

Ipet's Ally Q and A 05/24/2021

Hey there! I'm Dr. Ruth Roberts, your pet's ally. I hope that you are all well. I mentioned in the Facebook group a few minutes ago that we're in Kentucky. It's lovely and green and all of those good things in here. However, the cicadas have popped back out and so we found out the cicadas contain something in their little bodies that actually make cats and dogs have vomiting and diarrhea, which thankfully, is self – limiting. Pepe was so excited to be able to catch and eat many cicadas before we could stop him and so he had quite a bit of vomiting. So, if you are in an area where the cicadas are hatching out just be aware of that. Anyways, we've got a lot of great questions this week, as always. Let me hop over to the Facebook group and we will get going.

Mae, if Spirit has been on pumpkin twice a day and things are not good and when you feed a canned food the stool seems to get more formed, then I am suspicious that there's a couple of things going on. It may be that there is a fiber that is present in the canned food that's helping to bind him up or you're taking out something in what you're cooking that's making the stool better. If you're on and watching this, what I would ask you to do is take a photo or send a copy and paste the ingredients of the canned food into the comment here or into the comments on YouTube for that matter, and then a list of ingredients of what you normally cook for him which is going to help me compare and contrast. But my guess is that there is something like flaxseed in the canned food or some type of gum that's actually getting his stool more solid. If the pumpkin is just not helping, what I would do is take that out because there are some pets with pumpkin sensitivity.

Now, there's a couple of other options you can try: boiled turnips, boiled sweet potatoes and boiled white potatoes. They often have a different type of fiber that can be very helpful. Chia seeds can be extremely helpful, so you would take a tablespoon of chia seeds and add a couple more tablespoon of water, let them soak overnight to kind of suck up the water, refrigerate it, and then use about a teaspoon of that per meal and see if that doesn't firm him up. But if you will, put those ingredients in both of the food and what you've been cooking so I can help you a little bit more here. Oh good! Hopefully, you heard all of that. If you've got time to drop it into the comments on the broadcast, then just do that and I'll take a look in a couple of minutes.

Again, congratulations to Bettina. She's just been a wonderful support to us and we've been able to support her guys, so we're happy for you. Bettina did a beautiful testimonial for us

too for a CrockPet diet, and if you've got time to do that for us, I sure would appreciate it because that helps explain what works so well for you.

I so love this photo that Hanna posted. I mean, it's tough to get old and it's not easy being a dog either getting old. So, Karen's got a couple of great questions. JustFoodForDogs is really interesting. They started out as a Kitchen in LA and Mike was there and had several of his friends whose pets ended up getting really sick. They do offer some DIY homemade kits. Also, I think PetCo was carrying their kits in store for a while. What I don't like about their food is that it is extremely high in carbohydrate – it's back to 70%. They do add in veggies and things of that nature which is okay but not ideal, but that's the whole reason you all are doing CrockPet so that you can control exactly what's going in into the food.

The two- a- day supplement s a taurine supplement and then if you want to make sure that your guys are getting glandular supplements, I would use whole body support by standard process. You can head over to the store. I'll put that in the comments for you, Karen. See if that doesn't help. They do use kelp for iodine for the JustFoodForDogs, and I think the big difference in my supplement and theirs' is truly the glandular materials. The link for scheduling a follow – up consultation. And I will be travelling back to Phoenix on Wednesday so the Wednesday is out. I think I do have a couple of spots open for tomorrow. In the following week, we'll be Santa Fe for a bit. I think you're spot on with that analysis.

Jamie, you are right. This JustFoodForDogs is definitely a step up from Kibble and if that's the way it's going to work whether these guys – ollie, the farmer's plate and what people have you. Sometimes, just shipping the food pre – made is what it's going to take to get people feeding real food for their pets. One of the other things that really worries me about all of that is the environmental cost. I mean, there was a study not too long ago that showed that it costs something in the order 2 times a mid – sized SUV energy wise, and to the environment itself t maintain a dog or a cat. A lot of that is due to shipping but some of that is due to the high amount of animal proteins that they eat and so it's one of those things that's been weighing on my mind quite a bit. I'm not quite sure ho to address it. I think CrockPet is a step in the right direction as far as using vegetables and things that has lower impact in the environment but these guys still need a fair amount of meat. The upside is that, that's about all we can do – to keep up.

I'm looking at Mae's pet food as we speak. So, Mae you've got potatoes, sweet potatoes, flax seed etc. There's a couple of things in here that may be doing it. It may well be the potatoes and you've got potatoes and sweet potatoes, and peas so those are all starches. Pam and Mae, what I would do is try boiled potatoes and sweet potatoes, and see if that's what's helping to firm up the stool. Also, 86 the pumpkin and see where that takes you. If that's not doing it, then the other thing you can use is the flax seed because it's a great source of fiber. As long as your pet is not sensitive to it, then that could be a real reason. The other thing is that there's not a lot of veggies in here, so it is possible that some of the brassica specie veggies in particular, could be creating a problem. Give that a shot and let us know if the boiled potatoes work or don't work and substitute those in completely for the pumpkin and see if that gets you there.

Poor buddy. Mr. Hank has a horrible abscess gum from a previous extraction, and that canine tooth is fractured as well. That's very strange. Karen, I'm not sure if you're going to the same vet or not, you may need a second opinion. I would get them to do a biopsy of this tissue and also any bone that's in there to make sure this isn't something more serious and sinister because unfortunately, it does not look good. And if that's ugly and inflamed then there's something going on in there. I also would ask them to do a culture and sensitivity to make sure that the right antibiotic is given to knock this all the way out because unfortunately this is in the bone. The other concern is mast cell cancer, so if you can get him into the specialist tomorrow then I'm just going to delay all of that because the only other thing I can think of is laser and you definitely don't want to do that in the face of possible cancer.

And Pam, you're not asking a silly question. Does it matter if it's loose or is it an indication of another problem? Yes, something's not right. So, we want to make sure it's not a food creating sensitivities that's creating a loose stool and if it is, we need to get rid of it but if it's not a food, then we need to look at why is his gut not working as well as it should be. I mean, Spirit's not an athlete. This is where sort of it can be kind of normal with excess exercise or really strenuous exercise but this is not normal so we want to keep working on it. Now, with Merrick, you do not have so much of the pea protein but you do have flaxseed in there. There are no potatoes in this one. I guess that was just in the dry food but there are three gums – locust bean gum and xanthan gum. Let's make sure this is the right one. Is this the one that you've been feeding. I'm going to

pop back over to the questions and let you respond to that. Karen, keep us posted on what's going on with Hank because that is kind of ugly looking.

Jeanne, welcome! Antronex is very interesting. If you're not familiar with it, we do have the veterinary one on the website as well as the human one. Antronex is made from this very interesting product called yakriton which is a liver fat extract that helps the body detoxify. What's said on the website from standard process is somewhat limited because the FTC and FDA are ugly. The other weird thing about standard process products is that they don't put all of the ingredients in there but you can see that the calcium is 30 milligrams and then the bovine liver fat is about 16 milligrams. Now, the veterinary product was not available when I was back in day-to-day practice and there is sort of less information present about what's in this, but the calcium is 40 milligrams.

I'd say you've got peas or flaxseed firming things up there or something that's not just in there that's in what you're cooking regularly. So, if we've got 40 milligrams of calcium in the veterinary product and we've got 30 milligrams of calcium in the human product, then there's roughly 25% more yakriton in the veterinary product than in the human product. Having said all of this, this dosing schedule is what I used to use in practice, so with the human product I would use a tablet per day for dogs under 20 pounds and for cats and then a tablet for twice a day for 20 to 50 pounds, and then for greater than 51 pounds, three times a day or a tablet and a half twice a day is kind of what ends up being more effective so they are roughly the same product back-to-back so it's perfectly fine to use that. The other thing is that it is cheaper to buy the human product. It's 1540 for 90 tablets although I guess at the end of the day it's all kind of six of a one and a half dozen of the other. I hope that is helpful.

Kathy, this is good news. It's not so much that the jerky is dry and that's why the creatinine is going up. It's that the jerky is meat and its protein and so the more protein that you eat, the higher your creatinine will be and that's not necessarily a sign of abnormal kidney function, so this is good news here. That's great about her not needing her teeth cleaned. And Bordetella is only needed if she is getting boarded, going to dog parks or things of that nature. And there is an intranasal version of that so if that's something that may be coming up for you, then I would definitely consider that just because it does protect against kennel cough. Now, as far as parvo, you can do a blood titer and see what her level of protective antibodies are. If the veterinarian

you've gotten a hold of is holistic or integrative minded, she should be able to offer you antibody testing or titer testing for vaccines so check that out.

Kathy had another question about the heat. Yes, they can absolutely burn. Black asphalt is worse than concrete. I mean, this is a great chart here for those of you that may or may not have seen it. When it's hot outside the concrete and the asphalt temperature is much worse, so with that hot temperature, if you don't have access to walking on just grass or ground, I would do my walks really early in the morning or really quite late in the afternoon so that your risk of their feet burning goes down considerably. I hope that is helpful. Thanks so much Lollie for posting that. That's the first time I've ever seen it laid out that quickly. What we always do for some place that we're not sure how hot is it, we would just physically touch the asphalt or the concrete with our hands and if it feels pretty hot or if it's too hot for you to walk barefoot, then you know that your pups are not going to have a good tie with that either.

Nosodes are interesting. The rabies vaccine nosodes has been a little dodgy. What I have seen more commonly is people do parvonosodes and distemper nosodes, but it's really interesting. There's a veterinary homeopath that published a study, and what she was recommending was going to the dog park with a new puppy on a schedule of starting like one to two minutes, sort of a low traffic dog park too and exposing them and taking them away. The theory is that most likely if your pup had ever had a parvo vaccination, it will probably never need one again. The reason is that when they are out and about sniffing, they get exposed to parvo and so essentially what they're doing is continually inoculating themselves for parvo. I think the chances of exposure to distemper is very low and frankly, it's one of those diseases that puppies seem to outgrow once they become adult dogs. The rabies vaccine nosodes gets a little dodgy.

I think in our files there is a 2016 compendium and, in that compendium, they discuss that if a dog has ever been vaccinated against rabies, then it is considered up to date which is kind of bizarre. I think what is more likely to be successful is to actually use vaccine titers. So, check that out. I think titers are a better option than nosodes because you have some understanding about how well is my pet product protected. I hope that makes sense. Great!

Let me pop back over here and see where we are. So, I talked about this a little bit too, this is a problem. Again, there's something going on in the food that's either in the canned food that's not in CrockPet or that's in CrockPet that is not on the canned food so keep working on that

because this is definitely not normal, and I know we talked about this before. The other thing too is that I think you give him rest off of frankincense and myrrh which are very strongly moving essential oils. Do you notice that the stool gets better when he's cycling off of those two herbs?

Welcome to all of our new folks – Laya, Jeanne, Susan Riles, and Susan Riley who's been a very long – term client. Let's see, I've got a couple of other questions bear with me just a moment here. Sherry is asking about the CBD Ease. She feels that it is helping her but she shales a little when she gets up first thing in the morning when she's cold and that started shortly after the CBD, and you're using 25 milligrams a day. Sherry, what I would do is make sure that it is not creating an additional problem. Also, I would try a half dose for a week. So, if you're using 25 milligrams, then use 12 and half milligrams and see if that takes away the shaking and if it makes any impact on the amount of pain and discomfort she's having.

As far as other options there, things like T – relief, there is the pemf loop, and the assissi loop. I think we talked about a couple of these other things. And there's a handheld laser you can use at home made by Tendlite which works really well so check that out. So, if you're not familiar with it, it is a pulsed electromagnetic frequency product and it has been extremely helpful for many pets with arthritis. Bettina will tell you that it has made an enormous difference for two of her pets for pain and anxiety as well which they have a separate product for.

Susie is asking about Goldie. She's on some thyroid tabs, previcox, gabapentin, and about 3 milligrams of mirtazapine per day which is keeping your appetite up. Now, for the Assissi loop, I'm not sure if it's potent enough but there are human products as well. I think there's a matte type product, Karen. And Susie's concerned about detoxing her from so much medication. Susie, I would take this very cautiously as far as detoxing and what I would suggest doing is supporting the liver to assist it in getting rid of garbage. I think that right now if you cycle off of previcox, things really kind of go to hell in a hand basket so I would use milk thistle probably a hundred.

The capsules are weird because they're usually 175 milligrams to 240 milligrams a piece, and I would use one of those a day for three to four days and make sure that's okay. If that works and she doesn't get sick or anything of that nature, then I would suggest twice daily for a week on and then a week off. The other thing you could consider is liposomal glutathione to help support the liver but I would approach that with caution because it is pretty potent and if she's got a fair load, that's going to make it difficult. The reason I'm telling you to approach this with caution is

because she's 16 and a half, and you're doing everything that you can to just kind of keep things chilling. You're also saying that she only wants to eat meat and she doesn't really want veggies and so it's not really balanced. I think this is it. Anything she wants right now is what she gets because that's what's making her happy and that's what's making her stay with you in relatively happy form. Just keep doing what you're doing and I think you'll be okay.

Now, Susan had asked about Rico. They're saying he's got a large prostate which may be causing some of the issues he's having. He's scheduled for catheterization and x – ray next week. Hopefully, what they're going to find out for you is if this is like a prostatic hyperplasia as men get sort of a benign thing or whether there's some concern for prostate cancer but most often at his age it's going to be more than just inflammation or infection. Now, standard process does make a couple of products to help support the prostate and that may be one of the better options for you. Most veterinarians will routinely just say, "okay we got a neutering now" sometimes that's the truth and sometimes it's not. So, there's a couple of things you could add in. One of them is the prostate PMG which is going to help support healing the prostate, and then saw palmetto will help to kind of support it and for what I would do with any of the human products is use them for Rico size. Use them at half dose on the human label so you could consider both of these, Susan. I'll drop this into the comments.

I think that is the questions I've got for today. Let me just double check this sheet one more time. Okay, we're good to go. I will see you all next week. Keep the questions coming, you're doing a great job. Remember, your pet's best health starts in the bowl. I'm Dr. Ruth Roberts, your pet's ally.