

KEEP MY PET HEALTHY PROTOCOL

An ounce of prevention is worth a pound of cure. Staying healthy takes effort, and when your pet is healthy this protocol is simply part of the daily routine. **Eat, Move, Meditate, Reduce Inflammation, & Keep The Gut Healthy.**

OPTIMAL NUTRITION

The Foundation of health is a healthy whole foods diet, not Highly processed chicken and corn. If you haven't started home-cooking for your pet, The Original CrockPet Diet is the safest, healthiest and easiest diet for dogs and cats to make at home. The Original CrockPet Diet is also complete and balanced for all life stages according to AAFCO standards.

- [The Original CrockPET Diet for Dogs and Cats](#)



SUPPORT GUT FUNCTION

Health Starts In The Gut.

The gut's microbiome (bacterial inhabitants) can have a direct effect on the nervous system and can therefore contribute to behavioral issues.

Dogs given probiotic supplements can respond better to external stressors and are generally able to maintain a more positive emotional state.

- [Fidospore](#)
- [Megasporebiotic](#) (for pets with beef allergy)



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

PREVENT INFLAMMATION

Consuming a balanced amount of Omega-6/Omega-3 fatty acids (also known as a lower Omega-6/Omega-3 ratio) can provide a number of health benefits.

The EPA and DHA help maintain cardiovascular health, promote healthy serum triglyceride levels, and enhance cognitive health. The DHA helps with proper brain function by influencing the neural membranes.

- [Crockpet Fish Oil](#)
- [Calamari Omega-3 Liquid](#)



Turmeric and Curcumin help relieve joint aches and pains while protecting your pets' digestive and immune systems.

- [Herbal Turmeric Curcumin](#)



WHOLE BODY SUPPORT

Glandular supplements can be a vital component of a fully balanced diet. Many essential nutrients cannot be obtained from plants and meats alone.

A high-quality gland-based multivitamin can fill in all of the missing holes in your pet's diet, and support the endocrine system with essential raw materials to keep it working efficiently.

- [Holistic Total Body Support](#)



Myc-Pawz for dogs and cats is a full-spectrum blend of eight mushroom extracts used to support immune health.

Myc-Pawz possesses a wide range of beneficial actions, including the support of a healthy immune response, a healthy response to stress, cardiovascular health, and detoxification.*

- [Myc-Pawz \(8 Blend Mushroom Supplement\)](#)



KEEP YOUR PETS MOVING

Movement is one of the most overlooked Health Span Increasers. We know exercise is good for us, keeps our joints supple, our brains and GI tracts functioning smoothly, and our Muscles strong.

The same is true for our furbabies. Commit to adding movement and exercise into your pet's life, even if it's just 5 minutes a day. To keep your pet from getting stiff, Do Tui Na at least 2 times a week to help keep your pet limber. Passive stretching can help pets maintain flexibility.

- Learn [Passive Stretching For Dogs](#)
- Learn [Basic Tui Na](#)

MEDITATE WITH YOUR PETS

We know meditation has huge benefits for us for relaxation, stress reduction, improved emotional health, and overall wellbeing.

How about our 4 legged friends? If we can relax and calm our breathing, our pets often will sit with us and do the same.

Start Simple. Plan to sit comfortably for 5 minutes with your furbaby, Lotus position totally optional.

Insight Timer is a free app that will allow you to use non-jarring signals for the start and end of the mediation, and a timer.

Work your way up to 30 minutes a day for best effect.

- [Learn Passive Stretching For Dogs](#)
- [Basic Tui Na](#)

CONTACT US!

If you need help with selecting products for specific conditions for your pet please don't hesitate to contact us via call/text/email



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