

## Ipet's Ally Q & A 09/08/2020

Hey there! I'm Dr. Ruth Roberts. Sorry for the delay. Anyway, technical issues, software just never has the chance to hold still and when they upgraded it stuff changes. Anyhow, I hope you all are well. We have some great questions today and I think we can get these answered for you pretty quickly.

Let's see, let's pop over to the page. So, first thing I want to make you all aware of and I don't think you all use any of these products but *Sunshine Mills* has a voluntary recall going on because many of their products are contaminated with *aflatoxins* and *aflatoxins* are a *mycotoxin* a mold toxin that's exceeded the normal of what's acceptable. Now, most of these are treats, there are a couple of full pet foods but again, these are lower end foods so I think these are not going to be what you're feeding but do tell your friends and family about them.

So, where do *aflatoxins* come from? Generally, they come from corn and corn is moldy so this is a big part of why we think that corn is a problem. There's also the *zein protein* in corn that is similar to gluten in wheat and it is an irritant of the gut and it is not discussed much. So, corn is considered to be gluten free because indeed it is but it also may be quite the irritant to the gut so that's part of why we don't really feed much corn. Fresh corn every now and then I think is probably a nice treat for your pets but treat it more like a starch than a vegetable. I hope that is helpful.

Let's start it with the question. Jamie was asking about Willie's AnimalBiome test, these are really useful and I think, Jamie, you do see Dr. Lisa and her partner Chris is I think this is right. So, here's handsome Willie but anyway, Chris is an ND and an acupuncturist but this is a kind of

a summary of what's going on in the gut and somewhere down below these on the test will be some specific recommendations, so I am happy to help you through with these if you're not able to get the help you need but it's a very useful tool and so using this we can tell kind of what fiber sources to add is also, if you're using the fecal transplant pills, the poop pills, this should help correct it too. Now, one thing to mindful of with the FMT ( Fecal Microbiota Transplantation ) pills, it takes a while and so when I started working with AnimalBiome, we would test them 30 days after they had completed the FMT and the results essentially looked the same and so what I would suggest doing is waiting 3 to 6 months to retest, use the FMT and see what sort of improvements you're getting and then also add in specific fibers to help increase different of these bacteria that we want to increase, so the *Bacteroides* and the *Fusobacterium* these are two of the main ones we want to really bump up and you can do that pretty simply with things like chia seeds interestingly, and then *Metamucil* is the ground psyllium husks and so that type of fiber can be very helpful. I hope that makes sense. This is part of Willie's issue; his gut microbiome is out of whack and that's why you're seeing signs of inflammation with the skin and things of that nature.

Leo forwarded a question. Sorry, Leo. I have been away for from email for a little bit and so we had the chance to talk about Jake and he's already had two allergic reactions to the rabies vaccine and developed a nasty lesion. The best thing I can tell you is to get a titer done and that is a blood test so it is a way to know if there are sufficient antibodies to the virus and then if you're having with this with your veterinarian, you may need to find somebody that's got a little bit more of a holistic approach. I think, by finding somebody that can do titers and if you look at the American Holistic Veterinary Medicine (AHVMA) site, you can find a practitioner. The other thing is that the AHVMA has worked out a deal with Kansas state laboratory to do rabies titers and other vaccine titers at a reduced cost, so check that site out and see if there's somebody local

to you and I'm sure there will be but that's the best way to go. Because this vaccine was given on 2017, he's already got some other issues as well and so I think getting a medical waiver should not be an issue. Anyway, I hope that's helpful for you Leo because I think Jake definitely, does not need a vaccine right now because he's already got enough stuff going on, so look for somebody that can do a titer a have a medical waiver if necessary because unfortunately, what Dr. Schultz and Dr. Dodds saw in the rabies challenge study is that after 4 to 5 years, the rabies titer starts to decline in 20 – 30% of the dogs that had been vaccinated. So, if it comes up low then what do we do? Do we give them a vaccine titer? Do we even give them a vaccine? Or do we get a medical waiver? And where you are, you're risk of Jake being exposed to rabies is pretty slim but still a lot of veterinarians are very uncomfortable about it. Also, in the files on the group, check for the vaccine information and there's a link to the rabies compendium there. I hope that is helpful.

Sri is asking about fasting with reflux issues. There's a couple of ways to do these Sri, so you could do a 24 – hour fast or what you might do is intermittent fasting, the sort of gold standard is 16 hours and so what you might do since most of her reflux tends to be early in the morning is start with that. So, what that means is she eats supper maybe closer towards bedtime so that you don't have that reflux issue crop up and give whatever medication you would normally give in the evening and then try not to feed her during the day, she can certainly drink all the water she would like and see if that would help kind of get her through without the reflux, and resting the gut is a great way to help it heal as well. We tend to want our pets to eat all the time and ourselves as well but in truth, letting the gut rest has really profound effects. There's another kind of way to do that and that's a fasting mimicking diet where you use super low calories and no animal products, so that would look like a butternut squash, maybe a half a cup or twice a day or something like that but that's another kind of rhoda ho if you will.

And then Sri is asking about *psyllium husk*. It can be very helpful, the problem is that there's really no downside other than if your pet's GI system isn't working well or if it has SIBO (Small Intestinal Bacterial Overgrowth), that's going to make those bacterial counts in the small intestine sky rocket and create a lot of discomfort, so what happens is there are too many bacteria present in the small intestine and they start digesting whatever fibers are there which is not supposed to happen. So, this can be helpful in terms of improving the microbiome in the large intestine and so what I would do is start very small and see what happens, so try something like literally a pinch with each meal and see if that's comfortable or not comfortable because the other thing about fiber is that if you add too much too quickly even if your gut function is completely normal, that can be really miserable. So, I hope that helps quite a bit.

Catherine, I think you got this sorted out but yeah, any kind of like topical *lidocaine* or the no pain *Neosporin* is a great option because the *lidocaine* will cool the itch and the burn and make things a lot more comfortable. It looks like you got all those questions answered. And Loly, I think, if this is a consistent issue with a groomer, find another one. Sometimes, if it's the first groom. It's really tough, so kind of cut them a little slack and if it's an issue then switch groomers. Definitely use the *Neosporin* with *lidocaine* or you can get plain old lidocaine gel but I think the Neosporin helps. Any topical you put on; I would definitely take them for a walk immediately so that it will help prevent them from licking stuff right off. I hope that's good.

Loly's asking about the dosage of collagen for *Great Lakes Collagen*. Now, here's a couple of things I want you all to know about collagen as well. So, I've been using *Great Lakes* for a long time and because it says it's great for hair, skin, joints, all of that good stuff, well, turns out that it is not the best choice for joint care because it does not include Type 2 collagen, so I'm going to get you some general doses here so that you'll have these handy and then I'm going to make a

suggestion on another product and I am trying this one as well personally. So, this product is a Type 1, 2, 3, 5, 10 and so last week, if you all remember, I went through what all of that means and so the Type 2 collagen is the one that is more specific to the joints and it turns out that Type 5 and Type 10 collagen seem to help the fibers align more easily, so I'm trying this out myself for my pets. One of my consult client is trying this out and if you all would like to give this product a shot and give me some feedback, I am happy to get it sent to you for what I pay for it plus the cost of shipping and so if you would like to try this and give us a feedback in say, 3 weeks to a month, just message Hanna and she's monitoring this but just message her and let her know that you'd like to try this out and then she'll get it ordered for you and get you an invoice through Shopify for the cost of the supplement plus the shipping and then give us a feedback in about 3 weeks to a month to let us know what you think, what differences you're seeing, or if you're seeing any GI disturbance. The one downside is in order to get all those different collagens, we've got different multiple protein options and the thing that is not cool is that it does include chicken and it's just one of those deals. I was trying to find a product that was more shellfish based and there's just not a way to do that so again, we've got Type 1, 2, 3, 5, and Type 10. And then we've got grass – fed beef, chicken bone broth and then some collagen peptides from fish and eggshell membrane, protein, all that good stuff. We've got multiple different protein sources but it's a good one. I hope that helps and again, we're at 9 grams protein here and then you can see all of the protein sources on this thing, so if you'd like to try this out, I think retail is 40 bucks. I think, my price is 26.29 I can't remember and then shipping is usually 5 to 8 dollars or something of that nature. So, let Hanna know if you would like to give this a shot and let me know about it.

Let's see what else do we have here. The other question Loly had was about how to make a low – fat version of the CrockPet diet or a medium – fat diet. The upside of high – fat diets are

these; And I know that you're concerned about pancreatitis and so if you have had pancreatitis or elevated *triglycerides*, it's reasonable to go to a medium – fat diet, so if you want to go to a medium – fat diet just drop 2 tablespoons of oil from the recipe and that will put it back to right below what the conventional kind of foods are. Here's the upside of a higher fat diet in an older dog; One is that the brain is made of fat and the central nervous system neurons and the peripheral neurons are also wrapped in myelin which is made from fat, so there's a great deal of evidence in people that are older that if they have Parkinson's disease, if they are on a high – fat diet or even moderate fat diet, they can by human terms, this is a high fat – diet, it's not keto but it's pretty high, their symptomatology goes down dramatically, they experience something like 86% less symptoms than their peers and people that have things like Alzheimer's, dementia, things of that nature, they have fewer symptoms as well and more importantly for people if you have a higher fat intake, your chances developing for instance, if your cholesterol is actually elevated, your chances of developing Alzheimer's and dementia are something like 75% less than the rest of the population.

So, fat's been vilified and if you're concerned about the energy source, then I would just feed less food because it's going to keep those ratios kind of in perspective or in sort of normal value so I'm interested to see what you think about that. Again, if you really want to go medium fat, drop 2 tablespoons of fat from the diet but I think you'll find that they continue to do well not to mention that their skin and coat will be much healthier and the gut tends to process things a bit better as well so the most profound change I ever saw in a dog was a dog that had been eating kidney diet for probably 5 years and came in just dried out. Dry hair, dry skin and started eating CrockPet diet and in 2 weeks his coat shined up so again, fat's been vilified if you're really having trouble keeping the weight down drop it but I would encourage you to keep it at that normal level.

Now, Cita's asking about when a dog poops mucus is this made when the irritating food enters the tummy and bothers it or is it already in the tummy lining and released when the irritating food bothers it? So, what happens is this Cita, so the mucus is made in the large intestine and what's going on is two things: One is if the food is poorly digested in the small intestine and too many nutrients enter the small intestine, so again, when we went through that talk last week about what's actually going on in the gut, what the large intestine is supposed to do is two things; one is to absorb water from the digestive that's come into it and the second is that the probiotic organisms are supposed to digest the fibers that are coming in. So, if the small intestine hasn't done its job and absorbed all of the nutrients and all these nutrients hit the large intestine, the bacteria do not want to know what to do and so they start doing all sorts of crazy things including making mucus also the lining of the large intestine is now irritated because stuff is in there that doesn't, that's not supposed to be there and so it produces mucus to help protect itself. And then some of the bad bacteria, so if there is a *dysbiosis* present, those bugs produce mucus as well and that's what Loly's saying is that it stinks like hell and probably something he ate. That's what happens is probably somebody you guys had *giardia* or something nasty in the water system. I think, to most of you guys, the presence of mucus is normal and it's actually not normal so I'm not sure who's saying that but it's really not normal to have it come out in big clumps. One of the best things you can do to help kind of get things back in balance without using an antibiotic or other medication is to use either *bentonite clay* or *charcoal* to help kind of absorb some of the yucky stuff and then 2 hours away from that use a high dose of probiotic. I hope that makes sense. It just sounds like Loly, that something run through your community in the water supply, that may well be what happened so that's another good reason to filter water.

Let's see. I think I've gotten all the rest of these, let me double check my list of questions. I think, we are down to the last one. Susie was asking about a way to help Goldie's feet. Her quicks are really long and it's just a pain because it sounds like she's been quick quite often and so Susie, what I would suggest doing is getting a grinder. Now, we went to Amazon and got one for Mona and Hiyo because Hiyo is really freaked out about having your nails done and Mona's not especially fond of it. You can get all sorts of stuff but we got a rechargeable one and I think there's tons of variations on this but here's what is, I think they're probably all the same and they just have different labels but here's what was really cool about the one we got and it's this little cap here. The upside is that this little cap let's you stick the toenail right here so that the chances of something getting out of hand and burning the dog or quacking the nail is limited. Let's see if they show that a little bit better here. Yeah, so that's the really nice thing is that you can get this angle but actually what Dr. Busby and a lot of chiropractor are saying is not just this but actually come this way because what it does is angle the nail so that it makes it easier for the dogs foot to move further forward. I hope that makes some sense but that's where I would start and what I would do is start with just letting her listen to it and feel the buzz that's going on there and then gradually just 2 to 3 seconds at a time and then if you can use treats to kind of coerce her into accepting the grinder a little bit better to keep her focused on that, I think that will help you quite a bit too.

That's what I've got for today. Anybody else have question I can help you out with? So, next week I'm going to take off, I'm having a procedure tomorrow to get some stem cells injected in my lumbar spine which I'm really looking forward to and hopefully we'll get some relief with it and so we're going to take the week off. I'll check back in here, Hanna can let me know if you've got any super burning questions so I'll see you guys in 2 weeks until then, give everybody a big hug and take good care. Thanks!