companions. Practical clinical instruction in homeopathy and first aid is included for each condition, from broken bones to diarrhea, from poisoning to fleas. Special sections discuss caring for orphaned young animals and understanding how homeopathic medicines work. It makes the perfect guide for those who want to give animals the non-threatening, natural care they need. Homeopathy for Animals applies to many different animal species, including pets, horses, barnyard animals, even birds and reptiles. Real-life anecdotes from the author's 20 years of veterinary experience treating household pets and farm and wild animals make Homeopathy for Animals as entertaining as it is useful.

Ultralight Backpacking in Nature's World

Lulu.com This book is designed for novice and experienced backpackers who want to reduce their carrying weight and for the beginner who is looking for guidance. Enjoy nature's world with less weight!

The Book

Ednil Publishing

The Pet Lover's Guide to Natural Healing for Cats & Dogs

Elsevier Health Sciences Presenting detailed information on alternative therapies for both dogs and cats, this book is divided into three main parts: diet and natural therapies; recommendations for specific health conditions, such as skin problems or digestive tract problems; and an overview of health maintenance and preventive health, including information about vaccinations, weight control, and caring for the aging pet.

A Treasury of Natural First Aid Remedies from A-Z

Prentice Hall Direct If you're looking for safe, effective natural remedies for everything from allergies and burns to infections and shock, here is the book for you! A Treasury of Natural First Aid Remedies from A-Z demonstrates how to treat bruises, infections, skin irritations, fevers, and scores of other conditions with the natural healing power found within common foods, plants, herbs, and spices.

What's more, these drug-free medicines can be easily found in health food stores and supermarkets and take just seconds to prepare!

The Healthy Pet Manual

A Guide to the Prevention and Treatment of Cancer

Inner Traditions / Bear & Co This revised and expanded edition of *Why Is Cancer Killing Our Pets?* includes the most up-to-date information on the factors that may cause cancer in pets, and preventive measures that can be taken. The full spectrum of conventional and alternative treatments is presented in this essential resource for the care and protection of our beloved pets.

Vegetarian Times

To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

The Doctor's Book of Home Remedies for Dogs and Cats

Over 1,000 Solutions to Your Pet's Problems-- from Top Vets, Trainers, Breeders, and Other Animal Experts

Rodale Books Presents remedies for physical and emotional problems in cats and dogs

Your Older Dog

A Complete Guide to Helping Your Dog Live a Longer

Simon and Schuster As a dog owner, you know that caring for your older pet can be a challenge. It's hard to watch your dog -- whose frisky puppy days don't seem so long ago -- begin to slow down a little and go gray around the muzzle. But thanks to extraordinary advances in veterinary medicine and pet nutrition, dogs are living longer, and with the right kind of care you can help your pet stay healthy and happy well into his golden years. A practical and sensitive all-in-one reference, *Your Older Dog* guides you through the aging process in dogs, starting with middle age. With plenty of information on maximizing your dog's active years and a complete guide to age-related health problems, *Your Older Dog* offers the latest research from veterinarians and pet care experts, including: What to expect as your dog grows older, and how to recognize the onset of old age Preventive health care, with tips on developing a routine diet, using nutritional supplements, exercising, and choosing the best veterinary care Safe and effective alternative treatments for aging dogs -- ranging from acupuncture and massage to herbal and homeopathic medicines The best approaches to such common illnesses as arthritis, diabetes, heart disease, and respiratory and digestive difficulties With adorable color photos and illustrations throughout, *Your Older Dog* gives you the vital information and reassurance you need to provide the best care for your best friend.

Linda Page's Healthy Healing

A Guide To Self-Healing For Everyone

Healthy Healing, Inc. The Ultimate Resource For Improving Your Health Naturally! Over 1 million copies sold! In its first edition nearly 20 years ago, Dr. Linda Page's book, *Healthy Healing*, was the only one of its kind. Now updated and expanded, *Healthy Healing* is still the easiest to use bestselling natural health reference book on the market. Customize your own personal healing program using natural therapies for more than 300 ailments through diet, whole herb supplements and exercise. Live Longer, feel better and look better, naturally!

The Veterinarians' Guide to Natural Remedies for Dogs

Safe and Effective Alternative Treatments and Healing Techniques from the Nations Top Holistic Veterinarians

Crown The world of veterinary medicine is changing. People are realizing that if alternative medicine is better for them, it's better for their pets, too. Dogs are visiting acupuncturists, chiropractic doctors, and homeopaths. Still, many dog owners are unaware that such simple measures as changing their pet's diet and using vitamins, herbs, and other natural cures can help prevent or heal ailments ranging from excessive scratching to depression to a host of serious diseases. *The Veterinarians' Guide to Natural Remedies for Dogs*

is both an introduction and a guide to the vast world of natural healing methods, treatments, and foods now available for dogs. Author Martin Zucker offers advice from dozens of holistic practitioners and licensed veterinarians, who share their recipes, insights, and "prescriptions." Here dog owners will find information on everything from nutritional supplements to massage therapy, as well as how these treatments can be used alone or in conjunction with traditional medications and surgical techniques.

The Natural First Aid Handbook

Household Remedies, Herbal Treatments, and Basic Emergency Preparedness Everyone Should Know

Storey Publishing, LLC Cayenne pepper can stop bleeding. Garlic helps alleviate a toothache. Honey soothes a burn. When an emergency situation arises, simple home remedies can play a vital role in easing symptoms and providing immediate help. Become an effective first responder with a combination of best first-aid practices, herbs, and standard homeopathic applications. This quick-reference handbook spells out hundreds of life-saving techniques, commonsense tips, and time-tested herbal remedies that everyone should know. From how to perform basic CPR and the Heimlich Maneuver to the best immediate response to natural disasters, you'll find the most practical, effective actions to take to ensure survival.

The Veterinarians' Guide to Natural Remedies for Cats

Safe and Effective Alternative Treatments and Healing Techniques from the Nations Top Holistic Veterinarians

Crown You probably feel like you know everything about your cat and his needs, but chances are there's a lot you aren't aware of. For example, did you know that the food you feed him every day has nowhere near enough nutritional value, or that he may have chronic tooth decay? Have you ever been told that the essence of the flower holly can help him be less jealous, or that a massage can lessen his arthritis pains? The Veterinarians' Guide to Natural Remedies for Cats is an introduction and a guide to the vast world of natural methods, treatments, and foods that are now available for cats. Veterinarians from around the country offer information and opinions to help you determine what's best for your cat. In addition to showing you how to develop a healthy diet for your pet, these doctors will tell you about alternative treatments such as homeopathy, acupuncture, chiropractic care, massage, and herbal medicine.

Poodles For Dummies

John Wiley & Sons The Poodle is known for her keen intelligence, excellent trainability, and, most notably, those signature curly locks. But there's more to the Poodle than meets the eye (like, say, those expensive grooming bills). So, to Poodle or not to Poodle? That is the question. With an overview of the breed's history, an exploration of all three varieties (Standard, Miniature, and Toy), and 8 pages of full-color photos detailing the colors available and tips and techniques for grooming, Poodles for Dummies is filled with all the meaty information and enlightening morsels you need to decide if this refined beauty is a good match for you. You'll get answers to your most important questions, including: Which size Poodle is best for me? Which color? How do I know if a Poodle breeder is reputable? What are the pros and cons of shelters and rescue groups? What do I look for in choosing a healthy Poodle? How can I Poodle-proof my home and yard? What's the best way to introduce my Poodle to kids and other pets? How often does my Poodle need grooming? No matter which size, color, or gender you own, Poodles are not a "wash 'n' wear" breed. But if you have the time, passion, and dedication to give her the training, exercise, and upkeep she needs, you and your curly companion will have a happy and rewarding life together.

The Encyclopedia of Natural Pet Care

McGraw Hill Professional Alternative health titles are topping bestseller lists as people search for effective, natural ways to care for themselves and their families--and, as every pet owner knows, house pets are family too. In this revised edition of her groundbreaking work, CJ Puotinen gives animal lovers even more of the information they'll need to care for their dogs, cats, birds, and rabbits the natural way.

The Prepper's Workbook

Checklists, Worksheets, and Home Projects to Protect Your Family from Any Disaster

Simon and Schuster A step-by-step, don't-overlook-anything workbook of DIY projects that prepare home and family for any life-threatening catastrophe. For days the unrelenting storm pounds the city, downing trees, flooding streets, knocking out power. Thousands are stranded with no hope of help or rescue. Only a few prepared citizens are able to ride out the storm in safety. The

Prepper's Workbook lays out exactly how to plan, prepare, and survive any natural or man-made disaster, taking readers from average unprepared Joes to prepper masters. The book's one-of-a-kind, hands-on format allows readers to break down each aspect of prepping into simple, can't-fail steps. Since every family is different, *The Prepper's Workbook* provides a fill-in-the-blank assessment that provides a straight-forward answer specifically tailored to each individual reader. Then the author details the best way to address those specific needs. With *The Prepper's Workbook* even complex projects can be tackled piece by piece over many weekends until they are finished, including building safe and secure food storage in a basement or decking out an attic with proper medical supplies for treating everything from small cuts to broken bones. The book even includes fun activities to help prepping families construct evacuation and emergency procedures, as well as home defense drills for adults. Features: •Checklists to stock up on life-saving survival supplies •Projects to fortify your home from the elements •Maps to pre-plan your bug-out and evacuation routes •Blueprints to prepare your home's defenses in case of societal collapse •Forms to keep personal information on each family member organized

The Country Almanac of Home Remedies

Time-Tested and Almost Forgotten Wisdom for Treating Hundreds of Common Ailments, Aches and Pains Quickly and Naturally

Fair Winds Press *Natural Wisdom for Curing Every Ache, Pain, and Ailment* As little as a few decades ago, folk remedies were a part of everyday life. More often than not, our grandparents would go to their garden or kitchen pantry before they went to a doctor to treat everyday health complaints. Today, scientific studies are proving what Grandma knew all along--natural remedies are oftentimes just as effective as modern cures, have fewer side-effects, and cost just pennies. Moreover, natural remedies have stood the test of time. Peppermint has been used to soothe upset stomachs long before Pepto-Bismal and ginger has been used for its antibiotic properties for thousands of years in Asian medicine. Learn how to quickly and naturally treat over 100 common conditions with everyday cures: -Use Apple Cider Vinegar and Honey to break up congestion --Black or Green Teabags will take the sting out of a bad sunburn --Drink Beet, Celery, and Cucumber juice to soothe a shingles outbreak. --Inhale oil of Geranium to calm a hot flash --Apply a Witch Hazel compress to treat varicose veins --Pumpkin Seeds improve male potency --Burnt Toast soaks up internal toxins --Epsom Salt bathes heal the lymphatic system Filled with thousands of surprising cures, each entry gives multiple remedies for each condition from herbs, to healing foods, to acupressure and yoga poses. Hundreds of step-by-step illustrations show you the right way to administer a treatment from making herbal tinctures to applying a poultice. Dosage guidelines are given for every remedy as well as safety guidelines, contraindications, and when to call a doctor.

Healthy Healing

A Guide to Self-healing for Everyone

Healthy Healing, Inc. The latest information on preventive therapies and natural healing. Over 1/2 million copies sold.

Homeopathic First Aid for Goats: Emergencies and Common Ailments

Lulu Press, Inc NEW! Goats are wonderful creatures; enigmatic, paradoxical, mischievous, inquisitive and fun. They appear robust in health but can quickly become dangerously ill and lose the will to live if not treated promptly and correctly. This eBook provides homeopathic treatment information for most conditions likely to be met, whether on a farm, a smallholding or a single-goat household.