

## **Ipet's Ally Q and A 08/23/2021**

Hey! I'm Dr. Ruth Roberts, your pet's ally. I hope that you're all having a wonderful day. We have lots of great questions from you all so let me pop over to the group.

Janice is asking about the post on understanding lab results and things of that nature. She's asking how to access the blog page, so all you need to do is go to [dr Ruth Robert.com](http://dr Ruth Robert.com) and click on the courses menu which is where we are. There's a lot of stuff in here that you all have access to. In fact, because you're all Ipet's Ally members you have access to all of them. I think what you are meaning to say is understanding lab tests in terms of kidney value. Hey, Susan! Good to see you. So, that's going to be here in the kidney health starter kit so if we click there. I can't remember which one it's in but it's in one of these modules so this will go through kind of everything, and then here's the download for the demystifying lab results.

The other thing you can do is anytime you've got a question... I'm going to pop back out to the courses so we can access the search bar. Like there's somebody asking about when to do puppy vaccines. You can just type in vaccine and kind of everything we have in there about vaccines is going to be there. You can click this "view all" button and it will show you everything we've got. Here's the protocol straight up with the YouTube videos so there's that. This is really just a huge wealth of information. We've worked hard. Hanna's been uploading lots of data every time we have a broadcast along with the transcript so it helps kind of keep you guys with information easy to get at hand. Good to see you too, Mae. And good news on Spirit that I'm seeing.

Kathy, congratulations for cleaning things out really simply. D – mannose is really quite amazing. It really does seem to dry things up. I'm glad to see Dottie so happy. And Lollie, this is an excellent question. Because I'm sort of out of the mainstream of veterinary medicine, I guess I got to start reading some of the journals about products coming out. So, suprelorin is this product. This is a New Zealand page but it's got a great video on how this thing works. This is fascinating. Essentially, what it is, is an injection of deslorin and this has been used for maintaining how well kind of helping to modulate breeding and horses so that they're most likely to conceive when they get artificial insemination. So, these two videos re really great.

In the intact male, the normal dog testosterone gives negative feedback onto the pituitary and tells it to slow down on the production of LH and FSH or speed it up if needed, and the way deslorin works is that it sits on the same receptors that would receive gonadotropin regulating hormone and down regulates it. It does decrease the amount of testosterone that's present. How much it does is the big question and so I will be downloading this reference list and go through it because the thing that's interesting is that we know that with neutering pets that we're taking away a terrific amount of testosterone and that is part of what's setting them up for problems later in life as far as incidents of cancer, joint issues and things of that nature. I am not sure. I think how much does it decrease the testosterone level, how much does it end up messing up the rest of the endocrine system? And that part I'm not sure, Lollie but I'll do some digging too. But it is fascinating because all of a sudden now we have chemical castration which is amazing because this is so much easier than actually neutering the dog and as you say, it wears off after about six months.

Evidently, it takes up to 6 weeks to ramp up and then it wears off in 6 months so maybe this is a way to help control population by giving the injection. Giving them at least 6 weeks of full testosterone so the body can kind of recalibrate based on what they're saying. Here it sounds like it's pretty closed to the level of actually neutering the dog as far as it would drop the testosterone low enough that you're going to have to reduce the amount that you feed, the coats are going to change and things of that nature. It's a very interesting thing but the adverse side – effects that they're reporting are very much about the short – term as far as swelling inflammation and then reducing the size of testicles which means there are not enough testosterone to keep them feeding and then having to reduce the diet activity level and increase your activity level because this is not an entire dog. So, I don't know. This is quite interesting. Thanks for pointing that out, Lollie. I'll do more research and then get something up about what else we could think about it.

Kaye is asking about puppies, vaccines and that sort of stuff. And Lollie, again, great information about the brood specific gloves because they do tend to be fanatics about the breed and things of that nature. Now, having said that, if we pop back over to the website which I didn't do; here's the vaccine and heartworm detox protocol. The other thing that's probably more helpful is about pet vaccines and what do they need, all of that good stuff. The thing is that most breeders will try to start at live 6 to 8 weeks, you're correct. There is some evidence that parvo by itself is

warranted that young, but the vast majority of them don't really need to be given until about 12 weeks of age. The distemper fraction of the parvo tends to actually be immunosuppressive and so for that reason we try to wait until 12 weeks. If we booster again at 16 weeks, they really should be good to go for a full year at that point you can start looking at things like titers but frankly, in my experience I would suggest to booster again at that 1-year mark after the second vaccination, separate the distemper parvo and the rabies. I would actually do the rabies as a puppy, so 12 weeks for distemper parvo, 16 weeks and then something like either 14 weeks for rabies or 18 weeks so that you've got them spaced apart, and then use the thuja at one drop for 10 pounds of body weight twice a day for 5 days after each vaccine.

Here is Lollie's super helpful information. This question of neutering – do we neuter chemically? Again, I think going out at least 2 to 5 years because that way we don't have to worry about handicapping their immune and endocrine system at such a young age. There's a video of Canada, which any place the Spanish have been is named that. But this is an amazing temple very close to San Miguel de Allende. It was a place where the all of the tribes would come through and rest and pray. It was just a lovely day there.

Mr. Willie is doing great. His face does look a boatload better so that is wonderful to see, Jamie. And I think that you've got such a wonderful team. I think he was just unloading stuff out of his body and whether that was the chemotherapeutic drugs itself or just die – off products from killing the cells, who knows. But he's looking a boatload better. Yes, expelling heat. It just came through skin instead of everything else. It makes sense to add in the thyroid support so good news for Mr. Willie.

Mr. Bear, what did you get into? I hope that things are going well, Bettina. Keep us posted on how he does. I think Murphy was your problem child as far as eating stuff. And Maes good news is that things are improving. Yes, it's pretty normal to have an up and down. Now, the other thing I want you to think about is if yesterday's bowel movement was really nice but today's normal and the rest of it is soggy, then what you want to start thinking about is what did he eat yesterday where there may be something in there that's a problem. This is where kind of having a food and poop journal may be helpful. If you write down whatever it is that he ate yesterday and the next day so on and so forth, if you can see a trend and one of the two things is going to happen; one is that if there is something in one of the batched of food that's a problem, you're going to see

this happen consistently and so it's going to cue you in to look at the day before batch and possible even 2 days before so you can switch things up and then if you need to you can change up some of that batch of food to help support his gut a little bit better if it's a consistent issue because it does take a while. He's been having problems for a while so it may be a back and forth of getting better.

Janice is cooking for Rosie. For Rosie, I would not use primal because this is going to be super high in protein same thing with Dr. Harvey's because they take more of a fermented raw approach. I've had people say that they really enjoyed Dr. Harvey's but again, you do still have to cook the meat and then add in the Dr. Harvey's, let it absorb water and all that good stuff. I'm not sure what you're trying to accomplish, Janice. If you're looking for food that's easier to travel with or what exactly, but because she is doing well with where she is on the protein level, I would not increase that. So, out of those three I think Dr. Harvey's may be the best bet. Do watch it because the base is always the same. I've seen a number of pets develop food sensitivities to the broccoli, and the oats I think is the other that he uses.

I think that is it. Let me check my cheat sheet. Yes, I think we're good. That's what I have for you this week. I hope that you are all enjoying the dog days of summer it's a little cooler. I think for those of you that are on the West Coast you're still dealing with lots of wildfires so hopefully that will start to cool down shortly. Until next week. You all take good care of yourself and we'll see you soon. Cheers!