What is ***Herb Salad™***?

Herb Salad's™ 100% Organic ingredients are the leaves, roots, bark and flowers of the plants that animals in the wild seek as a means to obtain required nutrients, minerals, vitamins and healing capabilities. It differs from food and water additives such as vitamins and medications in the manner that it allows your birds to choose what it is they require and in what amount, when and if their diet needs supplementing. Herb Salad's™ 22 medicinal herbs address common health issues safely and without the dangers that improper medicating and over supplementing can produce.



*Why Do My Birds Need* ***Herb Salad****tm?*Herb Salad™ is not only for sick birds. It's also beneficial in maintaining the health of the fit bird, in a safe and natural way. The advantages Herb Salad™ provides the bird receiving medicinal care is in the support it offers sick birds suffering the adverse side effects that medications can produce. It helps stimulate appetite, strengthens the immune system, and encourages good bacteria growth. Sometimes, Herb Salad™ can even furnish the solution re: the ill bird not responding to treatment when it is due to the fact that the drug(s) being administered is not addressing the problem or is only combating part of it. Enabling your bird's ability to self-medicate can be a life-saver.

*Will my bird like* ***Herb Salad****tm?*Birds instinctively know medicinal plants are a necessary part of their natural diet. Your bird's initial reaction to Herb Salad™ can vary, depending on the individual bird and the circumstances. Most birds immediately try Herb Salad™ and begin consuming it on a regular basis. In some cases, your bird may ignore it until a health matter, e.g. vitamin deficiency, stress, injury, illness, etc. compels him to seek relief. Time may be needed for your bird to \*learn\* to eat Herb Salad™, especially finicky eaters resistant to new foods. Don't remove it right away if it goes untouched. Keep it dry and clean, and leave it in his cage. It is the rare bird that doesn't eventually discover what makes him feel stronger, healthier and happy.

*When do my birds need* ***Herb Salad****tm?*Herb Salad™ should be available to your bird at all times. The benefit of regular access to the healthy bird is in permitting them the opportunity to address health issues, vitamin deficiencies and illness before the onset of the changed behavior or eating patterns that alert us to a health concern. The merits of early prevention can be crucial for breeding hens and babies, as well as the smaller and more delicate species. Stressed and recovering birds also profit from the constant availability to Herb Salad™ with its many function-specific herbs.

*How do I feed* ***Herb Salad****tm to my birds?*
The fundamental principal behind Herb Salad™, and what it affords your bird over food and water additives, is in the way it gives your bird the power to choice. This is best accomplished by feeding Herb Salad™ in its own container. Desirable, are shallow dishes that allow easy access to the entire supply, rather than just surface contents. A shallower container will also help eliminate waste brought on by digging birds searching for individual herbs. To help acclimate the fussy eater, Herb Salad™ may be added to their seed.

*Should I use* ***Herb Salad****tm instead of medications and supplements?*
We know that captive birds need additional minerals and vitamins that aren't derived from food intake alone. What to supplement and how often, depends on a number of factors such as the quality of their diet, lighting, exercise, etc. We recommend making no changes to your bird's diet initially, rather monitor your birds for any changes. You may determine over time, that less medicating and supplementing is needed. Watch for improvements such as



 Improved beak and feather condition

 Less itching and scratching

 Decreased illness

 Increased appetites

 Increased breeding activity

 Better survival rate of chicks

 Higher energy levels

 A happier bird!

Twin Beaks® Aviary's practice has been to provide our birds with all the necessary elements in maintaining superior physical and mental wellbeing, while allowing them to choose \*what, when and how much\* when it concerns their diet. We consider Herb Salad™ essential to our feeding program, but not as an alternative to veterinary care and recommended medications or in substitution of supplementing proper nutrition with vitamins. Success has depended upon the species of bird, health history and eating habits. We believe however, that whatever your feeding practices are, your bird's diet and welfare will surely be enhanced with the inclusion of Herb Salad™.



|  |  |  |
| --- | --- | --- |
| Dandelion root & leaves  | *Taraxacum officinale* | stomach, vitamins, potassium, calcium, kidneys  |
| Oatstraw tops  | *Avena Sativa* | calcium, magnesium, yeast infections, thyroid  |
| Plantain leaf  | *Plantago major* | kidneys, appetite, diarrhea, anti-inflammatory  |
| Red clover leaf & blossom  | *Trifolium pratense* | relaxant, antibiotic, inflammations, minerals  |
| Milk thistle seed  | *Silybum marianum* | liver repair, heart, lungs, circulation, worms  |
| Echinacea herb  | *Echinacea angustifolia* | antibiotic, antiviral, immunity, vitamins, proteins  |
| Pau d' arco bark  | *Tabebuia avellanedae* | blood cleanser, fights infections, liver, candida  |
| Elder berry & flower  | *Sambucus nigra* | respiratory, anti-inflammatory, blood, appetite  |
| Yarrow flower  | *Achillea millefolium* | blood, liver, virus & fungal inhibitor, tonic  |
| Thyme leaf  | *Thymus vulgaris* | antibacterial, kills & expels worms, diarrhea  |
| Olive leaf  | *Olea europaea* | feather problems, immune support, fights infection  |
| Lavender flower  | *Lavandula angustifolia* | digestion, essential oils, stress, metabolism  |
| Wheatgrass powder  | *Triticum aestivum* | circulation, amino acids, enzymes, chlorophyll  |
| Garlic flakes  | *Allium sativum*  | antifungal, antioxidant, fertility, heart  |
| Spirulina powder  | *Spirulina platensis* | fertility, growth, stress, color, protein  |
| Astragalus root  | *astragalus membranaceous* | immune system, digestion, energy, kidneys  |
| Barberry root  | *Berberis vulgaris* | antiseptic, respiratory, blood purifier, liver  |
| Chickweed herb  | *Stellaria media* | C, B, D, Anti-inflammatory, stomach, respiratory  |
| Kelp granules  | *Macrocystis pyrifera* | iodine, thyroid, stimulant, mucous membranes  |
| Licorice root  | *Glycyrrhiza glabra* | expectorant, liver, anti-inflammatory, flavor  |
| Wormwood herb  | *Artemisia absinthium* | liver, aids digestion, appetite Stimulant, worms  |
| Marshmallow root  | *Althaea officinalis* | wounds, calcium, diuretic, demulcent, tonic  |

*"I've been maintaining and breeding all species of birds for over 30 years and began developing Herb Salad™ in 1989 after learning about animal self-medication. We ensure that every bird in our aviary has unrestricted access to Herb Salad™. Our breeding success, minimal use of medications and low incidence of illness is a testament to its effectiveness. We consider Herb Salad™ essential to our feeding program."
Cathy J. DeHaan*