

# Using Nano-Enhanced Hemp Oil on Cats: An Interview With Dr. Celeste Yarnall

By Dr. Karen Becker

**KB:** Dr. Karen Becker

**CY:** Dr. Celeste Yarnall

**KB:** I'm Dr. Karen Becker. We have Dr. Celeste Yarnall here helping us celebrate Cat Week. Hello, Celeste. How are you?

**CY:** I'm great, Dr. Karen. It's so wonderful to connect with you and your wonderful audience of cat lovers.

**KB:** We are so excited that you are here. You're kind of a cat queen to all of us. You're all things kitties, which is wonderful. For those people who may not know about you and your books, tell us a little bit about your background.

**CY:** Very quickly, my background was in the entertainment industry. I was an actress – Actually, once an actress, always an actress. If we look back over the last 50 or 55 years, I have been a part of the entertainment industry. People know me from having been on classic Star Trek and also from co-starring with Elvis. That was another life.

**KB:** How did you make the transition? Have you had kitties your whole life? Kitties have been a part of your life and you just transitioned to more kitties after that period of Star Trek?

**CY:** I absolutely love both cats and dogs. I love everything that creeps, crawls and swims. I really love the whole of them.

**KB:** Yeah.

**CY:** But yes, I've had kitties all my life – also collies, as a matter of fact. I went from being in the entertainment industry, and from being an actress, into commercial real estate, but I still had my hands in the entertainment industry. I was getting so stressed because I was just working non-stop. I completely pulled out and changed directions. I devoted – oh gosh – over 20 or 25 years to helping cats and cat people all around the world.

I've written three cat books, the last of which I think you know about, which is *The Complete Guide to Holistic Cat Care: An Illustrated Handbook*, which I wrote with your and my wonderful friend, Dr. Jean Hofve. We just poured our hearts into it and have amassed everything imaginable that can help make our cats' lives better and our own at the same time.

I always look at taking care of animals as kind of like being on an airplane when the flight attendant tells you to be sure and put on your own oxygen mask before you attempt to help anyone else. I'm usually trying to share protocols that will help the animal companion, as well as the kitty itself.

**KB:** Yeah. You bet. We actually are interviewing Dr. Hofve for our Cat Week extravaganza. She brought some brand new information about some new technology, which is incredibly beneficial for all life. I know that you are a lot like her. You're constantly learning. You're constantly applying what you've learned [not only] to your own wellbeing, but also those of the animals that you're caring for. Did you have a hard time picking a topic for Cat Week or was it easy?

**CY:** I hopped on the train with Dr. Jean because we're both very passionate about a European medical device technology, which we had a few months ago at the American Holistic Veterinary Medical Association (AHVMA). My other favorite topic, which you and I are going to chat about, was the one that ended up on my plate because –

Just very quickly, I'm a cancer survivor. Three years ago, I began intensively researching alternatives because I really was cornered into doing the standard of care because my situation was so serious. We had to go into surgery. Although I was a person who said that I would never do chemo, I have ended up doing 12 rounds of chemo to keep this nasty stuff at bay. I've been doggedly researching. Our topic today, which I'll let you introduce, is one of the things that I really turned myself into three years ago, and have continued to play an active role in that particular area.

**KB:** I know that when I asked Celeste to please join me – It's cannabidiol (CBD), hemp-based CBD oil. Did you use this for your own health and then maybe translated it down for feline health? Were you introduced to this as a means of pain control going through your own health crisis?

**CY:** Well actually, everything I look at, I look at with those two hats on – How will it be for our animal companions, as well as myself? I've always been of the mind to purchase something graded for human consumption, not tested on animals hopefully. I'd look at it while wearing those two hats. But the answer to the question is yes. I did intensively look at it.

I refer to it as CBD-rich hemp oil, because what we're talking about are non-drugs. They're nutritional supplements. Proper ones are labeled hemp oil, or in the case of the one I use and I recommend and have the most experience with, it's called nano-enhanced liposomal sublingual hemp oil.

For the side effects, I don't like prescription drugs for myself. I know they're necessary sometimes, but I avoid them like the plague. The side effects to chemo are, of course, the nausea, depression and anxiety. I wanted something natural.

Believe it or not, it was one of my oncology nurses who said to me very privately, because she knows my love for alternatives. She said, "You know, lots of people here at our infusion center, I'm seeing them bringing their CBD-rich hemp oils into infusion. They're getting such great results."

I did everything the hard way. I had to go out and get the medical marijuana license. I had to interview the dispensaries. I just researched non-stop over the last three years. What I found so exciting was that not only we human beings, but all the way down to vertebrates, with the

exception of insects, we have an endocannabinoid system, which is absolutely waiting at the lock and key for all of us living things to put this wonderful hemp oil into our bodies.

**KB:** It was obviously incredibly beneficial for you. When you tried it, you were able to get all of the benefits, in terms of pain management – like you said – helped manage anxiety, probably helped you sleep better, and helped reduce the side effects. Have you since then used it with the felines in your own home or the clients who have called you? How did you decide to try it then for cats?

**CY:** Just to back up for a second, I think you might recall from Dr. Jean's and my book, *The Holistic Cat Care*, I raised 11 generations of my Tonkinese cats on the principles in my book. All organic, raw meat, raw bones, raw fed, homeopathy, maybe one vaccine if you're forced to. With my breeding program, we used traditional medicine or Western medicine, allopathic medicine if you will, for emergencies. These 11 generations were raised on what both Dr. Jean and I have put our hearts and souls into. It's homemade food for dogs and cats.

My cats, now that the breeding program ended in 2009 and I kept two wonderful kitties, my kitty son and my kitty daughter – my husband and I refer to them as our fur children. They're very, very, very, very healthy, but when I got sick, when I was diagnosed with cancer, after that long ordeal in the hospital, we moved in with my daughter. My husband needed to go back and forth every day to feed and cuddle the kitties. One of our kitties got so stressed for the nine months that I was away from him that he started licking his fur. He's trying to turn himself from a Tonkinese into a sphinx.

**KB:** Yeah.

**CY:** I just felt, if this stuff is so great for me, especially the product that I'm working with now, which is the CBD-rich hemp oil that's nano-enhanced – I hope you'll put a link somewhere so your viewers can see what I'm talking about. But I just take a little bit of my own oil in the palm of my hand with a tiny bit of oil from my wild-caught sardines. I just mix it and I put it over his gums. He just loves it.

**KB:** Wow.

**CY:** He doesn't do all that licking anymore. He's only half-sphinx.

**KB:** You decided to try the CBD-rich hemp oil really for more of an emotional issue in your cat.

**CY:** Exactly.

**KB:** Yes.

**CY:** Stress and anxiety are, of course as you know, one of the No. 1 things we all deal with.

**KB:** Huge.

**CY:** It underlies so many other conditions, because stress leads to inflammation and other chronic diseases ultimately.

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**KB:** Of course.

**CY:** I'm sure you would agree with me that stress can even lead to killing them.

**KB:** Of course.

**CY:** Inflammation wears two hats. It's a good thing and it's a bad thing. But what we talk about normally in our industrialized society is we're talking about chronic stress. Chronic stress is very, very dangerous. I think when we work on that underlying cause, we begin to see our bodies start to heal themselves naturally.

As I began researching and as I began writing, blogging and working with my own client base, recommending the product for them, like the oxygen mask that we put on first, calm the caregiver down so that we can both get onto the same frequency. My clients and the research that I've done are just showing phenomenal results.

Hemp has been around since the dawn of creation. It's the oldest cultivated plant on the planet. We are distinguishing it from what we call marijuana. Marijuana and Cannabis sativa are two different things. Marijuana has been grown for its psychoactive recreational potential. It has some healing potential also, but pretty much everything that tetrahydrocannabinol (THC) can do, with regard to activating self-healing mechanisms, the CBD-rich hemp oil can do that as well.

In the list that I have kind of in front of me, it will do everything from – I put my glasses on to make sure I give you the right information – control quality of pain, inflammation, arthritis, inflammatory bowel disease, pancreatitis, feline idiopathic cystitis (FIC), feline lower urinary tract disease (FLUTD), neuroprotective, decreases nausea, and stimulates appetite. You know how important it is to keep cats eating. With some exceptions, we want to keep them eating and keep them hydrated.

I probably am not supposed to use the C-word, but we've covered it a little bit. It does help reduce the symptoms. It's actually wonderful for our minds and brains. We're seeing geriatric dogs and cats even with dementia. It has a wonderful self-healing aspect with that. Bronchospasms for asthmatics, lowers anxiety, supports the immune system. It even helps with food allergies and immune-mediated diseases. It's got a lot of benefits. Even with regard to feline interstitial cystitis, which I'm sure is something you see a lot.

**KB:** It does. A huge number. You know, so many of the things that you're listing actually have roots in emotional stress. There's an emotional-based disease, usually anxiety and stress within the home, which can then foster all sorts of inability for their cat's bodies to moderate their own inflammation response, and then the cascade.

First, there's a cellular. There's a bio-physiologic change, then there's a cellular change, and then there's a structural change. But those structural changes come so far down the pipeline that by catching inflammation early and also catching – like in your kitty's situation – the manner of which his anxiety was manifesting as a physical overgrooming issue.

It's so brilliant that you decided to try this non-toxic option to help him cope with the emotional aspects of his mama not being in the house with him. It was very intuitive and wonderful of you to offer that option to your cat. But then there's this amazing list of physical issues that CBD-rich hemp oil can also be beneficial for. I have two burning questions. I have used CBD extensively to help control seizures, both in cats and dogs. I do use cannabis-derived, which of course is a whole other issue.

Let's go back to the legalities. This product that you're talking about, can you buy it over the counter, Celeste? Or do you have to go through – Even the veterinary issues pertaining to CBD legally is just a big nightmare right now for a veterinarian. How does one go about finding this product?

**CY:** I'm still lucky because I actually have my own website where I can direct my colleagues and friends to just go to it and buy it as a customer.

**KB:** Good. Okay.

**CY:** I would be available to help guide them, or, of course, you, being the veterinarian. The kitty mama's own veterinarian could guide them through their own condition because I don't give medical advice.

**KB:** Sure, sure.

**CY:** I have my own website. Maybe we can share that with your listeners. Because over three years, I went through everything.

**KB:** Yeah.

**CY:** Frankly, some of it was so distasteful that I couldn't even imagine giving it to a cat, a dog or a child. And finally, when I found the [inaudible 15:38], this company brought in a very sophisticated scientist who is a liposomal expert. What he has developed is a nano-enhanced hemp oil with a liposomal sublingual delivery system. It's just so easy. It's pleasant tasting. I know how it's grown. It's from biodynamic farms, from hemp grown in Europe, because I'm very, very worried about the hemp grown in the United States because of the pesticides.

**KB:** Yup, yup.

**CY:** Like we used to say, "We are what we eat," but now we say, "We are what we absorb." Since this is so bioavailable with the sublingual delivery system and it's so pleasant and so effective that I kind of leaned towards that.

**KB:** Towards that. Yeah.

**CY:** There are a lot of products out there. Having been just at the AHVMA, I met so many of the veterinarians there with our device that Jean will talk about. I saw the tremendous interest in CBD-rich hemp oils.

Legally, as you've mentioned, we must keep it in the nutritional supplement category. Therefore, we refer to it as hemp oil, or in the case of this, nano-enhanced hemp oil. Hemp oil is specifically grown for all the wonderful things that we've heard about down through the ages. It just happens to be the richest form of these cannabidiols and many other things. It has an entourage effect when it's properly prepared with the terpenes. It just works brilliantly. For example, it just helped me get through six more rounds of chemo.

**KB:** Wow.

**CY:** Frankly, I stopped my CBD for about six months, just because I didn't have this new product yet, because it was so difficult to get, so horrible tasting and very, very, very expensive. I often wonder if it's because I stopped taking it if that didn't cause the recurrence. That's a stretch perhaps.

**KB:** Sure.

**CY:** But it's just, you know, personal opinion. But I immediately went back on. Luckily, I discovered this product, which helped me get through these last six months of chemo.

**KB:** These last six months. Yeah.

**CY:** It was a very heavy-duty drug. I don't know if you give it to cats and dogs. It's an anti-nausea drug. These drugs are so constipating. If our bodies aren't eliminating or not well-hydrated, if we're not eliminating something as toxic as chemo drugs, we're not in good shape.

**KB:** Right. All of those symptoms affect kitties profoundly. Many, many older kitties suffer from mild dehydration and constipation. That's part of their feline makeup. You answered a few of my top burning questions. Is it legal and over-the-counter? Yes. Can anyone buy it? Yes.

Many, many hemp oil products and CBD-derived products do taste, I say, like an old woman's shoe. They're just terrible tasting. You and I will stomach that because we know the beneficial effects. But trying to get a finicky feline or, in fact, a sick cat to take something that tastes terrible, you just can't. It's wonderful that it is mild and pleasant tasting.

My next question is dosing. Would you have any concerns about what happens if you give too much or can you give too much to a cat? Obviously, there's dosing guidelines. But let's say a cat had a chronic painful condition, would you feel comfortable giving this to your kitties several times a day for the rest of his life?

**CY:** Yes. Absolutely. First of all, I wanted just to throw a caveat out. That is to never, never, never let your cat, your dog, your kids anywhere near marijuana plants, not nibbling on the leaves. That's just a big no-no.

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We're not talking about marijuana. We're talking about hemp oil. In my case, there's a very specific way this hemp oil is prepared. Dr. Jean actually figured the dosage for me because I did a cat blog on the CBD-rich hemp oil. Our bottles come with a pump, so that's an accurate dosage for a living being, being around 150 pounds. You just go pump under your tongue.

For the kitties, we just take one of the bottles and put in a little in a 1-milliliter glass dropper. I would like to start very low – I put one drop in the palm of your hand and you can mix it with a little water or clustered water, or, like I said, with the wild-caught organic sardine oil. Just feed and pet the kitty. Take it first.

**KB:** Yes, smart.

**CY:** Now, get the kitty really relaxed in my lap or advising the animal companion to do that. You know cats really love their gums massaged. Obviously, if you have a biting cat, you'd probably want to use one of the little finger dental toothbrush. But I've never had a problem with just massaging their gums.

**KB:** If you had a feral kitty, could you just put it right in the food, Celeste? If you had a kitty that you can't touch?

**CY:** I would rather have you try to put it on their paw, because we can use this topically. What you don't want to do is have the CBD get mixed up with the hydrochloric acid in the gut, because that's what's wrong with most of the products. They're being swallowed with various forms of tinctures.

What we're talking about doing would be 20 percent more effective than anything that could go in the gut. Obviously, as a last resort, but maybe if you took like a little piece of raw filet mignon and put a little bit of the oil on that and just let them lick it.

**KB:** Okay.

**CY:** Or lick it off your fingers. Because if you had a feral kitty, you could use something that they might be interested in licking, be that wild-caught salmon or wild-caught sardine flavor.

**KB:** Sure. You bet. With this particular product, you're looking at having it delivered transmucosally. You want it absorbed in their mouth, not in their belly. Yeah.

**CY:** That's been the problem with the other products.

**KB:** Yes.

**CY:** Originally, all the CBD and THC products were meant to be rubbed on the gums or put under the tongue. But as time has passed, people are eating it, swallowing it. People are finding that it's not just quite as effective as when you use all those tiny capillaries in the oral mucosa into the delivery system.

**KB:** For your clients that you are consulting with, are there any contraindications or do you have any situation, Celeste, where you would not feel comfortable recommending CBD-rich hemp oil for cats? Is there anything that you can think of?

**CY:** I personally have not seen any contraindications. I don't know of anything in the literature. I would defer to you.

**KB:** Yeah. I don't think so. What I have even found is that it plays well with – If you needed to do standard of care, CBD-rich hemp plays well with other drugs, medications and treatments. You can use it to actually decrease the amount of conventionally prescribed pain management.

As you know, cats are incredibly sensitive to drugs. In fact, we all try and limit the amount of drugs we're using in cats, because cats' physiology, they're sensitive. Their kidney and liver are very sensitive to certain drugs. We want to minimize the amount of drugs we're using in cats. This is a beautiful, non-toxic, all-natural option – to decrease the amount of drugs that you're having to put into your cats to manage certain situations.

**CY:** If someone is using a flea product, we just never want to do this at the same time. I recommend it 10 minutes before feeding so that the oral mucosa's nice and clean and ready to receive right into the endocannabinoid system. That would be very important to just not use at the same time. If a kitty was on an IV, maybe you would just discontinue the drug at that time. Do it away from any administration of pharmaceutical or chemical.

**KB:** Yeah. This is enlightening for pet parents watching who may have had fears or concerns pertaining to CBD. Hopefully, not only is Celeste a feline expert, but you have personal experience. Not only using it with your own body, but using it on many of your clients who have had very, very sick cats. You've seen great results.

I appreciate your sharing of not just your personal testimony, but I hope that this provides some inspiration for pet parents, kitty parents specifically, looking for non-toxic options to dramatically improve quality of life for cats that are suffering from debilitating medical conditions, but also pain. Many, many cats, I think, have unaddressed pain. This is such a beautiful solution to pain management.

**CY:** You know also, Dr. Karen, it's excellent for just anti-aging. It has these wonderful, treat the symptom, palliative effects. It also has this deep healing and balancing. It would just be wonderful.

I'd like to go back to my 11-generation breeding program. I certainly saw with the effects of feeding raw food, not using prescription drugs if necessary, minimal vaccines – papilloma vaccine at 16 weeks maybe at the most. Rabies vaccine, you have to do it. It's mandated that you



do it. Remember, as I started out, our bodies, down to the lizards, have this endocannabinoid system. It's waiting like a lock and key for this amazing product.

**KB:** Yeah.

**CY:** We want to use it for basic wellness, as well as in acute situations, chronic situations. Does that resonate?

**KB:** It does. Hopefully, this entire interview will [not only] clear up misconceptions, of course, but also provide hope for cat owners who have been either afraid to try anything labeled in that category of CBD, but also those maybe who have had cats that have physical or emotional symptoms but they didn't know where to turn because they were afraid of allopathic options. This is a really nice alternative all the way around.

**CY:** I'm so glad that I got to share it with you.

**KB:** Yes.

**CY:** I don't want to make it sound like a commercial, but when you find something or someone who has really gone the extra mile to be a part of conscious commerce to use biodynamic, all-natural ingredients that provide that entourage effect, that synergy that we're looking for, because they're using this high-quality hemp, very high-quality ingredients and no filler oils.

A lot of the other oils out there are cut with either olive oil or coconut oil. Coconut oil is not great for cats. Anyway, these other products have been cut with some kind of a filler oil. But this, from my money and my research, is the most potent, safest, easiest to use. That's what makes me sort of drone on, specifically in this case.

**KB:** You're right. Thank you, Celeste, so much for this information. I appreciate you sharing this with us. Of course, good luck with your own health journey. You look wonderful. We have to trust and believe that your body is resilient and that you're coming out of your past health crisis and onto better, happier health.

**CY:** Absolutely. Thank you so much, Dr. Karen.

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