

Ipet's Ally Q and A 05/31/2021

Good morning! I'm Dr. Ruth Roberts, your pet's ally. I hope that you all are having a great Memorial Day. Let me hop right over the Facebook page.

1. Is Klaire Labs a good taurine source?

As far as taurine, Klaire Labs is a 500 milligrams capsule. There's a powdered version as well which you can hunt up on fullscript. The Klaire Labs generally makes an excellent quality product, so for how much to give? Probably for each dog you can use a half a capsule per day and that'll give 250 milligrams of taurine per day so that's kind of where things are. Now, if your pup is not tolerating beef well, as far as the gut health goes, most of the products are beef based unfortunately, so I don't have a good solution for you there.

2. What are the best product you can give to a pup for brain repair and damaged retina?

Suppose your pup is having horrible problems with its neurological system and has a damaged retina. Few of the things you can do is to use lots of coq10, like 300 milligrams of coq10 per day to help the brain repair itself and get things working again. You could also use things like alpha lipoic acid at about 50 milligrams per day which helps to improve oxygenation to the brain. Finally, I would suggest using something like MacuGuard which is something that's designed to add in things like lutein, astaxanthin and all sorts of other good stuff that will help support both the retina which may have been damaged and the optic nerve.

MacuGuard Ocular Support with Saffron is designed for people that have macular degeneration and other damages to the retina, so I think this would be a good choice to add in as well to help get some vision back. The other thing you can add in is CBD. I would go with a relatively moderate dose here so something in the order of 5 milligrams and work up to about 15 milligrams over a couple of days. Horribly, if the vision does not return, your pup will acclimate and part of what the CBD will do is to help your pup calm down and not panic. Also, I think you can make things better by keeping her in a relatively small space so that she starts to learn the boundaries or learn where the things are in the room.

3. Is Quercetin safe to take long – term?

There is information out there that quercetin can damage the kidneys. In an that Rodney Habib wrote, he is saying that very high doses of quercetin which is appropriate, may be damaging to the kidneys. Now, is it damaging for everybody? No, it is not. Here's what the rest of the literature says: Using natural products is potential treatments for cisplatin induced nephrotoxicity. Cisplatin is one of the anti – cancer or chemotherapeutic drugs.

Now, where I came up with this idea for using quercetin for pets with elevated creatinine is from a paper of probably 10 years old now. The study was about people that has had organ transplant and they had to be cyclosporine for the rest of their lives to prevent organ rejection. The study looked at using quercetin as a way to delay the development of kidney disease because that is the target organ of toxicity for cyclosporine. What they found was that people that took it either had no elevation in their creatinine which is the way that they measure it in humans, or they delayed the development of significant kidney disease for many years which is pretty profound.

Also, there's another paper that shows that lo and behold, 8 years later, quercetin actually improves renal function and protect the kidney in a rat model where they actually damaged the kidney with adenine. The doses they were using were 5 to 10 milligrams per kilogram per day. So, for a 50 - pound dog that works out to about 250 milligrams per day, to me, that's a bit of a low dose for kidney protection. Typically for that 50 – pound dog, we may use 400 milligrams total per day, so that's been safe. I have seen for a decade now that animals either keep their creatinine levels stable or they actually go down to normal.

4. What organ meats are good to for dogs?

What I would not feed a ton of is liver because even if you've got grass – fed folks, liver is the organ that gets rid of garbage and I think adding a ton of it in is just not a good plan. Also, I'm reluctant to use kidneys as well especially in large quantities because they filter out the garbage. What I would suggest are things like small amounts of stomach, spleen, heart, lymph nodes, thymus glands and things of that nature. All in all, you want to have somewhere around 5% or less of these items in the diet. Again, that's part of what Holistic Total Body Support is for because you can get all of this stuff in one spot that I think is more balanced for supporting the

entire body. But I think you can use heart muscle in place of say a beef because it is indeed, a muscle itself. I hope that is helpful.

4. How does chia seeds help in making the stool better?

What you would do is basically the same recipe for rice. Say a tablespoon of chia seeds and 2 tablespoons of water, let it kind of fill up and absorb water then you can put it in into tiny ice cubes like how you do with the pumpkin and then just give roughly a teaspoon per meal. Feel your way up. Start with something like a half a teaspoon per meal, see how that is as far as making the stool better, and then go to a teaspoon maybe 1 tablespoon total for day. I hope that is helpful.

That's what I've got for you ladies and the rare gentlemen. I hope you all have a very happy and healthy weekend and stay out of trouble. On June 2nd which is a Wednesday, we'll be doing the Ipet's Ally ultimate – the zoom call, and Hanna will put the link in here for you. That will be at 4 P.M mountain, I believe. I'm excited about that because we're going to talk about food therapy, energetics of food, and concepts behind seasonal eating so it's a really nice drill down into what's useful and effective. So, until Wednesday. I hope to see you then. Have a great wonderful week and give everybody a big hug for me. Thanks!