

Ipet's Ally Q and A 12/06/2021

Hey there! I'm Dr. Ruth Roberts, your pet's ally. I hope that you are all well and everything is good. Let me pop over to the Facebook page and show you my last office. I'm taking a 5 – minutes stretch break, here's my crew, and here's the person that runs the stretch drills pep. Evidently, I can't hit the buttons right, but that's been fun. I mean, he just comes literally at my 5 – minutes break so I try to take a break every 20 minutes get up and move around.

This post from Jamie is support interesting. Yes, we talked about a lot of things – gut health, in the ultimate sessions last Tuesday and I talked about Margot Roman who actually developed a fresh poop bank for fecal transplant therapy. Jamie said in that meeting that animal biome actually started using her fecal material to produce their freeze – dried stuff, which is just astonishing, and that Cargill has bought out animal biome for 8.6 million bucks. Right on for those folks. They started this business 5 years ago. What is Cargill going to do with it? That remains to be seen, but I think they're starting to see the importance in making sure that the microbiome is correctly fed and supplemented.

Additionally, Jamie is trying to get Willie to have some appointments last week but they unfortunately got stuck in a snowstorm, so sorry about that. Also, here's the recording for the Ipet's Ultimate if you missed it. We swapped the time up to 3 P.M once a month every Tuesday. What I did is sort of talk about gut health in general and then we answered some questions from the folks that were there. We'll be taking that format and I'll be looking forward to seeing more of you. Hopefully, this time will be better for you to attend. Moreover, I mentioned it in the CrockPet broadcast that we're having free shipping on any order all through December and for every order of 100 bucks, we'll be giving a bottle of turmeric with BioPerine and organic coconut oil so that's a little gift for you guys. It looks like most of you voted Tuesday and Monday in the poll, but if there's a better time, just click in here and add an option and write what day and time you'd like it to be so we may have to bump that Ipet's Ally around a little bit or just kind of run it back-to-back.

Susie, I honestly have lost track of commercial pet food to be honest. There's a lot of stuff out there plus a lot of folks are saying dog food advisor getting a bit commercial, but here it is. Here's their 10 best foods in the dry category. I think a lot of you use Instinct, which is more of a sort of a raw with just a little bit of veggies so you may need to add other veggies in there because

really, it's just meat, peas, and then chicken fat. Logic is another one I keep hearing. This one's a little higher in carbohydrate content. And going on to the dry food should not be too big of a problem but you may have some trouble transitioning off. The other thing you could do, Susie, is to just leave a bag of fresh veggies available for the house sitter and she can see her way through to just adding in a pot of water that's boiling and then putting both the water and the veggies over the top of the dry food, that would be a lot better for your guys, I think.

Let me head back to the page and make sure we haven't missed anything here. Kathy's asking about trying to get a capsule with turmeric and some other stuff in it and she just will not eat it because of the taste. You can use cream cheese, and American cheese is another option. Liverwurst would be a little tough because that's beef – based product, and then the other sort of standby which is Vienna sausages is also beef – based. You could also consider canned sardines and what's easy to do is to take a sardine, give her a piece of the sardine without the pills, give her a piece with the pill and then another piece without the pill so you kind of figure out a little bit. See if that helps.

Mr. Willie did indeed have a urinary tract infection. I'm glad to hear that's feeling better. Hopefully, his skin looks a bit better too. I have a feeling he's got that sort of generalized infection, and hopefully he can get some acupuncture and the bicom treatment tomorrow. I love this photo of everybody hanging out with Santa Claus. Right on, Willie! Keep trucking. I think that maybe it. Let me pop back over and look at my cheat sheet and make sure we've got it all covered.

I'm going to be taking a week off because we'll be heading to Mexico City and really enjoy some time off visiting museums and things like that. I will be back on the 15th, which is a Wednesday and we'll do our program then. Also, if you find that you've got questions, maybe we'll adjust that time as well. We went to Tenochtitlan which was sort of a holy city for the Nagual or Mexica people. Weirdly, they changed the name from Mashika to the Aztecs because that's a different pronunciation from a different group of people, but they actually build the city which is astonishing. They're called pyramids or "pirámides" in Spanish but they're not because they are actually temples. Also, the sheer size of this place is unbelievable. This is the head of Quetzalcoatl and he was a feathered serpent, and if you watched the movie The Never – Ending Story, this is pretty much how much what he looks like. They've had a lot of reconstructions because things were so destroyed there but again, this is some of the peek through into Quetzalcoatl's temple and

some of the facades that remained there, and some of the murals that were left that we just sort of the normal part of the décor. But this is looking towards the temple of the moon and this platform in the center is considered to be the center of the universe for the Nagual people – Aztecs or Mexica. What's interesting is that the way they built this temple mimics the shape of the mountains behind them and so if you cannot summon the energy to climb to the top of the mountain, you can just climb to the top of the temple which is still no small feat and gain the power that was there. Also, this is looking more towards Quetzalcoatl's temple, so here's the head that I showed you earlier. This is a crocodile warrior with the head and sort of the things that look like crocodiles. The reason why I'm telling you this is that part of this belief system involved dogs. There is a breed in Mexico called the Cholo and they are the guides to the underworld.

Here's Mary Jo and I in front of the temple of the sun which was when they reworked it in the early 1900s prior to the 100th anniversary of Mexico's independence, they took a little liberty with it. But the thing that's interesting is that 150 yards out from the temple after a huge rainstorm, they discovered this enormous opening down into a tunnel. What the Nagual well believed is that when someone died, a family or someone close to you, you took offerings down into the tunnel towards this tomb. When they found the tomb, they took out over 3 million artifacts, and the things that is so interesting is that probably more than half of them were figurines of the Cholo dogs. I mean, it's just astonishing how the people believed the things would work. But they believed that beneath was the underworld. The earth was for the living and then above was for the gods, and then you could make contact between the plane of the gods through the plane of the earth into the underworld or *inframundo*. This is part of why the day of the dead is so important in Mexico because there is this tradition within the Nagual or Aztec culture.

Additionally, these are what the Cholos look like and they range in size from tiny to 50 – pound dog. Actually, we saw some of these guys walking in the neighborhood, so I thought I'd just share that little bit of information about the Aztec culture. The weird thing is that in Nagual, Cholo is *Xoloitzcuintli*. This is why in Mexican culture; the dog is everywhere. However, in many cases, they are not treated well. But there were probably 20 or 30 dogs wandering around this temple fields and everybody was cool with them giving them food and things of that nature, and they had good manners so that was pretty interesting.

Right! So, that's what I've got for you this week. We will see you on the 15th. Until then have a wonderful week and take good care of yourselves. I'm Dr. Ruth Roberts, your pet's ally. Thanks!