

## **Ipet's Ally Q and A 02/15/2021**

Hello! I'm Dr. Ruth Roberts, your pet's ally. I hope that all is well and that you're having a great day.

I went over this in the CrockPet course, but several of you have been asking how to find the replay of the recordings. One way to do this is to simply go to the website, sign in, go to the Ipet's Ally course, and go down to these Ipet's Ally Q and A videos. Again, we've got some catching up to do because the website has been so pinky, for lack of a better description, and there we go. What you can do is just click on one that you wanted to catch and we'll be putting some other keywords in here too, so that you'll know what each topic was about. We've got the transcript in here, the link of the video which will have closed captions, you can download the transcript and you can also download an audio file, then we've got the questions separated out so that you can see what's going on in each of these topics.

The other thing we'll get included in here are the links that are mentioned in the video. I hope that is helpful. We also have the protocols. We've got some of them listed out by topic as far as aging gracefully, travel with pets, things of that nature. We also have here the dosing instructions for the individual supplements. You can just click on a supplement such as the Coriolus extract. It'll tell you exactly how much you should be giving for each weight of your pet. That's what I've got for you.

Susan, I'm so sorry to hear that Abner's having problems. He turned 14th on Valentine's Day. That's kind of stinky that he's got that watery diarrhea. I'm not sure what you're doing to support him. But before I launch into the other questions we've got; this may be where you need to turn the predose up and also look at other options. Unfortunately, with chronic bowel disease, it can turn into cancers as you saw with Nina's pups. Kind of wrap your head around that as far as where you would want to go for treatment and things of that nature. If you want to just do palliative care, then let me know because I can help you with that too.

Kathy is asking about Daisy and Dottie. They've been on the two a day vitamin and mineral supplement. Definitely up the prednisone, I think that's going to provide you more. If you're not getting anywhere within 48 hours, then I would definitely go back, see the vet, get that checked

out and see what other options are out there. So, Daisy and Dottie are still eating grass but not throwing up. Kathy, it's going to take a little while to get things turned around but it sounds like that things are starting to get there.

How much time and how many times a week should I give them raw and smoked bison bones? I would not use those smoked bison bones because they tend to have more issue with of bacterial contamination. The raw ones, if they've been frozen, is perfect. Now, if they're really aggressive chewers and starting to do a number on their incisors, what I would do is to limit them to 10 – 15 minutes a day or divide that up to two or three times so that they're not getting hurt. Hopefully, they're chewing with the molars instead of the incisors. In one of the videos, I think what I talked about was just using green clay. That's what I use for my own toothpaste since I don't like the mint because it messes with my soft tissue.

What should be done if their back teeth have some gunk caked on that you can't scrape off or get scraped off. I would definitely get that checked out. Now, anesthesia is never without risk but if the veterinarian you trust are using it and they've had good success, then I think getting their teeth cleaned up will actually provide a lot of relief as far as preventing the teeth from rotting out and things of that nature. So, Susan said she made homemade bone broth but I don't think it agrees with him. Interestingly enough, Susan, bone broth can be a really profound histamine releaser and so that may be making your symptoms worse. I think that a simple broth that you cook for 2 hours is probably a better bet. Hopefully, Jamie, this works.

May, I think that if you're in our email list, then you get the email but if you opt out of email, we can't send you emails to remind you about each of the episodes each week. If you want to get back on the email list, then email Hanna and she'll get you signed back up. Just send her your email and get your permission to opt back in and she'll get you squared away. Again, I went over how to access the old ones so we're good. I honestly don't know what to tell you but that's wonderful to hear, it sounds like she's having indigestion. The other way you could do it is just break it up by meal so you stay more balanced for the entire day.

Lolly, the calcium goes with the protein. Theoretically, whatever you're feeding, you could make a big batch of a protein and then another batch of the carbohydrates and veggies, and see what happens. Why is she looking light and happy on the plantae? Because it may be just a lot easier for her to digest. Maybe we need to switch up things to a much easier to digest proteins and

experiment with what works best for her; is it fish, is it chicken, is it beef, or is it lamb, then go from there. For most dogs, they really have difficulty being vegetarian or vegan. We'll see some liver enzyme elevation but I'm wondering if the fat is really creating some issues. That's the other thing you could try, a low – fat protein with no additional fat and add the calcium to that. So, keep us posted on that because I'm interested in how that's working.

Sri, this isn't quite right. You still need to add calcium to the protein that you're cooking because it balances out what's in the cooked food in this seaweed peak, but it won't add enough calcium for the other protein you are adding. So, try that and see how it goes.

Here is handsome Willie having a really good day which is great to see. Jamie's asking about Willie who unfortunately, has that nasty histiocytic sarcoma confirmed. But he's happy, he looks way better, he's active, and he'll be in more chemo in about three weeks on Friday which sounds like things are being well tolerated. As I mentioned earlier with the CrockPet broadcast, I'm going to look into some low methionine diets because that's another option and that way, it's easier to keep some weight on. Keto is tough on dogs because the volume of fat that you have to add to keep the energy level up is really quite high.

Now, I know your oncology vet was concerned about the liver, but I think that's not really an issue for CBD and THC. What I would suggest since I'm sure you're going to get some lab work repeated, is to make sure everything is okay and that you get the liver values checked out. Let him know what you've been able to find out in research and in consultation from your alternative med vets - that they should not create major issues as far as liver function. High dose of turmeric is also helpful. Aside from the CBC Jamie, you also want a chemistry panel to look at liver enzymes to make sure where they are. Glad he's feeling well for right now.

Susan's asking about how much calcium should they get. For every pound of meat protein that you cook, you need to add in 666 milligrams of calcium whether that's calcium citrate or what have you. Balance the calcium phosphorus in the protein so that it stays normal and bone strength stays normal.

Lollie's asking about how many Facebook groups do I have. Lollie, there are two. There is the Original CrockPet Diet which you are all members of and then because you're a member of Ipet's Ally, you are a member of this group as well. This is the one where I can answer a lot of

questions specific to your pets' health issues. It does get a little bit confusing but you're in good shape. I think that is all the questions I've got. Any questions from you all for now?

I want to tell you a little bit about this bizarre journey I've been on. So, as many of you know, I've been dealing with SIBO for a long time – since 2017, so that's 4 years. I had various dealings with it. I had an episode of food poisoning in December and relapsed and had to go back on xifaxan which is the medication they use for humans and it works sort of similarly to tylosin as far as it doesn't get absorbed into the gut. I don't know if you know this or not, but in 2013, I started body building and that was really targeting my nutrition. Focusing with that and weight loss, that's where I started with keto.

I've been working with a physical therapist in Montana remotely and we've been trying to clean up the last pain issues I've had. After the stem cell therapy I've had in Park City in September, bone and joint, arthritis stuff got so much better but I'm still having some issue with hip stability and pain. Long story short, she asked me to do something called an IMAM which is for about 20 minutes, you do a minute of squats or a minute of deadlifts and then in between, you need to do a minute of cardiovascular work. I told her it just wiped me out. 20 minutes of fairly intensive exercise just annihilated me for the whole next day. She said, "Well, how much are you eating?" I said that I'm eating about 1400 to 1500 calories a day, and you're biking 30 to 60 minutes a day and you just told me you're doing over a hundred push – ups and these were on the knee push – ups at a time? I said, Yes. She asked me if I have heard about the relative energy deficiency and I'm like, No. She said you should be eating at least 1800 to 2000 calories a day.

Cutting the story short, she made a referral to a registered dietitian who has dealt a lot of people with G.I issues as well as eating disorders too. Body building is not for the faint of heart because there's a lot of weird, very restrictive things about eating there so you have to kind of get your head right before you get into it. For me, in 2013 when I started, I was trying to lose 24 pounds. I talked to this woman and she's said you need to be eating probably 2200 or 2500 calories a day for all the energy you are putting out. Well, I got to tell you that this was sort of hearing I needed to go off as a fax in two years ago which I eventually did. She said eat everything because at this point, what happened is that I had relapsed so badly all I could eat was proteins and fats and even that was creating problems. It would sit in my stomach and not go anywhere and my belly

would bloom which was just horrible. It was really scary because I was already in medication and I can't eat anything anymore.

I can't eat eggs anymore, I can't eat all the stuff, so she said to just eat everything and enjoy it. I took a deep breath and cried a little because at this point, I had reconciled myself to the fact that maybe I've got a partial obstruction because this is what doctors do. We know too much and so we scare the crap out of ourselves. I thought to myself, "Well, If I made peace with having my abdomen open up to repair an obstruction, how bad and how worse can it be than where I am right now as far as the degree of suffering and misery I'm in just from eating fat and protein?" So, I took a deep breath and I started eating.

It wasn't all together hunky – dory. I was still having some bloating but not any worse than I had even on that really restricted diet. Also, I started eating things I hadn't eaten in years like rice, beans, and finally I could eat eggs, eggplant, and all these foods I hadn't been able to eat because my body was so shutdown. So, long story short, this week I made the choice to come off of xifaxan and it's been a little bit bumpy ride which is why I'm spacing out a little bit today. I'm still getting some joint pain because my joints swell up when my gut's miserable, my brain fogs up, but I took a deep breath and just started eating more and more and after a couple of days, all of a sudden, I was ravenous and eating like I hadn't.

Susan I'm sorry you're having to struggle with this too, but it really makes me wonder what we create when we become so restrictive in what we and our pets eat and don't eat. This is something I've been puzzling on for a little bit and if you've got thoughts on it, I'd love to hear your thoughts. Susan, if you've worked with a dietitian and not been very impressed, I'm happy to pass on the woman I worked with in Montana. She really was very gentle and helped pushed me into a whole different space. I don't know how this is going to turn out but I think if this works, coming off of xifaxan, in about another 2 weeks my inflammation level should be back down to the point where it's not painful in my feet, hands and joints and I'm back up to a hundred full push – ups. I was doing bent knee push – ups before and working towards 175 a day.

I would love to hear what you think about how that might affect your pets as well. On that note, I will get you some more information next week about low methionine diets and what that might look like. Jamie, hopefully that would be helpful for Willie and we'll go from there. So,

until next week, take good care. Remember, your pet's best health starts in the bowl. Give everybody a big hug and kiss for me. Thanks!