

## **Ipet's Ally Q and A 11/08/2021**

Hey there! I'm Dr. Ruth Roberts, your pet's ally. I hope that you are well. I'm going to take these out because they're not hooked. Man, there are lots of strange stuff going on.

Let me get to Jamie's question today. Sorry, I got distracted looking at Mae's comment, and I apologize y'all because I'm a little slow on the draw today. Jamie, as far as one meal short, I would get come canned chicken, salmon, tuna or whatever you can find to kind of fill in that one meal just to kind of keep things smooth.

Susan and Pam, good to see you both. We have this nice video from Angela Ardolino with her dog Nina. You can see in that right front foot that it's still there and it's still painful but it's not growing. Janice is asking if there is a natural alternative for Denamarin. Yes, absolutely! I'm not so fond of Sam – e because it just doesn't really seem to work. You can also certainly use hepatic support from Standard Process. I always found in practice that Denamarin didn't really work that well, and frankly, it was dreadfully expensive whereas milk thistle worked better. Janice, it depends on the seriousness of what you're trying to deal with. If you're just trying to kind of clean things out, I would use milk thistle. If there is a significant liver enzyme elevation, I would look at hepatic support plus or minus liposomal glutathione.

Kathy, the harness that we've been using with Hiyo granted she's not as big as your girls is just a simple one that she steps through in the front and then it clicks in over the top. I would show it to you but I'm sorry it's in the car. But we were able to get on Amazon. It's been super secure and we have one for Pepe that is very similar. It has some Velcro attachment in the back as well but both of the have been great because neither Pepe nor Hiyo can back out form the harness, which is our greatest fear.

Exactly, Jamie! Back to the question about Denamarin, I think it's pretty much worthless and dreadfully expensive. And Sam – e, I don't think veterinary medicine assumed that Sam – e was the thing for liver treatment when in fact it's the milk thistle. There was a study for kids that had eaten mushrooms which just kill your liver, so milk thistle was the thing that actually got those kids out of the hospital which is astonishing.

I hope I'm back. I'm sorry. Again, we love this house but we did end up buying a cellphone signal booster, which has just saved me. Yes, thanks Pam. The new pup choice is a Whippet, Plott Hound or Boxer and Beagle mix, so that'll be interesting to see who he chooses but I think either one of those guys is going to be a great choice. And you're rotating the bison and canned salmon. Yes, the two – a – day vitamin is okay for the new one as well. If you've got some Holistic Total Body Support left – over you can use that to kind of bump up the nutrition that's getting there.

What you wrote is literally interesting. Salmon did great and then on the 3<sup>rd</sup> day, it sounds like you really did clean out his bowel, which is wonderful. The next test is a little bit of pork chop and adding to the three meals and watch for a total of 72 hours. The goal is that it can take up to 72 hours to see if something is going to create a problem. Do the same thing with the veggies, and try the ones that you think are going to be something you'd like to use on a regular basis. Whether they are red or not red, try the ones that you would normally like to feed. Yes, do keep using the treats as the same protein on that day.

Now, while you're introducing the new food there's not so much of a problem as far as treats. In fact, you can consider the new food as the treats. The goal is to kind of keep the backgrounds the same and then when you add in stuff so that you're not going to be confused if was it because I changed the treats today too or not, so give that a go. If you do have Holistic Total Body Support, just use that because otherwise you're just going to duplicate the minerals there, so that is good.

I get so mad at my profession, but this email, the fact that Idexx wouldn't release their slides so that they could get a second opinion is just horrifying. And finally, that kind of garbage has stopped in the human side but that's just ridiculous. So, handsome Willie whose skin is really not happy has a potential new diagnosis and the potential new diagnosis reactive histiocytosis, so I'm going to pop over here for a second. This is just horrible disease. There is a genetic issue in Bernese Mountain Dogs, evidently. But in other breeds it's often an immune dysfunction secondary to some persistent anagenic stimulation. Jamie, I think you told me that at some point Willie did have Borrelia or Lyme disease. If he's had leishmaniasis, that would be pretty bizarre unless you all have been down to Mexico recently.

He was positive for anaplasmoses. So, I would consider doxycycline and niacinamide. I use this for pets in practice with autoimmune disease very successfully. And, yes. The amino B –

plex had niacinamide in it but it's a small amount. You do need 500 milligrams every 8 hours, and I think with niacinamide you just got to find it. Generally, it is a prescription product. I'm glad the acupuncture helped, that is wonderful! Frankly, his gut is a mess right now and at this point, if you can throw doxycycline and niacinamide in there on a regular basis or a treatment basis to get this under control, I would add microbiome labs megaspore biotic because it does actually help to repopulate the gut with spores that will get the good guys going in there, so you've got two blood tonics and that makes sense.

Mae, I would consider delaying the poop and doing the doxy. Delay doing the fecal transplant basically although if she's got it on order and it's coming, then you can do it both ways. See how he does with the CrockPet Diet with this much sweet potatoes beans and carbs. If it gets a lot worse, then you need to back off of it obviously. So, see how that part goes, and then be carefully adding in this much fiber this fast because if he's been on keto and you're trying to add all that stuff in that fast, it can be extremely uncomfortable. And gabapentin makes sense. The other thing you can consider too is low dose naltrexone because now you're looking at this from the perspective of an autoimmune disease. I think Ozone will be great but the other thing that I would really look at too are Myers cocktails and so if this veterinarian; I'm not sure how she's doing the Ozone – some will do it with insufflation rectally and some will actually draw some blood, mix the ozone with it and reinject back into the body. I've had ozone therapy myself that way which has been helpful. That's where I would go. But Myers Cocktail is a combination of B complex, super high dose of vitamin c, some magnesium, separate b12 injections, and then glutathione push and so I think that may be helpful. I'm not sure kind of what else is there but talk to this doc. If she's doing the ozone via blood infusion – essentially drawing blood and literally mixing it with his ozone, manipulating it back and forth, taking the excess amount of ozone out and then injecting the whole thing back into the body. It sounds scary and horrifying but it actually does work.

I think these are all good things. You can also look at resolvance. That's the thing I wanted to talk to you about. Autoimmune disease and things like chronic disease – fibromyalgia, chronic fatigue syndrome and things of that nature, they continue to go on and on because the body has not appropriately stopped inflammation so we now know that there's this inflammatory process, as that is peaking, what's supposed to happen is that molecules called resolvers are supposed to

be produced and as they are produced, the inflammatory molecules start to go down, and the resolve molecules start to come up so that process is actually slowed down. There are supplements that are actually being made with resolving molecule, and this is something that I'm going to try myself in about 2 weeks. But this is something we could consider for Willie. And I have no idea if it will work but it is the new frontier in resolving chronic inflammation, which is part of what you've got going on.

The other thing is you will want to get your Omega -3 dose up to 150 to 200 milligrams per kilogram of body weight per day. I would also consider immune support from Standard Process if Willie is not sensitive to any of those things and kind of take it from there. I'm glad that you really went slow with the carbs because that could create some gut distress, so talk to Dr. Lisa and to the other vet that does ozone therapy – Myer Cocktails or a modified Myer's Cocktail. Resolvance, high doses of Omega – 3, consider immune support, and then I would definitely go with the dozy and niacinamide but you do have to go with the higher dose of niacinamide for it to work. There was one other thing but it's escaping my mind at this point. I mean, is it a great answer? It's better than cancer and honestly, this makes sense to me because; I hate to say it this way. It sounds really harsh but frankly, Willie shouldn't be with us still if this were cancer. I mean, this kind of explains why things got better and they would go worst and why nothing really truly worked. I hope that makes sense.

Apologies for the rambling hopefully, my brain and the internet will be much better next time we meet. Until then take good care. Give everybody a big hug and let me know what you guys decide to do. I'm really following this with fascination because something isn't adding up, but autoimmune diseases does make a great deal of sense. Also, I would look at other things. Make sure there is not a mold infection too in the house somewhere that's sort of hiding out. Oh! That was the thing, sauna! There are a lot of information that the heat shock proteins can help tremendously get the immune system to get back under control and so you would want to do the sauna to his and your tolerance. Gradually work your time up and then immediately at least hose him off and ideally, scrub his skin down with like a loofa pad or something to loosen up any of the junk and get those toxins out of his system. Okay. That's what I've got, so take good care. Hugs to everybody especially Mr. Willie who keeps tracking on like the proud guy he is.