

## **Ipet's Ally Q and A 02/01/2022**

Hey there! I'm Dr. Ruth Roberts, you're pet's ally. I hope that you are having a good day.

### **1. Karen: Will my pup benefit for both intravenous and direct insertion into her kidneys?**

You got in touch with Dr. Steve Garner over at Safari veterinary clinic and Steve has been around for a long time and has done some really interesting stuff. He started doing stem cell with Medi-Vet America kind of the same time I did. What he's doing is using stem cells that he has essentially sort of cultured out and so what this does is it allows you to create a lot of stem cells without having to do any type of surgery.

When I was doing stem cell therapy for kidney disease in practice, this is exactly what I was doing. I think probably would carry renal so around the kidney injections and then intravenously. I think this will be a much better way to pursue. The one I'd doubt is the snake vaccine because it's a pretty nasty vaccine out there. The awesome thing is that this is not difficult to do. It sounds kind of scary to think of sort of injecting the cells peri-renally but I was able to do this without sedation or anything of that nature. We put the probe right on the kidney so we could see it clearly. Holding on the probe over the kidney, then I'd be able to see the needle going right next to the kidney and then we use the cells there, and then the rest intravenously. I think this really is one of the better ways to proceed with stem therapy. The beautiful thing is that she does not have to go under anesthesia to get a fat harvest and things of that nature, so I think this is great.

### **2. Rocky: Is the redness near the mouth an indication of ulcer?**

I think the redness you are seeing here is what we would call more kissing lesions to these teeth so there's a little bit of irritation here, so these does not look like ulcers. This one is a little suspect but that's healing so that should be okay. This is pretty distinct, this red dot here versus this sort of generalized redness. Rocky's urinalysis on the 15<sup>th</sup> of January is outstanding! His protein-creatinine ratio is below within that normal range, which means that he's not spilling a lot of protein into the urine. His BUN came down nicely. Unfortunately, there's not much here other than potassium, which went from 6 to 4.4 and the hematocrit dropped which is understandable on fluids, but looking at these most recent tests, the hematocrit was .435, which is 43½ % which is

outstanding! The SDMA was 42 and it's come down to 32 and that's great. The creatinine was 363.9 and it came down to 358, which isn't a huge decrease but it is a decrease. The urea or the BUN did pop up a bit, which I'm pretty sure is why they started using the intravenous fluids. Also, the phosphorus has come down pretty significantly, which is awesome! It's still high but it's getting there so keep on with the phosphorus binder. The other thing that was of concern with the calcium was going a bit high, so top end of normal is 2.84 and it's down to 2.87, which is wonderful. The potassium pre-fluid was 6 and it's dropped back down. I think we talked about adding in some magnesium to help with driving potassium into the cell. If that's an ongoing issue or maybe if it's not, I would add about 100mg of potassium per day.

### **3. After trying proteins what should be added in the diet next?**

Once you have finished sort of trying different proteins and things like that, then I would try adding in HTBSS. Again, do a regular dose for 3 meals and see what happens over 72 hours. If there are no problems with his GI tract, then good. If you see things going sideways and the stool loosen up, then you're not good.

### **4. What are the amounts needed with the New Frontier?**

We're actually going to need somewhere in the neighborhood of 5,000. Let me just double check that so I'm not telling you the wrong thing.

### **5. Jennifer: Is it possible that the damage seen in the ultrasound with the kidney was done by the antibiotic?**

I'm not sure how long he's been on the antibiotic but in a couple of weeks what I would do is test the kidney values and see if they're coming down or they're not coming down. If they are not coming down and you're seeing any hematology of like a bladder infection, then I would discontinue them because it's a problem as far as creating issues for the microbiome.

### **6. Elsa: Chronic kidney issue lab results update**

Elsa, who had chronic kidney issue secondary to an issue some years ago has been sort of cruising along at high numbers. Her Bun went up, which is not great but it's still lower than it was in October. The creatinine really kind of cranked up. Also, the red cell count is down to 22%. She also developed a cough and they put her to antibiotics and good to hear that the cough is getting

better and they're coming off of the antibiotics. She started on the quercetin, probiotics, assisi treats and she's waiting for the other supplements to arrive. She's eating and holding food increasing calories, then that's great. So, check stem cell therapy.

## **7. Who is Cody, and how is his case similar to Elsa?**

Cody was a Labrador Retriever and he probably had a congenital kidney disease. When he was neutered, his creatinine was just a smidge above normal that the vet didn't really think much of it but over time things just sort of worsened and so he also had inflammatory bowel syndrome. Now, when I did my study on stem cell therapy, Coby was one of the participants. From what I remember, we sort of got him stabilized and handling life with values really pretty similar to where Elsa's were. BUN less of a hundred more along these lines where she had that 2<sup>nd</sup> crisis – creatinine between 8 and 12 and then the phosphorus would bump up usually around 7 or 8. Sometimes it got as high as 14. For him, we used sevelamer to control the phosphorus that worked extremely well and because he's a big guy, it was a lot easier to do than a ton of aluminum hydroxide. Intravenous stem cells at day 0, day 45, day 90, and then we just kind of waited to see how things went.

The cool thing was that the IBS stopped within the first 60 days so that problem was off the list, which was awesome. What we would see is that he felt much better. I can't tell you the numbers went down, but his quality of life was outstanding. And when the numbers would start to bump again, then we would go ahead and redose with stem cells. At that point, I was using Medi-vet. I think he had 6 or 7 aliquots in the freezer so that was super awesome. Now, when we ran out of stem cells being able to help him, what happened was that his number just took that out of hell. There wasn't just anything to do and so we treat intravenous and sub q fluids. We managed to keep him on for another couple of months and then we just couldn't. But in that period of time, he did wonderfully for 18 months with an excellent quality of life. He just was full of life and such a clown but he did extremely well.

## **8. Why should you consider Safari vets method?**

I'm not sure what their process is but you may want to consider Safari vets method because basically, they are shipping autologous stem cells all over the country and that would be a lot less

for her to handle in terms of not having to go through anesthesia and things of that nature. Steve Garner is a good guy and he's done his research and done his work.

### **9. Why are probiotics with prebiotics not advisable?**

I've recently recommended going to FidoSpore or MegaSpore because I've just seen that be more effective. The other thing is that most of the human probiotics also contain prebiotics, which is great when you don't have any GI issues but sometimes, they're concomitant with other problems and so prebiotics into the diet can really tie stuff. I hope that makes some sense.

### **10. Tara: Should the protein level be minimized?**

You'd want to minimize the protein level in there so that you don't have a super high protein diet. I don't recommend cutting the protein level back until the phosphorus level is much higher but you do want to make sure that you stay within the normal limits. If you're leaving out any kind of grain or beans, then you essentially have an almost 50% protein diet, so do add something in. You could use sweet potatoes as a starch and do rotate. If you live in Ohio and it's pretty chilly there right now, so you could certainly use more warming things like sweet potatoes, or chicken. In this summer, you would probably want to switch with a more cooling such as turkey, pork, brown rice and things of that nature and then pretty much all of the green veggies are of cooling nature.

### **11. How to deal with constant vomiting?**

Suppose your pup is already on a low-fat diet and Pepcid didn't help. This is really where you want to go and make sure there's not something going on with labs. If there is constant vomiting, then maybe something is going on as far as GI upset with the food that's being eaten so I would try something that's going to kind of chill the tummy down. This is where you could use activated charcoal. Another product that Standard Process came up with is GI adsorb and this is kind of nice because it includes klinoptilite, which is a form of a clay like bentonite clay, but Standard Process like years ago, called cola call 2 that used bentonite clay. Sadly, they stopped making it because they could not find any sources of bentonite clay that was not contaminated with heavy metals. So, this has klinoptilite in place of it, which is a little bit safer to use and this is something like 1 capsule for 25 pounds of body weight so you could try that.

Activated is just easier to get a hold of and for a dog sort of in your fur babies' range, you could use something like a half a cap 2x a day to help with that. The other thing that's been helpful is Heartburn Rx, which is just chockfull of great stuff to help soothe the GI tract. The other thing is plain old slippery elm. This one has deglycerized licorice as well as glutamine and several other things that help enterocytes to heal. If Cerenia is not stopping the vomiting, you definitely want to go get that checked out and make sure there's not something creating an obstruction because if your pup is still vomiting with Cerenia, then that's not cool.

## **12. What causes hard stool?**

Probably, this is more that you're starting with food that's not necessarily filled with fluid. With the primal freeze-dried nuggets, I would soak them. Because of SIBO, it's difficult to add in fiber so you might start with something like chia seeds. Literally a spoon of chia seeds for a quarter cup of water. Wherever the chia seeds turn into a little pudding type thing, and try adding something like an 8<sup>th</sup> of a teaspoon per meal for a few meals. Let's see if this creates any issues. If he's had a hard time getting in the position to poop, then you could also use something like a harness that would support both his front end and rear end, that's been super helpful for a lot of clients. I think the issue is making sure there's a ton of water in the food so that the food's not coming down the pipe hard. If he's going every day, then likely that's a fluid issue. If he's waiting 2 or 3 days to go pass a stool and his rear end hurts and it's embarrassing to fall down at my poop, that's where the help him up harness is going to be super useful, or just a towel under the belly too although that's difficult with the dogs.

## **13. What are the options that would help reduce discomfort?**

One of the things that can actually be helpful in reducing pain and discomfort is the Assissi loop. For kitty, you can probably get away with a 10 cm loop. The goal of this is to put the loop over the cap base like this and then use the pulsed electromagnetic frequency to treat the discomfort in the mouth. Try and check that out. The other thing was cold therapy. There are handheld lasers that you could get but at this point, just go with the Assissi because it sits to work really well.

## **14. Should you trim the excess fat in commercially produced animals?**

Yes, I would trim it back to about an 8<sup>th</sup> of inch just to take the excess fat off because in commercially produced animals the fat is where there are lots and lots of fatty acids, which are

pro-inflammatory. I would turn it back to about an 8<sup>th</sup> of an inch. Now, as far as treats go, what I would suggest is as much fresh food as possible. If she's eating and drinking well and likes fresh veggies – likes carrots, likes green beans, and things of that nature, I think those are great for treats. When you add dry stuff, that's where you kind of tend to decrease the amount of fluids in the body and so you can have some issues there.

### **15. How are mange and allergies interrelated?**

So, mange in older dogs is considered to be a dysfunction of the skin's immune system and allergies are considered to be an autoimmune disease against the skin. In my experience, demodectic mange is not supposed to be itty but it certainly can be and so what I would see is a number of pets that would come in that had been treated for allergies with steroids and then the mange would just go crazy, right? I think that if what you want to do is work on getting the immune system to function more normally, then use things like Goodwin all topically CBD say on the lesions if they're not too few or too many of them. Also, things like omega-3 fatty acids, probiotics and foods to make sure that the gut syndrome has also been taken care of and dermal and or immune support from Standard Process, that's been super helpful. I think that if you work on supporting the immune system and asking it to work a little bit more effectively, then that will take care of both problems. In the meantime, if there truly is demodectic mange there, do not let your vet give hypo steroids because that will really flame it up.

### **16. What should you do when your pup is scheduled for an appointment and is vomiting?**

Suppose your pup is on Cerenia and she's got an appointment tomorrow. Honestly, if you've got an appointment tomorrow and she's vomiting, just let it go and offer small amount of chicken or something like that but literally teaspoons and tablespoon at a time. If she drinks water and she vomits or she eats something and she vomits, just don't feed her anything because you're more likely to create dehydration and distress if you keep feeding.

### **17. What is the appropriate dose of coq10?**

200 mg for a 16 kg dog is plenty so that's about 35 pounds. For humans, 600 mg is a pretty whopping dose. All right. That's what I have for you this week. Until next week. Everybody, take good care and we'll see you then. Remember, your pet's best health starts in the bowl. Thanks!

