**Ipet’s Ally Q and A 6/8/20**

Hello I’m Dr. Ruth Roberts, your pet’s ally. I hope you all are well and thanks for keeping your questions coming.

Karen’s asking about the keto version of the lamb recipe and Karen I have to apologize, that recipe is incorrect. Like many things, that was supposed to be handled and replaced but unfortunately it never has been. So, with the keto version, for the lamb you will want to use 3.25 pounds per batch. We don’t have a regular lamb recipe but what you can use with beans, 3 pounds of lamb. Now, lamb is fattier so I would suggest that you drop the oil that you add by 1 tablespoon so instead of the regular 6 tablespoons per batch, I would drop it down to 5. So, I hope that is helpful.

Jamie’s asking about Heartworm prevention and I do recommend Heartgard. And May, I’m not sure with what you mean by no response from your vet or from me on the prescription. Anyway, let me answer Jamie’s question. She’s been using Sentinel. The dose is 51 to 100 pounds and she’s down to about 56 pounds. So, Jamie, what I would suggest doing is using and unfortunately there just isn’t a product that has better dosing so ½ tablet will not be quite sufficient so this is kind of where you want to go ahead and use the appropriate dose so I think you’ve got a couple of choices. One is, go ahead and let Willie use up all the Sentinel that you’ve got left but do go ahead and switch to a plain Heartgard tablet or chew I think that would be the best. There are some associated issues with Sentinel as far as it, causing autoimmune disease with that combination of Lufenuron and Miliband Myosin so I think that would be a good idea. Now, what I was going to say is if you all are having trouble in getting your veterinarian to write you a prescription, they cannot do that by law. They do need to write you a prescription for your product. Now, they won’t necessarily approve that by fax and they may make you come pick up a written prescription but generally all state boards are requiring veterinarians to issue a requested written prescription so be a little persistent about that.

My mom’s dog is hanging out with us today so mom can sleep a little bit better. She is still very confused about all of this good stuff that is happening. So, let’s pop back over to Facebook. Great pictures of Murphy and Mary. Bettina, that’s wonderful to see them and our dog Ollie used to do this, he was upside down on the sofa kind of guy so thanks for posting those.

Karen is saying her friend’s 12-year-old Jack Russell just got diagnosed with vestibular disease where she was disoriented and had balance issues and was walking in circles. Sounds like classic stuff. She’s recovered really well except for the head tilt. And CBD may be helpful because there is some autoimmune kind of component to this sometimes it goes you know, once they’ve had that episode, it’s over with and sometimes it comes and go just like it does for us. So, interestingly enough should that happen again, Meclizine is the generic name for an anti – nausea medication that’s sold over the counter as Bonine and sold in 25 milligram tablets. And if you cannot get to the veterinarian in time or you’ve dealt with this in the past, that’s one of the best things to do in the short – term to get one of those episodes over with. Many veterinarians say that you should just 86 it once the symptoms are better but I found that many of my patients did well with this over a long period of time and certainly Esau’s head tilt would improve with it. I think although it gets better and they’re not staggering it does seem to help kind of keep things under control. What I would suggest for Jack Russell who’s probably under 20 pounds, is something like try a quarter of a tablet so that’s going to be 12 and a half, that’ll be 6 and a quarter milligram twice daily and see if it helps with the head tilt.

Now, that’s not necessarily holistic but CBD may be helpful and then again there are other things that are going to help control inflammation. This is where turmeric would be a really good option, the other thing you could look at would be certainly, fish oil probiotics, sort of my standard answers if you will but I think this may be helpful enough. See if that makes sense and we’ll go from there. Turmeric is available in a multitude of forms there is Gyros brand that we carry for smaller dogs and I think that’s been very helpful and then for larger dogs, especially if we’re dealing with a chronic inflammatory condition, that’s where the Gaia brand can be really helpful. I’ll put the link into the Gaia product just because it’s been a little bit more helpful.

Let’s see here what else I can do to help you all out. So, that’s been good and I that’s all the questions on here except for one more from Jenny.

This was Jenny one of our English setter foster and she loved coming to work and sitting at the reception desk at sundial camp moon and this was the front door so she’d just sit there and then when people would come in she just wag her tail and wag her body and that was really adorable, she’s a sweetie pie.

Jamie’s asking if she wants to go grain - free what adjustments do I need to make to the recipe or what do I substitute? So, grain - free is going to be a myriad of things to a myriad of people and in most of the conventional diets, grain – free simply means substituting the carbohydrate source which often can be things like rice, corn, things of that nature for potatoes or beans or peas as a starch and so again for most conventional foods, that carbohydrate quantity is going to be in the neighborhood of around 65% to 70% of the diet and so what you would want to do is for that 2 cups of rice, I would say you can substitute in 2 cups of potatoes cooked or sweet potatoes or another bean if you want to go with carbohydrate version. However, in my opinion, I think what I would do instead is add in more fat or simply use in place of beans because again beans contain lectins which are anti nutrients and this is considered to be what created the issue with dilated of cardiomyopathy and dogs back when all of this was craziness and granted it wasn’t for every dog but it was a big problem in golden retrievers. The other way to do this is to substitute in more fat so 1 cup of cooked rice is about 240 calories. Conveniently, a tablespoon of olive oil, coconut oil, things of that nature is about a hundred and 20 calories so if you’re going to remove carbohydrates, simply add for every cup you take out so if we’re going to take all of the rice out because you think that your pup is sensitive to it then you would add 4 additional tablespoons of oil. What I want you to think about Jamie is why do you want to go grain – free? and if it’s because of a suspected food sensitivity then what I would do is take out the things that you suspect to be a problem and see if things get better or not and it will take about 2 to 3 weeks for the problem to improve and then at the end of that 2 to 3 weeks, when you test the food, for an instance, let’s say you’re concerned about rice creating an issue, what I would do to test it at the end of no rice after 3 weeks is add 1 to 2 teaspoons to tablespoons of rice per meal for 2 days depending on the size of your pet obviously and what’s that designed to do is the immune system is calming down but it’s still pretty sensitized to rice if it truly is reacting to it and so you should see a fairly pronounced effect. And I wish I had a better way to tell you to do this but it truly is the best way to know kind of what’s going on because the food sensitivity test sometimes works sometimes, they don’t work. So, I hope that is helpful.

I think that’s got all of our questions today. Is everybody doing okay? Things are relatively chilled out, I hope. So, that’s what I have for you today. Thank you so much for all of your purchases of Holistic Body Support and your subscription to Ipet’s Ally that really has been wonderful and it’s been helping me make this business more sustainable. That’s what I’ve got for you this week unless you all have questions.

Let’s see. So, 2 years ago Willie was on grain – free and he did react to Turkey last week. So, Jamie, what I would do is see if you can figure out what it was which brand of food you were feeding and see what the ingredients are there and then emulate that with what you’re doing with crockpet. If it was a Turkey then, and now he’s reacting with Turkey then what that tells me is his gut is really sensitized and I think we’ve talked multiple times about rotation diets and things of that nature and that’s where I would figure out what he does not react to and then using that template which I will double check and make sure it is uploaded to the group files but using the template then build 3 different batches of food with one protein, one fat, one brassica, one other veggie and then for carrots you would rotate unless that’s a problem and that has become a problem for a lot of folks but I would try rotating carrots, butternut squash, and then acorn squash or something of that nature and I would take the beans out because that’s one of the more common things to create reactions. Unfortunately, you’ve got to kind of feel your way through it if what he was eating 2 years ago is creating problems now so I hope that helps. Any other questions you all can think of? If not, we will see you next week. Keep the questions coming, whether through here on Facebook or email them to Hanna and we’ll get them answered for you. Many thanks and take good care.