

Ipet's Ally Q and A 12/15/2021

Hey there! I'm Dr. Ruth Roberts, your pet's ally. I hope that you all are having a great week and welcome to the new time – 3:30 in the afternoon every Wednesday. I hope this is great for you all. And we're trying out some new software so hopefully the chat comments will come through, but great to see for of you on. At any rate, let's get right to the questions.

Mae is still having some issues with Spirit's stools. I'm going to pop up the spreadsheet you sent over, Mae, so we can take a look at this. I'm going to look in the last month, and there's a couple of trends I noticed. I think your problem may be pumpkin because it looks like everything is good through the bison until you hit pumpkin and then the next day it's loose. I'm assuming that he is waking up with loose stools - the first bowel movement of the disease of the day. Susie, this is our new time and date because this is kind of what the group said was best for them, so this will be the new time going forward. Back to the spreadsheet, so if we're looking at pumpkin, the stool in the following day became soft. Beans well - formed, chia well - formed, and then the next day after pumpkin again it's well - formed but loose. It's looking like that fiber may be a problem. It's just kind of weird because after salmon and pumpkin you're getting well - formed stools that day after so this is a little bit unclear. What I suggest that you do is to try taking the pumpkin out of the mix. See if it's getting better or not getting better because that's kind of that one pattern I can see. I would do that first and then see if the stools stay well – formed throughout the week regardless of what protein you're using whether that's salmon or whether that is bison. It's like each time he gets the pumpkin, the next day you've got down that the stools are soft, and then when he gets a different fiber, then things are good.

You go loose from bison and pumpkin to the next day salmon and beans, and the following day it's well – formed. So, I'd pull the pumpkin out of the mix and see if that fixes things or doesn't fix things. Alternate your pumpkin and chia and see how that goes. If that's working, well, great! The other thing you could consider, which I think did not work was flaxseed so that's another one you could look at. You could also look at psyllium husks and you can buy those by themselves now you don't have to buy Metamucil anymore so check that out and see if that makes sense. The first experiment is to pull the pumpkin, alternate the beans and chia to make sure things are working

well. If that's working, then great. Give it 3 to 4 days for everything to smooth out and if everything is beautiful, then you can try alternative fiber sources like the psyllium and flaxseed.

Susie, yes, this will be our permanent time and date going forward. I just had last week off, so we'll be going straight through into January. I may take another week off in January and February. And Pam, yes, you could try some turnips too because those actually reasonably well for many of them. One thing at a time. You're going to kind of feel your way through this and see if you see any difference. Once you pulled the pumpkin out see if you see any difference between the salmon and bison days, but hopefully everything will be good.

We don't have a lot this week. Anyways, Sri sent this article from Rodney Habib over and I think there's a couple of things that is really interesting here; one is that Australian dog seemed to be a lot longer lived than American dogs and that is the truth. The thing that's fascinating is that when Hills went to Australia to introduce their prescription diet, they had to go back 5 years later to teach veterinarians how to teach all these chronic diseases they've never seen, and that's kind of the joke in the natural community but sadly, it is true, we really screwed things up. What's very interesting is that owner said that Chilla died mainly boiled leftovers such as potato peels, cabbage ins, and eggshells with a soup bone tossed in for flavorings. The other thing that's interesting to me is that if you have read Juliet Barclay Levy's book about natural rearing for dogs; a lot of raw diet people point back to her but in fact, a lot of what she was suggesting were soups, leftover milks, and things of that nature. She didn't say raw meaty bones but what she did say is a lot of meat and so this is maybe part of our issues that we go to such extremes with pet food with their own food that it's really difficult. They tend to focus on fresh food there although in the diet, it's pretty English – potatoes and cabbage.

Thanks, Sri, for putting this up because it's a big problem. I think in the United States we suffer from orthorexia and so that's a term somebody came in, but literally people are making themselves sick by only eating only vegan, only vegetarian, only this, only that because they think it's the way to save the world or they think it's the right thing to do and they're doing it really extra hard. I think that there's a lot that will need to change in the world coming forward to help protect the environment. Susie, the book is Juliet Barclay Levy's Natural Dog Rearing. And you're saying that when you lived in Australia, your German Shepherd dogs lived in astonishing ages. They were

112 and 89 pounds and they lived to be 21½ and 18½. I'm interested to hear how you fed your guys there because I'm suspicious that...