

# PET HEALTH SECRETS

DR. JONES' GUIDE TO  
BETTER HEALTH FOR  
DOGS AND CATS



DR. ANDREW JONES, DVM

# **PET HEALTH SECRETS**

**Dr. Jones' Guide to Better Health for your  
Dogs and Cats**

**By**

**Dr. Andrew Jones, DVM**

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# Table of Contents

<b>TABLE OF CONTENTS</b>	<b>IV</b>
<b>INTRODUCTION</b>	<b>1</b>
<b>Common Pet Health Issues</b>	<b>2</b>
<b>Why Your Pets Get Sick</b>	<b>3</b>
<b>Your Pet’s Immune System</b>	<b>4</b>
<b>DOG AND CAT VACCINES</b>	<b>6</b>
<b>Vaccine Side Effects</b>	<b>7</b>
<b>Vaccine Regimen</b>	<b>9</b>
<b>Vaccine Regimen for Adult Pets</b>	<b>10</b>
<b>Vaccines Not Advised for Dogs</b>	<b>11</b>
<b>Vaccines Not Advised For Cats</b>	<b>11</b>
<b>Homeopathic Treatments After Vaccination</b>	<b>12</b>
<b>Vaccinations and Strong Immune System</b>	<b>12</b>
<b>DOG AND CAT FOOD</b>	<b>14</b>
<b>Do commercial pet foods have wholesome ingredients?</b>	<b>15</b>
<b>The Problems with Grains</b>	<b>16</b>
<b>Toxins in Pet Food</b>	<b>17</b>
<b>How to Choose a QUALITY Commercial Dog or Cat Food</b>	<b>19</b>
<b>Dr. Jones’ Recommended Commercial Pet Food</b>	<b>21</b>
<b>Homemade Food for Cats and Dogs</b>	<b>22</b>
<b>HOME DIETS FOR DOGS</b>	<b>24</b>
<b>Basics of Feline Nutrition</b>	<b>29</b>

<b>Home Diets for Cats</b>	<b>30</b>
<b>Raw Food</b>	<b>33</b>
<b>Health benefits of raw food</b>	<b>33</b>
<b>Raw food concerns</b>	<b>35</b>
<b>Incorporating raw food into your pet's diet</b>	<b>36</b>
<b>Raw feeding for dogs</b>	<b>36</b>
<b>Raw feeding for cats</b>	<b>37</b>
<b>A Balanced Diet</b>	<b>38</b>
<b>How much do I feed?</b>	<b>39</b>
<b>Final thoughts</b>	<b>39</b>
<b>HEALING WITH NUTRACEUTICALS</b>	<b>40</b>
<b>Most Important Supplements</b>	<b>41</b>
<b>HOW TO LOWER VETERINARY FEES</b>	<b>44</b>
<b>WHEN TO SEEK VETERINARY CARE</b>	<b>50</b>
<b>COMMON DISEASES AND REMEDIES</b>	<b>53</b>
<b>Allergies</b>	<b>54</b>
<b>Arthritis</b>	<b>58</b>
<b>Asthma</b>	<b>62</b>
<b>Cancer</b>	<b>64</b>
<b>Cat Flu</b>	<b>70</b>
<b>Constipation</b>	<b>73</b>
<b>Coughing</b>	<b>75</b>
<b>Diabetes</b>	<b>77</b>

<b>Diarrhea</b>	<b>81</b>
<b>Ear Infections and Ear Mites</b>	<b>84</b>
<b>Epilepsy</b>	<b>87</b>
<b>Eye Disorders</b>	<b>90</b>
<b>Feline Leukemia Virus</b>	<b>92</b>
<b>Fleas</b>	<b>95</b>
<b>Heart Problems</b>	<b>99</b>
<b>Heartworm Prevention: Are there Alternatives?</b>	<b>103</b>
<b>Hot Spots</b>	<b>106</b>
<b>Idiopathic Cystitis: Lower Urinary Tract Disease</b>	<b>108</b>
<b>Kidney Disease</b>	<b>111</b>
<b>Liver Problems</b>	<b>114</b>
<b>Lumps and Bumps</b>	<b>118</b>
<b>Pancreatitis</b>	<b>120</b>
<b>Parvovirus</b>	<b>124</b>
<b>Poisoning</b>	<b>127</b>
<b>Urinary Tract Infections</b>	<b>129</b>
<b>Vomiting</b>	<b>132</b>
<b>Worms</b>	<b>134</b>
<b>Wounds and Lacerations</b>	<b>136</b>
<b>ABOUT THE AUTHOR</b>	<b>139</b>
<b>Connect with Dr. Jones!</b>	<b>140</b>
<b>DISCLAIMER</b>	<b>141</b>

# Introduction

Hello and welcome!

Thank you for downloading this free health guide on common dog and cat health problems and my natural and effective at-home remedies.

First, some information about me...

For two decades after graduating with my DVM from the University of Saskatchewan, I practiced as a small animal veterinarian and treated thousands of animals. I have always had a special interest in alternative and non-conventional remedies for pets, and wrote my first digital book on alternative pet health care in 2004. Since then I've published a daily



newsletter, authored countless articles and reports, created home study courses for dog and cat owners, and currently host a pet health coaching members-only website. I published my first hardcopy book in 2014, which became an Amazon bestseller. I have also become one of the biggest pet health content creators on YouTube with over 500,000 subscribers as of the time of writing. And, I've developed complete nutritional supplements for dogs and cats.

As a strong advocate of safe, natural home care for dogs and cats, I've written this book to help *empower* pet owners worldwide to become more active in caring for their pets' health. This book covers common cat and dog diseases, and how to treat them at home with readily available alternatives. I have also included chapters in this book that may be controversial to conventional practitioners such as issues on vaccination, pet food and more. For more information about me, visit [www.theinternetpetvet.com](http://www.theinternetpetvet.com).

## Common Pet Health Issues

Has your dog or cat had any of these diseases?

- ✓ Ear Infections
- ✓ Skin Allergies
- ✓ Urinary Tract Infections
- ✓ Arthritis
- ✓ Dental Disease
- ✓ Seizures
- ✓ Chronic Vomiting and Diarrhea
- ✓ Hip Dysplasia
- ✓ Kidney Disease
- ✓ Heart Disease
- ✓ Pancreatitis
- ✓ Diabetes
- ✓ Liver Disease
- ✓ Thyroid disease
- ✓ Serious Auto-Immune System Disorders
- ✓ Cancer
- ✓ Recurrent Eye Infections

These are just a few of the most common chronic health conditions affecting our dogs and cats today. One big question on many pet owners' minds is - why?

It's no secret that we have a pretty unhealthy population of dogs and cats. Our pets are sicker than ever before. In spite of all of our supposed medical advances, we are seeing more serious diseases, such as cancer, kidney and liver disease in younger and younger pets.

What we are seeing are illnesses that revolve around a breakdown in our pets' immune systems. In fact, I suspect that most of you reading this book have had a dog or cat with at least one of the more common chronic health problems.



## Why Your Pets Get Sick

Here's is what a few respected alternative veterinary practitioners have to say:

"Over the past 40 years and 17 generations of dogs and, cats we are seeing tremendous increases in chronic ill health in our pets that was rare back in the early 1960's. Most of these illnesses revolve around breakdown in our pets' immune systems, and include chronic skin/ear allergies, digestive upset, thyroid/adrenal/pancreatic disorders, seizures, gum/ teeth problems, degenerative arthritis, kidney/liver failure, and cancer across all ages and breeds. We are also seeing a record number of behavioral and emotional disorders including alarming and unexplained fears/aggression; as well as difficulty focusing/training and paying attention. The analogy of these compared with escalating immune or behavioral diseases in children are quite disturbing. The two biggest factors in our pets' population health decline over these generations has been the severe overuse of multiple vaccines and nutrient poor and toxin filled commercial pet foods. We have also failed to address the underlying cause of disease by only suppressing symptoms with antibiotics, cortisone and related drugs, so the disease progresses and goes deeper. Homeopathy offers a viable alternative in truly curing pets and making their bodies healthier." - **Michael Dym D.V.M.**

"Recent studies have shown processed foods to be a factor in increasing numbers of pets suffering from cancer, arthritis, obesity, dental disease and heart disease. Dull or unhealthy coats are a common problem with cats and dogs and poor diet is usually the cause, according to many veterinarians and breeders. "Dogs, cats and other animals live for years on foods that come out of bags, cans and boxes. But do these foods promote health? If they did, our companion animals would enjoy long, happy lives free of arthritis, hip dysplasia, eye problems, ear problems, fleas and other parasites, gum disease, lick granulomas, thyroid imbalances, skin and coat problems, personality disorders, birth defects, breeding problems, diabetes, cancer and other major and minor illnesses." - **William Pollak D.V.M.**

## Your Pet's Immune System

Your pet's body has a very complex immune system that is designed to fight diseases. Most pets are healthy – with only few bouts of occasional problems – but overall, they are much healthier than their owners.



When pets do get sick, there is a good chance that something is interfering with their natural defenses. The key to self-healing is a strong immune system. Antibiotics or other conventional medications may treat disease symptoms, but they do not improve the immune system that failed to prevent the disease in the first place.

A malfunctioning immune system opens the door to several conditions such as immune mediated hemolytic anemia, immune mediated skin disease, vaccine induced skin cancer in cats, skin allergies, arthritis, leukemia, inflammatory bowel disease and neurological conditions - just to name a few. It is getting more and more common to see cancer in dogs and cats under 5 years of age and autoimmune diseases are noticeably on the rise as well.

There have been links to most of the common chronic health diseases of dogs and cats due to over-vaccination.

Why?

For that reason, the immune system becomes 'over-taxed' and responds inappropriately, resulting in diseases such as atopy (environmental allergy), chronic vomiting/diarrhea, arthritis, epilepsy, and now the number one cause of death in our companion animals over the age of seven - CANCER.

Our companions are suffering from generations of over-vaccination, which combined with inadequate or improper nutrition, poor breeding practices and environmental stresses are leaving each generation more susceptible to congenital disorders and chronic diseases.

But it is never too late to prevent or reverse the damage. This book will help empower pet owners to make better informed decisions involving their pet's health, including changes in their pet's diet and lifestyles, and improve their overall health in the long run.



# 01

## DOG AND CAT VACCINES

THEINTERNETPETYET.COM

There have been many misconceptions and debates over vaccines, but let's cut to the chase - **vaccinate your pets less often.**

We all know the reasons why we use vaccines for our pets, at least in concept: to protect against diseases that could seriously harm or threaten their lives. In theory, it seems like a great idea, especially if we listen to conventional wisdom and believe that 'the benefits far outweigh the risks – vaccines won't cause any harm, at worst they will do nothing'.

But we know now that this is not the truth. We know that vaccines can and do cause harm to our pets.

## Vaccine Side Effects

Here are the words of some renowned specialists...

"Annual revaccination provides no benefit and may increase the risk for adverse reactions. The percentage of vaccinated animals (those vaccinated only as puppies) protected from clinical disease after challenge with canine distemper virus, canine parvovirus and canine adenovirus in the study was greater than 95%."

*Current and Future Canine and Feline Vaccination Program*

by **Dr. Ronald D. Schultz, PhD.**

Dr. Ronald Schultz is a Professor and Chair of the Department of Pathobiological Sciences at the School of Veterinary Medicine, UW-Madison.

"Routine vaccinations are probably the worst thing that we do for our animals. They cause all types of illnesses but not directly to where we would relate them definitely to be caused by the vaccine. Repeating vaccinations on a yearly basis undermines the whole energetic well-being of our animals. Animals do not seem to be decimated by one or two vaccines when they are young and veterinary immunologists tell us that viral vaccines need only be given once or twice in an animal's life. First, there is no need for annual vaccinations and, second, they definitely cause chronic disease. As a homoeopath, it is almost impossible to cure an animal without first addressing the problems that vaccines have caused to the animal, no matter what the species." - **Dr. Christina Chambreau, DVM**

The conventional approach is to get “annual booster shots”. There is a growing body of evidence against vaccinating yearly – the quotes above are from just a few of the veterinarians and researchers who are speaking out against the conventional approach.

Most veterinarians just choose to ignore the research because either they still feel the benefits of vaccines outweigh the risk, or that they don't want to lose the income from giving booster shots to all those animals each year.

The negative effect of vaccines can be a host of immune related diseases.

These can include immune mediated hemolytic anemia, immune mediated skin disease, vaccine induced skin cancer in cats, skin allergies, arthritis, leukemia, inflammatory bowel disease and neurological conditions, to name a few.

It is more and more common to see cancer in dogs and cats under 5 years of age, and autoimmune diseases are on the rise as well. There are links to most of the common chronic health diseases of dogs and cats due to over-vaccination.

**Vaccinate for only what is absolutely necessary for your pet.** I highly recommend a limited vaccine program – and this is especially important if your

companion belongs to any of the breeds known to be more susceptible to cancer and chronic diseases.

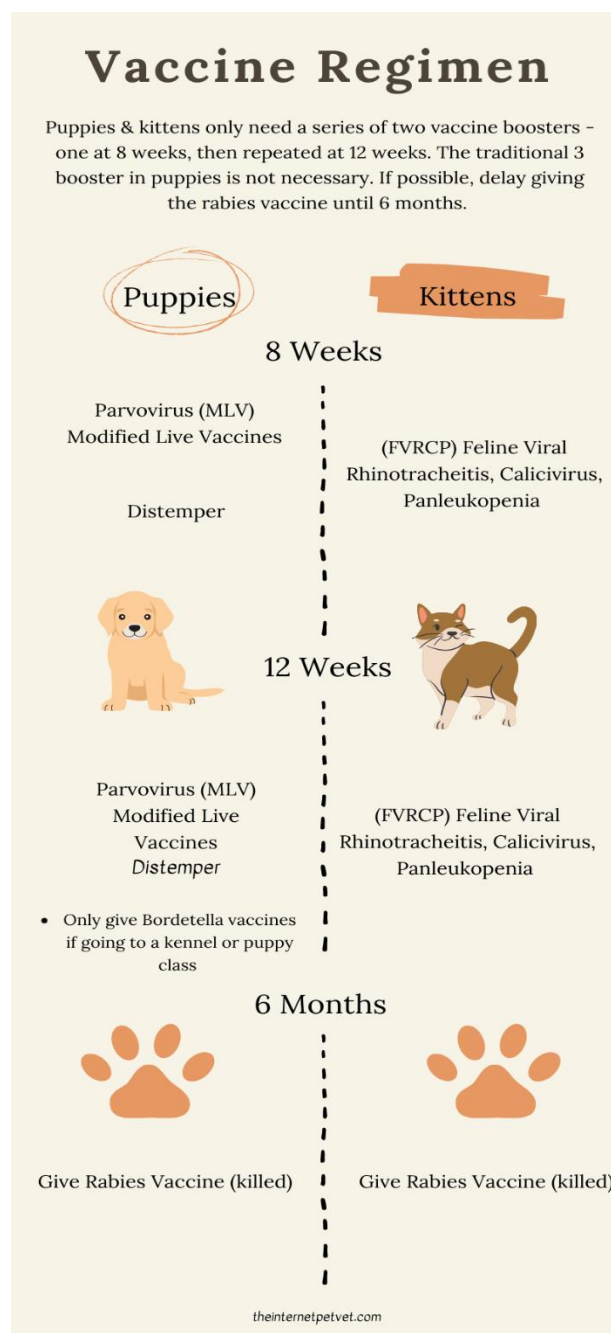
In cats, vaccine associated sarcoma is a definite risk. In dogs, vaccines continually stimulate the immune system – in an older dog this may bring on undesirable effects and many researchers have wondered about the increased frequency of vaccines over the past 30 years and increased incidence of cancer in pets.

## Vaccine Regimen

The following is the vaccine regimen that I would advise pet owners. Here's a simple guide on when to begin and when to stop. This section includes sample regimen for puppies and kittens as well as adult pets.

### Puppy and Kitten Vaccine Regimen

Puppies and kittens only need a series of 2 vaccine boosters, one at 8 weeks then repeated at 12 weeks. I find the most critical time to prevent infectious disease is at this young age. In small kittens and puppies, I prefer to wait until 12 weeks. The traditional 3rd booster in puppies is not necessary. If possible, delay giving the Rabies vaccine until 6 months.



Kittens should be vaccinated for the respiratory viruses and Panleukopenia (FVRCP - Feline Viral Rhinotracheitis, Calicivirus, Panleukopenia) (MLV).

On the other hand, Feline Leukemia (KILLED) vaccine should only be given to “high risk” cats - those in multi-cat households or outdoor cats surrounded by a large cat population. While Rabies vaccine (KILLED) should be given at 6 months. Make sure that vaccines are given in the subcutaneous tissue on the lateral sides of the right and left legs.

## Vaccine Regimen for Adult Pets

Dr. Jones suggests...

My own personal vaccine plan would be to get the puppy, and the kitten vaccines, then give NO FURTHER vaccines.

For adult pets, I would suggest to first get a Titer Test, **and if protective antibodies**, NO FURTHER vaccines are needed.

I suggest this for both dogs and cats.

If needed you can consider following this regimen.

### For adult dogs

After 4 1/2 years, your dog will be well immunized against Distemper and Parvovirus – in my opinion these vaccines are no longer necessary. However, rabies



vaccine may need to be repeated every 3 years based on your local State/Provincial requirements, or if you travel to another country.

### For adult cats

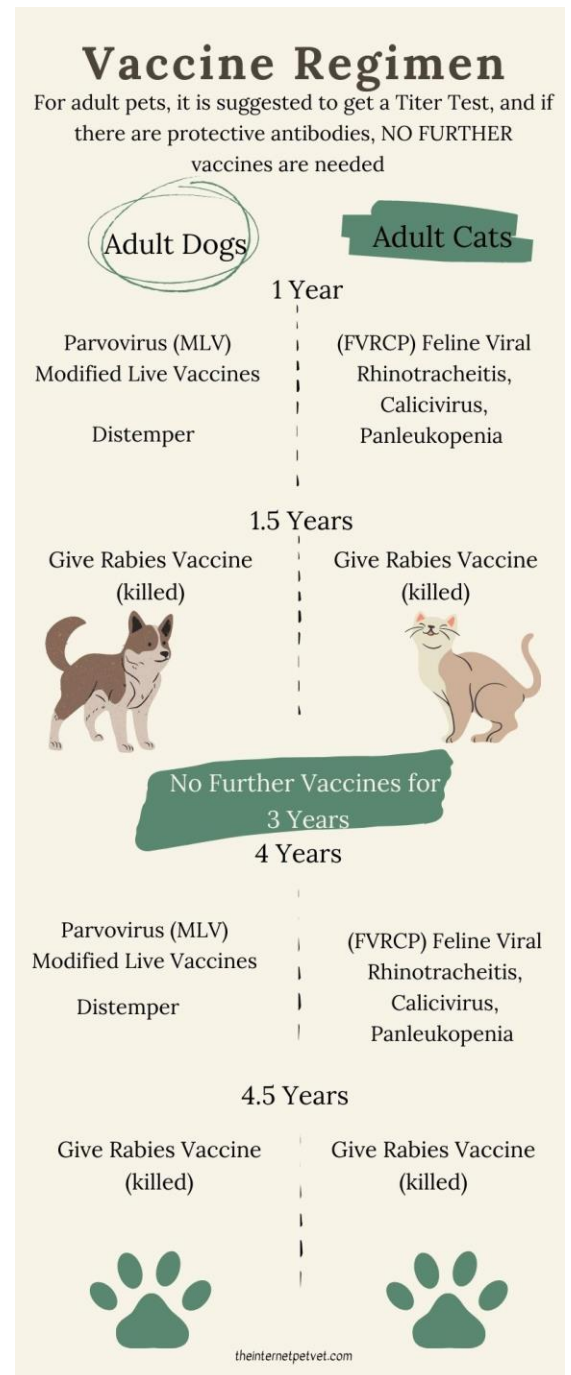
After 4 ½ years, your cat will be well immunized against the Respiratory viruses and Panleukopenia– in my opinion these vaccines are no longer necessary. Rabies may need to be repeated every 3 years based on your local State/Provincial requirements, or if you travel to another country.

### Vaccines Not Advised for Dogs

Vaccinations for Corona virus, Leptospirosis, Lyme or Giardia vaccines for dogs are not recommended. The currently licensed Leptospira bacterins do not contain the serovars (viruses) causing the majority of clinical leptospirosis today, therefore, it is generally not a useful vaccine.

### Vaccines Not Advised for Cats

Vaccinations for FIP (Feline infectious peritonitis), Feline Bordetella, FIV (Feline immunodeficiency virus) are not advised. Use of Feline Leukemia vaccine in Cats should only be limited.



## Dr. Jones' Vaccination Tips

- ✓ See your veterinarian yearly for their annual wellness exam.
- ✓ Never vaccinate a sick or weakened animal. If your puppy or kitten is showing signs of allergies or skin problems, wait until they clear out. Vaccinating an already compromised immune system is almost sure to compound the problem.
- ✓ Avoid contaminated areas
- ✓ Keep your unvaccinated companion animal safe by avoiding exposure to public areas such as parks and pet stores. Keep them close to home and only expose them to animals you know are healthy.
- ✓ Only vaccinate your pet for diseases they are likely to and only give the vaccine boosters as often as needed. As a generality, most pets can go without any vaccines past the age of 5.

## Homeopathic Treatments After Vaccination

Here is a homeopathic remedy to give your pet following his or her vaccinations that may help mitigate side effects. These can be given after EVERY vaccine.

- After vaccination, give a dose of Thuja 30C
- Wait one week, then give a dose of Sulfur 6X once daily for 7 days.

## Vaccinations and Strong Immune System

Regardless of whether or not you use nosodes, it is very important to do what you can to help your pet develop a strong immune system - one that can defend him or her against exposure to most of the common viruses.

You can help your pet achieve a strong immune system in many ways. Here are a few ideas:

- excellent nutrition
  - feeding home diets and raw food
  - top quality commercial food
- regular exercise
- providing quality health supplements:
  - **for dogs** try Dr. Jones' Ultimate Canine Health Formula at [www.thedogssupplement.com](http://www.thedogssupplement.com)
  - **for cats** try Dr. Jones' Ultimate Feline Health Formula at [www.thecatssupplement.com](http://www.thecatssupplement.com)
- avoiding conventional medication that causes side effects
- using natural alternatives when possible
- continued questioning of conventional practices
- a commitment by you as a concerned pet owner to be as empowered as possible





**DOG AND CAT FOOD**



What is going in your pet's mouth?

Diet is one of the **big keys** to a healthy pet.

Some symptoms of a less-than-ideal diet may include bad breath, itchy skin, dull dry coats, and intestinal gas. A common disease that can be attributed to diet is diabetes in cats.



Commercial pet food does not always provide all of the nutrients that some dogs and cats need to be healthy at different times in their lives. This food also contains things that your pet does not need, such as chemical additives and preservatives.

An example of a preservative that is commonly found is propylene glycol. It is used to keep moist pet foods fresh. It has been linked to anemia and bloat.

One of the single most important things you can do for your pet's health is to feed a more natural diet. I have seen natural diets improve allergies, arthritis, diabetes, chronic vomiting and diarrhea.

## **Do commercial pet foods have wholesome ingredients?**

The pet food industry is an extension of the human food and agriculture industries. Pet food provides a market for animal fat, grains considered “unfit for human consumption,” and similar waste products to be turned into profit. This waste includes intestines, udders, etc., and possibly diseased and cancerous animal parts.<sup>1</sup>

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<sup>1</sup>*Fact Sheet 1994*. Pet Food Institute. Washington: Pet Food Institute, 1994.

## The Problems with Grains

Grains are prevalent in most commercial pet food. They are the least expensive food ingredients, far less costly than animal protein. Grains help in binding the kibble together; think of them as a form of glue. Glue is good if you're trying to make something stick together, but it's not something I advise feeding to your pets.

These high-carbohydrate diets negatively impact our dogs and cats. Carnivores cannot maintain long-term production of the quantity of amylase enzyme necessary to properly digest and utilize the carbohydrates. This contributes to some of the negative effects.

From Susan Wynn, DVM, on the canine diet:

Dogs evolved from *Canis lupis*—the wolf. Wolves eat caribou or the like, but if they are forced, they will eat smaller game (rarely). They have been observed to graze on grass, eat berries, etc., but only when they need to. This is our lesson in canine nutrition: they are omnivores who do well with fresh meat, the vegetation they get in a caribou stomach, which is mostly green, unless the beast is eating from baited fields and a smattering of other stuff if they are hungry.<sup>2</sup>

Cats lack an enzyme called salivary amylase, further evidence that they are not designed to digest carbohydrates. They only have 5 percent of the pancreatic amylase activity and while dogs have 10 percent of intestinal amylase.

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<sup>2</sup> Interview with Dr. Susan Wynn, DVM, retrieved Sep 3, 2011, from <http://www.canine-epilepsy.com/Wynn.html>.

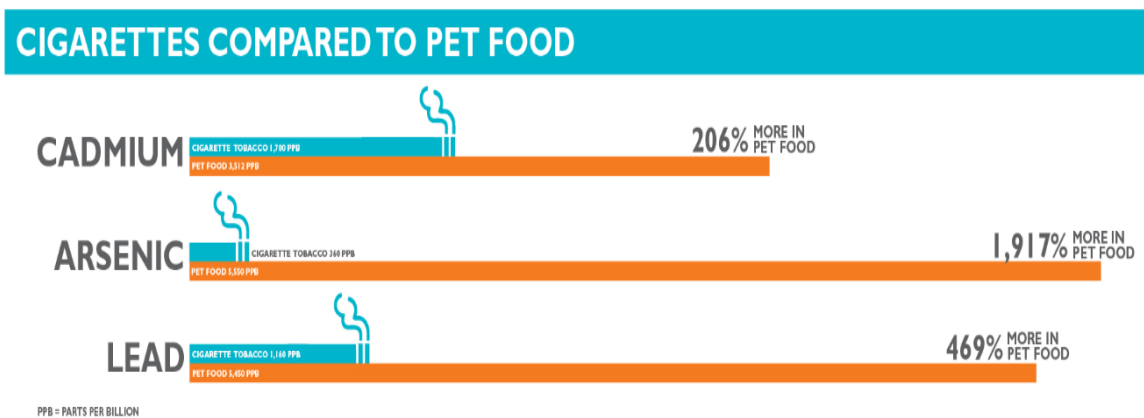
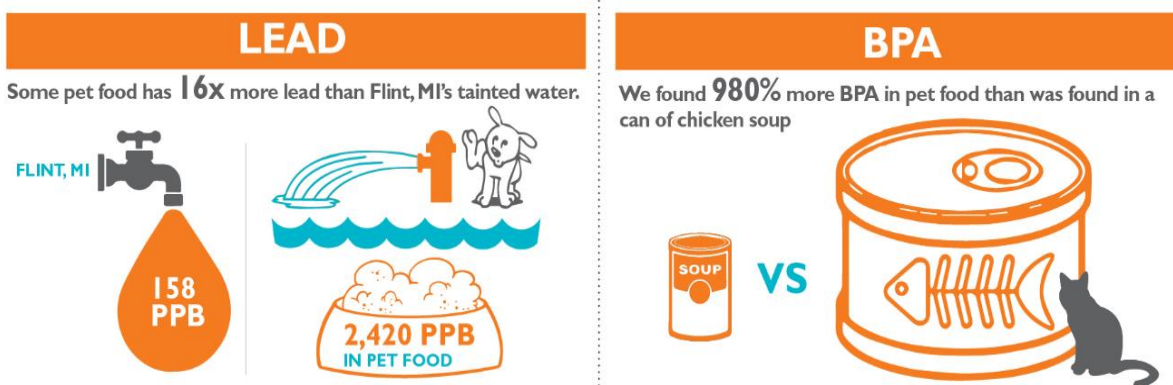
Cats also lack the liver enzyme glucokinase, which is used to breakdown sugar (glucose). Glucose becomes markedly elevated after a large carbohydrate meal, but cats lack the ability to rapidly break it down.

This has implications for the increased incidence of diabetes in cats. By flooding your cat’s blood with glucose, that they can’t break down, we are likely overwhelming the pancreas and ultimately seeing a decrease in insulin production, and subsequent diabetes.

## Toxins in Pet Food

Pet food may be one of the most highly regulated food products in the US – with the FDA as the regulating body that oversees pet food products and their ingredients as well as the product labels meet federal and state requirements.

However, here are some shocking stats from the Clean Label Project.



Clean Label Project™ completed a study of 1,084 pet food products from 80 brands. Products were screened for over 130 toxins including heavy metals, BPA, pesticides and other contaminants with links to cancer and other health conditions in both humans and animals.



[www.cleanlabelproject.org](http://www.cleanlabelproject.org)

The point here is that tainted pet food may be one of the main reasons why there is an epidemic of illnesses in our dogs and cats even young ages.

More toxins and carcinogens are found in pet food than ever before. Carcinogens include preservatives, such as BHA, BHT and Ethoxyquin. Every pet owner should be aware of this and should instead purchase pet food with natural preservatives, such as vitamin E.

Mercury has also been found in several 'fish byproducts' used in pet food. As a pet owner, you can limit the chances of mercury poisoning by avoiding things like 'fish byproducts' in the ingredients and opt for a higher quality pet food without it.

Another cause of concerns is Teflon chemicals used in pet food bags. Cats and dogs are to be exposed through food contaminated with PFCs leaching from pet food bag coatings. One should bear in mind to seek out pet food that does not use PFCs.

Bisphenol A or BPA is a toxin found not only in plastic, but also in tins of dog and cat food. This is a huge source of concern because there is a direct correlation between canned food ingestion and the incidence of hyperthyroidism in cats.<sup>3</sup> You can avoid this from

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<sup>3</sup> A. C. Beynen (September 2017), BPA in Canned Pet Food.



happening if you search out quality, holistic canned food companies should you decide to feed your cat or dog with canned food.

So, knowing all of these facts, what else can you do?

### **Dr. Jones' Pet Food Tips**

Vary your pet's food.

This is even more important now than ever, in light of ongoing pet food recalls – where thousands of dogs and cats are poisoned by contaminated pet food.

Choose from a variety of quality pet foods, and rotate these foods every 2-3 months. I do this with my own dog, Tula, and my cat Murray.

### **How to Choose a QUALITY Commercial Dog or Cat Food**

If you are to use a commercial food, here are some tips to check for quality:

1. Ingredients are listed in descending order. The first ingredient should be an animal-based protein.
2. The entire protein should be listed first. Avoid foods that list by-products. Avoid those that list the food fractions - i.e., wheat middling's or corn gluten instead of the whole grain. These ingredients are leftovers from the human food processing and do not provide the best nutrition.
3. Look for natural preservatives. Examples of natural preservatives are vitamin C (ascorbic acid), vitamin E and mixed Tocopherols. Avoid Ethoxyquin, BHA, BHT and propylene glycol.
4. Avoid foods with artificial flavor enhancers such as phosphoric acid.
5. Avoid artificial colors. These include azo, azo dyes, and sodium nitrite.
6. Essential fatty acids must be added - this is of utmost importance for allergies, arthritis and cancer prevention.

7. It should also contain additional antioxidants, such as vitamin E, vitamin C and flavonoids.
8. In 2020, there was a suggested connection found by the FDA between Grain Free Dog Food, and a type of heart disease called DCM (Dilated Cardiomyopathy). Fortunately, very few dogs were affected (less than .1%), and the preliminary research has focused on an amino acid called Taurine and its role in normal heart function. The most commonly affected breed is the Golden Retriever. You can avoid this problem by not completely relying on kibble for your dog's diet, and at least feed some good quality high protein homemade food once-twice/week.

## Dr. Jones' Recommended Commercial Pet Food

- ✓ Artemis: [www.artemiscompany.com](http://www.artemiscompany.com)
- ✓ Azmira: [www.azmira.com](http://www.azmira.com)
- ✓ Back to Basics: (Raw)  
[backtobasicspetfood.com](http://backtobasicspetfood.com)
- ✓ Bravo: [bravopetfoods.com](http://bravopetfoods.com) (Raw)
- ✓ Canidae: [www.canidae.com](http://www.canidae.com)
- ✓ Carna4 (Canadian): [www.carna4.com](http://www.carna4.com)
- ✓ Champion PetFoods:  
[www.championpetfoods.com](http://www.championpetfoods.com) (Orijen and Acana)
- ✓ Dogswell: [www.dogswell.com](http://www.dogswell.com)
- ✓ Dr Harvey's Pet Food:  
[www.drharveys.com](http://www.drharveys.com)
- ✓ FirstMate Pet Foods:  
[www.firstmate.com](http://www.firstmate.com)
- ✓ Flint River Ranch: [www.frrco.com](http://www.frrco.com)
- ✓ Halo: [www.halopets.com](http://www.halopets.com)
- ✓ Holistic Blend: [holisticblend.com](http://holisticblend.com)
- ✓ Honest Kitchen: (Dehydrated)  
[www.thehonestkitchen.com](http://www.thehonestkitchen.com)
- ✓ Life's Abundance:  
[www.lifesabundance.com](http://www.lifesabundance.com)
- ✓ Newmans Own:  
[www.newmansown.com/pet-food](http://www.newmansown.com/pet-food)
- ✓ Natura Pet Products: (This includes: California Natural, Evo, great quality pet food, but the company is now owned by Proctor and Gamble) [www.naturapet.com](http://www.naturapet.com)
- ✓ Nature's Logic: [natureslogic.com](http://natureslogic.com)
- ✓ Nature's Variety:  
[www.naturesvariety.com](http://www.naturesvariety.com) (Instinct, Prairie)
- ✓ Petcurean Pet Nutrition:  
[www.petcurean.com](http://www.petcurean.com) (Includes Go!, Now, and Summit)
- ✓ Primal Pet Food:  
[www.primalpetfoods.com](http://www.primalpetfoods.com) (Raw)
- ✓ Rudy's Green Dog Food:  
[www.rudygreens.com](http://www.rudygreens.com)  
(Raw/supplement)
- ✓ Solid Gold: [www.solidgoldpet.com](http://www.solidgoldpet.com)
- ✓ TimberWolf Organics:  
[www.timberwolforganics.com](http://www.timberwolforganics.com)
- ✓ Verus Pet Foods:  
[www.veruspetfoods.com](http://www.veruspetfoods.com)
- ✓ Viand: [www.viandpet.com](http://www.viandpet.com) (Gluten free)
- ✓ Wellness: [www.wellnesspetfood.com](http://www.wellnesspetfood.com)
- ✓ Wysong: [www.wysong.net](http://www.wysong.net)

## Homemade Food for Cats and Dogs

The best foods for your pet are those that you make at home, yourself. Why? Simply because you know the ingredients, and you know what you are feeding is fresh.

There is the concern of the diet not being nutritionally ‘balanced’, yet most homemade diets are far better than most kibble from a health point of view, even if they are not 100% balanced.

If you vary your dog or cat’s food, feeding some commercial foods as well, then you do not need to worry about making it 100% balanced. If you are solely feeding a homemade diet, then it does need to be nutritionally balanced.

A good website to give you a 100% balanced pet food diet can be found at [www.balance.it](http://www.balance.it)

You can pre-make large batches, freeze it, and then add vitamin/mineral supplements when it’s time to feed. Any vitamin or mineral supplement you use should be a good quality, human grade supplement, if you are not using one specifically designed for pets. Some of the cheaper human supplements, particularly those with a heavy coating, are not well digested by people and will not be by animals.

If you are using human supplements, keep in mind that the average human supplement is designed for a 150-pound adult. A cat should get about 1/6 to 1/10 of a human supplement. A dog dosage can be calculated from the weight of the dog compared to 150 pounds. Do not overdose! Some vitamins and many minerals are toxic at high doses.

## KEY POINTS for Homemade Dog Diets

1. Focus on protein with balanced amino acid profiles (lean beef, chicken, turkey and egg)
2. Carbohydrates are not necessary, but non-grain carbs provide additional nutrients: brown rice (fiber, protein, calcium, iron, selenium and B vitamins), sweet potato (fiber, protein, vitamin A, C, E, potassium and B vitamins), potato (potassium, vitamin C, B vitamins)
3. Additional 'balanced' fat is necessary, a good Omega 6:3 balanced, nutritious fat I prefer is sunflower oil, but you can also use coconut oil.
4. Omega 3 Fatty Acid Supplement should be added in the form of krill, fish or flax oil. Krill is the most nutrient dense and beneficial of all the products, with a great EPA/DHA fatty acid profile, and it contains the antioxidant Astaxanthin, and is high in vitamin D.
5. Calcium is required as bones are not being consumed. I prefer egg shells dried, roasted in the oven for 10 minutes then ground with a coffee grinder. You can also use OTC calcium carbonate.
6. Vitamins: vitamin D is needed, but is found in egg yolks and red meat as well as being in high levels in the krill or fish oil. Vitamin E is found in sunflower oil and coconut oil.
7. Minerals: iron is found in the animal protein and spinach/kale, zinc in red meat and flax seeds, copper in spinach, iodine in egg yolks, potassium in sweet potato and regular potato
8. Fiber: the veggies, the brown rice and the best source in my opinion (also the healthiest) is the ground flax.

## Home Diets for Dogs



### *Homemade Beef Stew for Dogs*

#### **The Ingredients**

- Beef - Natural, organic stewing beef (2 cups)
- Potatoes, boiled or cooked in a crock pot (2 cups)
- Carrots, steamed or cooked in a crock pot, (2 cups)
- Spinach, steamed and chopped, (1 cup)
- Sunflower Oil, 2 tablespoons
- Omega 3 Fatty Acid supplement, Krill oil, 1000mg
- Calcium Supplement, 2000mg ( 1 tspn of ground eggshell)
- Ground Flax seed- 1 tablespoon.

#### **How to Make it**

- This is a great 'slow cooker' recipe as you can combine the beef, potatoes and carrots. Cover with water. After 4-6 hours, you can then lightly steam, then chop the spinach, combining it with the stew in the crock pot. Allow to cool, and then mix in the sunflower oil, the Omega 3 fatty acid supplements, the calcium and the ground flax.
- The eggshells need to be ground in a coffee grinder, but the other option is to use a calcium supplement such as Tums. ( 2 tabs)
- A 'healthier' option is to just 1st cook the beef, boil potatoes, and then lightly steam the carrots, then mixing together.

*\*This beef stew recipe will produce a meal that's very similar to canned options you can get at the market. However, you'll have complete control of the ingredients. The recipe makes 2 meals for a 50-pound dog, but you can adjust accordingly.*

## *Dog Ground Turkey Diet*



### **The Ingredients**

- Ground Lean Turkey- 1lb, cooked in pan/pot
- Brown Rice - 2 cups of cooked rice
- Carrots - ½ cup-steamed
- Eggs- cooked, 2, great protein source, and egg yolks rich in Vitamin E, scrambled with the Turkey
- Sunflower Oil - 1 tablespoon ( 1 tbspn/1lb of animal protein) added after cooking (good source of additional Vitamin E, and great oil for skin health - a natural ceramide),
- Omega 3 Fatty Acid, ie Krill at dose of 500mg/50 lbs of body weight
- Calcium Supplement – Ground Egg Shell in coffee grinder, ½ tspn (1000mg), can also add Calcium Tablets (ie Tums, 2 tablets are 1000mg)

### **How to Make it**

- Cook Protein, Carbohydrate and Vegetables.
- Prior to serving each meal and after warming, add the appropriate amount of supplement to the food.
- Mix thoroughly. Heating supplements that contain vitamins can destroy their effectiveness.

***\*Amount to feed – 1 to 1 ½ cups/20lbs of body weight twice daily. This is a balanced diet, also great for dogs with food allergies.***



## *Fish and Sweet Potato Recipe*

*(based on a 50 lb dog)*

### **The Ingredients**

- Baked Sweet potato - 2 cups
- Cooked Fish, Salmon, - 2 cups
- Spinach, 1 cup chopped
- Omega 3 supplement, Krill Oil at 1 tablet/50lbs daily
- Sunflower Oil, 1 tablespoon
- Dr. Jones' Ultimate Canine Health Formula (or multimineral supplement)- 1 scoop (1 tablet)
- Posturecaplet - (600 mg elemental calcium) - 2 1/2 caplets
- Morton Lite Salt Mixture - 1 tsp

### **How to Make it**

- Cook Protein, Carbohydrate and Vegetables.
- Prior to serving each meal and after warming, add the appropriate amount of supplement to the food.
- Mix thoroughly. Heating supplements that contain vitamins can destroy their effectiveness.

*\* The amount of supplement shown above is the adequate daily amount.*



## Feeding Your Cat: Know the Basics of Feline Nutrition

*Excerpts from Lisa A. Pierson, DVM webpage [catinfo.org](http://catinfo.org)*

Diet is the brick and mortar of health.

Cats have a much better chance at optimal health if they are fed a canned food diet instead of dry kibble.

Putting a little thought into what you feed your cat(s) can pay big dividends over their lifetime and very possibly help them avoid serious, painful, life-threatening, and costly illnesses.

An increasing number of nutrition-savvy veterinarians are now strongly recommending the feeding of canned food instead of dry kibble. However, many veterinarians are still recommending/condoning the feeding of dry food to cats. Sadly, this species-inappropriate source of food only serves to promote disease in our cats as discussed below.

Like medical doctors for humans, veterinarians receive very little training in school regarding nutrition. And what is discussed is often taught by representatives of large pet food companies, or the curriculum is sponsored - and heavily influenced - by members of the commercial pet food industry.

This represents a significant conflict of interest. After we leave veterinary school, the most commonly available source for our nutrition 'education' continues to be the large pet food companies that manufacture so-called 'therapeutic /prescription' diets.

**Unfortunately, the result is that veterinarians are not always the best source of nutrition advice.**

All cats can be switched to a water-rich, low-carb diet if their caregivers are very patient and try enough tricks.

## What's wrong with dry kibble?

Here are three key negative issues associated with dry food – this includes any “prescription” diet that is sold by your veterinarian.

**Water content is too low.** All dry foods are dangerously low in water which wreaks havoc on your cat's urinary tract. By feeding water-depleted diets, you are predisposing your cat to serious and life-threatening urinary tract diseases including extremely painful and often fatal (and very expensive to treat) urethral obstructions and possibly.



**Carbohydrate load is too high.** A high carbohydrate diet could possibly predispose your cat to several serious conditions such as diabetes, obesity, and intestinal diseases. Don't be fooled by “low carb” dry foods as they are NOT healthy diets since these low carb kibbles are still water-depleted and are harshly cooked resulting in nutrient loss/alteration.

**Type of protein in kibbles.** Cats are obligate carnivores and are designed to get their protein from meat – not from the high level of grains/peas/potatoes found in kibble. Dry foods contain very high plant-based proteins derived from grains and soy versus animal-based proteins. Grains only serve to enhance the profit margin of the pet food company and do not promote the health of your cat.

Contrary to a popular myth, dry food offers no beneficial effect on dental health and has no scientific support for its use in preventing dental disease. It is often swallowed whole but even if it is chewed, it is brittle and simply shatters – providing no abrasive force against the teeth.

## Basics of Feline Nutrition



Our main goal is to feed a diet that nature intended for our carnivore pets – staying as close as possible to the form and nutritional composition that our cats would eat in a natural setting – while implementing safety strategies as discussed below.

- ❖ Average cat eats approximately 1/3 cup of food twice a day.
- ❖ The most important ingredients include a *good quality, balanced protein* (poultry is a good choice), a *balanced omega 6:3 fat* (sunflower oil), *additional calcium*, and *added Taurine* as most home diets are Taurine deficient and *cats require this amino acid in the diet for normal heart and eye function*.
- ❖ Additional fiber. Some cats can become constipated if only on a homemade diet, so additional fiber may be necessary. You can use *1 teaspoon of canned pumpkin* (only the pumpkin, not pie filling), or *1 teaspoon of ground flax*. Both are great sources of fiber and do provide additional nutrients.

## Home Diets for Cats



### *The Basic Chicken Recipe*

#### **The Ingredients**

- Fresh boneless skinless chicken breast -1lb
- Sunflower Oil - 1 tablespoon (used to cook the chicken)
- Dr. Jones' Ultimate Omega 3 - 2 capsules
- Morton's lite salt 1/4 tsp
- Iodinated salt 1/4 tsp
- Calcium carbonate without vitamin D (regular Tums), 2 tabs, 1000mg
- Dr. Jones' Ultimate Feline Formula - 2 scoops
- Taurine powder (essential for cats) 1/2 scoop (or 2 - 500mg tablets)

#### **How to Make it**

- Sauté chopped chicken breast in oil until thoroughly cooked. (sunflower oil is best). After cooked chop into small pieces.
- Grind Tums (calcium carbonate) or egg shell, then mix together Ultimate Feline Formula or multi vitamin/mineral tab, Krill Oil (or Fish Oil) and taurine supplement together.
- Add to cooled mixture. Store in refrigerator.

*\*The average cat will eat approx. 1/3 of a cup (well packed) twice daily, but may eat this entire amount of the recipe for a day - the recipe makes about 1 cup.*

## Ground Turkey Cat Recipe



### The Ingredients

- Ground Turkey -1 pound
- 1 egg
- Sunflower oil - 1 tablespoon
- Dr. Jones' Ultimate Omega 3 - 2 capsules
- Calcium carbonate without vitamin D (regular Tums) 1000mg( 2tabs), or ½ teaspoon of ground eggshell
- Dr. Jones' Ultimate Feline Formula - 2 scoops
- Taurine powder (essential for cats) 1/2 scoop (or 2 - 500mg tablets)

### How to Make it

- Sauté ground turkey and egg in oil until thoroughly cooked. (sunflower oil is best).
- Grind Tums (calcium carbonate) or egg shell, then mix together Dr. Jones' Ultimate Feline Formula or multi vitamin/mineral tab, Krill Oil (or Fish Oil) and Taurine supplement together.
- Add to cooled mixture. Store in refrigerator.

*\* The average cat will eat approx. 1/3 of a cup (well packed) twice daily, but may eat this entire amount of the recipe for a day- the recipe makes about 1 cup.*

## Ground Chicken Cat Recipe



### The Ingredients

- Fresh Ground Chicken -1 pound
- 1 egg
- Sunflower oil - 1 tablespoon
- Dr. Jones' Ultimate Omega\_3 - 2 capsules
- Calcium carbonate without vitamin D (regular Tums) 1000mg( 2tabs), or ½ teaspoon of ground eggshell
- Dr. Jones' Ultimate Feline Formula - 2 scoops
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- Sauté ground chicken and egg in oil until thoroughly cooked. (sunflower oil is best).
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- Add to cooled mixture. Store in refrigerator.

*\* The average cat will eat approx. 1/3 of a cup (well packed) twice daily, but may eat this entire amount of the recipe for a day- the recipe makes about 1 cup.*

# Raw Food



Prior to the early 1900s, our dogs were fed butcher’s scraps, leftovers, and if that wasn’t available, they hunted and scavenged for themselves. Cats were primarily kept for pest control, and survived on the mice they caught along with the occasional bowl of milk or meat handout from their owners. In the early part of the century, commercially prepared foods—biscuits, canned food and finally kibble—replaced our pets more natural diets.

Recent years, however, have seen a rise in the popularity of raw food diets.

Supplying your dog or cat with raw foods is a safe and healthy alternative to commercially produced foods. There are numerous raw food diets out there for pet owners to try.

## Health benefits of raw food

There are many benefits that have been reported by pet owners after they have switched their pets to a raw food diet, and I have seen this in my practice. Not all pets will experience all of the health benefits listed below, but most pet owners report that their

pet experiences one of more of these benefits after switching over to a raw food diet. Additional benefits may include not having to make as many trips to the veterinarian—a healthier pet, fewer vet bills. Another potential advantage is that, in general, raw diets can be less expensive than (premium) commercial diets if you prepare the raw diet yourself, at home.

Here is a list of improvements that pet owners have experienced:

- shinier hair coat<sup>4</sup>
- eliminated dog odor<sup>5</sup>
- better body muscle to fat ratios
- cleaner teeth and breath<sup>6</sup>
- decreased itching<sup>7</sup>
- normalized energy levels<sup>8</sup>
- improved urinary tract health
- better resistance to infections
- increased mobility with a decrease in arthritis pain
- decreased allergy symptoms<sup>7</sup>
- little to no hairballs in cats<sup>7</sup>
- lower stool volume<sup>8</sup>

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<sup>4</sup> Angelo, Giana; Pilkington, Suzanne (2012). "[Essential Fatty Acids and Skin Health](#)". *Oregon State University*. Retrieved November 28, 2017.

<sup>5</sup> Puotinen, CJ. "Natural Diets and Remedies for Pet Odor and Smells". Retrieved May 2, 2021 from <https://tasteforlife.com/living/pets/natural-diets-and-remedies-for-pet-odor-and-smells#contributor>

<sup>6</sup> Higdon, Jane (2001). "[Calcium](#)". *Oregon State University*. Retrieved November 29, 2017

<sup>7</sup> University of Helsinki. (2020, November 13). Dry food or raw? Diet affects skin gene expression in both healthy and atopic dogs. *ScienceDaily*. Retrieved May 2, 2021 from [www.sciencedaily.com/releases/2020/11/201113103723.htm](http://www.sciencedaily.com/releases/2020/11/201113103723.htm)

<sup>8</sup> Billingham. 1993. Give Your Dog a Bone.



## Raw food concerns

Salmonella and E. coli are not well-documented concerns for pets, and are rarely seen by pet owners who currently feed raw diets. The intestinal tracts of dogs and cats are designed for handling and digesting raw meats.

When raw meat is ingested, the stomach pH goes to a highly acidic pH of 1, making it very difficult for these organisms to survive. The short digestive tract of a carnivore enables the food to be digested and



ready to go (as feces) within six hours, before the bacteria can become a problem.

To prevent the spreading of any potentially harmful bacteria, take a few extra precautions. Bacteria are normally transmitted through what is known as fecal-oral contact—handling waste and then inadvertently touching the mouth. The best way to protect yourself is simple: use common sense and practice good hygiene. If you are ill, do not feed raw food to your pet (have someone else do it), and do not handle any waste. Anyone who is sick or has a poor immune system has a higher chance of passing something on to their pet or being susceptible to disease themselves.

An additional concern is choking on bones and intestinal obstruction/perforation. These events are rare, but they are still possible. Most dogs chew the bones well, breaking them down into small pieces that pass through the intestinal tract quickly. Some dogs and cats still manage to eat bones and choke on them, usually by eating them too quickly. To prevent this, chop up the bones into small pieces prior to feeding. When cats are fed raw meat with bones, the food should always be chopped up into very small pieces, one-quarter inch or smaller. Never feed whole chicken necks to cats.

An easy way to avoid these issues is to buy one of the commercially prepared raw diets—they include everything needed, including chopped-up bones.

## **Incorporating raw food into your pet's diet**

A home raw diet is, and should be, simple. When preparing a raw diet, keep some basic food “groups” in mind. Meat, chopped bones, and vegetables should be a large part of what you feed your pet, along with organ meats, once a week. If you keep these basic principles in mind, you should have no problem providing your pet with a much healthier lifestyle.

### **Raw feeding for dogs**

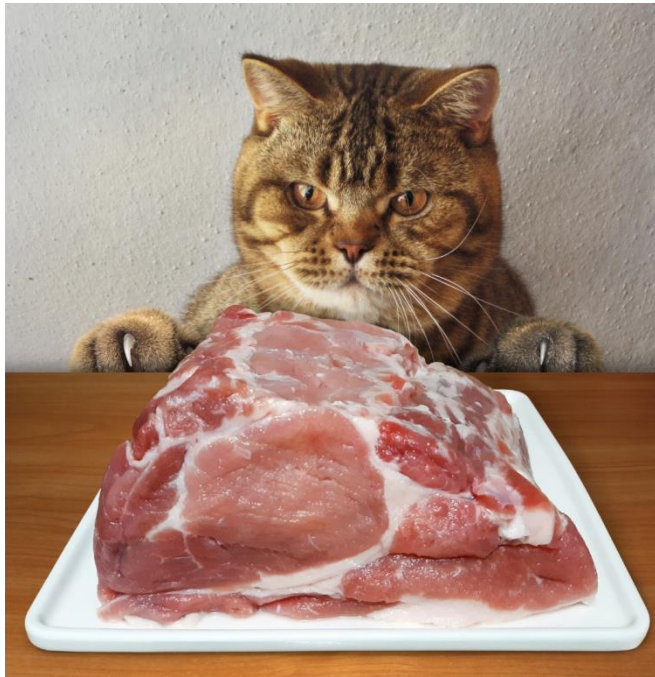


If you are going to prepare raw food on your own, make sure you feed from four principal raw food ‘groups:’

- Meat
- Bones
- Organ meats
- Fruits and vegetables

It is easiest to feed chicken as the meat and bone source if you are preparing the meat fresh. Chicken backs and thighs are inexpensive, and a great way to start. After purchasing the chicken, wrap each piece individually and freeze it. Defrost it overnight, and then chop it up in the morning. Defrosting the chicken for approximately nine hours allows it to become slightly soft, but not rubbery, and therefore easiest to chop.

## Raw feeding for cats



Cats are thought to more clearly benefit from a raw diet. Most commercial cat foods contain a disproportionate amount of carbohydrates. Because cats are obligate carnivores, little grain is generally found in their natural diet. In addition to grains, cat foods often contain a large amount of vegetables, often included to achieve proper nutritional balance.

Taurine, an essential amino acid for cats, is reduced or eliminated in heat processing. Pet food manufacturers must add Taurine supplements to cat food, which is generally unnecessary in a raw diet. Proponents of raw diets believe that a raw diet more closely matching the diet of cats in the wild will yield many improved health benefits, including a noticeable reduction in the incidence of many late-life feline health issues.

When preparing a raw diet for your cat at home, as with dogs, be sure you feed from the principal raw food ‘groups.’ For cats, vegetables and fruit are optional:

- Meat
- Bones (chopped up very small to avoid choking)
- Organ meats (given once a week)

To start, use chicken backs and thighs, same as with dogs. After purchasing the chicken, wrap each piece individually and freeze it. Defrost it overnight, and chop it up in the morning. Defrosting the chicken for approximately nine hours allows it to become slightly soft, but not rubbery, and therefore easiest to chop.

## A Balanced Diet

Bones (bone meal or an alternate supplement) are a must with a raw diet. Many people starting out may avoid adding bones, feeling that meat is the most important part of the diet. This is not true as calcium is essential for health.

Be sure to balance the amount of meat fed with bones or bone meal, as meat is very



high in phosphorus and contains little to no calcium. The correct balance of phosphorus to calcium is approximately 1.3 parts calcium to one part phosphorus. A good example of a correct meat-to-bone ratio is with chicken

necks, backs, or wings: if you base your proportion on these samples, you'll have a good balance. Always keep in mind how your pet would eat in the wild—not just meat but also a large portion of bones.

Vary the meat sources from time to time to provide a variety of nutrients to your dog or cat. An easy way to do this is to purchase commercial raw diets and feed these from time to time. These generally cost about two to three times as much as your home-prepared chicken, but they contain chopped-up meats, bones, organs, vegetables, and other ingredients.

Feeding raw isn't an exact science. Rest assured that over time, by varying the protein sources and amounts of bones and other ingredients you feed, your pet will receive a balanced diet.

## **How much do I feed?**

This will also vary with your dog or cat. A dog that is more active and has a higher metabolism will eat more, while a less active dog or one with a slower metabolism will eat less. Puppies will typically eat more than adults, since they need to fuel their rapidly growing body.

As a general guideline, you can feed one pound of food per fifty pounds of dog. Rapidly growing dogs and active dogs tend to need more; older dogs and inactive dogs tend to need less. If your dog gains weight on this amount, then decrease it; if your dog loses weight on this amount, increase it.

Meats that are lower in fat include turkey, buffalo, ostrich, venison, and rabbit. Meats that are higher in fat and help put weight on include beef, lamb, duck, and pork.

## **Final thoughts**

Cooking does destroy vital nutrients in food, including vitamins, minerals, and enzymes. In commercial foods, these have to be added back after processing. But are the added nutrients as good as what are found in raw food?

Pets seem to do very well on this diet, so we'll let the results speak for themselves. I have seen many healthy coats and shiny white teeth. If you take care to use only fresh meat, keep it refrigerated, and follow correct sanitation practices when handling it, you will have few problems and a happy dog or cat.



THEINTERNETPETYET.COM

03

## HEALING WITH NUTRACEUTICALS

If your pet is currently suffering from allergies, arthritis, skin problems, digestive issues, heart disease, cancer, or any of the host of health problems pets have today, supplements can and have helped countless pets, something I saw in my practice on a daily basis.

Nutraceuticals are purified or concentrated extracts from certain foods that have been demonstrated to improve health through physiological benefits or to protect against chronic disease.

There are a range of different companies and options, from supplements designed to address specific health issues to supplements meant for general health and wellness.

## Most Important Supplements

1. **Omega-3 fatty acids.** In my studies and experience, these help more diseases than any other supplement. These are beneficial to the immune system, the nervous system, and the heart, and help stop inflammation, such as in arthritis and allergies. They are critically important in cancer. This is probably the most important supplement to give, no matter what you feed your pet. Sources are found in krill and fish oil, but not in any other animal oil. They are also found in flax seed and flax oil. Recommended amount is 500mg of Krill oil, or 1,000 mg of fish oil (containing 300 mg combined DHA/EPA) per thirty pounds (fourteen kilograms) of body weight. Higher dosage for pets with health problems would be 1,000 mg per ten pounds (4.5 kilograms) of body weight. The flax seed dose is one teaspoon of ground flax seed per cup of dog food daily. Cats best utilize the EFAs from fish/krill oil - fish oil dose ranging from 250mg-1000mg per 10lbs daily.



[Dr. Jones Ultimate Omega 3 Formula Krill Oil www.theomega3supplement.com](http://www.theomega3supplement.com)

2. **Vitamins.** Commercial foods lose much of their vitamin content in processing. The antioxidant vitamins are most important: vitamins E, vitamin C, and the water-soluble B vitamins.
3. **Minerals.** Minerals are vital for normal body function and preventing disease. Selenium works in conjunction with vitamin E, acting as a key antioxidant, protecting cells from harmful free radicals. Zinc promotes a healthy immune system and is essential for wound healing.
4. **Probiotics.** These are the beneficial bacteria that live in the intestines and help control yeast and harmful bacteria, as well as helping with digestion and intestinal health. These friendly bacteria are destroyed whenever antibiotics are given, and can also be flushed out of the system if your dog has diarrhea. I recommend using probiotics for one week following any antibiotic usage.<sup>9</sup>
5. **Joint support.** Glucosamine HCl, chondroitin sulfate, and MSM (methylsulfonyl methane) are three key ingredients in halting arthritis progression. In some cases they can actually increase the amount of cartilage. Recent studies have shown they have anti-inflammatory properties and can be beneficial in osteoarthritic type conditions.<sup>10</sup>
6. **Immune-boosting components.** Immune system is key for protection from bacteria and viruses. Daily nutritional supplementation is the best bet for making sure nutritional needs are met and immune health is supported. Some immune-supportive components include colostrum, L-lysine, aloe vera, and maitake.

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<sup>9</sup>[Kelley, R.L.](#), D. [Minikhiem](#), B. [Kiely](#), L. [O'Mahony](#), D. [O'Sullivan](#), T. [Boileau](#), J. S. [Park](#), "Clinical benefits of probiotic canine-derived Bifidobacterium animalis strain AHC7 in dogs with acute idiopathic diarrhea." Fall 2009, *Journal of Veterinary Pharmacology and Therapeutics*, 10(3):121-30.

<sup>10</sup>Bruyere, O., and [J. Y. Register](#), "Glucosamine and chondroitin sulfate as therapeutic agents for knee and hip osteoarthritis." *Journal of American Veterinary Medical Association*. Feb 15, 2007; 230(4):514-21.



7. **Cannabidiol (CBD).** This is the non-psychoactive portion of the cannabis plant, and has been shown to be so beneficial for many of our common dog and cat health conditions, with few to no side effects. It is being used for natural pain relief, seizure control, a natural anti-inflammatory (i.e., Urinary Tract Disease), Immune system support/modulation (i.e. Allergies), and as a Holistic anti-anxiety treatment. I now have a new whole plant extract CBD supplement: [www.thecbd supplement.com](http://www.thecbd supplement.com)



Dr. Jones' Ultimate CBD Oil  
[www.thecbd supplement.com](http://www.thecbd supplement.com)

8. **Natural Anti-inflammatory: 95% Curcumin.** This is one of the most studied, and documented herbal anti-inflammatories for animals (and people). It has been shown to be beneficial for arthritis, joint pain, allergies along with having cancer preventive properties. Standard animal doses of 100mg/10lbs of body weight daily, given with fat. It is now in my new dog supplements, Dr Jones' Ultimate Canine [Advanced](#) and [Advanced Plus](#) Health Formulas.



Veterinary Care is expensive. I should know, for I am a veterinarian who used to own Veterinary Hospital.

In fact, Veterinary Medicine has changed dramatically in the last 30 years... gone are the days of James Herriot when Veterinarians treated every type of animal, and regularly made house calls.

This is the 21st Century, where a dog may be man's best friend, but that pet has a price tag. Vet visits and surgery cost dog owners almost \$800 and cat owners \$500 last year, according to the American Pet Products Manufacturers Association.

If your pet becomes seriously ill, you can easily spend thousands. For example, each year about 400 pets, mostly dogs, undergo pacemaker surgery costing \$3,000. Cats with renal failure, a common ailment, can now get an \$8,000 to \$10,000 kidney transplant, followed by \$600-a-year regimens of immunosuppressive drugs. We can do wonderful advanced lifesaving procedures, but it can be expensive.

**Here are some pro-tips to lower your veterinary bills:**

**1. Price Shop**

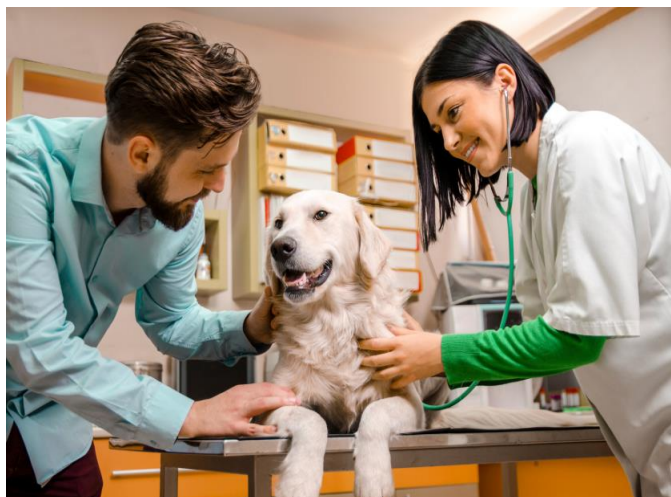
Prices at animal hospitals can vary widely. In my small town of Nelson, I used to charge the least of all the practices, but many clients do not know that. Make sure you get recommendations from other pet owners first.



There is a misconception that the higher priced practices give a better quality of care - but this is not always true.

To ensure that you are saving money and at the same time getting quality care for your pet, you have to ask some specific questions:

- Does the practice have an animal health technician? They should.
- Does the practice have up-to-date anesthetic and monitoring equipment? A must have.
- Does the practice have all pets monitored after anesthesia until they are fully awake?



This will give you an idea about staff level - you need adequate staff to give the quality patient care that your pet deserves.

However, having up to date equipment and well-trained staff still does not mean that you have to pay through the roof.

Ask about the common procedures, like vaccines, checkups, neutering and spaying.

Plan on going to at least three vets before you decide on one. Make a mental note of just how clean the environment is when you look around. In addition, do not forget to ask for discounts from your vet. If clients ASK, they will often get a discount. Some vets offer multiple pet discounts as well as discounts for seniors.

## 2. Beware the Up-sell.

Now that you have some background such as escalating veterinary costs and no new pets, and that the only way to increase profits is by doing more with the existing clients. When your pet is being examined by your vet and they advise you to have a dental cleaning - ASK and QUESTION WHY!

Just how bad are the teeth? Is the degree of dental disease really that significant? One of the major veterinary associations is advising that any pet with Grade 1 Gingivitis (mild gum inflammation) have a dental scale and polish. This procedure is at least 300 dollars.

It has risks. Your pet would need to be under general anesthetic and that's one risk you need to weigh in.

It has high profit margins. It's the animal health technician or assistant that usually does all the work however, you're paying for the veterinarian's rates.

A pet owner should be aware that a pet with mild gum disease does not need this done. You can begin preventive care at home. You could start with brushing your pet's teeth. You could feed a diet designed to break off some of the plaque and tartar.

This is only one example - although it is the biggest 'up-sell' in Veterinary Medicine today.

As a pet owner you have every right to question any recommendation! Ask if it is absolutely necessary or if there are alternate options that are less costly and safer.

### 3. Hospitalization Fees

Your vet will make a lot more money if he (or she) can keep your pet in the veterinary hospital. They can charge a fee for the day of hospitalization, plus a fee for re-examining your pet in the morning.

Ask to have the procedure performed while you are there. Let's use X-Rays as an example.

You and your vet suspect an arthritic knee, but you want to confirm with X-Rays. Get the practice to schedule this while you are there and waiting - it doesn't take long to perform X-Rays. They will likely comply if you only ask.

And, by being a little bit of a 'pain in the butt', you will get better service at a lower price. Your pet will have to spend less time away from you, and you will save money. Now, doesn't that sound good to you?

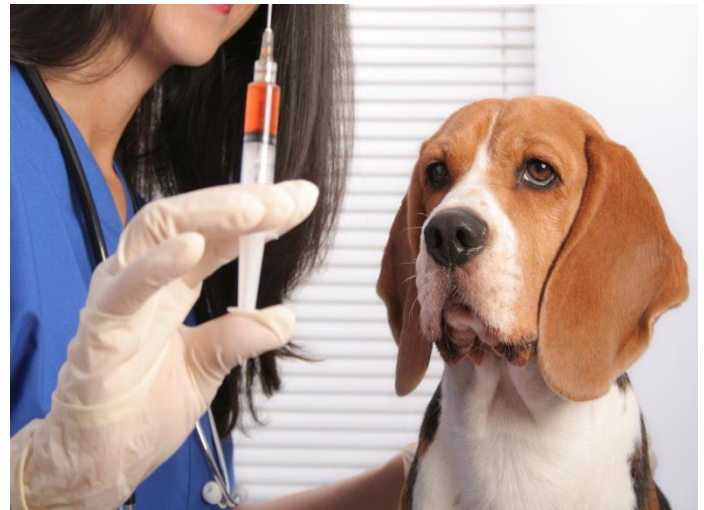
#### 4. Vaccines - NOT every year

This tip alone will save you money, and help your pet live longer:

Your pet does not need to be vaccinated yearly – refer to my Vaccine Regimen above for more information.

Ask your Vet about their vaccine protocols. If they are not with the "vaccinating less often program", consider switching vets.

It will be healthier for your pet and your pocket book.



#### 5. Become an Empowered Pet Owner

The biggest key to avoid getting taken advantage of by any Veterinarian is by being an involved and empowered pet owner.

Take charge of your pet's health care.

You know your pet better than anyone else. How well do you think a veterinarian can get to know your pet with a 15-minute visit once a year?

In my newsletter, Veterinary Secrets, the one big thing that I talk about over and over again is how you as a concerned pet owner can begin caring for your pet at home today. You can learn more on how to heal your pets at home and get updated with the latest veterinary news and food recalls in my newsletters. If you haven't already, you can sign up here: [www.veterinarysecrets.com](http://www.veterinarysecrets.com).

You can begin to offer treatment options such as herbs, homeopathics, acupressure and massage, that most veterinarians won't even consider.

As an empowered pet owner, you can begin to practice preventive health care with your pet.

Let's use allergies as an example. Many of you have allergic pets.

Your vet has likely prescribed a steroid. They work and stop the itching fast, but they can have serious side effects and the itching usually comes back.

After utilizing my newsletter course, you will know the specifics of first eliminating external parasites as a cause. You will then be able to perform a proper food elimination trial. You will begin to add in natural supplements to decrease the intensity of the itch. You may also try a Chinese herbal combination that can eliminate the itch without steroids.

This is only one small example - but do you see how you can take charge of your pet's health care and have a happier healthier pet?

You can do it today.

# 05

**WHEN TO TREAT YOUR PET AT HOME?  
WHEN TO SEEK VETERINARY CARE?**





Of all the questions pet owners ask me; this one comes up over and over again: “can I treat my pet at home, or should I take him to see my vet?”

Here is a basic guideline, along with some encouragement, to help you begin to use a few of the natural remedies that I advise.

I first must emphasize that you are not leaving your veterinarian, but working with your vet to provide a range of options for your pet’s health care. For example, if your dog or cat is ill, I still encourage most pet owners to see their veterinarian, obtain a diagnosis, and then work with their veterinarian on treatments.

As you become more confident, you may consider diagnosing your pet’s health problem at home, as is your right.

But here is a guideline I want you to start with (Again, if your pet is seriously ill, go to your veterinarian)

### **Serious clinical signs to be aware of:**

- ✓ Lethargic/very weak and tired
- ✓ Ongoing and frequent vomiting/diarrhea
- ✓ Dehydrated
- ✓ In obvious pain/distress
- ✓ Straining to urinate
- ✓ Not eating/drinking
- ✓ Severe anemia
- ✓ Seizures
- ✓ Pale gums
- ✓ Jaundiced, yellowing of eyes, mouth
- ✓ Bloating
- ✓ Serious pain
- ✓ Neurologic disorders, such as difficulty walking, loss of balance
- ✓ Bleeding
- ✓ Fractures
- ✓ Breathing distress, increased rate of breathing

If you are unsure of a diagnosis, then please go to your veterinarian.

The difference here is I am expecting you to be advocating for your pet, and not just a passive client, accepting whatever your vet may advise.

Ask a lot of questions, such as:

- What is the likely diagnosis?
- If you do the suggested tests, will it change the treatment?
- Is there a safer medication?
- Can we wait before treating or performing diagnostic tests?
- Are there any alternate options?
- What are the drug side effects?

In summary, I want you to be the client who veterinarians have to answer to. In my practice, I had the occasional client who would ask many a question and then go on to question what I was planning to do to his or her pet.

And guess what?

These clients often had better service, and their dogs or cats would get more attention and become a priority.

If your pet becomes ill or injured, make your dog or cat a priority for your veterinarian by just asking and advocating.

THEINTERNETPETVET.COM



06

COMMON DISEASES AND REMEDIES

# Allergies

## SIGNS

External signs: itchiness, constant or intermittent scratching, chronic paw licking, skin rashes, and recurring ear infections. Respiratory signs: runny eyes and nose. Intestinal signs: vomiting and diarrhea.



## CAUSES

Three main possibilities: external parasites, such as fleas; food, for dogs, beef protein is the most common, for cats, fish or milk are the most common food allergens; environmental, from pollens to house dust mites. The immune system overreacts and causes severe itchiness.

## SOLUTIONS

TO THE BATH. An oatmeal shampoo with cool water will ease the itchiest skin. Leave the shampoo on for 10 minutes then rinse well. With the most severe allergies, bathe your pet twice weekly.

SOOTHE IT TOPICALLY. Calendula ointment is an herbal medication that has been successfully used to relieve the itch. Apply a thin coat twice daily to affected areas.

HOMEMADE DOG SHAMPOO FOR STINKY ITCHY DOG. Commercial dog shampoos have an array of ingredients that are best to avoid. Toxins such as artificial colors, artificial fragrance, paraben preservatives, formaldehyde preservatives, sodium laureth sulfate can further irritate your dog's skin. This DIY itchy/smelly dog shampoo worked surprisingly well on my neighbor's dog, and has worked great for many subscribers. This is combination of ingredients with antibacterial, antifungal, and antihistamine properties. Primary thing is to fully lather your dog, leave on for a full 10 minutes before rinsing off. It can be safely used once/week.

### ***DIY Itchy Dog Shampoo Recipe***

- 250ml, 1 cup of green tea (antibacterial)
- 2 tablespoons of Castile Soap (best holistic soap base)
- 2 tablespoons of ACV (anti-yeast)
- 5 drops of Lavender Essential Oil (antibacterial/antifungal and some antihistamine qualities)
- 5 drops of Tea Tree Oil (antibacterial, antifungal)

FEET WASHING. Regularly washing of your dog's paws after they come in from being outside is one of the best ways to decrease the itching; this washes off the outdoor allergens. You can use a damp cloth or put your pup in the bath. This routine will also help if food is the culprit and your pet is chewing his paws.

ANTI-HISTAMINES. Benadryl is the most commonly used antihistamine. It is given at a dose of 1 mg per pound of body weight, two to three times a day. Cats respond well to Chlor-Tripolon at 2 mg two to three times a day. It is best to consult your veterinarian before using these medications. It often takes fourteen days of using these to see if they are helping.

NATURAL ANTIHISTAMINES. These include the flavonoid found in red onions/apples called Quercetin; the Stinging Plant, NETTLE, and a nutrient found in pineapples, BROMELAIN.

- Quercetin has been widely studied, and been shown to be effective in reducing itchiness in people: the dog and cat dose for allergies is *25 mg per ten pounds of body weight twice daily*.
- Nettle leaf has a long history in holistic medicine for its benefit for allergy, so dietary supplementation with dried nettle leaf/ or giving the tea may help. Nettle Tea- 1 cup/50lbs twice daily. *Freeze dried nettle leaf in capsules 2 mg/lb twice daily*. This remedy must be given for 30 days to assess the effectiveness.

### ***A Basic Formula for Chronic Skin Problems***

- 2 parts Burdock root, 1 part Dandelion, 1-part Red Clover, 1 part garlic powder
- Use the tincture (buy individual tinctures, mix together) or tea (blend herbs in a tea)
- Provide additional flaxseed oil, evening primrose oil, borage seed oil, or fish oil

Dose: 1 tablespoon per forty pounds of your pet's body weight daily. This assists organ functions and helps nutrient absorption. It's also important to keep in mind that tonic herbs work slowly, and it may take several days or even weeks to see results.

### ***Herbal Symptomatic Relief***

With mainly itchy skin: Oatmeal based shampoos or a Peppermint skin rinse. A daily skin rinse of cooled Chamomile or Calendula tea may bring relief. Completely soak the animal with the tea, and allow it to drip dry.

Open Sores: Sage, Comfrey and Calendula tea in equal proportions. Cool and use as a rinse.

For cases of bacterial skin infections, pyoderma (bacterial infection): use an internal Echinacea tincture plus Echinacea and Oregon Grape salve.

THE SUPPLEMENT CONNECTION. Fatty Acid supplements are very helpful in decreasing the level of inflammation. Omega 3 fatty acids are most important. The BIG point here is that you need to be providing therapeutic doses- typically more than is what is on the bottle. Krill is a good option, and seems to be better absorbed than fish oil. A good, inexpensive source is flax oil - give 1 tsp per 10lbs daily. This provides adequate levels of EFAs and in one study was as effective as Fish oil. Cats are unable to metabolize flax, so I only recommend the liquid krill or fish oil supplement for them (500-1000mg per day) Other sources include primrose oil and specific veterinary supplements.

Dr. Jones' Ultimate Canine Health Formula contains high levels of EFAs in Flax oil. You can check it out here: [www.thedogssupplement.com](http://www.thedogssupplement.com)

Dr. Jones' Omega3 Supplement from high quality Antarctic Krill is great source of essential fatty acid: [www.theomega3supplement.com](http://www.theomega3supplement.com)

ANTIOXIDANTS. vitamin E and vitamin C may help ease the itching, keep the skin moisturized and provide temporary relief: *vitamin E dose is 100 IU per 10 lbs. of body weight once daily; the vitamin C dose is 100 mg per 10 lbs. of body weight once daily*

# Arthritis

## SIGNS

Your pet seems generally sore, has difficulty getting up after sleeping, and has occasional lameness. He has trouble jumping up or climbing stairs, and sometimes you can move the joints and hear crunching.



## CAUSES

It will happen to most of us. Our joints age and lose their protective covering or cartilage. When this happens, bone rubs on bone, leading to osteoarthritis. In some pets, arthritis can be secondary to a ligament injury, producing joint instability. This often happens with the knee, secondarily there are cranial cruciate ligament strains or tears.

## SOLUTIONS

IT'S IN THE CARTILAGE. Glucosamine Hydrochloride is the most important supplement to add to your pet's diet. The dose is 1/4 of a 500 mg tablet once daily per 10 lbs. of body weight. It helps to rebuild the cartilage and delay further cartilage breakdown. It can come in a variety of combinations. Other supplements contain green-lipped mussel, which is similar to glucosamine. Glucosamine can be given in combination with Chondroitin as this supplement may improve the effectiveness of glucosamine.

CHONDROITIN. Another key component of cartilage, it works in conjunction with glucosamine to rebuild cartilage, to lessen inflammation, and even repair and strengthen injured tendons.



METHYLSULFONMETHANE (MSM). MSM is a supplement that can be found in some plants such as Horsetail. It works by reducing inflammation in the joints by acting as an antioxidant. The MSM dosage is 50 mg per 10 lbs. of body weight daily.

Dr Jones' Ultimate Canine and Ultimate Feline Health Formulas contain effective amounts of these 3 ingredients in combination.

For dogs: [www.thedogsupplement.com](http://www.thedogsupplement.com)

For cats: [www.thecatssupplement.com](http://www.thecatssupplement.com)

ACUPRESSURE. A form of ancient massage, Acupressure, is an overlooked effective option.

- *EAR*. The ear is a microcosm of the energy pathways in your pet. Perform gentle circling motions on the top inside of the ear – this stimulates the back legs.
- *BL60 and KI3*. The outside (BL60) and the inside (KI3) of the webbing of the hock joint. KI3 is also good for tonifying the kidney and strengthening the vital life force, the Chi.
- *GB29 and GB30*. The most important points for Hip Dysplasia and Hip Arthritis. In the depressions in front and behind the point of the hip. GB29 is in front of the bone, GB30 is behind the bony point.

THE MEDICINE CABINET. Aspirin is safe to use with dogs, but **never with cats**. The ASA dose is 325 mg (one regular tablet) per forty pounds of body weight given twice daily. Give one-fourth tab to a ten-pound dog. If side effects are seen, such as diarrhea or vomiting, then stop. I recommend uncoated regular aspirin, as the coated aspirin may pass right through your pet.

KEEP MOVING. Moving the joints produces joint fluid and lubricating them lead to less joint pain. If your pet is at first reluctant to move, manually flex the sore joint for five minutes. Gradually increase daily exercise.

FATTY ACIDS. Omega-3 fatty acids are critical for every arthritic pet, and have extensive research showing them to be beneficial for the inflammation in degenerative joint disease. Sources include flax oil, fish oil and krill oil. The flax requires metabolism of ALA to the omega 3 fatty acids of EPA and DHA, while these are preformed in the fish and krill oil. Flax dose is 1000mg/10lbs daily, equating to 1 tablespoon/50lbs of body weight. The highest concentration of the Omega 3 Fatty Acids (DHA and EPA) is found in Fish and [Krill Oil](#). Krill Oil may be better absorbed, meaning it can be effective at much lower doses. *The Krill oil dose is 500mg/50lbs of body weight twice daily.*

Cats are unable to metabolize flax, so I only recommend krill/ fish oil supplement for them. Other sources include primrose oil and specific veterinary supplements.

A great source for your dog is flax oil at one tablespoon per fifty pounds of body weight daily. A source for your cat is found in fish oil supplements; a standard dose is one teaspoon of fish oil per ten pounds daily.

Cannabidiol (CBD). This is the non -psychoactive portion of the cannabis plant. CBD has been shown to have potent anti-arthritic therapeutic action, resulting in both joint protection and clinical sign improvement. A study from the European Journal of Pain showed, using an animal model, CBD applied on the skin could help lower pain and inflammation due to arthritis. Another study demonstrated the mechanism by which CBD inhibits inflammatory and neuropathic pain, two of the most difficult types of chronic pain to treat.

The Hadassah Medical School at the Hebrew University of Jerusalem sought to compare the effectiveness of a completely purified CBD extract versus a full-spectrum extract of cannabis flowers containing large quantities of CBD.<sup>11</sup>

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<sup>11</sup> Gallily R, Yekhtin Z, Hanuš LO (2018) The anti-inflammatory properties of terpenoids from Cannabis, Cannabis and Cannabinoid Research 3:1, 282–290, DOI: 10.1089/can.2018.0014.

The conclusion of the study was that the whole plant extract, which contained a large percentage of CBD but also contained traces of the other cannabinoids, proved far more effective than CBD-only solutions in alleviating inflammation and pain sensation.<sup>11</sup> (*Standard dog and cat starting Dose: 3mg/10lbs daily.*)

95% CURCUMIN. The active compound found in the spice turmeric, research that it can potentially alleviate arthritis inflammation and pain. The spice turmeric (*Curcuma longa*) contains a natural chemical compound called curcumin. Scientists have found curcumin has anti-inflammatory and antioxidant properties.<sup>12</sup> The 95% curcumin has the chemical properties of a COX inhibitor (as do the traditional NSAIDS), thus providing pain relief, but without the negative side effects. A standard curcumin dose is 100mg/10lbs daily, but it needs to be given with fat to be absorbed (i.e., give with food).

#### HOMEOPATHIC OPTION

- **RHUS TOX.** Also known as poison ivy, rhus tox, is a homeopathic remedy that alleviates pain or stiffness when getting up, and most muscle pains/disorders.<sup>13</sup> *Dose 6C twice daily.*

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<sup>12</sup> Daily JW, Yang M, Park S. Efficacy of Turmeric Extracts and Curcumin for Alleviating the Symptoms of Joint Arthritis: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. *J Med Food.* 2016 Aug;19(8):717-29. doi: 10.1089/jmf.2016.3705. PMID: 27533649; PMCID: PMC5003001.

<sup>13</sup> Shipley M, Berry H, Broster G, Jenkins M, Clover A, Williams I. Controlled trial of homoeopathic treatment of osteoarthritis. *Lancet.* 1983 Jan 15;1(8316):97-8. doi: 10.1016/s0140-6736(83)91743-9. PMID: 6129459.

# Asthma



## SIGNS

Asthma only occurs in cats, not in dogs. The most common sign is that your cat is coughing and not producing hairballs. Often this is accompanied by difficult breathing. Occasionally you can hear a whistling sound when they breathe.

## CAUSES

The airways in the lungs narrow in response to a variety of things making it difficult to breathe. It may be brought on by smoke, pollen, a new food or even stress.

## SOLUTIONS

IT'S IN THE AIR. Avoid chemical irritants that could trigger an attack. Smoke outside if you must. Avoid perfumes, deodorizers, and strong chemical cleaners. Purchase an indoor air-filter to eliminate some of the small particles that can irritate the lungs.

ELIMINATION DIET. Food allergens have been found as the causative agent for some cats. Try a veterinary allergy diet, such as Duck and potato, or make your own. Whatever food you choose, it must be fed for 12 weeks.

EMOTIONAL CONTROL. A common flower essence, Bach Rescue Remedy, can be helpful in calming your pet. Put 3-4 drops in his mouth every hour until he relaxes.

**STEAMING IS BEST.** Increasing the humidity in your house can decrease the incidence of asthma attacks. Regularly use a humidifier or vaporizer to maintain 30% humidity. In an attack, turn on the shower and steam your bathroom.

**SEE YOUR VETERINARIAN.** In a severe asthma attack, your cat will need emergency treatment. They may use oxygen and specific anti-inflammatory medication.

**HERBAL COUGH RELIEF.** Consider natural anti-inflammatories/immune modulators as alternatives to prednisone.

- 95% CURCUMIN. A natural occurring compound in turmeric, Curcumin is a great anti-inflammatory. (*Dose of 100mg/10lbs twice daily.*)
- LICORICE ROOT TINCTURE is considered the 'steroid alternative'. It can be given for a maximum 2 weeks on/1 week off. (*Dose of 1/2ml of the tincture/10lbs of body weight twice daily.*)
- CBD Oil (Cannabidiol). It can help as an anti-inflammatory and immune modulator. (*Doses of 3mg twice daily to start, but you can easily up the dose to 15mg twice daily if needed.*)



**Humidity in the house can decrease the incidence of asthma attack.**

### **HOMEOPATHIC OPTION**

- ARSENICUM ALBUM. Often helpful with asthma, a primary cause of coughing in cats. Give Arsenicum 6C every 2-3 hours in a severe relapse then the 30C dose once a week.

# Cancer

The definition of cancer is abnormal cells that divide without control and are able to invade other tissues. Cancer cells can spread to other parts of the body through the blood and lymphatic systems.



Healthy cells grow and divide in a controlled way to produce more cells as they are needed to keep the body healthy. When cells become old or damaged, they die and are replaced with new cells.

However, sometimes this process goes wrong; there are mutations in which cells do not die when they should and new cells form when the body does not need them.

These extra cells may form a mass of tissue called cancer or a tumor.

There are more than one hundred types of cancer, and the cancers are named for either the organ they affect or the type of cell that they start in.

Many types of cancer can occur in pets; these include (but are not limited to) lymphosarcoma, osteosarcoma, hemangiosarcoma, mammary cancer, soft tissue sarcoma, mast cell tumors, and mouth cancer.

## SIGNS

Most cases of cancer are first diagnosed by your veterinarian. Signs for you to watch for include a firm lump that grows and won't go away. Some pets have an increased appetite but continue to lose weight. Others have problems breathing and may show overall weakness if they are becoming anemic.

## CAUSES

Pets get the same types of cancer that people do. It is usually a disease of older dogs and cats. It causes half the deaths of pets ten years and older.<sup>14</sup>

The exact causes of cancer are unclear. Certainly, there is a genetic correlation as we are seeing an increased incidence in certain breeds. Labrador Retrievers are now the number one breed to be diagnosed with cancer. Golden Retrievers are second on the list.<sup>15</sup> Environment also plays a big role with exposure to smog, herbicides, and insecticides being contributing factors. Vaccines have also been implicated. (*See Evaluating Risks and Benefits of Vaccines*) Food is of utmost importance—preservatives and other chemical additives may also cause cancer. (*See earlier chapter on Pet Food*)

## SOLUTIONS

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<sup>14</sup> American Veterinary Medical Foundation (AVMF). "Cancer in Pets". Retrieved May 2, 2021 from [www.avma.org/resources/pet-owners/petcare/cancer-pets](http://www.avma.org/resources/pet-owners/petcare/cancer-pets)

<sup>15</sup> Steinberg, H.S. "Using a Practical Veterinary Cancer Registry". Retrieved May 2, 2021 from [www.vin.com/doc/?id=3848682](http://www.vin.com/doc/?id=3848682).

VETERINARY DIAGNOSIS AND STAGING. Your vet will perform blood tests, X-rays, and a needle aspirate of the lymph nodes to confirm lymphoma (see the following sections for lymphoma plus other more common cancers).

CONVENTIONAL OPTIONS. Conventionally your options are surgery, radiation, and chemotherapy. This of course depends upon the type of cancer, what stage it is at (i.e., where it has spread), the age of your pet, and other health factors that may or may not exclude your dog or cat from treatment.

Surgery is ideal if the entire mass can be removed, and there is no evidence of the cancer having spread.

Radiation therapy is now available at many referral veterinary practices, and for some cancer types, such as osteosarcoma, it can provide some much-needed pain control.

Chemotherapy has been the mainstay of conventional veterinary medical care, but in most cases, it doesn't offer a cure, only a remission (such as in lymphoma). That being said, many animals don't have the serious side effects that people do, and chemotherapy can give you quality time to be with your pet by putting the cancer into a remission. Once again clearly communicate your expectations, and ask many a question of your veterinarian or referral practice.

WHAT YOU FEED MAKES A DIFFERENCE. Cancer cells thrive on carbohydrates and proteins, but cannot grow as fast with fats. Certain veterinary diets have been designed for this, but you can also make your own low-carbohydrate, high-fat cancer diet. Here's a sample homemade cancer diet recipe:





## *Homemade Cancer Diet for Dogs (and Cats)*

### **The Ingredients**

- Lean ground beef, fat drained 454 grams (1 pound)
- Rice, cooked 227 grams (1½ cups)
- Liver, beef 138 grams (½ pound)
- Vegetable oil 63 grams (4½ tablespoons)
- Fish oil 9 grams (nine 1,000mg fish oil caps)
- Calcium carbonate 3.3 grams (five Tums with calcium)
- Salt substitute (potassium chloride) 1.9 grams (½ teaspoon)
- Adult multivitamin 1 tablet
- Taurine (for cats only) 500 mg

### **How to Make it**

- Cook the rice with salt substitute added to the water.
- Cook the ground beef and drain the fat.
- Cook the liver and dice or finely chop into small pieces.
- Pulverize the calcium carbonate and vitamin/mineral tablets.
- Mix the vegetable oil, fish oil (break open capsules), and supplements with the rice and add the cooked ground beef and liver. Mix well, cover, and refrigerate.

*\*Feed approximately one-quarter of this mixture each day to a ten-pound dog or cat. Palatability will be increased if the daily portion is heated to approximately body temperature (caution: when using microwave, avoid “hot spots,” which can burn the mouth).*

COLLOIDAL SILVER. I have had many clients tell me about successfully using colloidal silver to heal their pets' wounds, along with cancers. It is a liquid suspension of minute particles of silver. You can get it at natural health food stores and pharmacies. The dose is one-half teaspoon per ten pounds twice daily.

MUSHROOMS. Certain mushrooms have immune-stimulating and anti-tumor activity. Some of these include reishi, maitake, and shiitake. The dose is 25 mg per ten pounds of body weight daily.

95% CURCUMIN. This is the active compound found in turmeric. It may inhibit the growth as well as spread of tumors. It has also been shown to decrease the side effects of chemotherapy. The dose is 200 mg per ten pounds of body weight daily.<sup>16</sup>

ARTEMISININ (WORMWOOD). Artemisinin is an anti-malaria Malaria treatment widely used in Asia and Africa. However, it has been discovered to have anti-cancer properties as well. Under early research and testing for treatment of cancer, primarily by researchers at the University of Washington, when artemisinin comes into contact with high iron concentrations (common in cancerous cells), the molecule becomes unstable and cancer cells die. It has been shown to reduce new blood vessel growth.<sup>17</sup>

In the recent study, using artemisinin or high-pressure oxygen alone on a culture of human leukemia cells reduced the cancer cells growth by 15 percent. Using them in combination reduced the cells growth by 38 percent, a 50 percent increase in artemisinin's effectiveness. Combined HBO (2) and artemisinin exposure may be an

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<sup>16</sup> Giordano, A., & Tommonaro, G. (2019). Curcumin and Cancer. *Nutrients*, 11(10), 2376. <https://doi.org/10.3390/nu11102376>

<sup>17</sup> Lai, H., Sasaki, T., & Singh, N. P. (2005). Targeted treatment of cancer with artemisinin and artemisinin-tagged iron-carrying compounds. *Expert opinion on therapeutic targets*, 9(5), 995–1007. <https://doi.org/10.1517/14728222.9.5.995>

effective anticancer chemotherapeutic strategy.<sup>18</sup> (*Dose: 20 mg per ten pounds of body weight daily.*)

Medical Marijuana CBD (Cannabidiol) and THC. There is extensive research showing the anti-carcinogenic effects of both CBD and especially THC. Ideally get a tincture of 4:1 (CBD: THC). If all you can get is CBD, then use it, but ensure that it is a whole plant extract, uses hemp seed oil as the carrier oil. (Starting doses of 3mg/10lbs twice daily.)

PANACUR for Cancer. This is an older dog/horse dewormer that has been shown to be beneficial against some types of cancer. A study found out that the group supplemented with both vitamins and Fenbendazole exhibited significant inhibition of tumor growth.<sup>19</sup> It is generally safe to give, and will do no harm. The dog and cat regimen is 50mg/kg given once daily for 3 days, then 4 days off. Continue this regimen for 30 days to see if it is helping.

DANDELION. Dandelion Root Extract, championed by an elderly leukemia patient, has sparked exciting cancer research at the University of Windsor. Dandelion Roots contain many anti-cancer ingredients. Dose of the Root/tea tincture is 1 tsp/10lbs twice daily.

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<sup>18</sup> Ohgami, Y., Elstad, C. A., Chung, E., Shirachi, D. Y., Quock, R. M., & Lai, H. C. (2010). Effect of hyperbaric oxygen on the anticancer effect of artemisinin on molt-4 human leukemia cells. *Anticancer research*, 30(11), 4467–4470.

<sup>19</sup> Gao, P., Dang, C. V., & Watson, J. (2008). Unexpected antitumorigenic effect of fenbendazole when combined with supplementary vitamins. *Journal of the American Association for Laboratory Animal Science : JAALAS*, 47(6), 37–40.

## Cat Flu



### **SIGNS**

The most obvious sign is a cat with a runny nose, often accompanied by swollen and runny eyes. Most cats will also be sneezing.

### **CAUSES**

Two feline viruses are responsible for most cases of cat flu. Some cats can be infected as kittens and constantly harbor the virus, making them prone to repeated infections. In most cases, the virus will run its course in seven to ten days, so supportive care is needed.

### **SOLUTIONS**

**KEEP YOUR PET EATING.** One of the best ways to help your cat's immune system is by ensuring adequate food intake. Warm up a favorite canned food, or add a small amount (one-eighth teaspoon) of garlic. If your pet's regular food is not appetizing, switch to canned tuna.

ORDER UP FLORIDA. Humidity is fabulous for easing congestion and improving breathing. Use a humidifier, or put your cat in the bathroom and turn on the shower.

WIPE AWAY. Use a damp cloth to wipe crusted discharge around the nose and eyes.

OPEN THE AIRWAYS. For some cats with severe nasal congestion, I have used Pediatric Otrivin. Use one drop in each nostril three times daily for three to five days.

AMINO ACID LYSINE. L-lysine has proven antiviral activity and is a mainstay in treating and curing cats with recurrent Herpesvirus Respiratory Infections. It comes as a veterinary paste (Enisyl). The dose is 1 ml (250 mg) twice daily for at least twelve weeks.

SUPPLEMENTS. vitamin C has antiviral activity. The feline dose is 250 mg daily. If this causes diarrhea, lower the dose.

#### SOMETHING SWEET.

Honey is especially effective for coughing, along with having antibacterial and antiviral properties. Dark, Organic honey is best, being given at the dose of ½ teaspoon/10lbs twice daily.

ELDERBERRY. This is the plant that has been MOST studied for FLU in people, with the best results showing it decreases severity and length of the flu. A standard elderberry dose is 100mg/10 lbs twice daily. There is Organic Elderberry Syrup which has elderberries, propolis, echinacea\* and raw honey.



This is traditionally used to help fight colds and the flu. A great option for the cat flu, doses of 1/2 teaspoon twice daily.

HOMEOPATHIC OPTIONS. Several alternative veterinarians have had success using homeopathy in feline respiratory infections.

- ALLIUM CEPA. Useful for watery nasal discharge causing sneezing; give one 30C twice daily for five to seven days.
- EUPHRASIA OFFICINALIS. Also effective for symptom relief; give one 30C twice daily for five to seven days.

# Constipation

## SIGNS

Your pet cries or strains when passing stool. The stools are hard and dry. Your pet has not had a bowel movement in 48 hours.

## CAUSES

Dogs often become constipated after a feast on bones. Older pets, especially cats, get constipated due to decreased activity and lowered fluid intake. Some pets, such as Manx cats, are prone to constipation. Male dogs may get an enlarged prostate gland which can obstruct the colon, also leading to constipation.



## SOLUTIONS

**BULK UP.** Additional dietary fiber is key to having normal stools. For dogs, ground flax seed is a great source. I give 1 tsp per cup of dog food. Metamucil is another effective source. Give 1/2 tsp per 10 lbs. of body weight daily. It can be made tastier by adding it to canned food. For cats, the most successful remedy I have used is canned pumpkin. I give 1 tbsp twice daily and find that several cats eat it willingly.

**HYDRATE.** Ensure that there is more than adequate fluid intake. You may have to add water to your dog's dry food. If your cat is reluctant to drink water, then try some milk or tuna juice. Regularly provide fresh clean water. For cats prone to constipation it is wise

to feed only canned food. This increases their fluid intake and most often result in normal stools.

EXERCISE. Regular exercise gets the bowels moving. If you are off-schedule and not giving your dog his morning walk, then get back on schedule. If your cat is not an outdoor cat, then get her some toys to play with and have her run after the catnip mouse 2-3 times daily.

LOOSEN UP. Vaseline is a very safe laxative and is used in the compounds to prevent hairballs in cats. I give 1 tsp twice daily per 10 lbs for 3-5 days. vitamin C is another laxative when given at a higher dose. Start with 500 mg twice daily.

CASTOR OIL. This is a wonderful, safe and natural laxative. (Doses of 1/2 to 1 teaspoon/10lbs twice daily. )

VISIT THE VET. First, it is important to ensure that your pet is really constipated. Dogs will strain with diarrhea and this is often confused with constipation. Cats will strain with urinary tract infections or obstructions. Check your cat's litter box to ensure that he is urinating. If in doubt, call your veterinarian.



# Coughing



## SIGNS

You can hear loud, forceful irritating hack from your pet that would sometimes keep you awake at night.

## CAUSES

Coughing in dogs and cats is unusual. It is a sign of something irritating the airway. It can be caused by infections (kennel cough), heart disease, lung disease, or collapsing airways (tracheal collapse). In cats, the occasional cough is likely a hairball, although frequent coughing indicates a disease, such as feline asthma.

## SOLUTIONS

**STEAM UP.** Adding humidity to the air will calm an irritated airway. Put on a humidifier or put your pet in the bathroom and turn on the shower.

**CLEANER AIR.** Limit airborne irritants. Don't smoke in your house. Keep your house as dust free as possible. Don't use any toxic cleaners. Ensure that your furnace is cleaned regularly and given a clean filter. Consider purchasing an air purifier.

**NATURAL COUGH SYRUP.** Lemon and honey can soothe any sore throat. New research points toward natural dark honey being more effective than any over-the-counter cough suppressant.

Researchers from the Penn State College of Medicine asked parents to give honey, honey-flavored dextromethorphan (DM), or no treatment to their children. The first

night, the children did not receive any treatment. The following night they received a single dose of buckwheat honey, honey-flavored DM, or no treatment thirty minutes before bedtime. The trial was partially blind as parents could not distinguish between the honey and the medication, although those administering no medication were obviously aware of the fact. Parents were asked to report on cough frequency and severity, how bothersome the cough was, and how well both adult and child slept, both twenty-four hours before and during the night of the dosage. Significant symptom improvements were seen in the honey-supplemented children, compared with the no treatment group and DM-treated group, with honey consistently scoring the best and no-treatment scoring the worst. (*DOSE: Mix two tablespoons of honey, one teaspoon of lemon juice, and one-half cup of water. Give it to your dog twice daily, one tablespoon for an average-sized (fifty pounds) dog, one teaspoon for a cat. Homeopathic cough syrups may also be helpful. I have used Hyland's Cough Syrup, dosing it at one-fourth of the regular adult dose per ten pounds of body weight.*)

HARNESS UP. Any irritated airway will benefit from having less pressure put on it. Remove the collar and use a harness for restraint. Avoid putting any pressure on your dog's throat, especially in chronic coughing such as tracheal collapse. Many dogs respond better to completely removing the collar, and just using a dog harness.

### HERBAL OPTIONS

➤ LICORICE ROOT. An effective cough suppressant, but must not be used for more than 14 consecutive days. The tincture *dose is 1/2ml per 10lbs twice daily, and is a good option to mix in with the honey.*

➤ DANDELION. Dandelion is a wonderful overlooked herb that can be very beneficial for fluid and coughing. The leaves act as a diuretic, helping to remove the excess fluid; dandelion is a very safe diuretic herb. *Give 2 drops per lb of body weight twice daily.*

# Diabetes

## SIGNS

Your pet is drinking and urinating much more than normal is one of the most common symptoms of diabetes. This may be accompanied by increased appetite but also weight loss. Occasionally, there is noticeable leg weakness or dropping down on the rear legs.



Some people notice a sweet smell to the breath. If not noticed early, your pet may become very ill with a condition called Ketoacidosis. This requires immediate veterinary treatment.

## CAUSES

Diabetes is a result of the pancreas not producing enough insulin to allow the body to utilize blood glucose (sugar). This results in high blood sugar levels, causing increased drinking and urination. Some dogs and cats are genetically at risk of developing diabetes. Diet also plays a huge role in developing diabetes. Pets that are obese, often on dry high-carbohydrate diet - especially cats, are at higher risk.

## SOLUTIONS

VISIT THE VET. If you suspect your pet is diabetic, have this confirmed by your veterinarian. Most dogs have to be regulated with twice-daily insulin therapy. Most cats begin with insulin, but with some diet alterations, your pet may eventually come off insulin therapy. Ask your veterinarian about Glargine (brand name Lantus) insulin. It is longer acting and better at regulating difficult diabetic cats.

INSULIN THERAPY. Most diabetic pets require insulin injections given under the skin twice daily. The injections can be given at home and at the same time each day. Your veterinarian will show you how to give injections—they are not painful and usually not even noticed. The proper type of insulin, dose, and frequency of administration needs to be determined by your veterinarian.

The most common insulin used is NPH; a synthetic human form called Humulin-N is the popular one for dogs. Glargine appears extremely promising for cats. Glargine has a very long duration of action and a predictable blood glucose-lowering effect. The typical starting dose is 0.5 U/kg twice daily. A blood glucose curve is performed seven days and fourteen days after starting on glargine (Lantus).

DIETARY CHANGES FOR CATS. Recent studies have shown that cats benefit greatly from higher protein, lower carbohydrate diets. These resemble diets that they would eat in the wild. Purina and Hills now make specific feline diabetic diets. You can also purchase canned food that fits this requirement at the grocery store.



CANNED FOOD. I can't emphasize this point enough for all cat owners with a diabetic cat. **Changing to a less than 5 percent carbohydrate, high-protein canned food is the single most important change to make.** Eliminate the dry kibble and only feed canned. Some commercial diets in this category include Wellness Chicken or Turkey; Fancy Feast Chunky Chicken or Chunky Turkey; Nature's Variety Organic, and raw, frozen diets. This gives your cat the greatest chance to come off of insulin therapy. I am finding that we can control diabetes in about 50 percent of diabetic cats by only feeding a higher protein canned food.

DIET FOR DOGS. The newer research is pointing toward higher protein, lower carbohydrate, and moderate fat diets for dogs. Dogs will metabolize protein when they are unregulated, hence the additional protein levels help maintain muscle mass. This also produces a high glycemic index, as the protein is slowly metabolized leading to a steady release of blood sugar into your pet. Some diets that are advised include Timberwolf, Wellness Grain Free, Innova EVO, Natural Balance Grain Free, Honest Kitchen, Nature's Variety, Primal, and all raw diets.

TREADMILL. Regular exercise will decrease the amount of insulin needed. It will also keep your pet trim. Remember, obese cats are much more likely to develop diabetes.

CHROMIUM. Chromium is a crucial nutrient in the body's fight against diabetes. By using either brewer's yeast stocked with chromium, or chromium chloride, diabetic patients may be able to improve glucose tolerance, lower their fasting glucose levels, decrease insulin levels and cut cholesterol and triglyceride levels, whilst increasing HDL-cholesterol levels.

Several principal double-blind studies have shown that supplemental chromium may raise glucose tolerance in patients with both type 1 and type 2 diabetes.

Dose: 1 tsp. of brewer's yeast/ 10lbs of body weight daily

KRILL OIL/FISH OIL. As a source of omega-3 fatty acids, krill and fish oil may increase insulin sensitivity. They have been extensively studied for people, so can help our dogs and cats with diabetes. (*Dose of 500mg of Krill/Fish oil per 20lbs of body weight daily*) If you're looking for high quality Krill oil visit <https://theomega3supplement.com/>

CINNAMON. Yes, this tasty spice has been shown to help regulate blood sugar; it is also a potent antioxidant. The active ingredient is called MHCP, which mimics insulin to improve blood sugar regulation. The dose is one-fourth teaspoon per ten pounds daily.

TOO MUCH INSULIN (LOW BLOOD SUGAR). In some cases your pet may decrease his or her insulin requirement, resulting in insulin overdose. This usually happens within an hour of giving the insulin injection. Your pet will be weak, trembling, and dazed, and may begin to shake or seizure. If you suspect this, immediately give a sugar boost. Have corn or maple syrup on hand and give one to two tablespoons. Rub it on the gums if your pet cannot swallow, and then take see your veterinarian immediately.

# Diarrhea

## SIGNS

We have all seen it—soft liquid poop found in a pile on the rug under the kitchen table. In some cases of diarrhea, there may be only small amounts of mucous but frequent straining. Diarrhea can also be an ongoing problem.

## CAUSES

Anything that upsets the digestive tract and results in water not being absorbed produces diarrhea. Some common causes include dietary indiscretion (eating compost), parasites (Giardia or roundworms), food allergy, infectious causes (salmonella), inflammatory changes (inflammatory bowel disease, common in cats; similar to Crohn's disease in people), and pancreatic abnormalities (pancreatic insufficiency, common in German shepherds).



Diarrhea in dogs is categorized as being either small bowel diarrhea (originating from the small intestine), or large bowel diarrhea (originating from the colon). Small bowel diarrhea is generally large volume, not very frequent, at times with vomiting and weight loss. The causes of small bowel diarrhea are many, from parasites to infectious agents. Large bowel diarrhea signs include frequent bowel movements and straining, with occasional mucous and blood. Most large bowel diarrhea is classified as colitis, being caused by dietary indiscretion.

## SOLUTIONS

SEE YOUR VETERINARIAN. Severe diarrhea that results in dehydration is a medical emergency and must be dealt with by your veterinarian. If you have a young unvaccinated dog, the diarrhea may have an infectious cause; the dog must be examined by a veterinarian. If your pet is still very alert, active, and drinking, try some of the following home remedies.

TWENTY-FOUR-HOUR FAST. Stop putting food into your pet for twenty-four hours (day one). This allows the intestines to rest and regenerate. Always have access to plenty of fresh water. After twenty-four hours, introduce a bland food for the next twenty-four hours (day two). For dogs, try plain cooked white rice, feeding equivalent cups of rice as their normal diet. For cats, protein is essential; try cooked chicken breast with the rice. After a day of the bland food, mix one-half regular diet and one-half bland diet on day three. By the end of day three, they should be back on their normal diet.

FIRM IT WITH FIBER. Dietary fiber absorbs water in the intestine, which helps to decrease diarrhea. Ground flax is a great source of fiber for dogs (one teaspoon per cup of dog food). Canned pumpkin is a great source for your cat (one teaspoon per day).

PROBIOTICS. Restore the natural bacteria in the intestine, to help the intestinal immune system. One recent study: In dogs with a dietary sensitivity, treatment with *Lactobacillus acidophilus* in combination with the diarrhea-provoking food led to improvement in bowel movements<sup>20</sup>



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<sup>20</sup> Pascher M, Hellweg P, Khol-Parisini A, Zentek J. Effects of a probiotic *Lactobacillus acidophilus* strain on feed tolerance in dogs with non-specific dietary sensitivity. Arch Anim Nutr. 2008 Apr;62(2):107-16.



The most common one is lactobacillus acidophilus—give one-fourth capsule per ten pounds of body weight twice daily.

PEPTO-BISMOL. This remedy is an old standby that can be effective for dogs. The dog dose is 1 ml/10 lbs. of body weight given three times daily for no more than 7 days.

IMODIUM (Loperamide). This conventional medicine is very handy and can be used with care, avoid giving it to Collie's or Collie crosses. The dose for dogs is 0.5 mg/10 lbs. three times daily (give your 40 lb. dog one 2 mg tablet three times daily).

KAOPECTATE has a newer version that is safe for dogs and cats. It contains attapulgit clay as the active ingredient which binds toxins, decreases the fluid in the intestinal tract and subsequent diarrhea. Dose for pets: 0.5-1.0 ml per pound by mouth every 4-6 hours. Treatment should only be needed for 1-2 days. **WARNING: the OLD version includes bismuth salicylate as an ingredient which is TOXIC to cats.** (Never use this with cats.)

#### HERBAL REMEDY

➤ SLIPPERY ELM. Can only be used as the dried herb. This is helpful for chronic diarrhea, such as inflammatory bowel disease in dogs and cats. *The dried herb dose is 20 mg per pound of body weight twice daily.*

#### HOMEOPATHIC OPTION

➤ ARSENICUM. Foul smelling diarrhea, vomiting is usually present. This is my preferred homeopathic remedy for dogs with garbage gut. *Dose: 12C every six hours.*

## Ear Infections and Ear Mites



### **SIGNS**

Your pet keeps shaking his head and scratching at his ears. Often you will see a foul-smelling black, yellow or brown discharge. The ears may be very red and tender.

### **CAUSES**

Ear mites are infectious parasites primarily found in young cats. They are spread through direct contact from cat to cat. Ear infections are most typical in dogs. Most ear infections are caused by an underlying allergy. Some are caused by water in the ear after bathing or swimming. Dogs with large floppy ears, such as Basset Hounds, are prone to infections as their ear canals have poor air circulation, trapping moisture and allowing bacteria and yeast to grow.

## SOLUTIONS

CLEAN THEM. White vinegar (acetic acid) is very effective at removing debris from the ears and killing the yeast and bacteria responsible for ear infections. \*If your dog or cat has red, open wounds, do not use this as it will be painful. You need to use a soothing topical first (i.e., olive oil and vitamin E).

Dilute the vinegar with water or Green Tea at the concentration of 1 cup of Green Tea, and 2 Tablespoons of Vinegar.

Pick up a syringe from your local pharmacy and put 5 ml of the vinegar solution per 20 lbs. of body weight into the affected ear. (Your cat would get 2.5 ml or 1/2 a tsp). Grab the ear where it attaches to the head (at the ear base), gently squeeze your thumb and forefinger together, rubbing the solution deep into the ear canals. Wipe the inside of the ear well with cotton balls to remove debris coming from the ear canal.

DAILY TREATMENT. After the ears are cleaned, you can then use the green tea/vinegar solution as drops putting in 5-10 drops in each ear twice daily for 7-10 days.

HEALING OILS. This is especially helpful if your pet's ears are inflamed and difficult to touch. You can use a mixture of 1 tablespoon of Olive Oil combined with 1 capsule of vitamin E and insert that into your pet's ear. Let it soak for 5 minutes, then rub the base of the ear well and wipe out excess debris with a cotton ball.

LESSEN THE INFLAMMATION. Most ear infections produce red, inflamed ears, so it is important to decrease the inflammation. ALOE or CALENDULA essential oil can be applied topically in the ears twice daily to decrease inflammation.



TREAT THE INFECTION. GARLIC, SAGE and THYME have antibacterial and antifungal properties. One treatment is to soak garlic cloves overnight with Calendula oil. Remove the garlic and instill the calendula-garlic mixture twice daily.

YEAST TREATMENT. Most dogs with Black Debris in the ears do NOT have ear mites, but have YEAST. Good options to treat the yeast include Green Tea/Vinegar solution, OR an OTC antifungal such as Canesten or Monistat. Apply approx. 1 teaspoon of the cream; rub the base of the ear to work it in. *DO this treatment twice daily for 7-10 days.*

NATURAL EAR MITE KILLER. If you have a cat with ear mites consider an inexpensive and very safe CASTOR OIL. *Apply 10 drops twice daily for 7 days, 7 days off, then apply for another 7 days.*

# Epilepsy

## SIGNS

A seizure is the involuntary contraction of muscles. It may show up as the severe form in which the head is extended, legs are firm and rigid, and your dog “paddles” with them uncontrollably. In some pets the seizures are less intense and show up as generalized muscle trembling. You may first find signs of apparent loss of bowel and bladder control if your pet has a seizure when you are not present.



**Severe form seizure includes symptoms like extended head, firm and rigid legs coupled with uncontrollable paddling motion.**

A seizure is defined as abnormal muscle activity, a result of uncontrolled messages from the brain. There is a sudden, brief change in how your dog’s brain is working. When the brain cells are not working properly, your dog has the physical changes called a seizure.

Dog seizures are classified as either grand mal seizures or localized. Grand mal seizures affect your dog’s entire body. Generally, the legs are extended and paddling; and the head is rigid and extended. The legs may go through cycles of being stiff then relaxed. Some dogs may lose bowel/bladder control, and if the seizure occurs at night, this is all you may see in the morning. Localized seizures affect only certain areas of dogs’ bodies. Typically, you may see their head shake or their jaw chatter.

## CAUSES

In the majority of cases, the cause of the seizure is unknown, and it is then called epilepsy. Some of the other possible causes include cancer (i.e., brain tumor), infections, brain trauma, poisoning, low blood sugar, and hypothyroidism. Your veterinarian can discuss a variety of diagnostic tests such as blood work, X-rays, CT scan, MRI, and spinal fluid tap.

The age at which the seizure starts will give you a fairly good idea as to the underlying cause. For pets less than one year old, most are caused by brain infections (i.e., meningitis); some dogs though will develop epilepsy as puppies. For pets between the ages of one and five, the most common diagnosis and seizure cause is epilepsy. If your pet has the first seizure over the age of five, the most common cause is a brain tumor. Cats that have a seizure may have an infectious disease (feline leukemia).

## SOLUTIONS

SEE YOUR VETERINARIAN. Every pet who suffers a seizure pet should have a complete diagnostic workup to determine what is causing them to have seizures. If your pet has been diagnosed with epilepsy but has an extended seizure that he or she isn't coming out of, see your veterinarian immediately.

ANTICONVULSANTS. Start with the traditional medication that your veterinarian recommends. Your vet will likely prescribe either phenobarbital or potassium bromide. It is first important that the seizures are controlled.

DIET CHANGE. There are reports that show a link between diet and seizures in dogs. One human study showed a marked reduction in seizure activity with patients on the Atkins diet. If your pets have experienced seizure; you should at least try to feed them with a commercial hypoallergenic diet for twelve weeks. Most alternative practitioners are strongly advising a holistic diet, naturally preserved, free of grains, and primarily animal protein.

MAGNESIUM. Low magnesium levels can lead to a higher incidence of seizures. It is worth trying this on your pet. The dose is 10 mg per ten pounds daily.

CBD (Cannabidiol). This is being studied at CSU for seizure control in animals with epilepsy. Starting *dose of 3mg/10lbs twice daily*, but can easily go up to 15mg/10lbs twice daily. Make sure to use **ONLY CBD oil not with THC**.

OILY HELP. MTC oil, from Coconut oil is a preferred energy source for the brain that may decrease seizure activity. Start low as it can give vomiting/diarrhea. *Dose of 1 teaspoon/10lbs twice daily*.

OTC SEIZURE CONTROL. Methocarbamol (Robaxin) is available over the counter as 500 mg tablets. The usual dose to treat muscle spasms in dogs and cats is 10 mg per lb every 8 to 12 hours.

ACUPRESSURE. There are five specific points that may help with epilepsy.

➤ GV26—STOP A SEIZURE. The most important one, it can help stop a seizure. This is where the nose meets the upper lip (immediately below the nostrils). It is a key point for CPR, as it can trigger your pet to breathe, and for seizures. Hold the point for one minute during a seizure.

➤ GB20. Located on the top of the neck, immediately behind the small bone that can be palpated on the top of your pet's skull.

#### HOMEOPATHIC OPTIONS

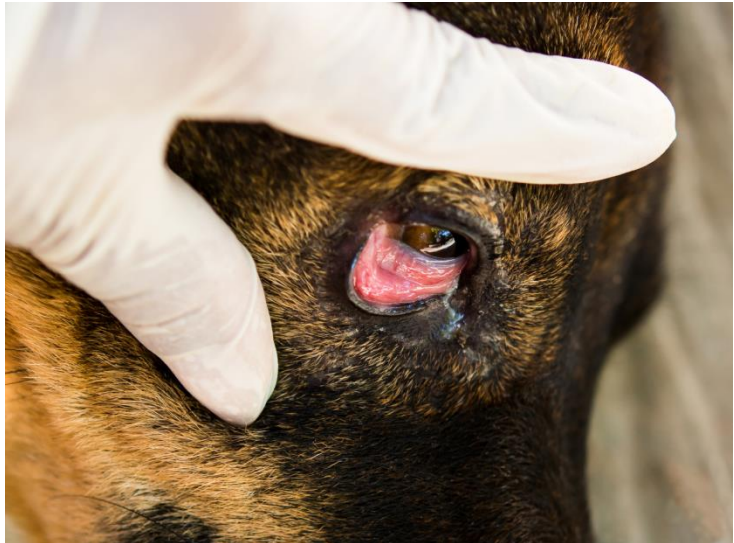
➤ ACONITUM NAPELLUS (ACONITE). This is useful for many acute conditions, especially convulsions. *Dose: 12C to 30C every fifteen minutes in a crisis*.

➤ BELLADONNA. An herbal remedy for sudden conditions such as convulsions. *Give one 30C tablet every fifteen minutes*.

# Eye Disorders

## SIGNS

Your pet's eyes are one of the more critical and sensitive parts of their anatomy. There are a number of different eye disorders, and many of those are amenable to at-home remedies.



Common eye disorders include conjunctivitis (red eye or pinkeye), Epiphora (excessive tearing), uveitis, KCS (dry eye), glaucoma, cataracts, corneal ulceration, and PRA (progressive retinal atrophy).

Conjunctivitis is defined as inflammation of the red, conjunctival tissue around your pet's eye. It is the most common cause of red eye in dogs and cats. There are many at-home remedies that can be used for conjunctivitis.

## CAUSES

The causes of red eye are numerous. The most common are bacterial conjunctivitis, bacterial infection of the tissue around the eye, and allergic conjunctivitis. Other more serious causes include glaucoma (swelling in the eye) or an ulcer on the cornea (erosion on the surface of the eye).

## SOLUTIONS

TO THE VETERINARIAN. Here are three signs to trigger an immediate call to your veterinarian: if your pet's eye infection is painful, with your pet rubbing an eye; if the main part of the eye, the cornea, appears to be indented or layered; and if the entire eye suddenly becomes cloudy.



EYE TEARS. The lubricated eye tears used for people with minor eye infections can be very soothing for your pet. First wipe any discharge away from the eyes using a damp cloth and then apply two to three drops in the affected eye three times daily.

TO THE KITCHEN. Tea is more than just a drink. It has tannins in it that are anti-inflammatory and have antimicrobial properties. Brew up a strong cup of black tea and place three to four drops in the affected eye three times daily. It should be made daily to prevent contamination. MORE TEAS. CHAMOMILE and Green TEA are also great options for topical eye infection treatment.



SWEET REMEDY. Honey is as an effective antibacterial, and a good home remedy to combine with the tea. I would suggest, local, organic honey, mixing in 1 teaspoon of honey with 1 cup of black, green or chamomile tea. *Apply 3-5 drops to affected eye 3 -4 times daily.*

# Feline Leukemia Virus



Weight loss, severe gingivitis, chronic poor skin, lump or enlarged lymph nodes, diarrhea, recurring fever are just few of symptoms of FLV. Diagnosis from the veterinarian is necessary.

## SIGNS

The signs all vary but they all relate to having a chronic suppressed immune system and it varies as to which organs are affected. In all diseases you can see weight loss, severe dental disease (gingivitis), chronic poor skin, cancer (lumps, enlarged lymph nodes), ongoing diarrhea, recurrent fevers.

## CAUSES

Feline Leukemia Virus is caused by a virus spread through by the saliva of infected cats, via blood (i.e., cat fights) and via mother to fetus in pregnancy. Most infected cats eliminate the virus and become immune. In those cats that do not develop immunity, the virus spreads to the bone marrow.

## SOLUTIONS

GET A DIAGNOSIS. If your cat has some serious, chronic ongoing diseases, then have your vet test and rule out these infectious diseases. Unfortunately, nothing we give will cure your cat of these diseases, but we can do a lot in extending your pet's quality of life. It is important to not spread the disease to other cats, and know how to prevent it

with your other cats. If you have a FeLV positive cat, then I would advise testing your other household cats for this disease, and vaccinating them with FeLV.

HERBAL REMEDIES. The most important herbs are ones that will help your pet's organs rid themselves of waste products, via the liver, kidneys and lymphatics - Essiac and Hoxsey Formulas do this.

### **Tonic Herbal Support**

1-part Red Clover, 1 part Dandelion, 1 part Garlic, 1-part Astragalus. Dose: 1 ml per 10 lbs. twice daily.

ARTEMISININ (WORMWOOD). Artemisinin is an anti-malaria Malaria treatment widely used in Asia and Africa. However, it has been discovered to have anti-cancer properties as well. Under early research and testing for treatment of cancer, primarily by researchers at the University of Washington, when Artemisinin comes into contact with high iron concentrations (common in cancerous cells), the molecule becomes unstable and cancer cells die. It has been shown to reduce new blood vessel growth.<sup>21</sup>

In the recent study, using artemisinin or high-pressure oxygen alone on a culture of human leukemia cells reduced the cancer cells growth by 15 percent. Using them in combination reduced the cells growth by 38 percent, a 50 percent increase in artemisinin effectiveness. Combined HBO (2) and artemisinin exposure may be an effective anticancer chemotherapeutic strategy.<sup>22</sup> (*Dose: 20 mg per ten pounds of body weight daily.*)

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<sup>21</sup> Lai, H., Sasaki, T., & Singh, N. P. (2005). Targeted treatment of cancer with artemisinin and artemisinin-tagged iron-carrying compounds. *Expert opinion on therapeutic targets*, 9(5), 995–1007. <https://doi.org/10.1517/14728222.9.5.995>

<sup>22</sup> Ohgami, Y., Elstad, C. A., Chung, E., Shirachi, D. Y., Quock, R. M., & Lai, H. C. (2010). Effect of hyperbaric oxygen on the anticancer effect of artemisinin on molt-4 human leukemia cells. *Anticancer research*, 30(11), 4467–4470.

GREEN TEA (CAMELLIA). Green tea stimulates the immune system and inhibits tumor growth: standardized green tree extract is dosed at 12.5 mg per 10 lbs of body weight daily.

QUERCETIN. This is the flavonoid in red onion and apple which has proven anti-viral activity. Give at doses of 20mg/10lbs twice daily.

SUPPLEMENT SUPPORT. Dr Jones' Ultimate Feline Health Formula may help support your cat's weakened immune system with specific immune boosting components. These include colostrum, l-lysine, Maitake, and Aloe. You can find it at [www.thecatsupplement.com](http://www.thecatsupplement.com).

## Fleas



Fleas are small, usually dark colored, wingless insects with tube-like mouthparts adapted to feeding on the blood of their hosts. Their bodies are flattened side to side, permitting easy movement through the hairs on their host's body. Their legs are long, and the hind pair are well adapted for jumping – vertically up to 18 cm and horizontally up to 33 cm – around

200 times their own body length. The flea body is hard, polished, and covered with many hairs and short spines, which also help the flea move smoothly through the hairs of its host. The flea's tough body is able to withstand great pressure, even hard squeezing between the fingers is often insufficient to kill a flea.

Aside from the obvious problem of having an uncomfortable, itching pet (and many times an uncomfortable, itching pet owner), fleas can cause bigger problems. Flea bites generally result in a red, swollen itching spot with a single puncture point at the center. The bites can remain itchy and inflamed for up to several weeks. If your pet is incessantly scratching and biting, this can lead to hair loss and other skin problems. Some pets will suffer allergic reactions to flea saliva, resulting in rashes or infection. In extreme cases, anemia can occur. As well, fleas can transmit disease.

## **SIGNS**

Itch, Itch, Itch!!! Your pet will not stop scratching. If you look more closely you will probably see flecks of black dirt – those are flea feces. A sure way to test for fleas is by placing your pet over a white piece of paper and vigorously rubbing her fur. If black ‘dirt’ (flea feces) falls off, then she has fleas. You may also be able to see the little guys jumping; using a small fine-toothed comb you may be able to find them.

## **CAUSES**

Fleas are hardy little creatures that can be found everywhere. For every flea that you find on your pet, there are 100 more around. Each flea drinks 15 times its body weight in blood every day. They have a 3–4-week life-cycle, progressing from egg, to larvae, to nymph, to adult, which starts all over again as the adults lay eggs. As most flea treatments are not effective against the eggs, they have to be repeated several times.

## **SOLUTIONS**

Effective control depends on treating your pet and your home (indoors and outdoors) at the same time. There is no ‘magic flea bullet’ – it is work and persistence, especially if you want to avoid conventional flea treatments.

### **NATURAL FLEA CONTROL ON YOUR PET**

A HEALTHY PET. A healthy pet will have less of a problem with fleas than an unhealthy one. If your pet has a skin problem such as an allergy caused by food, fleas will make the irritation worse, and may reproduce that much quicker because they have an easier time feeding on weakened skin. Do all that you can to boost your pet’s immune system – you may find that just by improving your pet’s overall health, you will gain control of your flea problems. To help boost your pet’s immune system, use a natural health supplement such as my own:

For dogs: [Ultimate Canine Health Formula](#)

For cats: [Ultimate Feline Health Formula](#)

FLEA COMB YOUR PET REGULARLY. Flea combs are fine teathed combs that are able to pick up flea dirt (flea poop), flea eggs and adult fleas.

1. Start from the head, and comb backwards.
2. If you find black specs (flea poop) place it on a white piece of paper and add water. If it turns red, your pet has fleas.
3. Place the eggs, fleas and flea dirt in soapy water (this will kill the fleas)
4. If your pet has fleas or lice, repeat this twice a day.
5. Preventively check your pet for fleas/lice once a week.

SHAMPOO. Bathing is effective at soothing irritated skin and eliminating some of the adult fleas. There are a number of flea shampoos combined with oatmeal. Use cool water and leave the shampoo on for 10 minutes. Your pet can be safely shampooed twice a week. There are a number of effective holistic flea shampoos that are reasonably effective. Some of ingredients that work for dogs and cats include Neem oil, Eucalyptus and Cedarwood oil.

Avoid Tea Tree oil – it is very toxic to cats, and small dogs, although found in some of the ‘natural’ flea control products.

Conventional Flea shampoos that contain pyrethrins are the safest type of conventional flea and lice treatment- I advise using these shampoos for dogs, cats, puppies and kittens.



MAKE YOUR PET TASTE BAD.

Garlic and Brewer's Yeast have been advocated as a way of repelling fleas. In my experience it only seems to help a small number of dogs, but it is worth a try. Garlic is not safe to give to cats in long term. *For a 10 lb dog, give 1/4 tsp of garlic and 1/4 tbsp of brewer's yeast daily.*

MULLEIN. Make as a decoction/tea and rinse on your pet. Get a handful of the herb, steep in hot water, cool and pour over your dog or cat. This will temporarily paralyze the fleas.

CEDARWOOD OIL SPRAY. A relatively non-toxic natural substance has been proven effective in the eradication of infestations in pets. Be cautious in spraying any type of essential oil on cats or small dogs, only lightly mist them, and then use a flea comb to spread the spray around. Here is a recognized safe Cedarwood oil flea spray for dogs and cats: [Triple Sure Natural Flea and Tick Spray made by Natural Wonder Products.](#)

BORAX. This is another home treatment for flea infestations. Borax kills fleas by dehydrating them.

CHINCHILLA DUST. This is correctly called "diatomaceous earth," which consists of the skeletons of microscopic algae. It can be purchased in pet supply stores, but be sure it is the kind meant for pets, not the glass type used in swimming pool filters. It can be used on your pet and in the house. Apply it weekly during flea season, vacuuming three days after applying.



# Heart Problems



## SIGNS

Your pet has been diagnosed with a heart murmur. The symptoms are regular coughing, especially at night; the ability to exercise only for a short time; and labored breathing after moving. Your pet may collapse or faint. The tongue and gums appear blue (cyanotic).

## CAUSES

The most common cause of congestive heart disease is a heart valve (Mitral Valve) that does not close properly. This is often diagnosed early in life and progresses to heart failure later on. This is common in small breeds. In some dogs the heart muscle fails and can get very thin, a condition called dilated cardiomyopathy. This is more common in spaniels, Dobermans and other large breeds. All dogs, and occasionally cats, can get heartworm. This is an infectious disease spread by mosquitoes but shows up as heart disease.

Cats also get heart disease, but it is primarily from the heart muscle enlarging (hypertrophic cardiomyopathy). Heart problems are often genetic, so they cannot always be prevented. They are also more likely to occur with poor diets, dental disease, obesity, lack of exercise, and from lack of heartworm prevention.

## **SOLUTIONS**

SEE YOUR VETERINARIAN. If your pet is displaying any signs of heart disease such as coughing and exercise intolerance, you must have an examination and workup to determine the root of the problem. If your pet is in obvious distress (heavy breathing, blue gums), then go to your vet right away. I always begin by treating pets with conventional medication and add in holistic treatment. If your pet is diagnosed with heartworm, treating with medication (Immiticide) will kill the adults immediately.

PREVENTIVE MEDICATION. If you live in a heartworm endemic area, ensure that your pet is on heartworm prevention. There are very few natural alternatives to the preventative, other than ensuring your pet is as healthy as can be and is able to resist an infestation if he or she comes in contact with the parasite, and avoiding areas where heartworm is prevalent.

THOSE FATTY ACIDS. The omega-3 fatty acids are effective in strengthening a failing heart. They make it easier for the heart to beat and decrease the severity of arrhythmias. They lower blood pressure and decrease the risk of blood clots. The best canine source is Krill at 500mg/20lbs daily, but you can consider flax oil, at a dose of one tablespoon per fifty pounds of body weight daily. *For cats, use fish/krill oil at the dose of 500 to 1,000mg a day.*



[Dr. Jones' Ultimate Omega 3 Formula  
www.theomega3supplement.com](http://www.theomega3supplement.com)

MAKE YOUR PET SMILE. Keep your dog or cat's teeth clean. Bacteria in the mouth will circulate in the bloodstream and land on the heart valves. This alone can lead to heart failure. Clean your pet's teeth by brushing and being on an appropriate diet. Consider a dental cleaning if there is dental disease. This is most important for small breeds.

FIT AND TRIM. Inactive, overweight pets are more likely to have heart problems. Exercise your pet twice daily and ensure that he or she is on a high-quality diet. The exercise will help the heart beat more efficiently and tone the blood vessels.

COENZYME Q. This supplement has been effective in people as an antioxidant and in decreasing damage to the heart muscle. The dose is 5 mg per ten pounds of body weight.

MAGNESIUM. It helps prevent arrhythmias and improves the ability of the heart to contract. The dose is 25 mg per ten pounds of body weight daily.

TAURINE. This key amino acid supplement can dramatically reverse cardiomyopathy in cocker spaniels based on studies.<sup>23</sup> The dose is 500 mg three times daily.

CARNITINE. This compound plays a critical role in energy production but has also been found to be effective and dramatically reverse cardiomyopathy in cocker spaniels according to a study.<sup>23</sup> The dose is 1000 mg twice daily.

HERBAL OPTIONS. The herbal approach is to strengthen the heart and lung function. Tonic herbs are especially helpful for older animals.

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<sup>23</sup> Kittleson MD, Keene B, Pion PD, Loyer CG. Results of the multicenter spaniel trial (MUST): taurine- and carnitine-responsive dilated cardiomyopathy in American cocker spaniels with decreased plasma taurine concentration. J Vet Intern Med. 1997 Jul-Aug;11(4):204-11. doi: 10.1111/j.1939-1676.1997.tb00092.x. PMID: 9298474.

### **Cardiovascular Tonic**

- One part hawthorn, one part dandelion, and one part Ginkgo
- Dose: 1 ml per twenty pounds of body weight daily of the tincture.

➤ **HAWTHORN.** Has been shown to increase the ability of the heart to contract, as well as causing the outside blood vessels to dilate, making heart contraction easier. The dose is five drops per ten pounds of body weight twice daily of the tincture.

➤ **DANDELION.** In heart disease, fluid will accumulate in the lungs and abdomen. Dandelion is a very safe diuretic herb; give two drops per pound of body weight twice daily. The other important benefit of dandelion is that it is rich in potassium, which gets lost in the urine with diuretics. By comparison the conventional diuretic furosemide (Lasix), causes potassium loss, and pets then may need to be supplemented with potassium.

## Heartworm Prevention: Are there Alternatives?



### What is Heartworm?

Heartworm (*Dirofilaria immitis*) is a parasitic worm which infects mostly dogs. Although all internal parasites can be harmful to the health of your pet, heartworm infestation is serious and can be fatal unless treated in a timely fashion.

### What causes Heartworm?

Heartworm is spread by mosquitoes. Not all mosquitoes carry heartworm, but when an infected mosquito bites your pet, it can transfer larvae to the animal's tissues. These larvae then migrate through the body, until they reach the animal's heart and lungs. There the adult worms will grow. They can grow to 7" - 11" long and cause a great deal of damage to the heart and lungs. If untreated, the animal may die.

Most (certainly not all) holistic veterinarians consider the use of pharmaceutical preventatives to be less harmful than a heartworm infection.

Some holistic practitioners advocate the use of homeopathic nosodes for heartworm prevention. Again, there are no studies indicating that they are effective. In his book, Homeopathic Care for Cats and Dogs, Don Hamilton, DVM, says “I do know of some cases where the nosode did not protect, however. I believe it does offer some protection, though it may be incomplete.... If you decide to try the nosode, you must understand that its effectiveness is currently unknown.”

What you need to be aware of is the incidence of Heartworm in your area, and whether or not your pet really is at risk of Heartworm disease. For example, in Canada, Heartworm is difficult to acquire, and usually not fatal, far less than the dire warnings and marketing claims of the Heartworm preventive companies.

For heartworm to be transmitted to your pet, you need the correct temperature for a long enough period of time, the right climate, and the correct species and sex of mosquito.

### **Your Dog's Risk of Heartworm**

There are only a few areas in Canada with any degree of risk, Southern Ontario and Southern Manitoba. In the U.S. the Hot Spots are Florida (south), Texas and the Gulf Coast. In those areas you would need to give the preventive for 9 months. The rest of the U.S. has only areas ranging from 3-7 months when you would need to give the preventive medication.

## Holistic Heartworm Prevention

Avoid unnecessary vaccines - keep your dog's immune system healthy. Avoid repeated uses of steroids, or conventional antibiotics.

- excellent nutrition:
  - feeding home diets and raw food
  - top quality commercial food
- regular exercise
- providing quality health supplements
  - for dogs try Dr. Jones' Ultimate Canine Health Formula at [www.thedogssupplement.com](http://www.thedogssupplement.com)
  - for cats try Dr. Jones' Ultimate Feline Health Formula at [www.thecatssupplement.com](http://www.thecatssupplement.com)
- avoiding conventional medication that causes side effects
- Mosquito Control - this is the insect that spreads heartworm. I have had some great success with natural flea repellent using Cedarwood Oil (Triple Sure).
- Using natural alternatives when possible – this can mean using nosodes and herbal supplements, while also having your dog tested for heartworm. This is better under the guidance of a holistic veterinarian.
- If you are in a high-risk area, use the conventional preventives, but for **as short a duration as possible** - i.e., when the conditions really exist to transmit the disease.
- Use the lowest effective dose of the preventives - you can also follow up the medications with liver supportive products such as milk thistle and vitamin E.
- If you live in an area with little to no risk of Heartworm, consider not using conventional medication.

# Hot Spots

## SIGNS

A hot spot is a very itchy, smelly, oozy area on the skin. There may be more than one spot. They often form on the face and at the base of the ears. They are often very painful.



## CAUSES

The technical name for a hot spot is acute moist dermatitis. It is a local area of bacterial-infected hair follicles. Hot spots form most often during the warm summer months. Any scratch or wound can cause the skin to become infected and develop into a hot spot. Most hot spots are secondary to some type of skin allergy.

Hot spots develop very quickly, and catching them early is the key to preventing them from turning into a bigger problem. The first stages show up as moist, red, itchy skin. The infected skin will ooze pus, and this will dry up, forming a crust over the infected area. The sooner you catch the hot spot, the easier it is to treat and more likely it will respond to home remedies.

## SOLUTIONS

**REMOVE THE HAIR.** This is the most important thing to do in order to allow hot spots to heal. Use a pair of blunt-nosed scissors to trim as much hair as possible on and around the spot. If you have clippers, use them for trimming. Hot spots can be very painful, and some dogs will not let you trim much hair.

**ANTI-INFLAMMATORY.** As these hot spots are painful, pain relief is needed. Aspirin (ASA) is safe for dogs, but ***do not give to cats.*** The *canine dose is one-fourth of*



*a 325 mg tablet per ten pounds of body weight.* Do not give if your pet is on some type of anti-inflammatory medication for arthritis (such as Rimadyl). Once your pet is less painful, you are better able to clean the area.

CLEAN THE AREA. Use a mild, non-perfumed antiseptic soap (Chlorhexidine) to clean the skin. Gently dab it on the spot, lather up, and rinse well.

A CUP OF TEA. The key to curing hot spots is to get them to dry out. A very effective antiseptic drying solution is tea and aspirin. Brew up a strong cup of black tea and dissolve an aspirin tablet in it. Soak a cloth in this brew and apply it to the area for five minutes four times daily.

## Idiopathic Cystitis: Lower Urinary Tract Disease



### SIGNS

Feline Lower Urinary Tract Disease (FLUTD) will appear as signs of a bladder irritation. Your cat will be frequently urinating, straining to urinate, has bladder pain, he or she may excessively lick their genitals, and there is blood in the urine. Sometimes they will urinate outside their litter box, as they seem to prefer cool, smooth surfaces like a tile floor or a bathtub.

### CAUSES

The disease is so named “idiopathic” because we don’t really know the underlying cause. There is marked inflammation of the bladder; the bladder lining is thickened, and the result is blood in the urine. Some are related to diet, there may be bacteria/viruses that affect the bladder, the immune system may over-react and attack the lining of the bladder, or it can simply be a response to stress, such as having another cat or not letting your cat go outside. It can be seen in cats of any age, but it is more frequent in middle-aged, overweight cats that get little exercise, use an indoor litter box, and eat a dry food diet.

## SOLUTIONS

**SEE YOUR VETERINARIAN.** If your cat is straining to urinate and not producing any urine, it is imperative to have him examined immediately. He may be blocked with a bladder stone in which case he would need emergency care. It is a good idea to have urine checked for any urinary tract problems; you are then able to use the appropriate remedy knowing what the specific problem is.



[Dr. Jones' Ultimate Feline Health Formula  
www.thecatsupplement.com](http://www.thecatsupplement.com)

**GLUCOSAMINE SUPPLEMENTS.** Glucosamine and Chondroitin have been recommended for cats with Feline Lower Urinary Tract Disease. They are building blocks of the protective glycosaminoglycan coating of the bladder. Dr Jones Ultimate Feline Health Formula contains these ingredients in effective levels. You can check it out here: [www.thecatsupplement.com](http://www.thecatsupplement.com).

**CLEAN WATER.** You want your pet to drink as much as possible, but chlorine will often deter adequate water consumption. Give your dog or cat filtered water to encourage drinking and avoid the chlorine.

**KEEP CLEAN.** Some cats will pool small amounts of urine around the folds of their vulva. Keep this area clean by clipping the hair and wiping with an anti-septic solution as needed. This will limit the bacteria that may ascend the urethra.

**FLUID.** In all cases of infections or stones, additional fluid intake is mandatory in treatment and preventing recurrence. For cats, I suggest feeding only canned food.

**NATURAL HORMONE.** Pheromones in the facial glands convey messages of peace and contentment. Cats will not spray if they are feeling happy. A product called Feliway, available from your veterinarian, contains these facial pheromones. This can be sprayed on your cat and on the areas he has sprayed twice daily for 3-4 weeks.

CBD (CANNABIDIOL). This is a great option for FLUTD as it is a natural anti-inflammatory concentrating in the bladder, as well as natural anxiety reduction. *Doses of 3 mg/10lbs twice daily.*

ANXIETY RELIEF. Bach Rescue Remedy may make your anxious cat feel calmer and more secure. *Place 1 drop twice daily in your cat's mouth.* Try this for 3-4 weeks. Another option is CBD Oil which also relieves anxiety.

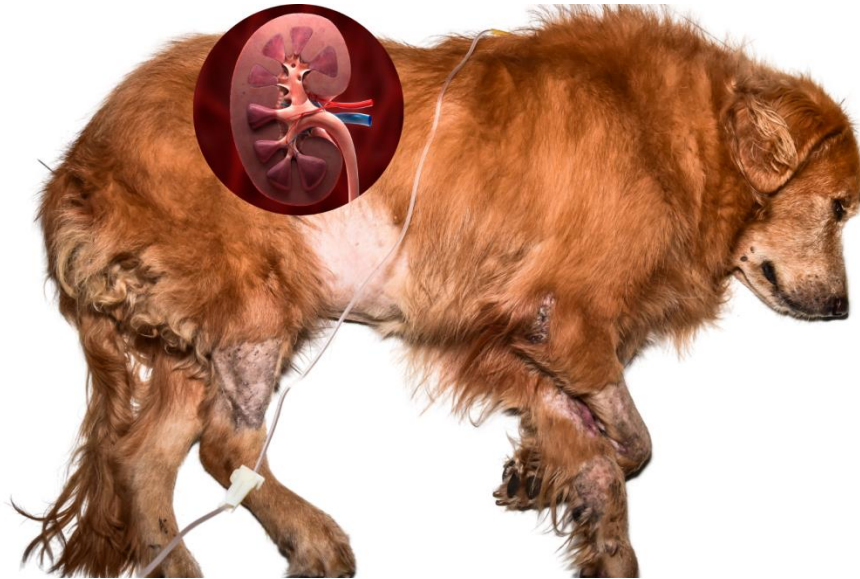
DANDELION. A key diuretic, dandelion will draw additional water into the urinary tract. The simple act of flushing the bladder will help in many cases of FLUTD. Dose of tincture is 1/2ml per 10lbs twice daily. You can also consider Parsley and Nettle as other herbal diuretics.

DMSO. Dimethyl sulfoxide or DMSO, is derived from Pine trees as a byproduct of the paper manufacturing industry and was first isolated in the mid-1800s by a Russian chemist. It is also naturally found in garlic as one of the root's 70+ sulfur compounds. With its ability to penetrate tissues, DMSO shows value in reducing pain and inflammation in FLUTD, and is an approved treatment by the FDA for Cystitis in people. *Apply 1 dropperful on the groin twice daily for 14 days, then as needed.*



[Dr. Jones' Ultimate CBD](http://www.thecbd.com)  
[www.thecbd.com](http://www.thecbd.com)

# Kidney Disease



## SIGNS

Your cat or dog is drinking more water and urinating more often. Your pet may be losing weight, specifically loss of muscle mass, as the kidneys lose protein. As kidney failure advances, your pet may become weak due to anemia. He may have a decreased appetite due to a buildup of toxins in the blood stream. In advanced cases, he will be dehydrated and completely off food. In some pets, kidney disease causes elevated blood pressure, which may affect his eyesight.

## CAUSES

The kidneys filter blood in the body. They remove waste products (urea and creatinine), retain essential nutrients (potassium), maintain hydration by retaining water, produce a hormone to stimulate red blood cell production, and produce urine. Most cases of kidney failure are due to the kidney shutting down for no specific reason (idiopathic). In other cases the cause may be due to genetic disease (kidney cysts often

found in Persians cats), infections (severe bacterial kidney infections), and toxins (such as antifreeze). There are no signs of kidney failure until 70% of the kidneys are no longer functional.

## **SOLUTIONS**

SEE YOUR VETERINARIAN. If your pet is showing any of the above symptoms, have your pet's blood and urine tested. In some cases, an ultrasound may be needed to confirm the disease.

FLUID, FLUID, FLUID. The most important thing that you can do for your pet with renal failure is to maintain adequate hydration. Offer lots of fresh water. If your cat is not a great water drinker, then make the switch to canned food.

PROBIOTICS. Azodyl is a natural probiotics product for the reduction of the toxins that increase in Kidney failure (azotemia) in dogs and cats. These probiotics metabolize and flush out uremic toxins in the bowel. They slow down uremic toxin buildup in the blood and helps prevent further kidney damage. I have been using this very successfully in both dogs and cats with Kidney failure. *The Azodyl dose is 1 capsule per 10 lbs. daily, to a maximum 4 caps per day.*

PHOSPHORUS REDUCTION. In early stages of kidney disease, the single biggest mineral which damages the kidneys is phosphorus. This mineral speeds up destruction of the remaining kidney cells. Feed a diet lower in phosphorus and use phosphorus binders.

ALOH. Aluminum Hydroxide (ALOH) is a phosphorus binder that is used to reduce phosphorus levels in cats and dogs with renal failure. This product is odorless and tasteless and can be mixed with food (it must be administered with food). This is a dose-to-effect medication. A 2001 study by Peter Markewell (BSc, BVetMed, MRCVS) for the Waltham Centre for Pet Nutrition found that "xxx using a phosphate- and protein-restricted diet, in combination with oral phosphorus-binding agents in those cats in which control of hyperphosphatemia [high phosphorus] and RHPTH [renal secondary hyperparathyroidism] was not achieved by diet alone, resulted in more than doubling of

average survival time from the commencement of treatment." The ALOH dose is ¼ teaspoon per 10 lbs. daily. The Generic Aluminum Hydroxide Gel Powder can be ordered online at [www.thrivingpets.com](http://www.thrivingpets.com).

DIET. Feed a diet lower in phosphorus (i.e., a quality senior lower protein diet). Stop all dairy products, as they are very high in phosphorus. You can also make a low phosphorus diet at home.

BROMELAIN. Bromelain has been shown to reduce inflammation and disease progression in certain cases of kidney failure. The Bromelain dose is 100 mg per 10 lbs twice daily.

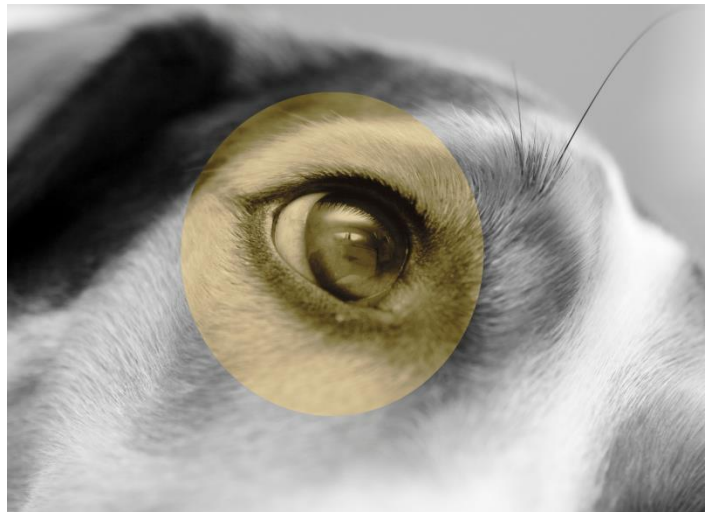
## Liver Problems

One of the largest and most important organs is your pet's liver. It has a number of functions, such as in digestion, detoxification, sugar storage, breaking down red blood cells, and hormone production. It is found under the rib cage, encircling the stomach, and tucked up next to the diaphragm.

### SIGNS

The signs of liver disease are many and varied; they are similar to many other canine diseases. In the early stages there are often no symptoms, and the first signs can be very nonspecific. Some of the more common signs start with eating: your pet's appetite is lowered. Some dogs are depressed, lethargic, and classified as ADR (ain't doing right).

As the disease progresses, there may be vomiting or diarrhea. Many dogs show signs of increased drinking and urinating more than normal. Due to the lower protein levels in the blood (low albumin, which is produced from the liver), you may see fluid retention that will show up as a swollen belly. A classic symptom is jaundice; the white area around the eyes and the gums may be yellowish. A few uncommon signs include neurologic disease (i.e., circling, head pressing, ataxia, and seizures), and hepatocutaneous syndrome (skin disease), which shows as thickened, crusted foot pads, itchiness, and redness between toes.



**In early stages, liver problem may not manifest any symptom. One classic symptom of liver problem is jaundice wherein the white area of around the eyes and gums turn yellowish.**



Your pet's appetite is lowered. He or she may be vomiting or have diarrhea. The dog or cat may be drinking and urinating more than normal. Your pet may have fluid retention due to lower blood protein levels, which will show up as a swollen belly. The white area around the eyes may be yellowish (jaundiced).

## **CAUSES**

There are numerous things that can cause liver disease, ranging from tumors to infections. Dogs commonly eat compost in which there is often a toxin that can cause acute liver disease. Your pet can get a viral infection affecting the liver (hepatitis). Young dogs can have liver disease as a result of a liver shunt, or certain breeds can acquire liver disease due to a copper storage deficiency (Bedlington Terriers, Westies, Keeshonds, Dalmatians). Common veterinary medications (nonsteroidal anti-inflammatories) can damage the liver and result in signs of liver disease.

Cats in particular can get two specific types of liver disease: hepatic lipidosis and cholangitis/cholangiohepatitis. Overweight cats are prone to developing a specific condition called fatty liver (sudden weight loss causes fat cells to permeate the liver). Cholangiohepatitis means inflammation of the liver and bile ducts, and is most often associated with cats that have inflammatory bowel disease; treatment for it often includes medication/supplements to suppress the overactive immune system.

Fortunately, the liver can do a wonderful job of regenerating liver cells and can heal itself with supportive care and supplements.

## **SOLUTIONS**

TO THE VETERINARIAN. The first step is to confirm what type of liver disease your pet has. Your vet can perform specific diagnostic tests as there are so many possibilities.

Liver disease is diagnosed with an initial physical exam, along with a detailed history that may reveal some of the classic symptoms, such as jaundice. Your veterinarian will suggest a basic blood panel; this may reveal many changes suggesting liver disease.

You can see elevated Alkaline Phosphatase (ALP), Alanine transaminase (ALT), Gamma glutamyl transpeptidase (GGT), and bilirubin. Many dogs are anemic (low red blood cells), and most have low protein levels—especially low albumin, which is produced by the liver. Urine changes often show bilirubin and brownish/yellowish urine. If you suspect that your dog has liver disease, the first step is to confirm what type of liver disease your pet has. Your vet can perform some of the above specific diagnostic tests as there are so many possibilities.

KEEP YOUR PET EATING. Adequate nutrition is needed to help the liver heal. Offer your pet a favorite food. In some cases, spicing it up with garlic and warming it in a microwave will encourage eating. Your veterinarian may advise a specific veterinary diet; this is primarily a more easily digestible, moderately reduced-protein diet.

Some cats respond to attention and petting to encourage eating, while others seem more likely to eat if being exposed to the relaxing pheromone found in Feliway. Many holistic veterinarians advise a natural, higher protein, zero-carbohydrate diet; your veterinarian may advise a specific veterinary diet. Regardless, the most important thing is it being a food that your cat likes and wants to eat. The composition of the food is now near as critical as getting the pet to eat.

MILK THISTLE. Of all the alternative options, milk thistle is the most important solution in helping any ailing liver. The active ingredient is silymarin, and it has protective effects on the liver: improves liver function, and helps treat liver inflammation, toxin-induced liver disease, and end-stage liver failure (cirrhosis). The dose of the dried herb is 100 mg per ten pounds of body weight daily. It is available at most pharmacies. I have had great success using this herb.

S-ADENOSYLMETHIONINE (SAME). This is a supplement and potent antioxidant shown to be very effective in people and pets with chronic liver disease. The tablets are available at health food stores; give 800 mg per forty pounds of body weight daily.

CARNITINE. This should be used for any cat with hepatic lipidosis (fatty liver). The average cat dose is 250 mg daily. Cats with hepatic lipidosis may have Carnitine deficiency, and by adding it, you'll help improve your cat's recovery time.

B VITAMINS. These are water-soluble vitamins lost in liver disease. Add a B complex vitamin supplement. The dose is one-fourth adult tablet per ten pounds of body weight daily.

95% CURCUMIN. Turmeric, a famous spice gives curry its flavor and yellow color, and the active ingredient contains CURCUMIN an anti-inflammatory compound that helps treat digestive and liver problems, skin diseases, and wounds; while also being a powerful antioxidant. Antioxidants can fight free radicals and may reduce or even help prevent some of the damage they cause. *The dose of 95% CURCUMIN is 100 mg per ten pounds of body weight daily*

# Lumps and Bumps

## SIGNS

Most lumps are easy to feel. They may show up on the chest or along the back. Most lumps on dogs are benign, while lumps that appear on cats are often cancerous. Often while petting your pet a cyst becomes noticeable.



Common dog lumps are lipomas (benign fatty tumors) and sebaceous cyst – a skin gland that blocks up.

## CAUSES

As your pet ages, its immune system becomes less effective, and lumps and bumps become more prevalent. Common dog lumps are lipomas (benign fatty tumors) and sebaceous cysts (a skin gland that blocks up).

## SOLUTIONS

**EXAMINE IT.** Assess the severity of the lump. Lumps that are regularly shaped are less likely to be serious. Lumps that move easy under the skin are usually benign, such as fatty tumors (lipomas). Lumps that grow slowly are likely benign. Lumps that discharge a cheesy material are usually sebaceous cysts and can be left alone.

**ASPIRATE.** A simple thing to do to determine if a mass is serious is to visit your veterinarian and have him or her perform a needle aspirate and cytology of the lump. A microscopic slide can often tell if it is serious or not.

KEEP THEM CLEAN. A ruptured cyst needs to be kept clean so it will heal and not become infected. Wash it twice daily with an antiseptic solution (such as Hibitane or iodine). Trim the hair around the cyst to aid in cleaning.

COMPRESS AWAY. A cyst that is enlarged but won't rupture can be decreased in size by applying a warm cloth directly to the area daily.

STIMULATE THE SKIN'S IMMUNE SYSTEM. vitamin E and essential fatty acids are great for boosting your pet's skin immune function: give 100 IU per ten pounds of body weight daily of vitamin E. For dogs, use ground flax as the essential fatty acid source, giving one teaspoon per cup of dog food. For cats, use fish oil, giving one 250 mg capsule daily.

MUSHROOMS. Certain mushrooms have immune-stimulating activity. Some of these include reishi, maitake, and shiitake. The dose is 25 mg per ten pounds daily.

# Pancreatitis

## SIGNS

Your pet is vomiting and may have diarrhea. Your pet refuses to eat or drink. Your pet is hunched over and has a painful belly. He or she may have a fever and be extremely lethargic.



## CAUSES

The pancreas is one of the key organs responsible for digestion of food, as well as production of insulin helping to regulate blood sugar. It is found next to the small intestine (duodenum) and up beside the stomach. It is the digestive enzymes that cause the problems in pancreatitis.

Pancreatitis is described as inflammation of the pancreas. The digestive enzymes “ooze” from the pancreas, as opposed to being released into the intestinal tract. These enzymes digest and inflame adjacent tissues (i.e., liver, intestines, stomach wall), causing a variety of problems and a severe inflammatory response. In some cases of pancreatitis, diabetes can also result.

Pancreatitis is one of the primary causes of a very serious condition called DIC(disseminated intravascular coagulation). This leads to abnormal bleeding and blood clotting at the same time, and often results in death.

In pancreatitis, the organ becomes red and swollen, producing too many digestive enzymes. These spill over into the abdominal cavity and affect adjacent organs, such as the liver. This results in stomach pain, vomiting, and diarrhea. There is no specific cause.

We see it more commonly in overweight dogs in specific breeds, such as miniature schnauzers, miniature poodles, cocker spaniels and Siamese cats. The condition can happen quickly and be very severe (acute), or be an ongoing problem with mild flare-ups (chronic).

In dogs it often happens after consumption of a high-fat meal (i.e., bacon); the pancreas gets overworked in production of the enzymes to digest all the fat and becomes inflamed.

Some medical conditions predispose dogs to pancreatitis: hypothyroidism and diabetes mellitus. Certain drugs can trigger the disease: the sulfa antibiotics; the chemotherapy drug azathioprine; the drug for epilepsy, potassium bromide; and the diuretic furosemide (Lasix).

In cats it is associated with inflammatory bowel disease, and exposure to flea medications (organophosphates) and the previously mentioned medications.

Fortunately, most cases of pancreatitis are localized, affecting the pancreas and liver, and do respond to treatment.

## **SOLUTIONS**

SEE YOUR VETERINARIAN. Pancreatitis can be life threatening, especially when it happens quickly. Your veterinarian can perform blood tests to determine if the pancreas is the source of the problem and discuss action steps. Severely affected pets need to be hospitalized and placed on IV fluids. Some chronically affected pets may respond to some of the following home treatments.

The diagnosis of pancreatitis is based on clinical signs, along with blood tests assessing pancreatic function; newer tests that are pancreas specific are more effective (PLI test).

TWENTY-FOURHOUR FAST. This is the mainstay of treatment. The pancreas produces digestive enzymes in response to food entering the stomach. Stop all food

intakes for twenty-four hours. Then begin feeding bland cooked rice for the next twenty-four hours. Do not introduce regular food again until day three.

FLUIDS. Pets with pancreatitis frequently become dehydrated. Give them small amounts of water frequently. Giving them too much water all at once will stretch the stomach and trigger the pancreas to produce digestive enzymes. They often respond better when water is supplemented with an electrolyte solution such as Pedialyte. Give a ten-pound dog or cat one-fourth cup every three hours, six doses daily.

SUBCU FLUIDS. The mainstay of treatment for pancreatitis is not giving your pet anything orally that inflames the pancreas and allowing it to heal. In practice I often sent clients home with directions on administering subcutaneous fluids. This involves an IV fluid pack, along with an eighteen- to twenty-gauge needle; 100ml per ten pounds twice daily is an average amount given. Your veterinarian can give you specific instructions.

BLAND DIET. Prevent pancreatitis from recurring in your pet by altering the diet. Your dog or cat should be on a lower fat, low-carbohydrate diet. Any cat with nonspecific signs (such as occasional loss of appetite, fever, and intermittent vomiting) should be suspected of having pancreatitis. There are commercial higher protein diets for cats, but as of now none developed for dogs.

DIGESTIVE ENZYMES. Giving digestive enzymes to dogs may be one of the ways to treat and possibly prevent pancreatitis in dogs. Enzyme supplements for dogs that have demonstrated the best results include:

- *Festal*
- *Panteric Granules*
- *Cotazym*
- *Converzyme*



ANTIOXIDANT THERAPY. There are two antioxidants that seem to reduce the severity and frequency of pancreatitis. They even seem to speed recovery in an attack. They are vitamin C and selenium. Every pet that has recurring pancreatitis should be on them: *give 100 mg per ten pounds of body weight daily of vitamin C, and 5 ug of selenium per ten pounds of body weight daily.*

# Parvovirus



## SIGNS

This is a common, very serious gastrointestinal disease of primarily puppies and young unvaccinated dogs. Your pup will be vomiting, become extremely lethargic and weak, have foul smelling watery, bloody diarrhea, and get progressively dehydrated.

## CAUSES

This virus is found everywhere in the environment – especially concentrated in areas where dogs gather and defecate (think of the dog park). There are thousands of virus particles spread from an infected dog in the stool, and the virus is resistant, meaning it can survive in the ground for months after contamination. In 1978, no dog had any type of immunity against this virus; this led to a very tragic epidemic at that time. It is thought that Canine Parvovirus (CPV) is a mutation from a Feline Parvovirus.

## SOLUTIONS

TO YOUR VETERINARIAN. If your pet is very lethargic, not eating or drinking, then see your veterinarian immediately. A simple fecal test can confirm Parvoviral infection. Any dog with all of the serious clinical signs of Parvo – prolonged vomiting, bloody diarrhea and dehydration – needs Veterinary care with IV Fluids.

VACCINES. This is the single most important vaccine to give to your puppy. Only 2 doses are required, at 8 and 12 weeks, to fully protect him.

HOME CARE. In some cases, your dog will not get a full-blown case of Parvovirus – he or she will have moderate intestinal signs, which in that case may be treated at home. In any instance of progressive vomiting, diarrhea or dehydration though, immediately seek out Veterinary care.

- **ON THE ROCKS.** Some dogs will readily lick ice cubes when they are dehydrated, even if they are reluctant to drink water. Float the ice in their water bowl.
- **SQUIRT IT IN.** Pets that are more severely dehydrated will benefit from additional electrolytes. Pedialyte is an oral electrolyte re-hydration supplement for children. A needle-less syringe or a Turkey baster works well. Insert the tip into the center of your pet's mouth. Tilt his head back, hold his mouth closed and squirt in the fluid. A safe rule of thumb is to give 30 ml (2 tablespoons) per 10 lbs every hour. If your pet has not responded in 6 to 8 hours, see your veterinarian.
- **PROBIOTICS.** Restore the natural bacteria in the intestine, to help the intestinal immune system. Lactobacillus acidophilus – give 1/4 capsule per 10lbs of body weight twice daily, or one of my supplements (which contain probiotics), [Ultimate Canine](#) or [Ultimate Canine Advanced](#).

## ANTI-DIARRHEALS

- IMODIUM (Loperamide) can be used with care, avoid giving it to Collie's or Collie crosses. The dose for dogs is 0.5 mg/10 lbs. three times daily (give your 40 lb. dog one 2 mg tablet three times daily).
- KAOPECTATE has a newer version that is safe for dogs and cats. It contains attapulgate clay as the active ingredient which binds toxins, decreases the fluid in the intestinal tract and subsequent diarrhea. Dose for pets: 0.5-1.0 ml per pound by mouth every 4-6 hours. Treatment should only be needed for 1-2 days. WARNING: the OLD version includes bismuth salicylate as an ingredient which is TOXIC to cats. (**Never use this with cats.**)
- SLIPPERY ELM. Can only be used as the dried herb. This is helpful for chronic diarrhea, such as inflammatory bowel disease in dogs and cats. The dried herb dose is 20 mg per pound of body weight twice daily.

# Poisoning



## SIGNS

Your pet is acting unusual. Your pet may be trembling and shaking uncontrollably. He or she may be vomiting. Your dog or cat may have difficulty walking and may stagger when walking.

**Trembling, shaking and vomiting are few common signs of poisoning. See your vet if you suspect your pet has ingested anything toxic.**

## CAUSES

There are a number of potential toxins: common household cleaners, such as bleach and drain cleaner; medications, such as Tylenol; car products, such as antifreeze; common mouse poisons (warfarin); a variety of plants; and even the compost in your backyard.

## SOLUTIONS

TO YOUR VETERINARIAN. If your pet is showing signs of ingesting a poison, it is important that your veterinarian does an examination and treats the symptoms appropriately. Some toxins can progress and lead to severe seizures. If you suspect antifreeze poisoning, it must be treated within four to six hours before irreversible kidney damage is done.

PURGE THE POISON. In most cases of poisoning, getting your pet to vomit is the most important thing that you can do. **Do not induce vomiting if something caustic has been consumed** (such as drain cleaner or bleach). To induce vomiting, give hydrogen peroxide at one teaspoon per ten pounds of body weight. If your pet does not vomit in ten minutes, repeat again. Never do more than two treatments of peroxide.

NEUTRALIZE THE TOXIN. If a caustic substance has been ingested, *do not* induce vomiting, rather give something to neutralize it. An alkaline toxin such as drain cleaner is neutralized by something acidic, such as vinegar: give one teaspoon per ten pounds of body weight. An acidic toxin, such as battery acid, is best neutralized with something alkaline such as Milk of Magnesia: give one teaspoon per ten pounds of body weight.

DELAY ABSORPTION. Activated charcoal is readily available at most pharmacies. It delays absorption of any toxin by binding to the toxic compound in the stomach. The easiest way is to give the capsule form. For those garbage-eating dogs (such as my own dog), it is a good idea to have hydrogen peroxide and activated charcoal always on hand. A typical tablet dose is one-half tab per twenty pounds.

TOPICAL TOXINS. If your pet is having a reaction to something on the skin, such as flea medications or oil, you want to remove it as soon as possible. Dishwashing soap works well—lather it up and then rinse your pet thoroughly. Thick tarry substances that you can't wash off can first be covered in flour, as the flour absorbs some of the oil, and then washed off with dish soap.

# Urinary Tract Infections

## SIGNS

Your pet cries or strains when urinating. You see blood in your pet's urine. She is urinating more frequently. She may be urinating throughout the house. Your male dog has a visible discharge from his penis sheath.



**If your pet is urinating more than usual, straining to urinate and you see blood in their urine, it warrants for an immediate trip to your veterinarian.**

## CAUSES

Many urinary tract infections are caused by bacteria which have spread from the urethra. Some are due to bladder stones secondary to diet. Others are a primary inflammation of the lining of the bladder wall.

## SOLUTIONS

**SEE YOUR VETERINARIAN.** If your cat is straining to urinate and not producing any urine, it is imperative to have him examined immediately. He may be blocked with a bladder stone in which case he would need emergency care. It is a good idea to have urine checked for any urinary tract problems; you are then able to use the appropriate remedy knowing what the specific problem is.

**VITAMIN C.** This acidifies the urine and may prevent the recurrence of bladder stones and bladder infections. Start with a low dose of 100 mg per 10 lbs. daily.

**PROBIOTICS.** If your pet is on antibiotics for a urinary tract infection, it is a good idea to supplement with Lactobacillus to restore the healthy bacteria that are lost. The dose is 1/4 capsule per 10 lbs. of body weight daily.

*Dr. Jones' Health Formulas contain both vitamin C and Probiotics.*

For Dogs: [www.thedogsupplement.com](http://www.thedogsupplement.com)

For Cats: [www.thecatssupplement.com](http://www.thecatssupplement.com)

CRANBERRY. A traditional home remedy used for people with recurrent urinary tract infections. The beneficial effects are from the acidification of the urine and by making it more difficult for the bacteria to adhere to the bladder wall. The dose of the juice is 1 ml per lb daily, add the dose of the tablets, such as Cran Actin, is 1/2 capsule per 10 lbs daily.

CLEAN WATER. You want your pet to drink as much as possible, but chlorine will often deter adequate water consumption. Give your dog or cat filtered water to encourage drinking and avoid the chlorine.

KEEP CLEAN. Some dogs will pool small amounts of urine around the folds of their vulva. Keep this area clean by clipping the hair and wiping with an anti-septic solution as needed. This will limit the bacteria that may ascend the urethra.

STRUVITE STONES. In most cases of bladder stones and bladder infections the goal is to acidify the urine; this prevents the recurrence of the most common bladder stone, struvite. Diets higher in protein are more acidifying; specific veterinary diets are designed for acidification. A higher protein homemade diet is also suitable. Use all the prior remedies to accomplish acidification.

L-METHIONINE. It is an essential amino acid that also serves as urinary acidifier. Supplementation is necessary since our pets cannot produce this on it's own and food sources are sometimes inadequate. The dose is 25 mg per cat.

OXALATE STONES. In a small percentage of animals the type of bladder stone is called calcium oxalate, which forms in acidic urine. If this is your pet's problem, then the goal is to make the urine more alkaline. This is performed by lowering protein levels, and by adding a supplement, potassium citrate.



FLUID. In all cases of infections or stones, additional fluid intake is mandatory in treatment and preventing recurrence. For cats, I suggest feeding only canned food. For dogs, add water to their dried food.

# Vomiting

## SIGNS

Your pet is throwing up her food and/or water. He may be throwing up bile on an empty stomach. You may not witness vomiting, but find the evidence on the floor.



## CAUSES

The list is large, although the most common cause is garbage gut. Your pet consumes something he should not have, resulting in vomiting. Other causes include: medications, parasites, food allergies, liver or kidney disease, pancreatitis, cancer, infectious causes (parvovirus), metabolic disorders (thyroid disease or diabetes), physical obstructions (a ball or a bone), and primary motility disorders (the stomach doesn't contract normally).

Vomiting may be caused by a lot of things. It can be due to some serious causes but most common one is just "garbage gut".

## SOLUTIONS

**ASSESS SEVERITY.** If your pet is vomiting persistently and unable to retain even water, wait no longer than 24 hours before you take your pet to your veterinarian. This indicates a severe problem such as an obstruction that needs to be treated with IV fluids and possibly surgery. If your pet is still drinking and only intermittently vomiting, you can try some of these home remedies.

**FASTING TIME.** A 24 hour fast is the most important thing you can do to allow your pet's inflamed stomach to heal. Allow access to controlled amounts of water, but no food. After 24 hours offer bland food such as plain cooked white rice; give equivalent

amounts of rice as you do dog or cat food. After 48 hours mix their regular food with rice and do not switch fully back to regular food until after 72 hours.

OFFER ICE. This may encourage drinking in animals reluctant to drink. It is important to animal continues to drinking to avoid dehydration.

SMALL AMOUNTS OF WATER. Drinking is important, but in moderation. Do not let your dog lap up a huge bowl full of water all at once. Give it to her in smaller quantities spaced throughout the day.

A CUP OF TEA. Peppermint Tea is an old remedy used for upset stomachs in people. Brew up a strong cup of tea, but allow it to cool before offering it. Give your dog 1/4 cup per 10 lbs. of body weight three times daily, give your cat 1 tablespoon three times daily.

PEPTO-BISMOL. This is an old standby that can be effective for dogs. I do not recommend it for cats. The dog dose is 1 ml/10 lbs. of body weight given three times daily for no more than 7 days.

OTC ANTACID. Pepcid (Famotidine) is a good option for dogs and cats that I regularly used in veterinary practice. Dose of 2.5mg/10lbs twice daily (this is 1/4 of a 10mg tab)

FOOD ALLERGENS. For dogs and cats with chronic vomiting, I strongly recommend a diet change. Preferably switch to a hypoallergenic food or homemade allergy diet. At the very least, change to a premium quality food. I find that some pets respond to a more natural diet, such as Innova or California Natural.

CHAMOMILE. This is commonly used in people with mild stomach upset and it may help your pet. Give 30 mg per lb. of the dried herb, or 2 drops per lb. of the tincture three times daily.

ARSENICUM. The major remedy for Garbage Gut and food poisoning. Dose 30C every 2 hours for 1- 2 days.

# Worms



## SIGNS

You see small white squiggly worms in your pets stool. Your cat has something that resembles grains of rice coming from his bum. Your pet may experience vomiting, diarrhea or weight loss.

## CAUSES

Most worms are transmitted from other infected pets. Many puppies and kittens have worms. Tapeworms are transmitted by consuming a host (by eating mice or fleas).

## SOLUTIONS

DEWORMERS. The oral de-worming products now available from your veterinarian are safe and effective. There is no harm in repeating them.

THE ENVIRONMENT. If your pet is getting repeat infections, then look at the environment. Tapeworms are caused by fleas or mice; use a flea-control program and purchase some mouse traps. Roundworms are spread from eggs in the grass, in the soil, or in stool on the ground. Keep your lawn clean and pick up all stool.

PAPAYA. This was shown to be effective in eliminating roundworms in pigs, it may work for your pet and at least it will do no harm.

PUMPKIN SEED. This has been used for tapeworms. If your pet is a great hunter always re-infesting herself with tapeworms, you may want to consider this. The dose is 1 tsp per 10 lbs. of body weight of the ground seed.

### HERBAL REMEDIES

- **BLACK WALNUT** (*Juglans nigra*). This is a common anti-parasitic used for animals: give 1 capsule of the ground herb per 20 lbs of body weight.
- **GARLIC**. This has shown some activity against a parasite called Giardia (causes Beaver Fever). It is useful in recurrent infections.

# Wounds and Lacerations



## SIGNS

Your pet has a flap of skin that is hanging. There may or may not be bleeding. Dogs are prone to lacerations on their feet or pads from glass or sharp rocks. Your pet may be limping or excessively licking a certain area. Not all wounds are clearly visible as they may be covered by hair.

## CAUSES

Many things can cause injuries to your pet. Dog and cat fights can lead to large wounds. Dogs are prone to pad lacerations from any pointed object on the ground. Certain pets (such as little Jack Russell's) are less cautious and more prone to wounds.

## SOLUTIONS

KNOW WHEN TO SEE YOUR VETERINARIAN. Large wounds or cuts will need to be sutured. If there is excessive bleeding or signs of shock, such as pale gums and rapid breathing, see your veterinarian right away. With deep puncture wounds, especially punctures by large dogs biting small dogs on the chest or belly, it is best to have a professional determine the severity of the wound and treat it.

SLOW THE FLOW. If the wound is bleeding, the first thing is to stop the bleeding. Apply firm pressure over the wound with a clean cloth or towel and hold it for five minutes. If the bleeding persists, call your veterinarian immediately. In most cases it will stop quickly.

COVER IT. Apply a thin layer of water-soluble jelly on top of the wound (K-Y Jelly). This will prevent further hair or debris from getting into it.

BARBER TIME. Trim the hair around the bite or wound. Trim large sections with scissors, and carefully use a disposable razor to trim the hair to the skin.

KEEP IT CLEAN. If possible, put your pet in the sink or bath, and run lukewarm tap water on the wound for five minutes. If there appears to be a lot of dirt or the wound is more than twenty-four hours old, assume it is infected. Purchase an antiseptic soap, called Hibitane (chlorhexidine), available at your local pharmacy, and wash the wound well. Keep the bite clean, and perform this water therapy twice daily for five to seven days.

WHEN NOT TO LICK. For bites or wounds to heal, it is important that your pet doesn't lick it. You can prevent licking by purchasing an Elizabethan collar (E-collar) at your local veterinarian. You can apply a bad-tasting product, such as bitter apple, to the skin around the wound. Licking will delay healing of the wound, so it is important to prevent.

COLLOIDAL SILVER. I have had many clients tell me about successfully using colloidal silver to heal their pets' wounds, along with cancers. It is a liquid suspension of minute particles of silver. You can get it at natural health food stores and pharmacies. *Dose: one-half teaspoon per ten pounds twice daily.*



SWEET HONEY TO HEAL WOUNDS. Any wound can have honey applied to it; typically, this would be for speeding up closure of an open wound. An example would be a cat abscess, or an abrasive wound in which a section of skin has been removed and it cannot be closed with surgery. Apply the honey twice daily to the affected area.

**Colloidal silver and honey both have anti-bacterial properties that helps prevent infection.**



## About the Author

Dr. Andrew Jones was raised on a farm in British Columbia, Canada. He grew up reading James Herriot books, stories about the life of a mixed animal veterinarian in rural England. These humorous stories inspired the young Dr. Jones and painted a picture of a dedicated vet and a fulfilling life.

Since graduating with his DVM from the University of Saskatchewan in 1992, Dr. Jones practiced as a small animal veterinarian and has treated thousands of animals. He has always had a special interest in alternative and non-conventional remedies for pets, and wrote his first digital book on alternative pet health care in 2004. Since then, he's published a daily newsletter, authored countless articles and reports, created home study courses for dog and cat owners, and



**Dr. Andrew Jones with the fluffy Murray**

currently hosts a pet health coaching members-only website. He published his first hardcopy book in 2014, which became an Amazon bestseller. He has also become one of the biggest pet health content creators on YouTube with over 500,000 subscribers as of the time of writing. And, he's developed complete nutritional supplements for dogs and cats.

Dr. Jones' pets, Murray and Tula are a part of his family and frequently appear in his YouTube videos as his co-stars. Although no longer in practice, Dr. Jones is a strong advocate of safe, natural home care for dogs and cats, and works to empower pet owners worldwide to become more active in their pets' health. For more information about Dr. Jones, visit his blog at [www.theinternetpetvet.com](http://www.theinternetpetvet.com).

## Connect with Dr. Jones!

To get the latest 'Veterinary Secrets' updates and resources, visit: [www.veterinarysecrets.com](http://www.veterinarysecrets.com)

Or his blog: [www.theinternetpetvet.com](http://www.theinternetpetvet.com)

Dr. Andrew is also active on social media, keeping you current with latest petfood recall updates, important animal health topics and concerns, focusing on natural veterinary treatments. You can connect with Dr. Andrew here:



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### **DISCLAIMER: PLEASE READ**

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