

## Eclectus Care Sheet - Hormones

The Eclectus (Ekkie) has the longest digestive track of all parrots, therefore, food sits longer in the intestines allowing for greater absorption of nutrients. Eclectus require more vitamin A than other parrot species. When fed a proper diet, supplements are not necessary nor should be used due to the tendency to over supplement creating more problems. Poor diet can play a role in screaming, toe-tapping, wing flipping, aggression, plucking, anxiety, exaggerated breeding behavior, poor feather condition, poor immune system, to name a few.

The ideal Eclectus diet is balanced between veggies, fruit, cooked beans, pellets. Most Eclectus will prefer fruit over their veggies, however, since fruit is higher in sugar, the fruit should be approximately 1/4 of the veggie/fruit intake. Too high a fruit diet can cause yeast infections in the crop and digestive track since pet Eclectus are not typically expending enough energy to use up the fruit sugars. As much organic as possible and thoroughly wash all food. Below are Eclectus safe foods and unsafe foods:

Fruits	Veggies	Misc.	Pellets	Avoid
apple - granny smith	artichoke	Almonds**	Tops*	avocado
banana	arugula (rocket)	barley	RoudyBush	dairy - all
blackberry	beans - thoroughly cooked	brown rice - cooked or steamed		fruit rinds
blueberries	bell peppers	chia seed - add to warm foods or chop		rhubarb
cranberry	bok choy	coconut flakes-dried, organic		raw meats
cucumber	broccoli	cooked chicken - occasional		onions
dried dates	brussel sprouts	noodles - whole wheat or red lentil		garlic
figs - eaten in the wild	carrots	egg**		chocolate
gooseberries	cabbage - purple	ground flax seed		salty/sugary foods
guava	cauliflower	lentils - cooked		alcohol
honeydew	celery	Millet**		all fruit pits & seeds
kiwi fruit - seed ok	corn	oat groats**		PEANUTS
mandarin	endive	old fashion oats**		uncooked rice
nectarine	fennel	Pecans**		caffeine
orange	golden beets	quinoa		mayo
papaya	green beans	shelled hemp seed - add to chop/warm foods		fried foods
peach	jalapeno peppers	Walnuts**		asparagus
pear	kale			soda
pineapple	peas			leeks
pomegranate	radish			Gatorade
red raspberry	rapini			olives
strawberry	red beet - fresh only			parsley
tangerine	spinach - raw			uncooked beans
watermelon	sprouts - pea or lentil only			
	squash - acorn, spaghetti, butternut, pumpkin			
	sweet potato - cooked			
	yams			
	Zucchini			

\*Recommended Pellet for Eclectus

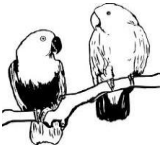
\*\*Should only be given 2-3 times a month. Nuts should be only an almond, ½ walnut, pecan or unsalted pistachio.

\*\*\*Avoid or significantly limit fortified foods

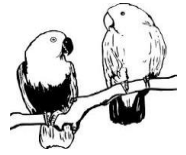
Calming additions to diet: ¼ tsp to 1c aloe vera juice, dried organic chamomile flowers, organic chamomile tea if a tea drinker, probiotics

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After losing my first hen to chronic egg laying in Winter 2014, it became my mission to make sure I didn't lose another that way nor would anybody else. Below is what I have figured out thru much research.

- Aloe Vera Juice:** natural anti-anxiety treatment, anti-fungal, anti-biotic, anti-parasitic. For anxiety, works on repairing the myelin sheathing on nerves to calm the nervous system. Dosage determines the function.
- Probiotics:** helps to maintain normal and healthy gut bacteria; add to water
- Chamomile:** calming; dried organic chamomile can be added to pellet and chop as a garnish
- Water:** 1/4tsp aloe vera juice to 1c water in the morning  
Probiotic water in the evening
- Fruits:** low glycemic is best. Blueberries, Cherries (pits are toxic, extra care when removing), Pear, Peach, Grapes, Plums, Oranges, Apricots, Kiwis, Strawberries, Raspberries are examples. Moderate to High glycemic fruits can also be used but should not be the main fruits consumed. Frozen organic fruits are a good option for variety.
- Seed:** not recommended for the Eclectus as they eat green (growing) seeds in the wild. With that said, ¼ tsp daily won't hurt, but if your bird is hormonal, you will need to watch the behavior. May be that 2-3 times a week is all the bird can handle. As hormones become more controlled, this may change.
- Beans:** can make hormonal behavior worse, use in moderation
- Chop:** mix of vegetables chopped down to give variety. Fun way to give veggies and get your bird to try new veggies. Fruit is added as a garnishment and a way to add more diversity to the chop.
- Crunch Factor:** organic dried rosehips, organic dried hibiscus, organic dried star anise are a few examples of dried organic herbs and spices that can be added to pellet or as a garnish to chop
- Toys:** shred toys, legos (larger pieces), engage the mind; avoid giving boxes as play items

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