

## **Ipet's Ally Q and A 04/12/2021**

Hello! I'm Dr. Ruth Robert's, your pet's ally. Let's jump straight to some questions. Kathy is asking how to go about doing a reintroduction diet. It's great that the FidoSpore is not a problem so that is wonderful. And no, you do not need to continue with the Mega Mucosa, that was sort of a once and done deal. Now as far as reintroduction goes, what I mean is that before you commit making a batch of food that has something in it that could potentially create problems, I want you to test what you were adding back in. So, if there is a problem, you're going to know what it is in specific and you can cross that off your list.

I would still try beef because there may be a low enough amount of beef flavoring in the FidoSpore to not make that much of a difference, but what that would mean is that you can get some top round or some really low-fat hamburger, things of that nature, cook it up and for each dog add three tablespoons of the beef to a meal for three meals and then wait 72 hours to see if it is okay or not okay. This is sort of a tedious process but in this way, you're going to know quickly if there is a problem or if there's none. The reason I'm saying to wait for 72 hours is that it can take that long for something to show up.

Now, Kathy for your girls, most likely it's going to be in the proteins, so what I would do is start with the ones that you would be able to feed that you're not feeding currently. Take a piece of paper, write down a separate column for Daisy and Dottie, the name of the food and if it was okay or not okay. Just do a checkmark if it's okay and put an x under whoever's name or both of their names that it didn't work for, so that's kind of where you would go. What I would do is refer back to that glacier peaks holistic test and see where the things you'd like to use and go from there. At this point, you should be far enough down the road that you should be able to reintroduce something that is truly a food sensitivity - the inflamed gut caused the reaction if they still react to something, then more likely it is a true allergy at this point and I would wait another 18 months to retest it. I hope that a little bit clearer. But that's what I would do and if you need some help with it, let's do set up a call and we'll talk through it, but basically it is somewhat a tedious process. Once you figure out what they can and can't eat, then you can go back to just rotating batches. However, for right now, just kind of keep everything else the same so that you're comparing apples to apples literally.

Susan is asking about Marty's neck and injury. They gave him a muscle relaxant and some gabapentin, and she's also got him on CBD Ease from CBD Dog Health. For a short period of time Susan, I wouldn't really be worried about muscle relaxants and gabapentin. You'll have to see what's working best for him. If this is providing comfort, then I would use them for maybe five to seven days and then start to back off. I'll take the skeletal muscle relaxer out first and if everything is goofy after a day or two, then take out the gabapentin. Now, I think CBD is great and I think Mae's suggestions on essential oils is great as well. Frankly, I just don't have the experience with that.

The other things that you can do are soft tissue work to help get things released and relaxed. If you're near Charleston, I would look at Mark Daily because he's a massage therapist in the area and I think he can get you started. That's going to help release a lot of the spasm and things like that. Also, I think hot and cold packs can be helpful. If you go back to the website, there's some videos on passive range of motion, but more importantly to you is using some of those basic Tuina techniques remembering that working in the neck, if it's tender, to be extremely gentle, and if you're working on something you're pushing away and he's turning around at you, then that means you need to ease up a little bit. I think those are all good things to kind of help calm things down a bit.

I dinged my neck interestingly enough over the last few days so I've had to go back to all those things I used to do when it was a big problem. I hope that is a help. May, absolutely share that information on essential oil because that's not something I have a great deal of expertise in. I would refer you to Melissa Shelton the oily vet but there's plenty of other veterinarians out there that are quite adept at essential oils as well. And it's great to hear that Spirit had no more seizures with the ease that's fantastic. Jamie, I am so sorry. I wish that I had other options for you, but I just don't. The only good news in that genome test; I'm going to share this and hopefully this is okay. I'm not sure if you're watching or not. The only good thing here is that it does say that Willie should not be overly sensitive to doxorubicin or any of the chemotherapeutic options. The reason that's important is that I know your oncologist had said that would be another option if the vinorelbine has quit working and unfortunately, has and it made him sick as well.

He's been on serenia post – chemo; and if he's had a bloody diarrhea, then I would just go with super easy stuff like potatoes – if he tolerates it. Actually, rice that you'd make down into a

congee which is almost like a porridge. Instead of a cup of rice with two cups of water, you would put three or four cups of water. What does that is break it down into its constituents and then interestingly enough, something in that water will seem to help draw the water back out of the G.I tract and calm it down. Definitely, keep going with the slippery elm and the pumpkin and then use higher fiber things too like boiled potatoes, boiled turnips, sweet potatoes, and kind of go from there. I am so sorry. I wish that there were other things I can offer you, but this is obviously not good news for Willie. I hope that he is pretty much over the evil spirits from the chemotherapy.

I think that's all I have for you today. There's a couple of things we're working on in the back end and nothing never seems to go as fast as I would like it to. But I want to put this out for you all so you know kind of what's coming your way. We're going to change the Ipet's Ally format and actually make the "ultimate level" the only level that's available. All of you that are in Ipet's Ally basic level, you're getting grandfathered in so you will all get the Ipet's Ultimate tag. The big difference is the VIP discounts, the VIP service, and then also the monthly broadcast. I'm sorry I am a little slow on the draw today. At any rate, we'll be getting you an email out on that in the next week or so. Our next Ipet's Ally ultimate broadcast will be on the 27<sup>th</sup> of April so be looking for that invite. We'll send an email out this week just as a reminder and then ask you for whatever topic you'd like me to dive down a little bit more deeply on, then we'll go from there. Again, we'' be sort of upgrading you very shortly, and getting you an email out about what that involves as well.

That's what I have for you today. We'll see you next week. Jamie, my heart goes out to you and Willie. I hope he gets some ease and some peace. This is where I would definitely go for the THC if you haven't already. I think we had talked about that but I think that's been very helpful. And I'll talk to the folks over at CBD Dog Health, they're doing some work with cancer and they may have some other alternatives too. Again, heart out to you all. Give Willie a big hug for us. Until next week, give everybody a big hug and we'll talk soon. Thanks!