

Ipet's Ally Q and A 10/20/2021

Hey! I'm Dr. Ruth Roberts, your pet's ally. I hope that all is well and life is good for everybody. We've got some great questions today so I'm going to pop over to the Facebook page. If you weren't on the last broadcast, we do have a broadcast with Angela Ardolino coming up today at 4:30 p.m. I apologize we'll get the link for that up in just a minute. The other thing is that tomorrow at about 5 p.m. central time, I will be doing live on Facebook about our experience using (PEMF) or post – electromagnetic frequency loops to reduce anxiety and pain. How that worked out for both Hiyo and Pepe has really been quite a great experience.

Let's pop over to the page for Ipet's Ally. And Susan, that's a fantastic news on Abner but that's really disappointing that he's been treated for glaucoma for 2 years and he doesn't have it. He actually has a viable retina, which is great, so wonderful! Hopefully, they've gotten the lantana pros drops available in the U.S. This is a drop that's been designed for pets that have diabetes, and what they found is that it reorganized the fibers and prevented cataracts although hopefully, it can actually reverse cataracts to some degree as well.

Mae, I think we got that answered. So, for water filters that are affordable, check out Berkey because they take out everything. That's something we've been travelling with for 3 and ½ years now. They do an outstanding job at taking out all of the junk so check that one out, Susan because that may be worthwhile. They're like 300 bucks and I think we have to change the filters every year or so. Then we have our winners for the VF Omega 3.

It is kind of crazy Kathy, that they want to sedate Daisy and flush her anal glands under anesthesia. Most of the time, they're filling up because of allergies to some degrees so if it's only been 3 times a year, I wouldn't worry about it. Hiyo's anal glands may be twice or three times this year. We had some crap in the air we were dealing with that was kind of creating allergy issues for everybody, so see about that. I mean, I usually see her anal glands when we're doing a bath but she's also tiny. Generally, they don't get impacted but do get them checked out. It's so nice to see you with both the girls. That's such a lovely photo. Do make sure they're not impacted, but if she's only scooting for 10 seconds most mornings it may be that she's slightly irritated and then she goes to the bathroom, passes a bowel and that may be taking care of the ana glands too. You can do warm compresses. The other thing too is that you can use quercetin if you're truly irritated.

Spirit had salmon for four days and on the third day, he had turkey. I'm adding one tablespoon of smashed beans each meal, some stools are nicely formed but some are formed and mushy. Heartworm pill caused a day or so of muck. Yes, this has been an interesting thing. It turns out for Spirit that his stool quality is better with beans and so the question we're trying to answer is does it make a difference with which protein that Mae is using for Spirit. Correct me if I'm wrong Mae but I think what you're saying is that the salmon for four days, the stools were okay, or is it the stools were kind of formed but mushy at times regardless of whether you were using beans or no. I think what you feed consistently that does not create problems is the bison and so frankly I would do that. Add in some beans with that as well to keep things kind of calm and then go from there. Drop a comment in here if something else is the case because we don't want to leave you hanging before you head out of town, so if I didn't answer that correctly, drop a comment back in there, please.

Yes, beans help it all. Mae, what I would do since you're going out of town, do bison and a little bit of beans to help keep things all happy hunky – dory and then when you get back, try a batch of salmon. Again, try the bison and beans for while you're out of town and then if the babysitter needs to, she can add a little bit of chia in. And beans seem to be helping for a few days and then things fall apart. It's been fairly mushy for days on beans for over a week. Try rotating your fiber sources, so one day do bean, one day do chia, one day do turnips because I think all of those things were helpful. If you can rotate between them hopefully it will prevent you from having bad days in between. Let me think on that a while. I'm not sure what else to help you with but I would try rotating the fiber sources and then see if that helps keep things more consistent.

Karen's asking about eliminating beef and chicken and should she also eliminate Holistic Total Body Support. I would because it is beef based and what you need to do is take everything out of the diet that is beef based so you've got a clean answer. Pam, you can go ahead and use pumpkin since that was helpful before. Pork is good as far as digestion and then what you will need to do Karen is to find two other protein that do work so you can make up ideally a routine and elimination diet. I didn't realize that Great Lakes has a pork gelatin, so I would use that in place of the collagen. Unfortunately, like you say the collagens are all beef – based. And as far as is there a fish – based collagen, I think that's something you'll have to do some digging on.

Okay, so pork, turkey, and pollock – you can use those. Just skip the collagen for now and then do use the gelatin because that will help. It probably says that a tablespoon of gelatin is the serving. I would start with something like a quarter of a teaspoon and kind of work your way up. I'm sorry I can't remember how much your pup weighs, and then all grains came back in red. She's done seemingly well on teff and sorghum which is not on the list. Did any of the legumes come back as red or no? Plantain is possible if banana is not highlighted red. Ideally, you would find another carbohydrate source so if you can't, then 24 pounds. I think probably a teaspoon of gelatin a day would be the total dose but kind of approach it slowly so that you won't end up with a nasty surprise. If beans are all green, then I would start with something like lentils and test that and make sure that she can digest it well. You can also look at black – eyed peas and then navy bean or lima beans, those are relatively easy to digest. So, you've been testing pork and that worked well. But test the legumes and start with lentils first because they are the most adjustable. For now, I would leave out any new supplements because you want to be super clear about what the food is not doing or is doing for your pup. Like what Kathy says below, she had to pull out HDBS because it just created problems back for her.

Karen your question about taurine is a good one. Theoretically, dogs don't need additional taurine but what happened with the grain – free diets were really interesting. Again, grain – free commercial diets are going to be 65% to 75% carbohydrate but in this case, the carbohydrate is beans. Because you are feeding a more balanced diet as far as like 30:30:30 split between protein, fat and carbohydrate, this should not be an issue. But if your pet has heart disease, I would consider adding some in, and if she's 25 pounds, then somewhere in the neighborhood of 250 milligrams. As far as the vitamin, I would use the two – a – day that Kathy mentioned. Let me pop over to the page for you so I can show you that. I'm sorry I don't have the dosing right with me but Hanna and Pol can get that for you. But I think for 25 pounds it will be something like a half a tablet a day.

Karen, I think that there's a lot of in the news about this but I think it has been way overblown because no telling how those legumes were processed and again, the dose is so high that though even though they may have been prepared properly, they're going to have too many lectins in there and create problems. Also, the other consideration as sort of research goes is that

it may simply be just way too much fiber and so that's absorbing or preventing absorption of taurine into the diet. The way the CrockPet diet is set up, I don't think this will be an issue.

Pam, a table spoon of chia to a like a quarter cup of water, so you want it to kind of absorb and that sort of stuff. So, when should you start the two -a - day, Karen? You should start it when you stop the Holistic Total Body Supports. If it's a week, it really is okay. The idea with the rotation and elimination is that you're going to do this for somewhere between 45 and 60 days and then once you're sure that everything is really good and there are no more issues, and you're starting to see improvements in SLE symptoms, then start introducing things and starting them. Beef would be of the first things you would test. What that means is that you would give somewhere in the neighborhood of about a half a tablespoon per meal for three meals just like what you've been doing with the pork and then wait a total of 72 hours to make sure that has not created a problem. If that's okay, the try feeding beef a little bit more frequently. But if it's a no, then no, you would not be able to reuse Holistic Total Body Support. There are some other ones we could look at more long - term but this product has been the easiest to use because of doses.

You can try plantains for carb sources if they are not red but because you are going to be using beans, I think you're in good shape. There are a lot of benefits to beans as far as being a slow carb and preventing sugar spikes which will be helpful for the SLE too. I hope that makes sense. Let me make sure. Gain, you're going to test beef after you have completed the 45 to 60 days of the rotation diet. Sometimes we get lucky and sensitivity clears and you can go back to using that on a regular basis but just not all the time. As Kathy told you, her pups just cannot tolerate beef at all. She tried to reintroduce it and it was great problem. With the plantains, I would get them fairly ripe because they are high in resistant starch when they are uncooked and that can create unhappy tummy issues.

The things with plantains are that they are lower in sugar than bananas but they are going to be pretty high relative to beans so I would check it out with beans, see what's up, and then go from there, and try reintroducing grains once you've gone through that whole rotation diet. Let's see. Karen, I'd need to see the report, to be honest with you and to be able to speak to that a bit better.

So, Mr. Willie - poor buddy. The ticks are interesting. I wouldn't be surprised if he's maybe getting a little lime or something going on there if it's shifting legs, so check that out. It may not

be unreasonable. I can't remember Jamie if you are using doxycycline or not. I don't think you are but that may not be unreasonable. And if his lesions are getting worse and super itchy, I would try using quercetin at a fairly high dose. For Willie, that might be 400 milligrams up to 4 times a day because that's looking pretty rough and it sounds like he's uncomfortable too which is not good. If he's super itchy, that's just miserable.

Ozone, I think, will be quite helpful. I'm not sure. I mean, you can look at fecal transplant and see if that helps just because it's going to help get the good guys back in there. It's going to be interesting how that will work with the palladia though, that would be my concern. I'm not sure how that will affect the gut microbiome. Thank goodness for Mr. Willie who's still happy and thank goodness for you who's still plodding through and finding other options for him.

I think that is the list of stuff on Facebook. Susan, no. I think small dogs do. I mean, in my experience, glaucoma was more common in small breed dogs and it's weird because there's kind of a genetic issue with it. Also, the classic one is closed angle obstruction. Meaning that in the eye itself; if we think about it; here's the iris and then here's sort of the cornea coming out here. There's an angle down here where intraocular fluid is supposed to drain to maintain pressure equilibrium and so sometimes that gets plugged up for one reason or another. Yes, that's really disappointing though that everything that she'd been treating for so long and then boom. No, really, it doesn't have glaucoma.

I'm glad everything is back on course, so that's what I've got for you this week. We'll get you the link for my conversation with Angela today and then we will have another tomorrow about the pemph loops. Really, I have Bettina to thank for telling us about her experience and I think everybody that's tried them has had great success with it. So, until next week. Give everybody a big hug and we'll talk soon.