

## **Ipet's Ally Q and A 09/20/2021**

Good morning! I'm Dr. Ruth Roberts, your pet's ally. I hope that everything is doing well. And you all have a bunch of good questions. I think Karen has some questions which we may or may not have here in the Facebook group but let me pop over there first.

I know Jamie got the chance to catch the medicinal mushroom, and we talked about how they can cause a potential allergic reaction so she's going to check that out by stopping the mushroom product she's got and see if things get better for Willie or not. And Laya, I did talk a little bit about fruiting body and mycelium. I know there's a lot of people that divvy this out and want to do everything fermented but what I found is that taking the whole plant, in my research, was more effective than any particular plant. That's kind of what I found. The extracts that are in the micropause are full plant extracts. I hope that makes sense.

I saw this guy walking down the street with these dogs and everybody was like super chill and having a good time. And Lollie, with the hot weather, your Scotties are not having a good time. Yes, eight attacks by loose Pitbull are just insane. If you are a boater, you can get these air horns that will like seriously break your eardrums and so that may be another thing too to kind of scare them off. I had pups that were traumatized by the boat horns though so they are pretty loud.

Kaye is asking about a crusty area around the eye of her 15 years old Westy and the vet sort of blew you off a little bit and then you've got another one around – the other eye and the mouth now. Unfortunately, at 15, demodex is a concern and so you can get a skin scrape done to see if there's demodex presence or not. I would not use Bravecto, which is an oral chew that's given and works for about 3 months. The other thing that gets used for demodectic mange was ivermectin at high doses but the problem is that because ivermectin is a GABA inhibitor, which is a neurotransmitter that can really be a problem as far as creating neurologic issues secondary to the medication. The other thing we used to use; and I know this because I am old, is Goodwinol. As you can see, the main ingredient in here is rotenone which is pretty bizarre. Rotenone is a growth producer for plants. The majority of this other ingredients are frankly to smother the mange, so you can check that out. But this is one of the old – fashioned ones.

The other thing is that for older dogs that are developing demodectic mange, it means that there is an immune dysfunction at the level of the skin and so one of the things you may consider using is Immune Support by Standard Process. I've used that pretty successfully with some of these older guys and then you'll definitely want to double up on your probiotics as well. But these are ways you can approach treating it without creating problems within the gut. The Canine Immune System Support is the smaller size which is appropriate for Westy. Hiyo is taking this for a couple of different reasons. She is 7 pounds and so she takes an 8th of a teaspoon. For a Westy size dog, I'm guessing it's going to be an 8<sup>th</sup> of a teaspoon twice a day, so you can check this out too. But that's going to help the immune system and you can also consider dermal support but I think this would be more appropriate.

The other kind of things is just skin infection, allergies, autoimmune type disease and things of this nature. But if this is relatively new and there's something else going on, then demodex, sadly, is a good option or a choice to think about. The other thing is that if it's not demodex and you get several negative screens scrapes, it could be a bacterial infection which is where you could use some of the CBD products that our friends at CBD Dog Health make. They've got one for itchy skin and then also soothe. I think the soothe version would probably be your best bet as far as the CBD products go. Again, because CBD helps to support the immune system function, this is going to help correct it at the level of the skin so check that out too. I hope that's helpful, Kaye.

Bettina, this is hard to see. If this opened and drained, it may be that an infection got in there. What I am a little concerned about is that I'm not sure if this is a raised mast or not because it's just so dark. What I'm a little concerned about is that if this is a raised mass, this makes me think of things like mast cell tumor or histiocytoma, which is a benign version of a mast cell. If it looks like it had drained a fluid, I would suggest doing to kind of check it and keep it cleaned up with Epsom salt. Keep the infection cleaned up and if you're not seeing any improvement or if this is indeed a raised mast, I would get it biopsied which often can be done to make sure that there is not mast cells present.

Mast cell tumor are pretty common unfortunately in the Bully breeds and especially in the Boston Terriers so we get that checked out if it's raised. Again, if it looks like it's draining stuff, I would do Epsom salts and then sort of pack it with your favorite topical antimicrobial. You could

use a CBD salve. If you've got some mupirocin, you can use that topically, just keep things clean. Hopefully it will drain out and more do not develop. Hopefully, it's just a wound and something got packed in there. I hope that is helpful.

Bettina, you are just not having a good run of luck with your pups recently. Oh! And I wanted to check in on you to see what Dr. Lisa has suggested about the tissue mineral analysis for Bear, so let me know how that went. And Mr. handsome Willie is hanging in there. So, you're stopping palladia for now and seeing what's what and then reassess in a couple of weeks to see what's going on. Diarrhea is rough and herbal is on board. Let me check on the questions here. See if we've got that. Maybe that one's on my personal email box. Hang on just a minute.

Jamie, if you're watching, pop those questions into the comments please. I don't see them and maybe we didn't get those caught up. Maybe Hanna and Pol didn't get those caught. At any rate, let me know how you did on stopping the mushrooms if that made a difference or didn't make a difference because unfortunately, if he's demeaning about that it could be a problem. Let me just check the other email box too.

And while that is loading, I'll talk about Karen's pup. So, there's a new diagnosis of SLO. Interestingly enough, I was talking about this with Catherine and her pup Henry the other day. Thankfully, that's probably not what's going on for Henry. But this makes sense as far as things just kind of got worse and worse. So, as far as the options that you've got here, what I ended up doing with nail trimming in several of these dogs in the office is to actually trim their nails under anesthesia because we all know it's going to hurt that way I would give an intravenous infusion of propofol, they'd go down very fast, we'd cut everything off, remove broken nails that were kind of loose at the level of the nail bed, get the feet flushed up, put a little light bandage on and they'd walk out the door much happier.

Now, in practice, doxycycline and niacinamide is something I did use because doxycycline seems to have an immunomodulating effect and I think that in this situation, it is very helpful. What I would use is the microbiome Mega Spore probiotics along with it because they have shown that they have efficacy in replacing the microbiome before things kind of go sideways as far as the gut function. So, check that out. If you need help finding anything, always feel free to email Pol or Hanna at the [dr RuthRoberts@dr RuthRoberts.com](mailto:dr RuthRoberts@dr RuthRoberts.com). But Mega Spore probiotics, I would use the doxycycline and niacinamide because it just seemed to help get things going faster.

Now, with the Omega 3 fatty acids, this is where I would use a much a higher dose and actually consider the 100 milligram per pound dose, which is going to give you a dose of about 2600 milligrams of Omega 3 fatty acids per day. The primrose oil makes sense, the vitamin E makes sense, the biotin makes sense, gelatin makes sense and then the other thing you could consider too is a collagen product, especially like Dr. Axe's 5 types of collagens in there. Traumeel is fine, and I would not add more St. John's work because it can create photosensitivity and actually kind of worsen some of these things so I think this gets used quite often.

Karen's asking about the Nutramaxx Welactin Advanced. I've not seen really good results with this. I think that it's very expensive so I think you're better off buying a good collagen product that's going to help with the hair and nails. Great Lakes is a good brand but again, I would consider using Dr. Axe's. I think it's called Ancient Nutrition Collagen. We use it personally, and we use it for the cat and the dogs. It's a multi – collagen protein powder. This is the ancient nutrition collagen powder. The interesting thing is this is one of the few that I found that includes type 2 and 3 which is for skin and nails, and then type 2 for joints. He also includes type 5 and 10, which evidently are part of the scaffolding that's needed to actually use those other three types of collagens. So, this I would check out. I would start with something like a quarter teaspoon and work your way up to a teaspoon per day.

I'm going to tell you not to use this though if he has chicken sensitivities because it does include some chicken proteins. If he does have some chicken sensitivities, then look for Great Lakes. This is another super high-quality product. It's all bovine in origin so as long as there's no beef sensitivity, you're golden. We use this one for a long time personally but what I found is that the Dr Axe stuff just works substantially better. We can see it for ourselves personally but also for Hiyo and Pepe, we see them having better hair and I think that's not an unreasonable thing to do. The other thing Karen is that now you have this diagnosis of autoimmune disease. I think this is where we have to really circle back and work on the gut and so if you're concerned about food sensitivities, work through the things that you're concerned about and remove them from the diet for 3 weeks and then you can start adding them back in. Again, you can use the glacier peaks test as kind of a great road map to help decide what my pet's sensitive to, what my pet's not sensitive to and so you can check that out as well.

Let me see if the email has popped open. Woah! Too many emails here. Here we go. Here is Jamie's email. So, liver enzymes are still elevated and gradually going up. It's hard to know how much of that is related to the pred and how much of it is due to the pred. This is where we used to say the pred only elevates the alkaline phosphatase but in reality, it can elevate ALT so if you're going to go with liposomal glutathione, I would give a teaspoon twice a day because that's going to get you to the right dose. Now, if you got a THC combo product with CBD, I think that's okay. Again, the 0.5 milligrams of THC are where you want to start. If you got one of each of these, that's great. I would try the indica because this is going to have more effects as far as the body goes. The CBD dosing though is going to be low so you would want to shoot for a patient with cancer somewhere between 35 and 50 milligrams per day. See what you've got. If this is a relatively inexpensive way to use the CBD, go for it but if not, then I would consider looking at the CBD Dog Health products.

With the THC, if that's making him feel better, what you might consider is a half a milligram of sativa in the morning so just shy of two drops that's kind of hard to do and then a half a milligram of indica in the evening which will help more with sleep. You mentioned too that he's getting super itchy even on the pred. If you haven't, I would try adding more quercetin because it sounds like he's reacting more with the histamine, and then the other thing is let me know how he did come off of the mushrooms and see if that improves the itchiness or not.

First step is to relieve the symptoms, so you could give him quercetin of up to 400 to 800 milligrams up to 3 times a day. That's bordering to that dose where we start to worry about the kidneys a little bit but frankly, I've never seen that clinically so carry on with that. The thought of Apocaps is a good idea but I don't think that the dosing is appropriate as far as how they work. I don't know if you ended up starting poly MVA or not but I would consider that because I think you had mentioned you were going for that. Okay, it would be nice to just see the dose of what's in there. I just don't think that the dosing was appropriate for a lot of these things, and you can't really tell kind of what's what.

Interesting! For the export, they actually had to spell it out. Lecithin 50 milligrams, glutamine, taurine, and zinc. I think you can do this. Whatever you don't have here in your current profile, I think you can work this out. Interestingly too, they pulled alpha lipoic acid out of this as well which is fascinating. I think there was a paper going around saying it was toxic to dogs

although I never saw that clinically. They're pulling their beta glucans from oats, which is okay but pull your mushroom products and see if that gets the itchiness better. If it doesn't, add it back up and consider pumping the dose up. Yes, I think the rest of this you can do much less expensively, so I hope that helps.

Jamie, if I missed something, let me know. But Willie is rocking on. It's good to see too. I mean, he's pulling both of his ears up now so whatever was going on with that nerve palsy, for lack of a better description, seems to have resolved. Karen, we got that. Let me spin this up to make sure I haven't missed anything and check my cheat sheet. I think we got everything. I'll just double check here.

All right! We got it. That's what I've got for you this week. As I said, we'll be talking about PICA in pets for next Ipet's Ultimate and that will be on the 28<sup>th</sup>, and then I'm going to information about the Omega 3 on the 28<sup>th</sup> as well and we'll go from there. So, until next Monday. You all have a wonderful week. On the 28<sup>th</sup>, the Ipet's ally will be at 5 P.M central time. Karen, the standard process is going to be available now. Actually, they started shipping it. They're getting caught up on pre – orders but my rep was telling me that it should be flying out the doors here pretty quick, so rock it and go for it. If you're looking at an autoimmune disease, you definitely want to use a higher dose in the order of 100 milligrams per pound as we discussed.

Alright! You all take good care. Until next week. Give everybody a big hug and a kiss for me. I'm Dr. Ruth Roberts, your pet's ally. Thanks!