

## **Ipet's Ally Q and A 11/01/2021**

Hey there! I'm Dr. Ruth Roberts, your pet's ally. I'm sorry for the delay my internet died but thankfully it's back. At any rate, you guys had several great questions so let me pop over to the Facebook page.

With Cushing's disease, what you have to be really mindful of, Susan is if did she actually get diagnosed with Cushing's disease or is her alkaline phosphatase just super high, and there's a huge difference. Diagnosis of Cushing's disease involves using ACTH or cortisone to do a pre and post test to make sure that it matches up and really that there is indeed, Cushing's disease. A lot of vets will do these tests because the ALP is high and those tests can be positive but then does the dog really have Cushing's disease or are the balance of hormones simply out of whack and things need to be taken care of?

The other thing that's really crucial here is that there are two forms of Cushing's disease: One is in the pituitary gland where too much ACTH or adrenocortical stimulating hormone is produced and thus creates too much cortisol production from the adrenal glands. The second is an adrenal tumor, which is frankly, a lot easier to address if it is not involving a lot of the vena cava or the arteries and things of that nature. So, you need to make that distinction. And Jamie is absolutely right. If her symptoms are mild – she's not panting constantly, puking, drinking tons of water, urinating tons of water, she's not having tons of polyphagia, eating a lot, losing weight, calcinosis cutis where they actually form little calcium nodules into the skin, losing fur and things of that nature, then I would take a much more conservative approach because frankly, the medications are not fun to deal with.

In clinical practice, this is the disease I hated the most because once we committed to medication regardless of the form, it just was almost impossible to keep under control. So, what I would suggest is to use things like Standard Process. Adrenamine is a good one, liver hepatic support is actually a better one because in many situations what's going is that the liver is just flat overwhelmed and it can't get rid of the excess amount of hormones. When I saw patients that we could treat early on, we used liposomal glutathione and hepatic support. We used a very low carbohydrate diet. It was not quite keto but pretty close because the more sugars the more inflammation the more the hormones get out of whack, and then make darn sure that thyroid

function is normal there's kind of like this unholy trinity of Cushing's disease, Hypothyroidism, and diabetes so this is definitely a nasty endocrine disease. But those are the things that I would start with. Just keep plugging through it. Delay starting on those meds as long as you can. Hopefully, this will help you, Susan.

You can set up a consultation. I'm happy to do that and work through things with you. Bring us more specifics next week on what is the diagnosis based on. What was the ACTH stem test or the cortisone stem test? What's the alk foss? What's the other symptomatology she's experiencing? I hope that is helpful.

Thanks to Bettina and her friend Catherine for these marvelous treats. And Spirit is finally doing some decent poop and then the stools gut mushy again. I think you could try some turnips and see if that creates a problem or not. Yes, take the turkey out and see if that gets rid of interruptions. It truly maybe that he is sensitive to turkey. I think your idea of taking out the turkey because you're seeing this seems to be associated with. A few days of turkey is a good one but I would not add in turnips after all, and just keep working with what you've got already. Rinse and repeat bison and salmon and then rotate your fiber sources too.

Let's see what else we got here. The grand dog is now on quercetin nettles and the fish oil. None of those will interfere with levothyroxine. And Jasmine lives in Ohio and daughter says the itchiness is year – round. Right on, Jamie. I have to take T3 and a lot of quercetin to keep thing under control. This is where I would consider allergy testing and looking specifically at dust mites, grain storage mites and molds. Heska did a good version of this test and they were also able to develop a hypersensitization therapy, which is oral and that seemed to create a great deal of relief for many of my allergy patients in South Carolina. Have her take a look at this if she hasn't already and see if that offers some help as well.

Little Dottie is having trouble jumping into the car. Usually, Kathy, this does mean there's something going on in the front end. Often in the neck, shoulder and things of that nature. That is probably what's going on. Yes, probably there is some discomfort happening and so what I would do is take a look at how is she moving. Do you notice her head bobbing? Do you notice her having difficulty going up the stairs and things of that nature? Get your veterinarian to take a look in the head and the neck region and see if something can get pointed as to the cause. This is a situation where an Assissi loop can be super useful once you have kind of pinpointed the area that's coming

from. Frequently, it's going to be in the low cervical vertebrae and then in the upper thoracic vertebrae where there is an issue. And if you're not using joint supplements, then please do add that in so either ArthriSoothe because this does not have chicken, or ArthriEase GOLD or some other supplements that would work for the girls based on their food sensitivities.

Mr. Willie does look pretty rough. Jamie, this is an impression, and maybe it's wrong, but it seems like every time he comes off of palladia, things get a bit worse. Maybe it wasn't controlling things but it seems like it was keeping stuff in check. BotaniHist, I don't know that one but I'm anxious to hear what else you come up with at your visit with Dr. Lisa and with Dr. Karen too. I don't know that one at all but let's take a look at it. The ingredients are quercetin, stinging nettle, vitamin c, bromelain and acetyl cysteine. That's an interesting combo and it does help with reducing irritation. So, keep us posted and let me know if it does work better for him or if it does not. I'll be interested to see that.

Sri was asking about the dog aging project. I signed up for this a year ago and I got a couple of emails but that's kind of it so I never saw really anything else come out of this. I know that they are working on getting surveys out and thing of that nature and that's designed to be a 10 – year study – Framingham study for dogs. And I'm wondering who they're partnering with the genetic testing. I am betting you dollars to donuts that it is coming from Embark who I will speak with tomorrow. This one is out of University of Washington and Texas A&M, but I's kind of going to be interesting to see kind of what they come up with. This is going to be 10 years before we get any solid results and what I'm hoping is that by looking at the gene profile of individual patients that we can begin to make some recommendations about what to do and what not to do as far as supporting pets' nutritionally and with supplements in terms of keeping them healthy. I think we've got everything there.

The other thing that's pretty interesting is that I ran across a book called *Pet Food Revolution* by Ernie Ward and a couple other authors. What they're doing is actually exploring what I've been saying, the fact that our pets are eating something like 25% to 30% of the proteins produced in the United States and at some point, we have to start changing things or the environment will change things for us. What they're trying to do is to incorporate more plant – based proteins, lower protein diets and that was one of the other interesting things in the natural animal course. The NRC recommendation for protein is at something like 8% to 10% per day and

most pet food is at 20% to 27% depending on what they are, and then of course raw diets are going to be much higher. But it's interesting that it's what they've determined for dogs. Obviously, for cats, it's a bit higher because of them being obligate carnivores but it's really quite interesting to see the changes that are coming in terms of our understanding of nutrition.

Now, unfortunately, do we have a lot of real-world experience and what dogs look like at that lower protein level? What I can tell you is that yes, actually, we do, but not in the United States. If we think about dogs that live in other countries where protein just is not affordable or it is just not sustainable for their ecosystems, for instance, in Mexico or Asia and things of that nature, then we can see that dogs do live reasonably well on lower protein diets. Now that is going to cause the raw folks to really just kind of loose their cookies on me but I'm not the only one out there that's saying this. So, I'll update you more as time goes on. We're starting to see that in humans at any rate, high protein diets actually have really pro – inflammatory effects. After the first several incarnations of the keto diet especially the Atkin's diet, what they're finding is that if you really want keto in a straight keto, then you have to be in a 10% protein or less. In fact, in terms of the caloric content of your diet; for instance, for me that would be about 45 grams of protein a day and I normally eat somewhere around 80 to 90.

The information that's coming out is really fascinating. But there's a super interesting book called *The End of Alzheimer's* by Dale Bredesen who's developed a program that actually has clinically reversed symptomatology of Alzheimer's simply by going into what he calls a keto flex 12 – 3 diets. It can be vegetarian or it can use animal proteins as well. So, there's a lot of interesting stuff I'm reading. I'll keep you posted as that goes along.

Hopefully, we'll have a better internet set – up next week and I think I have a solution for this rural area so this is not such a horrible slog. Thanks so much! See you next week. Take good care and give everybody a big hug and a kiss for me.