

## **Ipet's Ally Q and A 12/21/2021**

Hey there! I'm Dr. Ruth Roberts, your pet's ally. I hope that you are having a fantastic week and that the holiday season isn't driving you too crazy. We've got a bunch of questions today, and for those of you that are checking out the video on the Facebook page, we wanted to give you an idea about the benefits of Ipet's Ally. This is one of our weekly broadcasts and once a month we do an interactive zoom call, which we'll be doing next week. I will answer questions directly and then talk a little bit about a specific health topic, so that's what this is all about.

So, this is our member page on Facebook and we do the broadcast on YouTube just because a lot of people are jumping off the Facebook channel for various reasons. Last week I missed this, Susie. You were asking if Buddy's ear problem could be caused by stress. The answer is, yes. Stress and anxiety do a lot of interesting things. It's fascinating that we can see those two things go hand and hand. When the stress level comes up, the itchiness comes up as well, so that definitely could be going on. And for the Omega – 3 fatty acids, we've got a myriad of options out there. The dosing instructions we can look at right here, which I'll drop into the comments over. Susie, we do need to update some of these products but in general, what you would want to do is at minimum, use about a hundred milligrams per kilogram of omega – 3 fatty acids so that's going to be something in the order of 3600 milligrams of Omega – 3 fatty acids at the high dose to knock the itching out.

The quercetin with bromelain is 400 mgs per capsule and so I would give 1 to 2 capsules two times a day. And you are correct about the Hista Pawz. It is a combination of quercetin and stinging nettles because that has been so effective for so many pets. Dosing should be straight up on that product page there, so that's all good.

Susan is asking about puppy food. And Erin, I love you. This is exactly it. Puppy food and senior food, all of these things are inventions of the industry to sell us more stuff. Where this really does kind of make a difference is for large breed dogs because we do want to slow them down quite a bit. For the most part, you can add some extra fat and or carbohydrates and that's all-good stuff. Sardines contain a high amount of Omega – 3 fatty acids and DHA, in particular, is what's

so important for brain formation. So, sardine is the food – based way to do it and then also VF Omega – 3 does a really great job too.

I love this photo. Mary Jo sent me a link to a documentary of cats photobombing nativity scenes, but this is adorable. Now, Katie is saying that Dottie has a slightly elevated alt at 120 but her amylase is low. And milk thistle is probably not a bad idea, and this is not due to avocado oil unless this is a recent addition. If she's eating grass, vomiting and having diarrhea, then something is going up that her body is trying to clean up with her G.I tract, and because of that her liver is sort of paying the price for extra clean – up duty. So, if the stool change is recent and the avocado oil is recent, then I would pull that out. But if not, there's something else going on that she may have been exposed to. Hopefully, her body is bale to take care of this on her own. So, if the stool and things of that nature have gone back to normal, then I would use the milk thistle just to kind of help the liver continue to clean things up.

Now, Jamie is asking about beta – thyme which I've not though about for a long time. This is a really interesting product because it's an old – fashioned way to look at things. This is what I found but I'm not sure if this is the doses you are looking at. They tried to use beta sitosterol for a cholesterol – lowering drug, and the other place where it's used is actually for prostate cancer. Interestingly, it is a precursor to anabolic steroids. And because I am old, we use to use anabolic steroids for pets that just weren't feeling well. There is some reasonableness to this but it is difficult to find them anymore, so we used to use a product called Winstrol V. I think that's probably what this is doing. As you can see, we have this beta sitosterol thymus gland substance, which support the immune system and then ornithine which is an amino acid that's supposed to help reduce inflammation as well.

The thing that is interesting is that you can also find this in foods because I think you are using a thymus product already, Jamie. And if not, that's not a bad idea to help support the immune system, so that's where I would use something like thymus PMG or just a just a Standard Process product. But you can get this beta tester all from canola oil or avocado. Canola oil is going to add that quickly so I you're looking for 200 milligrams, you could add a couple tablespoons of canola oil. This is where you do want to be careful to get the cold pressed extra virgin stuff because there's a lot of canola oil that is processed using hexane and other undesirable things. And I think you're still doing keto diet. Jamie, if that's not correct let me know.

Janet, yes. As far as is this mackerel, okay? Yes. The smash fish, salmon, mackerel, anchovy, sardine, and herring are higher in Omega – 3 fatty acids, so you can use some of those although they're not as high as the sardines. I hope that makes sense, Janet.

Okay. So, you're out of Keto. Then you can look at pink lentils since that's another option. Let me grab this for you so you'll have this link handy. So, there's some more food sources for you. And is Willie doing better off of keto? Let's see if I'm smart enough to do this again. So, that's something to consider. I think you could use this with steroids because it's going to go down in a different pathway.

Poor sweetie. Ms. Rosie is hospitalized with the infection in her gallbladder and kidneys. She's now in two types of antibiotics and Cerenia and about to start an appetite stimulant. I'm not a huge fan of the leaky gut protocol from Adored Beast because I think there's a lot of stuff in there that can actually create problems as far as the prebiotics and things of that nature. What I would do is actually consider Fido Spore or Mega Spore probiotics because you can use those with antibiotics, so I'm going to put here for you. On the human side, Mega Spore has been shown to be effective and help maintain the microbiome in the face of taking antibiotics. I think the reason this works is that they're sporulated and so they don't get attacked by the antibiotics, so I would look at that and really gently support her gut. If she has a kidney infection too, this is a little bit worrisome so I would focus on gently supporting her microbiome. I would consider adding in some quercetin if you're – I think you're already using that to help support her kidneys and seeing if we can get her feeling better.

But really, the first thing is to get her eating and feeling decent. If she is on clavamox that can often create some uncomfortable tummy. For instance, clavamox is one of those that really kind of augment in humans is that same thing. And Jamie, the Si Miao San is one of the Chinese herbals that has been classically used for autoimmune disease. So, if he's just had the microbiome thing, see how this goes. I think you had an actual fecal transplant. If you've not seen big boost within the couple of weeks, then probably that's not going to be effective and I would circle back with Dr. Lisa and ask her about the doxycycline niacinamide. I would try the CBD Dog health Heal product. As for the THC, take him off of it and see if he gets better or worse. If he gets worse, then I would restart it but do try another CBD product because they're not all equal.

We had a great success with rotational mono feeding. Jamie, if you look back through the group, you'll be able to find Sri's comment on that. Essentially, what that means is that you feed sort of one of each food group – protein, fat, or carbohydrate per day, that has been helpful for some people. Sri really swears by it. She believes that Cece really did well with it, so check that out. But this is where I would really look at something like thymus PMG, adding that in and then see how it goes with the microbiome implant.

Mae is concerned about Spirit having been on melatonin for a long time. If you find the game off of it, then that's okay. I mean sometimes we can use it short-term, sometimes they really just need it. We've been able to take Hiyo from 10 milligrams a day to 5 milligrams at night but beyond that she really starts to get much more anxious and doesn't sleep, so Mae it is okay to continue on this long-term. Bettina, you can also use your Assissi loop to help heal the anal glands too. In general, the FidoSpore definitely, as I said, it will help to keep the microbiome from getting damaged by the antibiotics and usually, 1 to 2 hours is fine. Theoretically, you can give the FidoSpore with the antibiotics because it is sporulated. I hope that helps. I think that is it on the page. Let me double check. Mae, I'll circle back to your question in a second.

We had a consultation recently and it sounds like there is a lot of lip smacking, bloating, farting, and discomfort. The color is good but the discomfort is not good. Because you were deeding just the proteins for the most part, what I would do is sort of make up a big batch of proteins and just add small amounts of the batches of food gradually so you can increase his ability to handle the increase in the fiber from the vegetables. I think I got all of that covered. Let me pop back over here. Again, do really look at the thymus PMG. I think that's been helpful too.

Alright. Pam, if the 10 milligrams melatonin are not doing and he's been up nightly for the last 2 weeks; I think I misunderstood what you were telling me as far as... Ah okay! You were just gone for 2 weeks or for 10 days or so and then he stopped sleeping through the night. If he's been on melatonin all this time, then what I would do is actually take them off of it and see what happens because I had this experience myself. I was taking melatonin at a milligram at a low dose and that did seem to help me sleep and then 2 or 3 weeks later it was working in reverse and waking me up. If in doubt about something, just kind of clean the decks, stop it, let things clean out and then try restarting it at a lower dosage and see. The other way to approach is to give just 5 milligrams of melatonin at night and see if that helps or does not help. What I would do is actually drop to 5

milligrams at night, do that for 2 weeks and see what happens. For melatonin, you would want to take 2-week intervals to see if this is good or not. See if that helps get him back to sleep and then we'll kind of go from there.

I think I have everything answered. Again, many thanks to you all for your support over this year. We would not be here without you. As I mentioned, next week is our monthly call. If you have a specific education topic that you would like me to cover next week, then just drop some comments either in YouTube or on the Facebook page and I will address that. One of the things I will be doing is I will be reformulating all the recipes that are in the CrockPet diet and I can discuss that as well. Really, the biggest changes are going to be in the kelp so far, it's quite interesting. If you've got 3 milligrams and a 1 milligram tablet, then what I would do is use a 1½ 3 milligrams tablets and you can use that at dinner, that'll give you 4½ milligrams so that's close enough. And Susan, good to see you. Any other questions I can answer for you all today? If none, then I will see you next week at the same bat time and the same bat channel but actually, that's not true at all. We'll actually be on a zoom call because it's our monthly meeting, so let me know what you all would like to learn more about. If there's not a specific topic, then I'll talk about the changes in the CrockPet diet and what that may or may not mean.

So, take good care. Give everybody a big hug and a kiss for me. Again, I'm Dr. Ruth Roberts, your pet's ally. Cheers!