

Ipet's Ally Q and A 06/07/2021

Hey there! I'm Dr. Ruth Roberts, your pet's ally. Let me hop over to the Ipet's Ally page and we will work through some of these questions.

1. What are your recommendations for blindness after a dental procedure?

In the Oral Repeated Dose Toxicity Studies of Coenzyme Q10 in Beagle Dogs - this is in dogs but this is the only article I could find on Coenzyme Q10, they were chronically dosing at 1200 to 1800 milligrams per kilogram which is going to be on the order of 900 milligrams per pound. Assuming your cat weighs 5 pounds, then that would be 5,000 milligrams per day. Based on that, I don't think that dose of 300 milligrams per day is too much.

My goal with these supplements is for you to unload these as quickly as possible to support your cat's brain so that's why the higher doses. Probably, what your veterinarian is concerned about with alpha lipoic acid is that it says that cat gets toxic at greater than 5.8 milligrams for a 1 to 100 pounds cat which doesn't make sense either, but cats 11 to 25 pounds can have up to 65 milligrams. What I'm going to do is to contrast that with the article published Tina Wismer who is involved with the Animal Poison Control Center. She is saying that the therapeutic dose is 1 to 5 milligrams per kilogram with a maximum daily dose of 25 milligrams per day. So, the minimum toxic dose is 13 milligrams per kilogram. For your cat, this would be 25 milligrams per day total. Let's say your cat's 5 milligrams again and the 13 mgs per kg is the toxic dose which is 32 and a half milligrams as the minimum toxic dose. Based on her information, I would say that 25 milligrams per day would be a reasonable dose.

Lastly, with MacuGuard and this is Ocu – GLO which is a product made for dogs and cats, notice that they also have 13 milligrams of alpha lipoic acid in there, a little bit of coq10, a little bit of rutin which is a great bioflavonoid, and then some B vitamins, zinc and things like that. The reason I don't say to use this formula is that it is hideously expensive compared to MacuGuard, and these are inappropriate doses to be effective as far as the vitamin C, vitamin E, green tea extract and all of that good stuff. So, if we look back at MacuGuard, the proprietary blend is at 173 milligrams. It's providing 10 milligrams of lutein and 4 milligrams of meso – zeaxanthin. The reason I'm suggesting this is not just so much for eye health but these are also very important in

improving brain health. The other thing is that the C3G – from European Black Currant extract, is also extremely helpful for brain health, so we're going not only to support the eye health as far as the retina and where the optic nerve comes into the retina, the macula, the optic nerve and reestablish transmission from the brain down to the eyes.

The last part is scheduling an echocardiogram to see if there's any underlying heart disease which I think is reasonable because it's going to help give you some idea if there's something sinister there that just showed up because her heart is under undue stress.

2. What is gabapentin?

Now, gabapentin is a different type of sedative. It is not used as a direct sedative and it is a really weird drug. It was used initially as a seizure control medication in humans but it didn't work very well for that, but what it does seem to do is interrupt this anxiety build up and so it is being used for calming anxiety for dogs and cats. It used for chronic pain control for dogs and cats and it's used for neuropathies as well because it seems to calm down that hyper excitability and hyper pain sort of wind up if you will which is part of the other reason it got used for pain control in pets – it helps to prevent pet pain wind up.

3. Will the supplements help my cat's vision back?

Can I tell you if all these supplements will help her get her vision back? No, but it's the best options that I can think of to clear or to improve clean-up of the garbage that happened in her brain because it was deprived of oxygen, and to restore and repair function to all of the tissues that were damaged. Another thing is that if you're not going to put your cat under anesthesia anytime soon, it is reasonable to let her heal as best as she can heal by doing some of these other things to help support the tissue healing.

4. What are the benefits of zeaxanthin and astaxanthin?

Interestingly, the zeaxanthin and astaxanthin seem to really have profound effect in the brain itself as far as being a great antioxidant. Part of the reason I am aware of this is that when I went to the Eyman clinic in 2017, I had about 10 of the normal blood flows going into my cerebellum which was part of the protocol that they put me on, so I'm using that information because they're research is quite good.

5. Is metronidazole a good long – term medication for diarrhea?

I don't like metronidazole so much but if you're using it short – term, I think it is okay because it does seem to reduce inflammation in the gut quite a bit. For probiotics, I would just wait until you finish the metronidazole or make sure you're giving your pup that 2 hours away from the metronidazole.

6. What is the best thing to do if you have an acute case of vomiting or diarrhea?

The best thing to do is to not offer any food and pull up the water so that they can't drink, toss it up and offer small amounts of ice chips until things have kind of calmed down. The heat throughout the entire world has just been crazy. What I think is that you have to be really guarded about heat. There are several ice pack type deals for dogs. If you've seen these little cubes like sheets of tiny ice cubes all held together, that's an option. They've got an insulated type packs so it doesn't create neck damage, there are neck coolers and all sorts of things. I think you really need to be proactive about the heat internally. Also, I would only use hydrogen peroxide if you're certain that your pet has eaten something nasty and you do have to be careful.

7. What does a pink toe and pads indicated in dogs?

Suppose that your pup's toes and pads have a slight pink color - on two of its toes there's a pink color and all the rest are black. If it's raw and nasty especially if it's on the outside toes, then that makes me wonder if your pup is just scuffing that toe because the foot's not moving correctly. If that is the case, then you would want to look at what's going on with that. Is this because of back flare up with the itching and scratching? If so, that's where I would use some booties to protect the foot so that it's not getting damaged further.

8. Is Denamarin effective for liver support?

I really never have seen Denamarin be terribly effective and so I would say just use plain milk thistle. Now, as far as the alk phos elevation it's mostly due to the prednisone and chemo as well. ALT can become elevated with prednisone as well. Again, let the GI stuff get sorted out and then do some milk thistle. And the OTC dose is somewhere between 175 and 240 milligrams. I would use one of the regular OTC capsules twice daily.

What I would suggest as far as liver support is actually liposomal glutathione because instead of putting things in there, they're going to push the liver harder to get rid of garbage when it's stopping. It's not able to get rid of it because it's in shortage of glutathione. If we supply the liver with things that helps it work more efficiently, then that becomes a much better option. liposomal glutathione is going to be a much better choice because we're going to give the things that many animals will need to improve the process. What happens is that your phase one detoxification gets overwhelmed and there's not enough glutathione and some other things to help get these toxic products from phase one into its phase two detoxification process, so that's why I often suggest that because if you add in something like the Adored Beast product, it's just going to be pushing more and more through phase one detoxification and that's just not going to help anybody.

9. What is the best vaccine detox?

What we generally recommend using is thuja and the mother extract. There's stuff that you can use topically and orally. People have used the topically applied product orally with their pets without any issues but it's not specific for that. Now, as far as Covid vaccine, what I found is a homeopath that analyzed the common side – effects of Pfizer vaccine and I think each remedy is going to be specific to the vaccine that you receive, and so that product is arsenicum album. Mary Jo and I both took it and we both had runny noses the day after each vaccine. For the first vaccine I felt kind of fluid for maybe 2 or 3 hours and then it was gone. Personally, I was very worried about it because a lot of my health issues started off in my 20s when I received rabies vaccine which unbeknownst to us, we were beta testers for the first human diploid rabies vaccine, so I was happy I sailed through that with really minimal issues. That's kind of the research I did and what I came up with.

10. What is the best thing to do when your pup is not having a good time with the orally given B12?

What I would do is look at how many milligrams are in the B12 shots your pup is getting currently. The reason I can't answer this directly is that the injectable comes in 1,000 milligram per ml strength and up to 5,000 milligram per ml strength. What I suggest is to look at how much is your pup getting, and then orally, I would start with double the dose because it is that difficult to absorb. Again, veterinarians love Denamarin and milk thistle because we've been told that's

what we need to give. But I just don't think Denamarin is effective. I saw plenty of pets comes into my office that had been on Denamarin for months and years sometimes with no change in their liver values, and then we started them on just plain old milk thistle and they started to drop down. So, there's a whole host of other things we can use to support liver function but I would just go with milk thistle.

11. What is the best thing to do if your pet has upset tummy?

If they've got tummy upsets, just kind of pick up the water and the food because if they vomited and they tank down a bunch of water, they're likely to vomit again. Use ice chips or things of that nature to help them get hydrated. If an hour or so has gone by, then you can start offering small amounts of water and food. Peroxide is used only when we know there's been some exposure to something nasty. Really, what I think you have to do is work on keeping them cooled off. There are tons of stuff out there as far as cooling vests and things of that nature, and I think that that's just going to be absolutely necessary.

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