

## **Ipet's Ally Q and A 02/08/2022**

Hey there! I'm Dr. Ruth Roberts, your pet's ally. I hope that you are all well today.

### **1. Spirit: How many teaspoons of Holistic Total Body Support should be given?**

If Spirit is doing great on Holistic Total Body Support, that is awesome! ½ teaspoon is correct and you can give all of it in one go or a quarter of teaspoon twice a day, so that is all that you have to do. You do need to increase the calcium and the iodine as we talked about previously because that's going to bump up the values of calcium and iodine to where they're a little but optimal.

For this month, I'm going to be talking with women that specialize in helping other women with their own medical problems because you, pet parents, give so much taking care of your pets and I find that you often don't take care of yourself as well as you should. We can get you some information on how to do that. I am all for it. Since that seems to be it, I will call it a day and see you next week.