

## **Ipet's Ally Q and A 09/13/2021**

Hey, good day! I'm Dr. Ruth Roberts, your pet's ally. I hope that you are all well and enjoying life and your pets are doing okay. I've got a few questions for you so I'm going to hop over to the page and get this going here. Let me scroll back down a little bit to make sure that I get all the questions.

Mae, I'm sorry you've got another question. I keep not quite getting your comments at the end of the broadcast. What I would suggest doing is if you have seen a normal stool for Spirit for more than 3 weeks, then you start incorporating other foods but regardless, your process is going to be similar as far as testing foods, so I would suggest doing another 3 batches. Now, when you start testing foods... Good to see you Susan and Mae. I know those trays are so cool that Kathy found, that was absolutely awesome. Anyway, what I would do is keep doing the rotation diet but start testing foods. What that's going to be probably a tablespoon and a half of whatever you want to test for three meals in a row and then wait for 72 hours. This is where you really need to do some sort of a journal because it's like it's too much information and if you don't write it down, you'll kind of lose track of what's what so I would definitely go forward with cooking another round of batches and pack it into the 8 ounces meal since he was hungry and then start testing foods. Keep a journal; is this okay or is this not okay? And just take it piece by piece. Mae, if you've got a link to that, I'm guessing that's on Amazon somewhere. They've got really awesome silicone baking sheets. Hopefully, that will help quite a bit.

Susie, sorry you missed out on fostering that pup. And Erin, right. I mean, sardines are always a great option. If I can find them without skin and bones, I try to eat at least two to three times a week much to Mary Jo's horror and to Pepe's delight and Hiyo's too. They love to help cleaning them up.

Let's see. Laya is asking about the Myco – Pawz, which is a whole mushroom extract or product so what we've done is take the individual components and then we've had a manufacturer that's been able to break them down into the whole product. Again, we're going after the entourage effect that's in so many of the plant – based medicines. The mycelia, I think, are more than just the roots running through the earth. This would be the harvested mushrooms from on top of the ground or on top of the tree depending on what they're typically grown in. Let's see. If Spirit's

been off of dental bones for a month now, what else can you use to help with his dental health? There are kind of a couple of things; one is if you are using beef, you can certainly use a beef bone. The other thing I've had people do in the past is to actually freeze a meal into a little round ball and then let the dog kind of gnaw that to get some of the chewing going on in there. I hope that is helpful. Yes, I think turkey tail is a great one.

Bettina is asking about Pica because poor Bear just has a heck of a time. I'd be happy to talk about that on the next Ipet's Ally ultimate and go through that. What I will do is kind of walk you through that but often it is because of mineral imbalance or their tummies just don't feel good. Bettina, if you've had Bear on a lot of supplements for a long period of time, what I would suggest is to go through and see what you absolutely have to keep on board. And periodically, if you find your pets are on a lot of supplements which I do for myself because all of a sudden, I'm realizing that I have a whole separate meal of supplements, is go through and leave in the things that you think are essential and stop everything else for about a week and 10 days and then make it earn its way back in. Are you seeing a big difference? Are you finding that there's an issue as far as there's a lower quality of life? Some of the symptoms return and things of that nature? And if that's the case, then you want to start adding things back in one by one and giving it a week to determine if it is working or not working and then kind of go through it piece by piece.

Pam, the other thing people have use is a specific species of kelp that has been shown to change the bacteria in the mouth to help reduce the amount of tartar and plaque that accumulate. There is a bunch of different ones and clinsodent is what keeps coming to mind but I don't think that's right. No, chlorhexidine is the product. Let me see if I can get that up here. But I found that... Yes, if he's got nylabones and a bamboo bone that works really pretty well. You could also look at deer antlers as far as chewing on that because he's not going to be getting very much also the Bye – Bye dog breath. That's really been helpful too. I kind of started steering away from the kelp products because there is some evidence that too much iodine can do some weird things to the thyroid too. Bye Bye Dog Breath is Andrea's product. She is just the sweetest lady and really has done a lot of good stuff and I think there's some beef flavor in there. The other thing that's sort of on the horizon too is if you think about a product called Biodent by Standard Process. Let me see if I can pop that up for you. But I think this product is also made out of bone which would not suit Spirit at the moment.

This is the Standard Process' products version and this is the adult dose is five products per meal. We've got heat germ, carrot, beef, spleen and things of that nature in there and it's kind of weird sometimes that these ingredients make sense and sometimes they don't but the idea is to help provide partly a balanced gut so that the bugs that tend to get produced in the oral cavity that create problems don't get a chance to really do that. I hope that's helpful.

Bettina, Pica will definitely work on that. And Susan, you said that Abner's got a problem with it too and I would guess that that's probably because of the lymphangiectasia and while he's able to better absorb nutrients, perhaps he's not getting everything he's after and that's where something like a tissue mineral analysis may be helpful so we can kind of narrow it down. Let's see what else we got here. Mae, what I'll try to do is when I get to the end of the questions, I'll try to show you guys some pictures because I think there's a lag between when I say "does anybody have a question?" and by the time it actually comes back up in the comments. But yes, if you've got questions pop them up as soon as you can and what I'll do I'm able to scroll back through the comment section and then pick up anything I may have missed while I was looking at the Facebook page.

It is perfectly fine to crush the melatonin and give it to him. Some of the extended-release product though, just kind of be mindful of this, the way they stay extended release is because of the coding that comes over the pill and so sometimes it'll work and sometimes it won't. So, your vet is telling you to use melatonin and then the next option is gabapentin. Because it is a medication that works with the nervous system, maybe not a great idea. And when you've got a pacing dog, it's just not fun so that may be something to consider for stopgap measure. The other options out there prescription wise, are trazodone and things like that. I know that you're already using CBD so that's kind of helping you as much as you can. Now, here's a new product that's come out from the microbiome labs called ZenBiome Sleep and they've got two; one is for anxiety and one is for sleeping. The thing that's interesting is that they keep drilling down on specific forms of various microbes.

Coming down to the bottom here, this one is called 1714, which is a strain of Bifidobacterium longum and it is going to be interesting to see how this works. I'm going to try this product and also try it for Hiyo because she does sleep well when she's in the bed with us and she is doing so much better with her anxiety. I mean, it truly is astonishing. But there are days

when she'll just start spinning and being anxious and we don't understand why. I know that I have to give her a much higher dose of probiotics, like she has to take a whole MegaSpore capsule every day for her stool to stay normal and so what they're seeing is that this particular form of Bifidobacterium can help kind of get you to chill out by supporting NKFB signaling and so this is really important mechanism in brain function as far as having normal levels of neurotransmitter, reducing pro-inflammatory molecules like interleukin-10 and cytokines that will help support sleep helping reduce the ones that are going to promote inflammation and keep your mind wound up.

We've got a whole host of different things going on here but what I'm hoping is that this will help me. In my entire life I have never slept terribly well. I can think of probably 20 days and I am now 57 where I've woken up feeling refreshed which takes a toll, part of it is my gut's always been really a problem. I mean, it started at the age of 12. I had something they used to call spastic colon so this has been a lifelong issue, so I'm going to give it a shot and give it a month and see what happens. I've been able to improve my gut health significantly but it is still not normal. But it's pretty interesting. You can use this in combination obviously and so I may end up doing that. I'm going to talk with the sales rep and see what has been used and what's been working well because I'm not particularly stressed out it's just that I don't sleep well. All that's in this ZenBiome sleep is this particular strain of Bifidobacterium 1714, 5 billion colony forming units, lemon balm which is known to be sort of calming and refreshing, and then theanine which is an amino acid that has been associated with calming down things, getting your neurotransmitter in better sort of working order if you will.

As I said, I think we'll probably try this for Hiyo. The interesting thing that's in here is saffron strangely enough and then B6 and B12. The idea is to help improve your neurotransmitters again so that you don't overreact to something that might be potentially stressful. So, I'm going to give that a shot. If you all have interest in trying this as well for yourself or your pets, let me know. We're going to place an order and we can certainly do this for you since it's a sort of trial run at my cost so that you have the chance to experience what this is or not going to do for us. I'm still not quite sure what the pricing will be on it but I'll get you that information if you are interested. If you are interested in ZenBiome email Pol. Cool! If you all will email him. We'll pull it together and what he will do is send you individual invoices at whatever the cost is for the product and then

let's see how it goes for us. I think it's going to take a minimum of 4 weeks to really start to see changes in the microbiome. It might be a little earlier, but yes, this is pretty exciting. We know that all of this chronic inflammation comes from the gut and so if we can use this tool to fix that, that would be absolutely astonishing and such a game changer. I think I answered that one to death.

Jamie, what a beautiful pup your friend has got, and I'm so glad to hear that you're feeling better. Also, I hope your husband is doing okay. Qing Ying Tang, I forgot to look that one up. Let me see what that is. I think that one is more of a mover so it may be part of what is going on so we've got a lot of heat clearing. This does have the potential to really create some diarrhea. Jamie, what you may consider doing is... Yes, exactly! Because it will help with inflammation terrifically. So, as you shall clear heat from the Ying, heart, and spirit cools everything down. Clear heat, cools the blood, pull the blood nourishes, and nourishes the Yen. This is a pretty cold formula so it has the potential and then more effects of heat clearing. Many of these are used in formulas for early colds interestingly enough as well like flus and things of that nature. It will help with inflammation but what you may consider once the diarrhea is under control; if you've kept him on this formula at the full dose, once you back off of the metronidazole, if the diarrhea comes back then consider dropping the dose down to a quarter and kind of gradually bring your dose up because this is pretty cold and moving and that tends to create diarrhea especially in pets that have had a lot of gut issues.

He's in spleen Chi deficiency and that's going to make his gut susceptible to these cold moving formulas. Kind of see how it goes. I think it will help eventually with the diarrhea. You may have to use a different dose and talk to Dr. Lisa or Dr. Chris about that. Exactly, I would let the diarrhea settle. Great that you're stopping, and you may even consider starting at a quarter dose. What I would do is quarter dose for 24 to 48 hours, and if that's all good then go to a half dose 24 to 48 hours, three quarters dose for 48 hours and then full dose and see how it goes. Just be cognizant that if the diarrhea pops later, then this may be part of it as well. I think once you get 2 to 3 weeks of this under your belt then hopefully, what you'll be able to see is that everything is all hunky – dory and you don't have any further issues.

Let's see. Susie, I am... Some days I just want to kill myself with the technology. We're actually revamping the website. Hanna's almost got it completed and we've got our tech guy looking that over so these login issues should go away as well. Additionally, Hanna popped up a link for the dosing instructions and there's the Jarrow milk thistle which is the one that you're

going to want to use. You're welcome, Jamie. I don't know why but the case is that most of the over-the-counter milk thistle is either 150 or 240 milligrams. I don't know why. Typically, we're using the Jarrow one and this is the dosing instructions. You would want to use milk thistle post heartworm prevention or for kind of a monthly clean up if you will. But Susie, what you're looking for is actually thuja for vaccinations. I'll just pop that up for you. And you would use this at the dose of one drop for 10 pounds. Can you all tell I didn't sleep super well last night? I mean, honestly, this is so annoying. It's like it's in there but it's so hard to grasp stuff sometimes. Again, you would use one drop for 10 pounds twice a day for 5 days. I would use this immediately post vaccine – rabies all of them.

What we ended up seeing was in clinical practice, I didn't see any vaccine reactions with this and both short – term, oh my god, my dog has an anaphylactic reaction and it's horrible and awful so this has really created a lot of protection as far as preventing vaccine reactions. Check that out. We finally have a direct connection with Wise Woman Herbals because they kept running out on our distributor. But I would use this with any vaccination. The other situation where I would use this is if you suspect that your pet has a long – term health issue related to a vaccine some time ago, especially rabies vaccine, then I would use this daily at the same dosing – one drop or 10 pounds twice daily for 21 days and that does seem to clean out the majority of the rabies vaccine issues.

I think we are getting close to all the questions answered. I'm going to do a Facebook live on Thursday, talking a little bit more about medicinal mushrooms. This will be much kind of scaled back as far as the science goes compared to what I did for you guys that we didn't get you a good link to or information on. Anyways, here is the replay link for the medicinal mushroom talk I did for you guys. Thanks Susan, for the medicinal mushrooms. So, there is that medicinal mushrooms.

For turkey tails, it depends on what you're using it for. If you're using it for cancer, for small dogs, then you're going to start somewhere in the neighborhood of 200 milligrams per day. I have not seen a terrific amount of issues with reactions to turkey tails. If your goal is more general immune support, then that's where a combination product comes in. I used turkey tails quite often especially with things like hemangiosarcoma. Osteosarcoma's a more solid tumors so there's no reason to think that there wouldn't be a benefit all the way around. Start with around 200

milligrams per day. You may want to divide that into two meals and kind of go from there. Let me run through. Oh! And Abner's albumin is back up to 3.7 which is so awesome. You are killing it!

Let me make sure I didn't miss anything else. Mae is asking about mushroom powder. I don't remember what your report said so take a look and see if things like Shiitake, and Reishi mushrooms were okay or not okay. You can test it and see if there is a problem with the response to it. I think you can buy a small amount of Shiitake or Reishi mushroom in many of the health food stores, so check that out Mae and see if that works. Yes, Jamie, I'm sorry. Just out of curiosity, had you guys chosen to vaccinate or chosen not to because we're trying to figure out kind of what to do.

Mary Jo and I both got the Pfizer vaccine but unfortunately that seems to produce lower levels of antibodies. And in Mexico, where we are, I've got to say that for Covid it is much safer here because people actually wear masks all the time but in the rest of Mexico, not so much. Although sadly, with summer vacations and over the U.S tourists, not being able to come into Mexico they're covered vaccine reaction or their Covid cases are starting to drop. The four- loop clover rover product, I think is a good one too but this is why I kind of waited to find something that incorporated more of the cognitive function mushrooms because that has become such a problem. Again, it's something I wish I could take but unfortunately, I react to mold and it just makes me blow up. And Mae, you are right. That's adding something new and I would just sit tight, let things sort out so that you can figure out what's going on with food first and then go from there. Again, if you get to the point where you'd like to add that in, I would test it with a small amount before you commit to a bottle.

Strangely, if dogs are going to have an allergic reaction to Shiitake mushrooms, that's the one that is going to create the most histamine reaction. If you know that your dog has problems with molds, then this is probably not going to be a good choice. Right, what other questions have you guys got? That's the weird thing. Evidently, had 30 milligrams of micrograms of MRNA and the moderna one has a hundred micrograms, which is why it produces stronger antibody reaction but also more side – effects too.

That makes sense, Jamie. I mean, I was worried because many years ago I had a reaction to the first human diploid rabies vaccine. But thank God! We had to think of 2 hours of feeling sniffly and a little cruddy and that was it, but we did take a homeopathic remedy post vaccine. Yes,

the monoclonal antibody treatment is supposed to be like the bomb. Hopefully, what that means now is that you will have great antibody response. I know that had to have been really difficult. My godmother got exposed to it and thankfully, she didn't get really sick but she said she was, almost three months, feeling like she got her cognitive functions back. She's also 83 so that's a whole different bag of wax too.

I think I've got all your questions answered. Susan, sorry to hear that you had the breakthrough Covid. That's gnarly. So, I'll just show you a couple of pictures of stuff that we've been seeing around town, which is cute. Nobody really has lots of yards here so pets' kind of talk through us to different places. Also, there are lots of arts here in San Miguel. But what's really cool is that there is a lot of street art and a lot of it is around animals. This guy is Quetzalcoatl. The furry serpent or the third serpent. It kind of looks like Falco from the Invisible story. But in the Aztec mythology or the Mayan, he's called a different name but he gave life to the people through corn. It's really cool seeing a lot of the street art and then some of it is just modern interpretation of the weirdness of life. So, that's been a ball. I'm glad that everybody is doing well. Glad you're back to healthy, Susan. That you got through it and feeling super awesome. Until next week, take good care of yourselves. Remember, your pet's best health starts in the bowl. Many thanks