

## Toolady.com

<http://www.toolady.com>

Dear Toolady.com family,

In *My Human, My Slave*, the avian authors, Echo and Dust Bunny, introduced you to their methods of training the perfect human slave. This is a totally new way of approaching the relationship between Avians and Humans. With the success of the book orders, it appears to be a method long overdue.

Previously, all training books have been written from the human viewpoint. We thought it was time for the humans to learn what birds think and for humans to have a source of constantly improving information and resources. This concept, we created, is a series of books, like this one, on bird-related subjects, written by the birds themselves, that will make learning about bird behavior and care more fun

This **FREE** first-aid book is the beginning of a series of informational books written by members of my flock. In it you learn about bird diseases and how to prevent them, what to do if you suspect your bird may be ill, how to handle emergencies like broken blood feathers or a cracked beak and how to handle many other daily emergencies.

As flock members are added (Through our **Echo's Haven Bird Rescue**) new birds will be able to write about their particular specialties.

In this, our third year, Toolady.com has added 20 experts to bring you all the information you will ever need for your bird's continued health. We have added a Birdie Mall with thousands of products for your birds <http://www.toolady.com/shop/page1.htm>. There is everything you need from Canaries to Hyacinths. Since all products come directly from the manufacturers, you prices are super low! We have books, tapes and videos to help you work with your bird.

We are here to make the effort to ensure that ALL captive birds live with humans that are well trained in avian subjects and that the humans ALWAYS have a place to go to have questions answered quickly.

Please keep this first-aid book in an accessible area of you home. It may save a life.

Thank you from the flock,

Echo, Asia, Maya, Rosie, Dust Bunny, Lint, Killian, Siobhan and Toolady (aka Elizabeth Aaron and Gail Martin)

To go to **MY HUMAN, MY SLAVE**

<http://www.toolady.com/media/books/page1>

This book is FREE compliments of [www.toolady.com](http://www.toolady.com). Not for resale.

*Toolady.com*  
Presents:

# *Guide to Birdie Health*

*By*  
*Asia S. Mac Caw*



## TABLE OF CONTENTS

- Introduction - P.3
- Bird Diseases - P.4
- Wings, Beaks & Nails - P. 15
- Household Dangers - P.17
- Healthy Diet - P. 24
- Birdie First Aid Kit - P. 29

My mate, Echo, and our friend, Dust Bunny, have done a fantastic job of teaching you how to select and train your human to be the perfect slave in their book, "My Human, My Slave" typed by and told to Elizabeth Aaron (Toolady). However, due to the considerations of time, and Elizabeth's ability to quickly transcribe psitticine to human speech, they were not able to cover all of the information that they would have liked. (Plus if they had, the book would have been twice as long) So, I have taken it upon myself to help you with an extremely important topic, birdie healthcare and first aid.

The illnesses that can occur, in parrots, are too numerous to successfully manage to avoid all of them, and while our human slaves mean well, they aren't always able to figure out what is wrong with us. Unlike humans, birds can't just take a day off to call and ask the doctor what is wrong with us. We aren't able to look at all of our symptoms and figure out, on our own, what is making us feel bad. Within this short booklet, I will teach you to recognize the symptoms of the most common birdie diseases, as well as offer advice on what can be done to help and information on what treatments are available.

I will explain the best way for your human to clip your wings and nails, as well as what can be done if they clip them too much. We will also cover what might cause your feathers to be dull or ragged.

Also in this booklet, I will be exploring what types of foods make up the best diet for you to remain healthy, what kinds of foods are only good for you as snacks, and what things you shouldn't eat, no matter how yummy they look.

Finally, I will give you a guideline to help your slave create an effective birdie first aid kit, and some quick fixes for common problems.

## Some Common Birdie Diseases

### General Signs of Illness in Birds

It is not always easy for our humans to diagnose signs of us being ill. In the wild, we try to keep up a strong appearance when we are sick, to try to keep predators away. By the time we actually let our humans know that we are ill, we have been sick for a very long time. Because of this, it is very important that we teach our humans to recognize some of the subtle ways we show that we are feeling unwell. There are so many things that can cause us to get sick; improper diet, trauma, poor upkeep, bad hygiene, stress, genetics, etc. Just because we look healthy does not necessarily mean we are. Any time we are not acting like ourselves, our humans should check to see if we are sick.

The following things can all be signs to our slaves that we are ill:

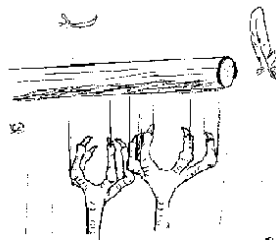
- ◇ Any change in our regular behavior or personality, such as unusually tame or aggressive behavior.
- ◇ Our usual elegant appearance is deteriorated, i.e. ratty feathers.
- ◇ Cloudy eyes, eye discharge or swelling around our eyes.
- ◇ Blocked nares (nostrils), nasal discharge or excessive sneezing. Unlike our human slaves' children, we do not generally have runny noses. These could all be signs of a respiratory infection.  
*(Killian asks that I please add that it is normal for us to sneeze or cough occasionally; so don't let your human turn you into a hypochondriac.)*
- ◇ Labored breathing, open mouthed, wheezing or "wet" breathing.
- ◇ Tail "bobbing" with each breath. This is not some new dance that we are doing for our slaves' entertainment
- ◇ Most of us are chatterboxes, so when we stop talking as much, or become less playful, it's probably a good bet that there is something wrong.

*Note from Echo, "If Asia stops talking we all know that there is something wrong with him, he never shuts up."*

- ◇ Weight gain or loss. Any change in eating habits. (Reduced or increased eating) Anorexia, or decreased food intake, is a serious concern for us. Because of our extremely high metabolisms, we can't afford to miss too many meals. Just as with our human slaves, not eating can be a sign of a serious illness. If you have lost more than

10% of your body weight, whether or not you are still eating, have your human take you to the vet immediately.

- ◇ Reduced or increased drinking
- ◇ Fluffed feathers
- ◇ Drooping wing(s)
- ◇ Weakness, lethargy and excessive sleeping are all signs suggestive of a severe sickness. If you feel unusually tired or slow, it is a good idea to have yourself checked out by the vet.
- ◇ Lumps, bumps, swellings, bulges on the body, lameness or swollen joints
- ◇ Paralysis
- ◇ Weakness
- ◇ Redness or visible irritation
- ◇ Not perching, sitting on the bottom of the cage, loss of balance or falling off of the perch. You need to make it clear to your human that this is a serious problem, not a new game. You could be falling off of your perch for a variety of reasons, you may have a neurological disorder or you may be suffering from general weakness or fatigue.



- ◇ Wet or bubbly droppings, diarrhea, change in color or frequency of droppings
- ◇ Staining of the feathers around the vent
- ◇ Vomiting, regurgitation or wet feathers around the face and head. Some regurgitation is normal with us when we are courting our sweeties, after all it's only polite. What this is referring to is constant regurgitation that leads to a drastic weight loss.
- ◇ Sore feet
- ◇ Seizures or unconsciousness
- ◇ Flaky or crusty skin, excessive scratching
- ◇ Changes in the texture of the beak
- ◇ An overgrown beak or nails
- ◇ Bleeding
- ◇ Protrusions from the vent
- ◇ Feather changes, color, chewed, plucked or damaged.
- ◇ Prolonged molt or baldness

Don't let your slave try to play doctor. If they are at all concerned about your health, have them consult your veterinarian immediately. Do not let them wait until tomorrow!

### Psittacosis

Psittacosis (aka Parrot Fever, Ornithosis or Chlamydiosis) is a disease primarily affecting Birds, Pigeons, Turkeys, Mallard Ducks and other waterfowl. This disease is caused by an organism called *Chlamydia Psittaci*, something that seems to cause serious confusion in some humans, as they have a disease called *Chlamydia* that they transmit to each other sexually. For us this disease is a lot easier to get, and not nearly as much fun. We can become infected with this sickness through ingesting or even inhaling the Chlamydia organism, which we then shed in our saliva and feces. When these fluids dry out, the Chlamydia can then become airborne with the dust and start the whole nasty cycle all over again with another bird. Because of the ease of infection, this disease is very common in us birdies, and you should have your human take you to be tested at least once a year, more frequently if you are often exposed to strange birds.



Symptoms of this disease can vary wildly. Some birds show no symptoms at all, while others, generally not in as good health, can have respiratory or digestive system problems. If you have recently been exposed to strange birdies or have been outside, and you start having problems breathing or eating your food, let your slave know that it is time for you to go to the doctor/vet. While some birds with this disease are able to carry on without any signs of the illness, any stress or other weakness can cause sickness and even, in extreme cases, death.

There are two main tests used to detect Psittacosis; one detects antibody (the response of your immune system to the organism) the other antigen (the chlamydial organism itself). If antibody is detected, it indicates that you may have an active infection or at least have had past

exposure. They use something called blood counts and blood proteins to figure out if you are sick now, or were just sick in the past. A positive antigen test means that you are actively shedding the organism and are infected. Now, just because your antigen test comes back negative, does not mean that you don't have Psittacosis, within two weeks of infection this test does not work, and even infected birds only shed the organism occasionally. To be safe, your human should have the vet run multiple tests on you. (I know this sounds awful, but if you do have the disease, you can give it to everybirdie else without meaning to.) If there is any doubt, you should be treated for the disease. Better to be safe than sorry.

An effective treatment can be a drug called *doxycycline*, given to you in your drinking water. One 100-mg capsule is added to one cup of water daily for forty-five days. Your water dish should be washed daily and not exposed to sunlight. (I know this is difficult for those of you who live in outside aviaries, but do the best that you can) This will not **kill** the Chlamydia, but it will inhibit it and give your immune system a chance to eliminate the infection. Make sure your slave takes you for follow up testing, as some birdies suffer an overgrowth of harmful bacteria or yeast in the intestine due to this treatment. A culture when you are finished with the treatment and some beneficial bacteria supplements are recommended. Make sure that not only does your human treat you for the disease, but any birdie else who shares your airspace. Your slave will also have to get rid of any cloth or fiber toys, as well as wooden perches that cannot be disinfected; after all you don't want to get sick again. This will have the added benefit of getting you a whole bunch of new toys as well! Your slave will also need to clean your cage and the area surrounding your cage with bleach and make sure that all dust is removed, just to make sure that the disease can't get to you again.

Emphasize to your human that all of these steps are very important not only to keep you healthy, but to keep him/her healthy as well. This disease can cause your human to get sick, and then not only will you be miserable, but also your slave won't feel like taking care of you.

## Aspergillus

This is a very common fungus that can be found all around us, and seems to have been infecting us at levels never before dreamt of, not even in the worst of our psitticine nightmares. In every speck of dust, piece of dirt, even in our corncob bedding are spores of at least one type of this villainous fungus. However, as a result of newly developed blood tests, it is



possible for us to be screened for this infection. Up until now, this disease was seen as an advanced, usually fatal respiratory infection. Large white masses, like malignant cotton balls, grow in the air sacs, lungs or our windpipes, making it hard to breath. These masses drain off your body's nutrients for their own growth, like some gigantic parasite. Aspergillus used to be a classic disease of birds in the months following release from import quarantine stations. As Echo can tell you, after spending months in one, these stations are nightmare experiences for birds. Stressful, humid, overcrowded and filthy, the perfect conditions for the growth of Aspergillus. By the time the disease ever became apparent clinically, the chances of recovery were slim to none.

The first place to try to diagnose these cases earlier was the Minnesota Raptor Center, a wildlife rehab center. They developed a blood test, which aided in diagnosing Aspergillus in wild birds. This was a tremendous help, but not really a very reliable or dependable way to diagnose the infection in us. Now though, due to the efforts of the University of Miami, we have the first test that allows us to be screened for early or mild infections. The results of this have been fantastic, but also a little scary. More of us have this infection than ever dreamed of.

So many of our birdie friends, the self-mutilators, the feather pickers the chronically depressed, have been secretly fighting off subtle, draining, fungal infections. Birdies that have never responded well to antibiotics, antidepressants, antihistamines or improved diets, are coming up positive on these tests for Aspergillus. Our friends that have suddenly

stopped being able to have fertile eggs, may actually have fallen victim to the Aspergillus fungus due to the stress of breeding.

Every birdie, every human, every animal breathes in thousands of Aspergillus spores everyday. In healthy lungs they can't grow, and so cause no problems, but in lungs that are diseased already, or in the case of a weakened immune system, watch out; this fungus can sprout in your lungs. Anything can weaken your immune system, social stress, anxiety, loneliness, a virus, getting old, not eating properly, even sheer nervousness.

In medicine for our slaves, no doctor promises a cure anymore. They speak of "controlling" the infections, suppressing them until no symptoms are noticeable. Our slaves can be in treatment for these diseases for months or even years. Unfortunately, the same can be said of the treatments of our diseases as well. Almost all of us have fairly poor diets, deficient in important vitamins, minerals, amino acids and proteins. No matter how hard our slaves try, not enough is really known by them about even one species of parrot's diet, forget about all of us, and even the best diet isn't going to help a lonely, frustrated, nervous birdie. We are social creatures, and those of us who do not have birdie mates are forced to spend too much time alone. No matter how much time our slaves spend with us, it just isn't enough, so we all suffer a little from loneliness. This is not reflection on our slaves. They try to the best of their abilities to entertain and love us, sometimes though we are still going to get depressed, which opens us up to a possible infection from the Aspergillus fungus.

Getting your human to have you screened for this disease during your annual exams is very important. Symptoms can include, but are not limited to, a very flaky or delaminating beak, unstructured or frayed feathers that don't have "Velcro" between the strands, black edged feathers and extreme itchiness,

The treatments for this disease are improving everyday, but all are less than perfect. Sometimes it is necessary to take multiple drugs. It is possible to have a vaccine made from your specific fungus to stimulate the right antifungal antibodies, however, in all cases, this slow growing fungus is also very slow to die and it will take time for you to recover. Relax, take it easy, and try to enjoy the extra attention from your slave.

## Psitticine Beak and Feather Disease

Psitticine Beak and Feather Disease, PBF, was first described in Australian cockatoos in the early 1970's, a fact Dust Bunny and Lint think is completely unfair. However, since the 70's PBF has become an equal opportunity disease, and has infected over 50 different species of birds. The virus that causes the disease works slowly; this disease is often called "Bird AIDS" due to some similarities between it and the AIDS condition seen in people.



Birds can become infected through the oral cavity, nasal passages and through the cloaca. (The common receptacle in which the urinary, gastrointestinal and genital tracts empty.) This virus is shed in the feces and in the crop. Viral particles in the crop may explain how the virus is spread from parents to offspring. High concentrations of the virus are shed in feather dust from infected birds. This is probably why PBF was originally so prolific in our 'Too friends, who have such a massive amount of feather dust.

Signs of the disease can involve lesions that affect the beak, feathers or both. Most commonly, young birds are infected with the virus. As is the case in humans with HIV, infected birds may take months to years before exhibiting any of these symptoms. However, once signs become visible, most birds die from secondary infections within six months to a year. There are several forms of the disease that may be seen, these forms are influenced by the age of the bird when it was infected. The first form of this disease is the **peracute** form. This occurs in recently hatched birds, signs of this form of the disease are bacteria and bacteria toxins in the blood stream, accompanied by pneumonia, enteritis, weight loss and finally death. The diagnosis on this form is easily missed if your human neglects to have an autopsy done on the baby when it dies. The next form is the **acute** form, this develops in birds infected when they were very young and still developing their first feathers. Signs of the disease in this form are

depression, grossly formed developing feathers and once again, death. The final form of PBF, the **chronic** form, occurs in older birds and is first seen as abnormal feathers, short, clubbed or deformed and curling. If the birdies with this form of the disease live long enough, they can develop baldness. Beak deformities can develop after a long course of the disease where substantial feather changes have occurred.

A skin and feather biopsy can be used to help diagnose PBF, but the best way is a blood test using a DNA probe, this is often used as an additional diagnostic tool at the time of the biopsy. You should make sure that your human always has new birds screened for this disease before exposing you to them. There is unfortunately no cure or treatment for this disease, and it is almost always fatal. All that can be done for the birdies with this disease is to try to make them comfortable until they cross the rainbow bridge.

### Proventricular Dilation Syndrome

This disease, originally known as "Macaw Wasting Disease" due to its tendency to target the largest of us, though it now infects many other species of birds, was first recognized in the early 1970's. Proventricular dilation syndrome affects the nerves supplying our gastrointestinal tract (our tummies), mainly our true stomach, the proventriculus. Sometimes the nerves supplying our other organs can also be affected, and in some cases an inflammation of the brain may occur.



Nobody knows what the exact cause of this sickness is, but researchers suspect some type of a virus. Unfortunately, no **one** virus has been isolated from those birdies with this condition, so we still really aren't sure what causes it. We do know that that when looked at microscopically, really really closely, the affected nerves are inflamed with an infestation of certain types of white blood cells.

The original name for this condition, "Macaw Wasting Disease", aptly describes the poor birdies who are affected. These poor souls have a lack of appetite even when given their favorite foods, show frequent regurgitation, may pass undigested seeds in their feces, and exhibit drastic weight loss. Other, neurological, signs, such as seizures or tremors can also occur. There is no one, definitive, sign for this condition, however, proventricular dilation should be suspected in any birdie with chronic, unexplained, regurgitation or weight loss.

Now that I have scared you with the symptoms of this disease, you probably would like to know how your human could have you tested for the condition. Well, while of course any of these signs may suggest the disease. Clinical signs may point strongly towards it and even x-rays, including a barium series, strongly suggest it, the only definitive way to diagnose proventricular dilation syndrome is with a biopsy of the true stomach. A biopsy of the crop, which is easier to perform, tends to be accurate most of the time, but if there is any doubt, make sure your human has the vet perform the biopsy on your true stomach, while it is a bit more difficult, it is worth it, since it could be a matter of life and death.

Because the exact cause of the disease isn't known, we really don't know how the condition is spread. Not all birdies exposed to the sick bird develop the condition. However, the disease can spread throughout a flock of birds. For safety's sake, anybirdie diagnosed with PDS should be quarantined away from those of you who are still healthy.

There is no known cure for Proventricular Dilation Syndrome and the condition is ultimately fatal. All that can be done for our infected friends, is to treat the secondary diseases, make sure they get as much food as is needed, and allow our humans to spend as much time loving them as possible before the end.

### **Egg Binding**

Egg binding occurs when a hen is unable to expel the egg from her body. Technically this is not a disease, but it is a condition that can seriously affect my favorite part of our species. While most of our hens have no problem laying eggs, occasionally they may encounter some difficulty. This condition can be easily resolved if detected early enough, however if too long a time has elapsed since her attempts at laying began, she may become critically ill. Our humans are sometimes astonished that even the hens who have not had the benefit of male company can become afflicted by this

condition. What our slaves need to keep in mind is just as human women ovulate without the presence of men, so do our hens. The big difference here is that in humans the egg is microscopic and in birds the egg is much larger, has a shell and has to come out. (While this may sound unfair to the hens out there, think about this, whether or not your egg is fertilized, it is the same size, for human women, if their egg is fertilized, they have that living being inside of them for the next **nine** months! To quote my mate, "...talk about egg bound")



This condition may occur for a variety of reasons. Many birds are just not fed properly by their humans, and eat nothing but seed. Seeds are deficient in many vitamins and minerals, especially vitamin E, selenium and calcium. These are minerals very important to the proper contraction of the muscles around the oviducts, improper contractions can result in the egg failing to come out. Egg deformities may also occur due to a lack of these minerals. Obesity from an all seed diet, heredity, lack of exercise, senility and lack of a proper environment can also contribute to egg binding. While budgies, canaries, cockatiels, finches, lovebirds and all of our smaller cousins are more prone to egg binding, it can occur in any species of bird. Unfortunately, many of our slaves don't even know whether we are male or female, (I don't know why, I certainly have **no** difficulty figuring it out.) Because of this, many of them don't even think of egg binding as a cause if their master gets sick. It's important for you to have your human get you DNA sexed as soon as they are able, to help prevent this happening to you.

Hens with egg binding are usually unusually depressed, fail to perch, spend a lot of time on the bottom of their cage, and strain a lot as if trying to lay an egg. If not treated quickly, the egg can press on the nerves that control the legs and paralysis may result. Because the signs of egg binding are so similar to the symptoms of other illnesses, it is important that your human have you diagnostically tested as soon as signs of a problem start. During the exam, the vet may palpate the egg inside of the hen, to find out where it is located. X-rays are usually very important in rapidly diagnosing egg binding, as smaller birdies can become ill enough to die within hours of becoming egg bound.

Treatments of egg binding vary, depending on how sick the hen is, the location of the egg and how long the hen has been egg bound. Extremely ill birds are first treated for shock, and then attempts are made to treat the egg binding. Birds that are only mildly ill may respond positively to supplemental heat, vitamin E, vitamin D-3, selenium and calcium. Other intravenous drugs may be used to help the oviduct to contract and push the egg out. If the egg is located near the cloacal opening, the doctor may be able to gently reach in and pull it out. Eggs that do not pass with drug therapy require more aggressive treatment. The doctor may need to insert a needle through the abdomen of the hen and aspirate the contents of the egg, causing the shell to collapse. (The shell usually passes out of the bird within a few days) If this measure fails, surgery may be necessary to remove the egg or the shell fragments.

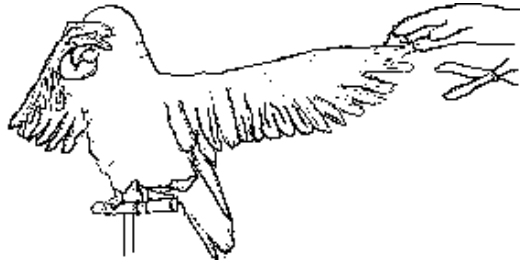
While egg binding cannot be completely prevented, the risks to our sweeties can certainly be minimized. Obesity should be prevented, and calcium, phosphorus, vitamin and mineral supplements to the hens diet may be recommended. In extreme cases, a hysterectomy, to prevent any egg laying or egg binding, may be performed.

This does not by any means cover all of the diseases or illnesses that can befall psitticines, just a few of the most drastic. If you feel at all out sorts, let your human know. It is better that your slave spend a little of that money, they go to work everyday to earn, making sure that you remain healthy to train them for a long time, than for you to become seriously ill. After all, you fill your humans' lives with laughter, love and excitement; the least they can do is make sure you don't get sick

## Wings, Beaks and Nails: A Birdie Guide to Cosmetic Health

Those of us not lucky enough to live in outdoor flights (aviaries), have to have our flight feathers trimmed, to keep us from flying away. Not all humans are aware of how to do this though, and without really meaning to, they can cause more harm than good. What I would like to discuss in this section therefore, is not only what measures are necessary for our health, but also how far our slaves should go in the quest to keep us healthy as well as handsome.

Now, you may be wondering exactly **why** you should let your human trim your wings, after all, you were made with long glorious wings, why should your decision to leave the wild and train a human slave change that? Well,



we are all very curious birdies, and if left able to fly in the house, we could encounter all too many things that could be dangerous to our health. Humans keep numerous things in their homes that could be toxic, they have those whirling contrivances on their ceilings called fans, that could hurt us seriously if we flew into them while they were moving, and the glass in their windows and sliding doors provides an opportunity for disaster should we fly into it.

So what we want is to have our humans trim our wings enough to allow us to flutter from place to place in short hops, or to get to the ground safely from our cages, but not to actively fly. We are not allowing our humans to harm us, and indeed, should make sure that that the only feathers that they cut are indeed our **flight** feathers, (from the tip of the wing inwards to the first wing joint, those ten feathers are the flight feathers). The first time your slave trims your wings, you want them to only clip five or six feathers on each wing. After all, if you can still fly too well, they can always trim more, but if they cut too much off, you have to wait until your next molt to get those feathers back. Never let your human trim all ten feathers, if they trim all of those feathers you will fall like a rock and likely

hurt yourself badly. Some parrots like to have their humans to leave the outer two feathers uncut so that they fold back over the body and look nicer. While this may indeed look prettier, it is also dangerous. If you let them leave isolated feathers like that, you increase your chances of getting your wing caught on your cage or another obstruction and breaking your wrist. An expensive price to pay for vanity, I think.

While I am discussing wing trimming, I would like to address a painful subject, occasionally you are going to break a feather. Whether this is from playing with the other birdies, or from a bad landing, it happens. This is not a supreme emergency, but it does hurt a lot, and the bleeding may make your human panic. When your feathers are completely grown, the shaft is clear and empty, like an old quill pen, or the feathers left on the ground after a molt. However, when your feathers are growing they contain numerous blood vessels and nerves. When one of these feathers is broken or chewed on, there is an impressive amount of blood. Unfortunately the sight of all of this blood tends to scare your human, inevitably they cause you to become more excited, which raises your blood pressure causing you to climb around your cage and flap your wings which makes the blood flow more. The best thing in this situation is for your human to leave you alone, giving your blood pressure a chance to drop and the blood a chance to clot. This will be difficult for your poor slave to do. You have, after all, trained your slave to care for you and want you to be happy. Even humans know that being in pain and bleeding can't be making you very happy. You have to convince him/her to leave you alone for at least twenty minutes, preferably in the dark. We would be extinct by now if broken blood feathers weren't guaranteed to stop bleeding soon enough. The main thing here is to calm down. If after twenty minutes you are still bleeding, then instantly have your human take you to the vet. If the vet's office is closed, have your human use styptic powder on the break. The next day, if the shaft of the feather is badly cracked, your human may use a surgical instrument to grab the base and slide it out. I must point out that this maneuver is tricky and painful, so your human may want to get professional help. Only badly damaged feathers should be pulled out in this way. If you allow your human to remove an only slightly cracked almost mature feather, you will have to start the whole process over again, and will have another two weeks of possible danger.

Something else your human may have to help you do is trim your nails. Unless your slave has purchased a special perch for you that grinds down your nails, you will periodically have to suffer through having your toenails clipped. This doesn't hurt, anymore than it hurts a human to have their

fingernails trimmed. However, it can be uncomfortable if your human trims your nails down too far, and can even cause mild bleeding. (Similar to cutting a human's fingernails to the quick) The first time you have your nails trimmed, your human should have a professional do it while they watch. After your slave has learned the proper method of grooming you, you may have your nails trimmed every time they become sharp or when they start to curve past your toe tip. Another method is to allow your human to file your toenails everyday with an emery board.

## Household Dangers

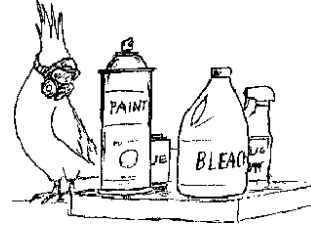
Birdies are naturally extremely mischievous and we will get into many different predicaments. It is crucial that your slave "birdie proof" their home. Your cage is your house and the confines of your human's home, represents the only true environment. There are numerous dangers within these surroundings.

- ◇ **Temperature and Humidity** - Changes in temperature ranging from 10 - 20°F (2 - 5°C) are usually tolerated very well by a healthy birdie. Sick birdies will of course need a more consistently warm temperature. Humidity in the range of 40 - 50% is ideal for most of us; it reminds of the jungles we used to call home. It is always better to have too much humidity than have the environment too dry. If you decide to bathe in the hot sun for a long period of time make sure that **always** have access to shade in the event you should become over heated.
- ◇ **Drafts** -You should always try to avoid drafts such as those created around windows, outside walls, radiators and air vents.
- ◇ **Air Pollution**-We tend to have very efficient respiratory systems and are all very sensitive to pollutants in the air. Birdies are exceptionally susceptible to second-hand smoke. Cigarettes, cigars and pipes should never be used around us. (This has the added benefit of improving your slave's health as well. I don't know how humans can do that to themselves, deliberately pulling smoke into their lungs? You have never seen a Macaw with a cigarette sticking out of their beak). Cooking fumes, gases such as carbon monoxide, volatile cleaning

products, paints, varnishes, fireplace fumes and dirty household air ducts may cause respiratory problems.

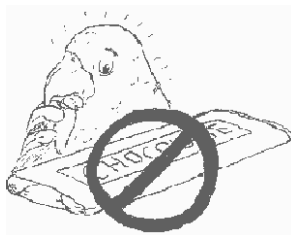
- ◇ **Paints, Varnishes, etc.** -Generally, if it can be smelled, it unsafe for birds. Make sure that your human ventilates the environment well after use of any of these products before letting you return to the area. Have your human contact the company

that produces the product for specific recommendations. All fumes are dangerous to us: smoke-filled air, insecticide spray, deodorizers, fumes from fresh paint, wood preservatives and shellac, gas, and overheated Teflon. Over-heated Teflon-coated cooking appliances release a toxin that does not seem to affect humans but will cause death to a bird within 24 hours.

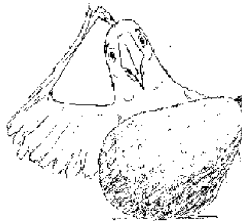


- ◇ **Kitchens**-Generally speaking, it is unwise to venture into the kitchen, as there are too many potential hazards. Teflon as described above is a priority concern. Hot stove elements, open pots of hot soups or sauces and even a sink full of water all make a veritable obstacle course of hazards. All cleaning products such as household cleansers and disinfectants, oven cleaners, lead bleach, and drain cleaners can represent possible disaster
- ◇ **Bathrooms**-Open toilet bowls and full sinks or bathtubs are all possible perils to a parrot master. As a rule, parrots do not swim well and excessively hot water may severely burn a bird. There are often dangerous cleaning products in a bathroom as well. Various drugs, Tylenol, cough medicine, etc., that our humans keep around the house represent potential dangers to our health. Make sure that you train your slave to keep these products locked up and away from you.
- ◇ **Miscellaneous Household Products**-Laundry supplies such as detergents and fabric softeners, insecticides, rodent poison, suntan lotion, your slaves' children's crayons, any cosmetics, acetone, antifreeze, mercury from broken thermometers and rust are all hazards to your health, try to stay away from them.
- ◇ **Oil or Grease**-Whether hot or cold, oil and feathers do not mix. Do not let your human use oil or grease based medicines on you for any reason. Oils will mat down feathers, decrease their insulation qualities and make you very susceptible to chills that may lead to other health problems. Examples of products to avoid include Vaseline, mineral oil,

- oil based ointments or salves (including some sold in pet stores), cooking oils, cod liver oil and certainly any type of motor oil.
- ◇ **Other Pets**-Cats, dogs and ferrets can be a potential danger to you. These animals in most cases were there first and may resent you taking all of your slave's attention. They all have a natural hunting instinct and you may become the victim. Never stay unattended with these animals. In general, mostly smaller birds are at risk but why should any of us take chances?
  - ◇ **Mirrors and Windows** -Young birdies initially have problems mastering the concept of glass or mirrors. To us, there is nothing solid there. We cannot perceive any barriers. Have your human put up curtains, shears or some object in front of these surfaces to provide some objectivity for you.
  - ◇ **Fish Bowls**-Any open container of water should be considered a danger zone. If you should accidentally fly into it, you could drown.
  - ◇ **Noise Pollution**- This almost seems like a silly hazard to me. We birdies generally seem to enjoy a certain amount of commotion and certainly tend to become vocal and playfully excited by vacuuming, the sound of an electric razor or the normal activities of our slaves around the house. All of us are guilty of occasionally adding to some of that noise around the house. However, excessively loud noise from televisions, stereos, construction or even appliances such as vacuum cleaners or food processors does seem to cause undue stress to some birdies. Remind your slave, that you are a permanent guest in their home and cannot freely escape these sounds. Your slave should try to limit exposure to noise to your normal waking hours.
  - ◇ **Plants and Foods Toxic to Pets** -If your human has any of these plants or foods, you need not make them dispose of them--just make sure that they keep them away from you. Although it is impossible to list all possible poisons, these guidelines will hopefully help you begin to have your human remove or place out of reach most potential problems.
    - ◇ **Chocolate**-This is truly a shame, my human's mate seems to love chocolate, and I would love to know what the fuss is about.



- ◇ Alcohol (all beverages, ethanol, methanol, isopropyl) Well, this seems to be common sense to me, and after all, you don't usually see a parrot with a martini
- ◇ Almonds- I have problems believing this one. I know for a fact that almonds are sold in bird food seed and nut mixes, and I was only able to find this in one place when I was looking up things that might be toxic to us. The only reason I can imagine that it might be true is because of residual amounts of cyanide in them. I certainly hope it's not true; almonds are one of my favorite foods.
- \* *Note from Siobhan: It is the fruit around the nut that is toxic. Never eat almonds directly from the tree.*
- ◇ Amaryllis bulb
- ◇ Anthurium
- ◇ Apricots- This is another item on this list I am not happy about, everybirdie I know loves apricots, and none of us will be happy if we have to stop eating them.
- ◇ Autumn crocus (Colchicum Autumnale)\*
- ◇ Avocado (leaves, seeds, stem, skin)- Most birdies already knew this one.



- ◇ Azalea (entire rhododendron family)- Who would want to eat an azalea anyway? They are very pretty to look at, but please.
- ◇ Begonia -Same as the azaleas... who would **want** to eat them?
- ◇ Bird of Paradise
- ◇ Bittersweet
- ◇ Bleeding heart
- ◇ Boxwood
- ◇ Bracken fern
- ◇ Buckeye
- ◇ Buttercup (Ranunculus)
- ◇ Caffeine-I guess this means that those of us who enjoy a sip of our slave's coffee in the mornings will just have to give it up.
- ◇ Caladium

- ◇ Calla lily
- ◇ Castor bean- Heck, humans don't even willingly eat castor beans.
- ◇ Cherry
- ◇ Chinese sacred or heavenly bamboo
- ◇ Choke cherry, unripe berries
- ◇ Chrysanthemum (a natural source of pyrethrins)
- ◇ Clematis
- ◇ Crocus bulb
- ◇ Croton (Codiaeum sp.)
- ◇ Delphinium,
- ◇ Larkspur,
- ◇ Monkshood
- ◇ Dumb cane (Dieffenbachia)
- ◇ Elderberry, unripe berries
- ◇ English ivy (All Hedera species of ivy)
- ◇ Fig (Ficus)- I assume this is just the wood, I certainly hope it doesn't apply to the fruit, since one of my favorite meals is when our slave gives us fig newtons.
- ◇ Four-o'clocks (Mirabilis)
- ◇ Foxglove- (Digitalis) Isn't this deadly to any living creature?
- ◇ Garlic -Now this was a shock. A lot of birdies I know eat garlic. Our slave likes to feed us spaghetti as a treat, and she puts **lots** of garlic in it. Bye, bye spaghetti.
- ◇ Hyacinth bulbs
- ◇ Hydrangea
- ◇ Holly berries
- ◇ Iris corms
- ◇ Jack-in-the-pulpit
- ◇ Jimson weed
- ◇ Kalanchoe
- ◇ Lantana
- ◇ Lily (bulbs of most species)
- ◇ Lily-of-the-valley
- ◇ Lupine species
- ◇ Marijuana or hemp (Cannabis)- Well, gee I already knew we couldn't inhale the smoke; I guess we aren't allowed to eat it either.
- ◇ Milkweed
- ◇ Mistletoe berries

- ◇ Morning glory
- ◇ Mountain laurel
- ◇ Narcissus,
- ◇ Daffodil (Narcissus)
- ◇ Oak (remove bark for use as a bird perch)
- ◇ Oleander
- ◇ Onions- Something about the alkali in this one makes our tummies feel bad.
- ◇ Peaches- Probably for the same reason as almonds, residual cyanide.
- ◇ Pencil cactus/plant (Euphorbia sp.)
- ◇ Philodendron (all species)



- ◇ Poinsettia (many hybrids, avoid them all)
- ◇ Potato (leaves & stem)
- ◇ Rhubarb leaves
- ◇ Rosary Pea (Arbus sp.) (can be fatal if chewed)
- ◇ Schefflera (umbrella plant)- Our slave has a bunch of this in her yard, luckily she keeps it far away from our aviary.
- ◇ Shamrock (Oxalis sp.)
- ◇ Spurge (Euphorbia sp.)
- ◇ Tomatoes (leaves & stem)
- ◇ Yew

Make sure that your human has posted close at hand your veterinarian's number, the number of an emergency clinic, and the number for the **National Animal Poison Control Center**. Before they call, have them note the time you were exposed to the toxin, the type of product ingested, the manufacturer's name and any ingredients they can find listed on the packaging.

- ◇ **Fans**- This is common sense birds, never fly while a fan of any sort is running. We cannot see the blades while they are in motion.
- ◇ **Stucco Ceilings**-Although normally very skilled and graceful at flight, we do occasionally strike objects or surfaces while exercising. Stucco ceilings can act like sandpaper on the top of our heads as we move along at high speeds. Try to remember that these rooms are "out of bounds".
- ◇ **Electrical Cords** -Birdies love to chew things, and the soft, rubbery, chewable coating of electrical cords can be a very enticing play toy. Due to the potential danger of electrocution, facial burns and even a serious fire hazard, remind your slave that electrical cords must be hidden away or unplugged.
- ◇ **Open Windows and Doors**-Either your wings are clipped or all windows and doors are kept closed all the time. Once you leave the house and are sitting at the top of a neighbor's tree, you may have a difficult time finding a reason to come home.
- ◇ **Lead and Zinc Poisoning** -If lead is around the house, be assured that a trouble prone birdie will find it! Lead is commonly found in many places around the house. Examples include curtain weights, solder on cages or plumbing, older paints, batteries, pellets from air rifles, Tiffany lamps, stained glass windows, some costume jewelry and zipper teeth. Lead is soft, fun to chew on and easily swallowed. Also known as heavy metal toxicosis, lead and zinc poisoning is life threatening. For your safety as well as the safety of any new birdies in the house, make sure that your human has restricted the access to anywhere in the house that may contain lead.
- ◇ **Toys** -Most bird toys are considered safe for you to play with; that is why they are made after all. It is important that your human check all toys for loose clasps, removable or chewable parts and sharp edges before offering them to you.

These are not by any means all of the hazards to be found around the house. Anywhere you have a creature as inquisitive and mischievous as psitticine, you are bound to have a creature that tends to get him/herself in trouble. Make sure that your slave has minimized any opportunities for trouble around the house, and then just have fun.

## Making Sure You Have A Healthy Diet

There are a lot of books on the market, written for our slaves, about the proper diet for bird masters, and as time goes on, humanity's knowledge of the correct things to feed us continues to improve. This is due to a heightened awareness of the importance of nutrition plus increased research involving pets and wild birds. As with all other creatures, birds need a proper balance of carbohydrates, proteins, fats, vitamins, minerals and water. Different species of birds often require different foods.

Of course you should be careful of what you eat, nutrition is the most commonly neglected element of the master, slave relationship. Too often humans just assume that they are feeding you a proper diet, when in fact they are not. It is a common source of many of our health problems. It is very important that your slave continually strive to improve your diet. This is going to involve reading and then carefully interpreting and integrating all of the information. It will also require a certain degree of common sense. Most importantly, make sure that your human discusses your diet with your veterinarian! It is not good enough to just eat enough to keep yourself alive; instead your goal should be to make sure that you thrive and flourish. After all, you want to make sure that you are around to make your slave's life interesting for a long time to come.

Generally we tend to eat a variety of seeds, nuts, fruits, vegetables, blossoms, and possibly leaf buds gathered from the tops of trees. In the wild, many of us are known to raid farmers' fields and to cause tremendous amounts of damage to their crops. But parrots are very vulnerable to calcium and vitamin A deficiencies as well as obesity. We have to try to always maintain a well balanced diet.

One of the most common questions we get from parrots concerned with their health, is "What should my slave be feeding me?" To try to help those birdies I have compiled a list of things that your slave could feed you. The most nutrition of course, lies in combining all of these types of food.

- ◇ **Seeds-** Seeds are available everywhere, store well and are very convenient to feed. Although parrots do eat seeds, we tend to naturally consume a far greater variety of seed types in the wild as different plants come into season. An all seed diet tends to be high in fat and provides an imbalanced source of nutrients that will lead to ill health and



potentially shorten your life expectancy. Peanuts and sunflower seeds are often chosen preferentially and are particularly high in fat as well as exceptionally deficient in calcium and vitamin A. This, of course, is what leads to further malnutrition. It really is preferable for you to eat a more nutritious and balanced diet. Seeds, if used at all, should never make up more than 10 to 15% of your diet. After all, with all of that fat in seeds, too many seeds in your diet could lead to your human trying to make you do birdie calisthenics.

- ◇ **Formulated or Pelleted Diets**- Pellets, crumble and hand-feeding mashes have been developed to meet all your nutritional needs. Different formulations are available for different life stages and for the management of certain diseases. Those of our babies that are hand raised are the easiest to start on pelleted diets. According to specialists, pellets are the ideal diet therefore you are encouraged to slowly train yourself to eat pellets.

If you share your cage with another bird, you should each have separate dishes, to ensure that you both have a chance to eat. Any food left over in the dish at the end of the day could suggest that your human was too enthusiastic and offered you too much food. In any case, your slave should add fresh food daily.

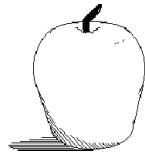
- ◇ **How do I convert myself to a pelleted diet?** -Becoming a recovering seed-a-holic and placing yourself onto a formulated diet is not always easy. Since it's a new item in your cage, you probably won't identify pellets as food, they certainly don't look like food. (They do taste good though) Slowly wean yourself off of seeds, over a period of weeks, while making sure to have pellets constantly available in your cage, in a separate dish. It may take days, weeks or months to modify your diet. NEVER allow your human to withdraw seeds from you entirely without first being certain you are eating the formulated foods plus some fruits and vegetables. Allow your human to think that they are training you to be healthier. Humans are stubborn and if they think you are trying to manipulate them, they become harder to train.
- ◇ **Fruits and Vegetables** -Generally, any wholesome, nutritious food that your human and your humans' family can eat, you can eat. Fruits, vegetables and greens should account for approximately 20 - 25% of your diet. But, pale vegetables, with a high water composition (i.e. Iceberg or Head lettuce, celery) offer you very

little nutritional value.

All fruits and vegetables should be washed thoroughly to remove all chemicals and be cut into manageable sized pieces. It is not necessary that your human take the skin off your fruits and vegetables, but they should be offered in a separate dish.

We tend to all be rather picky birdies, but a large enough variety will definitely tempt us to eat. Listed below are a few of the types of fruits and vegetables healthy for us to eat.

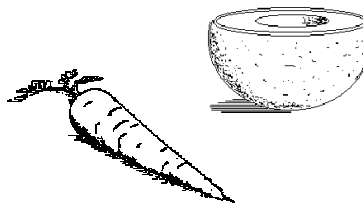
- ◆ Apples- Killian loves apples, so does Siobhan



- ◆ Asparagus
- ◆ Banana- Echo and I love these, they are very yummy. Our mama thinks we are cute when we have banana beaks
- ◆ Beans (cooked) such as:
  - chick peas;
  - kidney
  - lentils
  - lima
  - mung
  - navy
  - soy



- ◆ Beets- These are also very yummy
- ◆ Blueberry
- ◆ Broccoli
- ◆ Brussel sprouts
- ◆ Cabbage
- ◆ Cantaloupe
- ◆ Carrot tops
- ◆ Carrots
- ◆ Cherries
- ◆ Chinese vegetables, i.e. bok choy
- ◆ Coconut



- ◆ Corn- Maya loves corn, it's usually the first thing he grabs when mama gives us our fruit. (Put raw corn in microwave for 2 minutes to kill any possible mold spores)
- ◆ Dandelion leaves
- ◆ Endive
- ◆ Grapes- Echo and I love grapes. They are very easy to hold in my claws.
- ◆ Grapefruit
- ◆ Kale
- ◆ Kiwi
- ◆ Melons
- ◆ Mango
- ◆ Orange
- ◆ Papaya
- ◆ Parsnip
- ◆ Pear
- ◆ Peas
- ◆ Peppers (red, green & hot)-I t's really fun to eat these and then give your slave kisses, they make such funny faces.
- ◆ Pineapple
- ◆ Plum
- ◆ Pomegranate
- ◆ Potato
- ◆ Pumpkin
- ◆ Rappini
- ◆ Raspberry
- ◆ Rice (brown)
- ◆ Romaine lettuce
- ◆ Spinach (in very small quantities)
- ◆ Sprouted seeds
- ◆ Squash
- ◆ Strawberry
- ◆ Sweet potato
- ◆ Tomato
- ◆ Zucchini



- ◆ **What about people food?** –As long as you follow the general rules of nutrition discussed above and your common sense you can definitely eat people food. Some birdies enjoy a small amount of

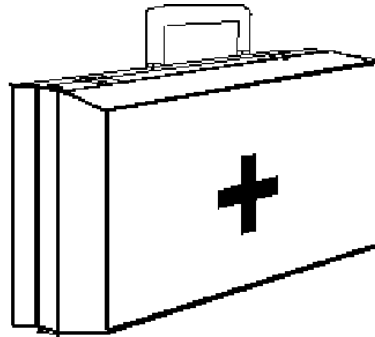
lean meat, or egg occasionally. Echo likes chicken and I love spaghetti noodles. Dairy products should be avoided. Of course it's only common sense that junk food and alcoholic beverages should be avoided.

- ◇ **Water**-Fresh clean water must be available to you at all times. Dishes must be cleaned thoroughly every day.
- ◇ **Will I have any different needs throughout my life?** -Birds that are extremely young, stressed, injured, laying eggs or raising young usually do have certain special requirements. Your human should consult your veterinarian in these situations.
- ◇ **Do I need to use a vitamin-mineral mixture?** -If you're on a great diet, do you need to take extra vitamins, minerals or amino acids? One opinion suggests that a bird eating 75 - 80% of its diet in the form of pelleted or formulated food may not need supplements. There is so much written about supplementation. The powdered supplements are often regarded as more stable. Apply these products directly onto moist food. Do not place in drinking water, as the vitamins will quickly degrade, and bacterial growth will be encouraged. Placing these powders on seeds or dried foods is of little value since it will ultimately end up on the bottom of the food dish. Specific vitamins or minerals can be more important at various times during your life (e.g. egg laying - requires calcium supplementation). Your veterinarian can help you assess your diet and its particular needs.

Make sure that your human always monitors the amount of food eaten every day by each birdie in your flock. Your human must be sure to offer you fresh food, fresh fruits and vegetables, and fresh water every day. Clean all food and water dishes daily, you shouldn't ever have to deal with old water, nasty bacteria can grow in water that hasn't been changed and cause you to get very ill.

Most importantly, your human needs to realize that no to a food item one day, does not mean no forever - they should KEEP TRYING!

## A Birdie First-Aid Kit



Before I give you my list for a birdie first-aid kit, I would like to give you a few tips for emergency measures that your human can take, if during your numerous explorations, you hurt yourself. I briefly touched earlier on using styptic powder on broken blood feathers or bleeding nails. If, in an emergency, your human doesn't have any styptic powder or a styptic pencil, he/she can also use cornstarch as an acceptable substitute. Occasionally, even with the best wing trim possible, we may fly into a wall, window or mirror. If this should occur, we may possibly crack the tip of our beak. If it is just a small crack, while it may hurt a little, it poses very little danger. However, if it is a deeper crack, the beak could bleed, causing a very real danger of you bleeding to death. If this occurs, the end of your beak can be plugged, or "corked", by using a glob of softened soap. Your human can scrape that off of the bottom of the soap from the bathroom. (Just don't lick it, soap tastes nasty.)

What I would like to do now, is give you a list of items for your human to gather together to create a birdie first aid kit. While home first aid should never take the place of a vet visit, in an emergency it can help you out tremendously.

- ◇ 1 ounce of eye and skin wash
- ◇ Styptic powder or styptic pencil
- ◇ Antiseptic towelettes
- ◇ Hand wipes
- ◇ Latex gloves
- ◇ 1"x6 yard sterile gauze bandage
- ◇ Scissors
- ◇ 5" locking forceps
- ◇ PVP iodine antiseptic swabs

- ◇ 2"x2" gauze pads
- ◇ Vet wrap
- ◇ Cotton swabs
- ◇ Adhesive tape
- ◇ And an emergency record card

With all of the items in this first aid kit, and a little bit of common sense, your human should be well prepared to take care of you, and keep you healthy for a very long time.

We hope you keep this First Aid Booklet where your human has quick access to it. It can save your life.

## INDEX

### A

A Birdie First-Aid Kit, **29**  
aggressive, **4**  
**Air Pollution, 17**  
Alcohol, **20**  
Almonds, **20**  
Amaryllis, **20**  
An overgrown beak or nails, **5**  
Anorexia, **4**  
Anthurium, **20**  
appearance, **4**  
Apples, **26**  
Apricots, **20**  
Asparagus, **26**  
Aspergillus, **8**  
Avocado, **20**  
Azalea, **20**

### B

baldness, **5**  
bamboo, **21**  
Banana, **26**  
**Bathrooms, 18**  
**Beaks, 15**  
Beans, **26**  
Beets, **26**  
Begonia, **20**  
behavior, **4**  
Bird of Paradise, **20**  
Bittersweet, **20**

Bleeding, **5**  
Bleeding heart, **20**  
Blocked nares, **4**  
Blueberry, **26**  
Boxwood, **20**  
Bracken fern, **20**  
Broccoli, **26**  
Brussel sprouts, **26**  
Buckeye, **20**  
bulges, **5**  
bumps, **5**  
Buttercup, **20**

### C

Cabbage, **26**  
Caffeine, **20**  
Caladium, **20**  
Calla lily, **20**  
Cantaloupe, **26**  
Carrot tops, **26**  
Carrots, **26**  
Castor bean, **21**  
Cats, **19**  
change in color or frequency of  
droppings, **5**  
change in eating habits, **4**  
Changes in the texture of the  
beak, **5**  
Cherries, **26**  
Cherry, **21**  
Chinese vegetables, i.e. bok choy,  
**26**

Chocolate, **19**

Chrysanthemum, **21**

Clematis, **21**

Cloudy eyes, **4**

Coconut, **26**

### **Common Birdie Diseases, 4**

Corn, **27**

### **Cosmetic Health, 15**

crocus, **20**

Croton, **21**

## **D**

Dandelion leaves, **27**

decreased food intake, **4**

Delphinium, **21**

diarrhea, **5**

Dieffenbachia, **21**

### **Diet, 24**

dogs, **19**

Drafts, **17**

Drooping wing(s), **5**

## **E**

Egg Binding, **12**

Elderberry, **21**

Endive, **27**

English ivy, **21**

excessive scratching, **5**

excessive sleeping, **5**

excessive sneezing, **4**

eye discharge, **4**

## **F**

falling off of the p, **5**

Fans, **22**

fatigue, **5**

Feather changes, color, chewed,  
plucked or damaged, **5**

feathers, **4**

ferrets, **19**

Ficus, **21**

Fig, **21**

**Fish Bowls, 19**

Flaky or crusty skin, **5**

Fluffed feathers, **5**

**Foods Toxic to Pets, 19**

Four-o'clocks, **21**

Foxglove, **21**

**Fruits, 25**

## **G**

Garlic, **21**

General Signs of Illness, **4**

general weakness, **5**

Grapefruit, **27**

Grapes, **27**

**Grease, 18**

## **H**

hemp, **21**

Holly, **21**

Household Dangers, **17**

**Humidity, 17**

Hyacinth bulbs, **21**

Hydrangea, **21**

## **I**

Iris, **21**

## **J**

Jack-in-the-pulpit, **21**

Jimson weed, **21**

## K

Kalanchoe, **21**  
Kale, **27**  
Kitchens, **18**  
Kiwi, **27**

## L

Labored breathing, **4**  
lameness, **5**  
Lantana, **21**  
Larkspur, **21**  
Lead, **23**  
lethargy, **5**  
Lily, **21**  
loss of balance, **5**  
Lumps, **5**  
Lupine, **21**

## M

Macaw Wasting Disease, **11**  
Mango, **27**  
Marijuana, **21**  
Melons, **27**  
metabolism, **4**  
Milkweed, **21**  
mineral, **28**  
Mirrors, **19**  
Miscellaneous Household Products, **18**  
Mistletoe, **21**  
Monkshood, **21**  
Morning glory, **21**  
Mountain laurel, **22**

## N

Nails, **15**  
Narcissus, **22**  
nasal discharge, **4**

**National Animal Poison Control  
Center, 22**  
neurological disorder, **5**  
**Noise, 19**

## O

Oak, **22**  
Oil, **18**  
Oleander, **22**  
Onions, **22**  
Orange, **27**

## P

**Paints, 18**  
Papaya, **27**  
Paralysis, **5**  
Parsnip, **27**  
PBFD, **10**  
Peaches, **22**  
Pear, **27**  
Peas, **27**  
**Pelleted Diets, 25**  
Pencil cactus, **22**  
Peppers, **27**  
personality, **4**  
**Pets, 19**  
Philodendron, **22**  
Pineapple, **27**  
**Plants, 19**  
Plum, **27**  
Poinsettia, **22**  
Pomegranate, **27**  
Potato, **22, 27**  
Prolonged molt, **5**  
Protrusions from the vent, **5**  
Proventricular Dilation Syndrome, **11**  
Psittacosis, **6**  
Psitticine Beak and Feather Disease, **10**

Pumpkin, 27

**R**

Rappini, 27  
Raspberry, 27  
Redness, 5  
Reduced or increased drinking, 5  
regurgitation, 5  
rhododendron, 20  
Rhubarb, 22  
Rice (brown), 27  
Romaine lettuce, 27  
Rosary Pea, 22

**S**

Schefflera, 22  
**Seeds, 24**  
Seizures, 5  
severe sickness, 5  
Shamrock, 22  
sitting on the bottom of the cage,  
5  
Sore feet, 5  
Spinach, 27  
Sprouted seeds, 27  
Spurge, 22  
Squash, 27  
Staining of the feathers around  
the vent, 5  
Strawberry, 27  
**Stucco, 23**  
Sweet potato, 27  
swelling around our e, 4  
swellings, 5  
swollen joints, 5

**T**

Teflon, 18  
**Temperature, 17**  
Tomato, 27  
Tomatoes, 22  
**Toys, 23**

**U**

unconsciousness, 5

**V**

**Varnishes, 18**  
**Vegetables, 25**  
visible irritation, 5  
**vitamin, 28**  
Vomiting, 5

**W**

**Water, 28**  
Weakness, 5  
Weight gain or loss, 4  
Wet or bubbly droppings, 5  
wheezing, 4  
**Windows, 19**  
**Wings, 15**

**Y**

Yew, 22

**Z**

**Zinc, 23**  
Zucchini, 27