



Dog and Cat Health Secrets

Dr. Jones'

Guide

to Better
Health For
Your Pet

Dr. Andrew Jones, DVM



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Introduction

Hello and welcome. Thank You for downloading my special report on the most important dog and cat health problems, with my advised safe, natural and effective at-home remedies.

First, some information about me...



Dr. Andrew Jones, DVM

“In the eighteen years since graduating with his DVM from the University of Saskatchewan, Dr. Jones has been practicing as a small animal veterinarian and has treated thousands of animals. He has a special interest in a variety of alternative, non-traditional remedies for pets, and publishes a daily newsletter on alternative pet health care. He has authored numerous digital books, articles and reports, has created a Home Study Course for dog and cat owners, hosts an online Pet Health Member Site, has developed complete nutritional supplements for dogs and cats, and was recently featured on a major US Network Talk Show, ‘The Balancing Act’.

“Dr. Jones' pets, Lewis, Cleo and Gussie and Jesse, are a part of his family. 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 <http://www.theinternetpetvet.com>.”

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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 more common chronic health conditions affecting our dogs and cats today.

A 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 pet population is sicker than ever before in history. And of big concern is that in spite of all of our supposed medical advances, we are seeing more serious diseases, such as Cancer, at younger and younger ages.

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

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Why Your Pet Gets Sick



Here's is what a few respected Alternative Veterinary Practitioners have to say:

Michael Dym D.V.M. - "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/behavioral diseases in children is 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."

William Pollak 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

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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."

Your Pet's Immune System

Your pet's body has a very complex immune system that is designed to fight disease. Most pets are healthy, interspersed with bouts of occasional problems; 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 may fight disease, but they do not improve the immune system that failed to prevent the disease in the first place.

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.

Why?

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 disease.

Dog and Cat Health Symptoms



Symptoms are a sign of disease. The following list is very extensive, and covers the most common dog and cat symptoms of disease.

With each symptom, a few possible causes are included. Please note that there can be many possible causes of any particular symptom – this list covers only a few likely causes.

Abdominal Distension: the belly or abdomen is distended or sticking out. Causes: Fluid accumulation, be it in the form of blood (i.e. bleeding mass), urine from a ruptured bladder, or exudates (as in pus) from an infection or fluid accumulation from heart failure. FIP in cats will cause this. Other causes include cancer-causing distension of the organs – i.e. enlarged spleen, liver or intestinal masses.

Alopecia: hair loss on an area that typically has hair. Causes: allergies, skin mites, external parasites, self trauma, food reactions, endocrine disorders such as hypothyroidism or diabetes.

Anemia: low Red Blood Cell Counts. Your pet seems weak and tired. The inside of her gums and eyelids are pale or white instead of pink. Causes: blood loss: from parasites, such as fleas or hookworms; immune disorders, where the body's immune system attacks the red blood cells; internal bleeding, such as what occurs with spleen tumors and subsequent blood loss; chronic diseases, such as hypothyroidism or ongoing skin infections.

Anorexia: your pet is not eating. You need to look for an underlying cause. This can be a decrease in appetite, or it can be that your dog or cat completely stops eating. If this has persisted, then your pet may be lethargic, weak – although you should not wait this long for clinical signs to appear. Causes:

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These are varied. Can include a sore tooth, to an abscess, to cancer. The important thing here is to get your dog or cat eating again before a 24 hour period of anorexia causes further illness. This is especially important for cats who can develop a condition called 'Fatty Liver' if they go for 48 hours or more without eating.

Back and Neck Pain: Your pet is unable to speak, but she can communicate well with body language. She may be hunched over, or have her spine twisted to one side. She will be in pain and may have trouble moving or cry when you pick her up. Causes: Back pain is particularly common in low, long dogs, such as Dachshunds. We also see it in the highly active dogs that do a lot of jumping, such as Border Collies. Anything that puts undue pressure on the spine can cause a back spasm.

Bad Breath: Your pet has smelly breath with yellow or brown teeth. His gums may be red and he may have difficulty chewing. Causes: Pets cannot brush their teeth and dental problems are the result. Plaque, a thin coat of bacteria, accumulates on the teeth, then it progresses to tartar, leading to gum inflammation. Bacteria also grows under the gum-line, causing gum infection (gingivitis) which can lead to tooth loss if not treated. Cats are prone to a specific type of dental problem called a FORL (Feline Odontoclastic Resorptive Lesion). This is equivalent to a cavity where the tooth decays at the gum line. Other causes include mouth cancer, or salivary gland infections.

Blindness: loss of vision in both eyes. This is rare, some of the causes include Sudden acquired retinal degeneration (SARD), a disease of unknown cause, cataracts, progressive retinal atrophy, trauma, glaucoma, damage to the optic nerve, cancer, and lead poisoning.

Bloody Diarrhea: also called melena. Typically there is bleeding up higher in the intestinal tract. Causes include bleeding disorders, foreign bodies, HGE (Hemorrhagic Gastroenteritis), bleeding from ulcers secondary to being on NSAIDs (non steroidal anti-inflammatories). In other cases there can be bright red blood in the stool - this means bleeding lower down in the colon. Causes are commonly food allergies, anal gland infections.

Bloody Urine: also called hematuria. Signs include straining to urinate, or frequent urination. Causes include bladder infections, bladder stones, cancer. In cats this is a common presentation, and the cause is typically non infectious (feline lower urinary tract disease).

Blood in Vomit - Hematemesis: anything that is irritating and inflaming the upper intestinal tract. Common causes include medications (NSAIDs), foreign bodies, food reactions, cancer.

Breathing Problems: This is also called Dyspnea or Respiratory distress. It is seen as very difficult labored breathing. Some common causes include fluid accumulation from heart failure, lung disease, tumors, infections (i.e. pneumonia), obstructions, laryngeal paralysis. This is more common in the

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breeds with 'pushed in faces' or brachycephalics. Can be seen during times of stress – especially if the animal is too hot. In cats another common cause is Feline Asthma.

Bruising: abnormal bruising and bleeding is a result of some type of clotting disorder. It signifies a serious underlying problem. Common causes include low platelets (thrombocytopenia), usually immune mediated, rat poisons, inherited clotting disorders (i.e. Von Willebrand's), and in end stage disease of DIC (disseminated intravascular coagulopathy).

Bulging Eye: Exophthalmus – here the eye is 'bulging' or protruding from the eye socket. Common causes include masses behind the eye, infections behind the eye (retrobulbar abscess), and increased pressure in the eye (glaucoma) causing the eye to bulge.

Cloudy Eye: typically you are seeing a film over the eye. Common causes include inflammation of the surface of the eye (keratitis). This is seen in pannus, lack of tear production or dry eye (KCS), glaucoma, infections, white lipid (fat) deposition on the surface of the eye, cataracts, uveitis.

Collapse: a sudden loss of energy causing your pet to fall. The main body systems causing this are the nervous system, muscle system or heart. Common causes include heart disease, lung disorders, anemia secondary to internal bleeding (i.e. splenic tumors), low blood cell counts secondary to AIHA (auto immune hemolytic anemia), Myasthenia Gravis is a neurologic disorder which intermittently causes collapse, unusual muscle disorders (myopathies) causing weakness.

Constipation: 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.

Coughing: that loud, irritating hack keeping 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.

Deafness: the inability to hear. Causes: Commonly occurs in older pets, as the bones of the inner ear become ossified. Some medications can cause this, (Gentamicin, or chlorhexidine)-especially if the ear drum is punctured. Some pets can appear deaf with Chronic ear infections that block the ear canal. Cancer, and other growths can obstruct the ear canal.

Dehydration: most pet owners don't recognize the signs of dehydration until their pet is quite weak, so it's something that you should learn. You can suspect dehydration in any pet with fluid loss via diarrhea, vomiting, or excess heat. Causes: Dehydration is usually seen secondary to fluid loss in your pet. Diarrhea and vomiting are the 2 most common causes. Many other diseases lead to dehydration, most notable is chronic renal failure in cats. **TEST FOR DEHYDRATION.** The first test for dehydration is 'tenting' the skin. Pinch the skin between your pet's shoulder blades and see how quickly it springs back. It should go back in less than 5 seconds. If the skin tent is prolonged, then your pet is dehydrated.

Diarrhea: soft liquidy 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).

Difficulty swallowing: Dysphagia is the vet term for difficulty swallowing. Some of the causes include: trigeminal neuropathy (a cranial nerve disorder) – where the jaw may hang open, masticatory myositis (inflammation of the muscles around the mouth) – here the jaw is difficult to open. The nerve disorder myasthenia gravis often shows as difficulty swallowing. Masses in the area will cause dysphagia.

Drinking and Urinating frequently: known as polydipsia and polyuria. There are numerous causes of increased drinking and increased urination in pets. Common causes include: diabetes, kidney disease, liver disease, Cushing's disease (hyperadrenocorticism), liver disease, high blood calcium, diabetes insipidus (inability of the kidneys to absorb water), hyperthyroid disease in cats, pyometra (uterine infections) in unsprayed dogs/cats.

Drooling: Ptyalism is the veterinary term to describe excessive salivation. In some breeds this is normal (think Great Dane) but other causes include: anything irritating the oral cavity - such as mouth infections, tooth abscess, mouth ulcers (i.e. feline calicivirus), some type of oral toxic injury (i.e. electrical burn), and commonly drooling with being nauseous. This is seen in dogs consuming garbage, etc. Animals with liver shunts will drool excessively.

Ear Infections: 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.

Ear Tip Swollen: the Veterinary term is aural hematoma. Most common cause is a chronic ear infection, head shaking and scratching, which leads to damage to the blood vessels on the ear tip producing blood in the flap of the ear.

Eye Tearing: this is excessive tearing. Complete or partial closure of the tear ducts commonly causes this. Anything that irritates the eye can cause this – i.e. eye infections, foreign body in the eye.

Face Swollen: the side of the face/muzzle is distended. Common causes are acute allergic reactions to insects/food (see hives), or infections secondary to bite wounds.

Fever: Your pet has a decreased appetite and lower energy. His ears are hot to the touch and he pants excessively in the house. Causes: A fever is usually caused by a bacterial or viral infection. Having a high temperature makes it more difficult for bugs to grow in the body. The problem with a fever in pets is that they will often stop drinking; dehydration then becomes the primary concern. A normal dog's temperature is 101 F (38.0 C), a normal cat's temperature is 102 F (38.5 C). Taking your pet's temperature involves placing a thermometer in their rectum. If your pet has a temperature of 103.5 F (39.5 C) or more, they have a fever. Your pet usually will have a fever in response to something going on in their body. The most common cause, I find, is bite wounds. Search your dog or cat well for punctures.

Flatulence: No explanation needed. Causes: Flatulence is not a serious problem. It's your pet's way of telling you that there is something indigestible in his diet. Undigested food in the colon rapidly ferments causing excessive gas production. Some commercial foods contain higher sources of non-meat protein (such as corn), and will produce more gas. Some dogs are more prone to excessive gas production. These dogs may have excessive production in the stomach, leading to a severe medical condition called Bloat. In this case, the stomach rapidly distends and it is a serious condition requiring immediate veterinary care (see Bloat).

Hair loss: Your pet's fur is falling out and patches of skin are visible. Your pet may be itchy with red, inflamed skin. Your couch looks like a giant fur ball. Causes: Pets continuously grow and lose hair. When your pet is shedding and losing their winter coat thousands of strands of hair will be lost. However, hair loss producing bald patches can be caused by allergies, external parasites, ringworm, mange and hormonal problems such as hypothyroidism.

Hearing loss: the inability to hear. Causes: Commonly occurs in older pets, as the bones of the inner ear become ossified. Some medications can cause this, (Gentomicin, or chlorhexidine) - especially if the

ear drum is punctured. Some pets can appear deaf with chronic ear infections that block the ear canal. Cancer, and other grows can obstruct the ear canal.

Halitosis: also known as bad breath. Pets cannot brush their teeth and dental problems are the result. Plaque, a thin coat of bacteria, accumulates on the teeth, then it progresses to tartar, leading to gum inflammation. Bacteria also grows under the gum-line, causing gum infection (gingivitis) which can lead to tooth loss if not treated. Cats are prone to a specific type of dental problem called a FORL (Feline Odontoclastic Resorptive Lesion). This is equivalent to a cavity where the tooth decays at the gum line. Other causes include mouth cancer, or salivary gland infections.

Head tilt: the signs are affecting balance: stumbling and staggering, a head tilt to one side, an involuntary flickering of the eyes from side to side, circling, falling to one side, and possible droopy eye lids. In people you can liken this to Vertigo – you may lose your balance with a serious ear infection or head cold. Causes: The Vestibular area of your pet is what controls balance. It allows your pet to walk without falling, sends the signals to allow your pet's limbs and eyes to move correctly. The causes vary – it can be idiopathic (no known cause, only inflammation of the vestibular apparatus), it can be caused by a tumor, an inner ear infection, or an emboli (clot). Idiopathic or Geriatric Vestibular Disease is the most common cause.

Itching: include 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.

Jaundice or icterus: is the yellow color of the body tissues caused by increased bilirubin. Bilirubin is the breakdown product of red blood cells. The most common causes are liver disease, excessive breakdown of red blood cells (i.e. hemolytic anemia), and obstruction of the bile flow leaving the liver (i.e. cancer/blockages).

Lack of appetite: your pet is not eating. You need to look for an underlying cause. This can be a decrease in appetite, or it can be that your dog or cat completely stops eating. If this has persisted, then your pet may be lethargic, weak – although you should not wait this long for clinical signs to appear. Causes: These are varied. Can include a sore tooth, to an abscess, to cancer. The important thing here is to get your dog or cat eating again before a 24 hour period of anorexia causes further illness. This is especially important for cats who can develop a condition called 'Fatty Liver' if they go for 48 hours or more without eating.

Licking: this is typically seen with allergies, or pets that have a specific irritated area. Your pet may have a lick granuloma, irritated mass, allergy, underlying painful joint (arthritis), or in cats licking the groin may signify a painful irritated bladder.

Lameness: your pet is partially or not fully weight bearing on a leg. Causes include arthritis, injuries, infections, fractures, immune mediated joint disorders, cancer (especially bone cancer in large breeds). Anterior Cruciate ligament rupture is a common cause for many medium to large breeds.

Leaking Urine: this is also known as Urinary Incontinence. Most commonly you will find a pool of urine when your dog wakes up in the morning. Other times you will see urine leak from your pet when awake. The most common cause is estrogen responsive incontinence as seen in spayed female dogs. Damage to the nerves which control bladder function can lead to incontinence.

Lethargy: your pet is feeling sick – no energy, withdrawn, not wanting to play, interact, eat or drink much. There are numerous causes, and this signals that something is wrong. Your pet may have a fever, caused by an infection, bite wound, immune mediated disease or cancer. They may have anemia, heart disease, or organ dysfunction. In some cases they may just be physically tired – but most commonly in pets a more serious underlying disorder is the cause.

Losing Weight: weight loss in dogs or cats typically signifies a more serious underlying health problem. Some common causes include parasites, chronic vomiting/diarrhea, hyperthyroid disease in cats, cancer, organ dysfunction making your pet unable to digest nutrients properly. In cats chronic renal failure is a common cause, as it hyperthyroidism and diabetes.

Mammary Gland Swelling: the mammary glands swell for a few causes. Normal swelling occurs in pregnancy - the glands enlarge to produce milk. In some animals there is pseudopregnancy, and the glands swell. Other causes include breast cancer, and benign mammary gland hyperplasia.

Nasal Discharge: this can be clear or blood tinged. Anything irritating the respiratory tract can cause nasal discharge. Causes include viral infections (i.e. kennel cough, cat flu), foreign body, tooth root abscess, or allergies.

Nose Bleeding: Epistaxis – this is bleeding from the nose. Common causes include tooth abscess, nasal tumors, infections, bleeding disorders.

Not Urinating: in this case your pet is either not producing urine, or something is obstructing the urine. Common causes include bladder stones, or masses in the urinary tract, End stage kidney failure (such as caused by Antifreeze toxicity in cats).

Over Eating: called polyphagia. The most common causes are diabetes, Cushing's disease, and hyperthyroid disease in cats.

Pain: the important thing here is to be able to recognize signs of pain, especially following surgery. Pain receptors are found all through your pet's body. Signs of pain include: change in behavior, your pet may be quieter than normal, hiding, depressed, restlessness, panting and pacing. They may be lame or reluctant to move and get up or stiff. They may vocalize more, growling, howling, yipping, moaning, groaning, and they may have increased breathing, increased heart rate and lack of appetite. Causes of pain include trauma, hyperthermia, hypothermia, damage to surface tissue, damage to bones, organs, joints or ligaments.

Painful urination: Dysuria - difficult or painful urination. Common causes include bladder infection, bladder stones, neoplasia (cancer).

Panting: this is rapid, shallow breathing. Normal breathing rates are 20-40 breaths a minute. In panting this increases to 200-400 breaths a minute. This is how your dog cools themselves, so a common cause is normal panting from being too hot. Other causes include pain, stress, Cushing's disease, heart disease, toxins such as antifreeze poisoning (leads to a metabolic acidosis and increased breathing rates).

Penis discharge: Prepuce discharge - discharge from the sheath of the penis, typically seen in intact male dogs. Urine and fluid accumulates in the sheath, allowing bacteria to grow, producing the discharge. Most are 'cured' by neutering, but some will need antiseptic flushes.

Red Eye: here the eye is irritated and inflamed. The blood vessels around the eye become more pronounced and distended. Common causes include: conjunctivitis, blepharitis (inflammation of the eye lids), glaucoma, uveitis (inflammation of the inner layer of the eye).

Regurgitation: It is important to understand the difference between vomiting and regurgitation. Regurgitation is PASSIVE - not an active motion as in vomiting. Regurgitation typically happens immediately while or after eating/drinking. The food is not digested and often appears as a tube. Common causes of regurgitation in dogs are Myasthenia gravis, immune disease affecting the esophagus, lead poisoning, thyroid disease. The esophagus is distended in a condition called megaesophagus.

Runny Eyes: veterinary term is Epiphora. This is excessive tearing. Complete or partial closure of the tear ducts commonly causes this. Anything that irritates the eye can cause this – i.e. eye infections, foreign body in the eye.

Scratching: the veterinary term is pruritis. Signs include 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.

Scotting: in this case your dog or cat is rubbing their bum on the ground. Most commonly seen with anal gland irritation or impaction. Anal irritation is also seen with allergies. In some cases parasites can be the cause.

Seizure: here the brain sends out too many impulses causing the muscles to contract involuntarily. You may first find signs of apparent loss of bowel and bladder control if your pet seizes when you are not present. A seizure is the involuntary contraction of muscles. They 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. Causes: There is no specific cause of epilepsy. There is an area of the brain that is overactive sending out too many impulses causing the abnormal muscle contractions (seizures). Epilepsy is diagnosed based on age of onset (6 months to 5 years), and by finding nothing else abnormal on diagnostic tests that could explain the cause of seizures. Seizing older pets may have a brain tumor. Cats who seizure may have an infectious disease (Feline Leukemia).

Shaking: these are involuntary movements that occur when your pet is awake, but NOT when they are asleep. Most often there is no underlying cause, but they are seen with poisons (i.e. compost toxicity), degenerative brain disorders, kidney failure, low blood sugar.

Skin growths or lumps: 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. 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).

Skin discharge and/or smelling: typically this is caused by infections on the skin. Dogs with chronic allergies can get recurring bacterial infections (usually Staph) or yeast infections (Malassezia). Prevention may include regular shampoos or washing with dilute vinegar and water.

Sneezing: anything that irritates the nasal tract can cause sneezing. Causes include viral infections (i.e. kennel cough, cat flu), foreign body, tooth root abscess, or allergies. Dogs commonly have a reverse sneeze, - other lesser known causes are nasal mites.

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Temperature: Your pet has a decreased appetite and lower energy. His ears are hot to the touch and he pants excessively in the house. Causes: A fever is usually caused by a bacterial or viral infection. Having a high temperature makes it more difficult for bugs to grow in the body. The problem with a fever in pets is that they will often stop drinking; dehydration then becomes the primary concern. A normal dog's temperature is 101 F (38.0 C), a normal cat's temperature is 102 F (38.5 C). Taking your pet's temperature involves placing a thermometer in their rectum. If your pet has a temperature of 103.5 F (39.5 C) or more, they have a fever. Your pet usually will have a fever in response to something going on in their body. The most common cause, I find, is bite wounds. Search your dog or cat well for punctures.

Throwing Up: 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).

Tremors: these are involuntary movements that occur when your pet is awake, but NOT when they are asleep. Most often there is no underlying cause, but they are seen with poisons (i.e. compost toxicity), degenerative brain disorders, kidney failure, low blood sugar.

Urinary Incontinence: this is also known as leaking urine. Most commonly you will find a pool of urine when your dog wakes up in the morning. Other times you will see urine leak from your pet when awake. The most common cause is estrogen responsive incontinence as seen in spayed female dogs. Damage to the nerves which control bladder function can lead to incontinence.

Urinating and Drinking excessively or Polydipsia/Polyuria: there are numerous causes of increased drinking and increased urination in pets. Common causes include: diabetes, kidney disease, liver disease, cushings disease (hyperadrenocorticism), liver disease, high blood calcium, diabetes insipidus (inability of the kidneys to absorb water), hyperthyroid disease in cats, pyometra (uterine infections) in unsprayed dogs/cats.

Vaginal discharge: this can be clear and mucous or bloody. Some common causes can be vaginal infections (vaginitis), where urine can pool in the vaginal folds and grow bacteria. Other causes include estrus, pregnancy, after birth (post partum)- it is normal for 14 days after.

Vomiting: 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,

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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).

Weight Loss: weight loss in dogs or cats typically signifies a more serious underlying health problem. Some common causes include parasites, chronic vomiting/diarrhea, hyperthyroid disease in cats, cancer, organ dysfunction making your pet unable to digest nutrients properly. In cats chronic renal failure is a common cause, as it hyperthyroidism and diabetes.

Wounds: 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 crazy little Jack Russels) are less cautious and more prone to wounds.

Diagnosis: When It's Time to Call the Vet

Most pets will display one or more of these symptoms of illness at some point during their lives, but there isn't always a need to rush them directly to the vet. Symptoms that only last a day and do not seem severe may simply need to run their course. However, a consultation with your vet is in order when:

- Symptoms increase or intensify over a 24 hour period.
- Symptoms last for more than a day.
- The animal in question is in obvious distress.

Dog and Cat Vaccines



The short of it: **vaccinate your pets less often and with fewer components.**

With the entire swine flu hysteria, the issues of vaccines are even more prominent. Did you get the H1N1 (swine flu) vaccine? Did you believe that the vaccine risks outweighed the supposed benefits?

I, for one, chose not to get the H1N1 vaccine - in my opinion the risk of H1N1 is little, while the vaccine efficacy is questionable, and involves unknown health risks.

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...

Dr. Ronald D. Schultz, PhD: "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%." (From "Current and Future Canine and Feline

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Vaccination Programs”, by Dr. R.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.

Dr. Christina Chambreau, DVM: "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."

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. A limited vaccine program is highly recommended – and 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 advise... when to begin and when to stop.

PUPPIES and KITTENS: 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.

PUPPY VACCINE REGIMEN

- 8 weeks: Parvovirus (MLV - Modified Live Vaccines) and Distemper (MLV).
- 12 weeks: Parvovirus (MLV - Modified Live Vaccines) and Distemper (MLV).
Only give Bordetella vaccines if going to a kennel or puppy class.
- 6 months: Give Rabies vaccine (KILLED) at 6 months.

KITTEN VACCINE REGIMEN

- 8 weeks: FVRCP - Feline Viral Rhinotracheitis, Calicivirus, Panleukopenia
- 12 week: FVRCP - Feline Viral Rhinotracheitis, Calicivirus, Panleukopenia
- 6 months: Give Rabies vaccine (KILLED) at 6 months.

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

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. Give Rabies vaccine (KILLED) at 6 months. Ensure that the vaccines are given in the subcutaneous tissue on the lateral sides of the right and left legs.

ADULT VACCINE REGIMEN

Adult Dogs

1 Year: Parvovirus (MLV - Modified Live Vaccines) and Distemper (MLV).

1 ½ Years: Rabies vaccine (KILLED)

Then NO further vaccines until 3 years later.

4 Years: Parvovirus (MLV - Modified Live Vaccines) and Distemper (MLV).

4 ½ Years: Rabies vaccine (KILLED)

After this time, your pet will be well immunized against Distemper and Parvovirus – 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.

Adult Cats

1 Year: FVRCP - Feline Viral Rhinotracheitis, Calicivirus, Panleukopenia

1 ½ Years: Rabies vaccine (KILLED)

Then NO further vaccines until 3 years later.

4 Years: FVRCP - Feline Viral Rhinotracheitis, Calicivirus, Panleukopenia

4 ½ Years: Rabies vaccine (KILLED)

After this time, 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

I do not recommend vaccinations for Corona virus, Leptospirosis, Lyme or Giardia vaccines for dogs. The currently licensed leptospira bacterins do not contain the serovars (viruses) causing the majority of clinical leptospirosis today, so it is generally not a useful vaccine.

Vaccines Not Advised For Cats

I do not advise vaccinations for FIP (Feline infectious peritonitis), Feline Bordetella, FIV (Feline immunodeficiency virus) and limited use of Feline Leukemia vaccine in Cats.

Your pet should still 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. Vaccinating an already compromised immune system is almost sure to compound the problem.

Avoid Contaminated Areas

Common sense should to keep your companion 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.

The bottom line: only vaccinate your pet for diseases they are likely to get if not vaccinated, 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 For 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.

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
 - for cats try Dr. Jones' Ultimate Feline Health Formula at 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.

Toxins in Pet Food

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Some of the carcinogens in pet foods include: preservatives, such as BHA, BHT and Ethoxyquin. Purchase pet food with natural preservatives, such as Vitamin E.

Limit mercury poisoning by avoiding things like 'fish byproducts' - the higher quality pet foods are trying to avoid fish with high levels of mercury.

Teflon chemicals: For dogs and cats likely sources of exposure include food contaminated with PFCs leaching from pet food bag coatings. Seek out Pet Food that does not use PFCs.

Bisphenol A- (BPA). This is a toxin that is found not only in plastic, but also the tins of dog and cat food. Search out quality, holistic canned food companies if you are to feed canned food to your pet - especially cats. There is a direct correlation between canned food ingestion and the incidence of hyperthyroidism in cats.

So what should you do?

Vary your pet's food

This is even more important now than ever, in light of the Pet Food Recall – where thousands of dogs and cats were 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, Lewis.

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 middlings 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. These include 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.

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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 flavanoids.

Some of the Commercial Pet Foods that I recommend are:

- All of Those from Natura Pet Products: Innova, California Natural, Karma, HealthWise
- Wysong
- Wellness
- Solid Gold
- Nutro Ultra Holistic Nutrition
- Flint River Ranch
- Azmira Holistic Animal Care LifeStyle

Pet Food That You Make At Home

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.

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.

Any bone meal you use must be an edible, human grade. Do not use bone meal intended for gardening or plants.

Here are 2 diets that I have cooked for my dog and cat.

Dog Fish and Sweet Potato Recipe (based on a 75 lb dog)

- Baked Sweet potato - 4 cups
- Cooked Fish, trout, - 1 1/2 cups

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- Fish Oil - 5 teaspoons
- One a Day Multivitamin/multimineral Supplement - 2 tablets
- Posture caplet - (600 mg elemental calcium) - 2 1/2 caplets
- Morton Lite Salt Mixture - 1 tsp

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 daily amount.

The Basic Cat Recipe

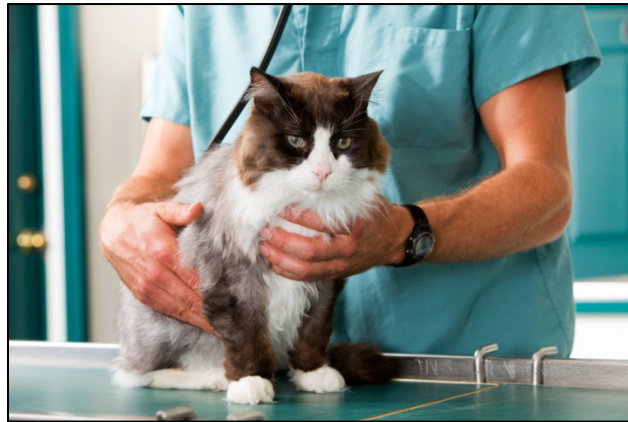
- Fresh boneless skinless chicken breast -1 pound
- Fish oil -1 Tablespoon
- Morton's lite salt 1/4 tsp
- Iodinated salt 1/4 tsp
- Calcium carbonate without vitamin D (regular Tums) 3 grams
- Adult multivitamin-mineral supplement - 1 tablet
- Taurine powder (essential for cats) 1/4 tsp (or 1 - 500 mg tablet)

Sauté chopped chicken breast in oil until thoroughly cooked.

Grind Tums (calcium carbonate), multi vitamin/mineral tab, and taurine supplement together.

Add to cooled mixture. Store in refrigerator.

How To Lower Your Veterinary Fees



Veterinary Care is expensive. I should know, for I am Veterinarian who owns a 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 life saving procedures, but it can be expensive.

1. Price Shop

Prices at animal hospitals can vary widely. In my small town of Nelson, I 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 True.

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To ensure that you are saving money, plus 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, 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 having 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.

It has high profit margins - the Animal Health Technician or Assistant usually does all the work.

However, a pet with mild gum disease does NOT need this done. You can begin preventive care at home. You could begin to brush your pet's teeth. You could feed a diet designed to break off some of the plaque and tartar.

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

Question any recommendation!

Ask if it is absolutely necessary.

Ask about alternate - less costly and sometimes safer - options.

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.

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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 about how to examine, diagnose and heal your pet with my book at www.veterinarysecretsrevealed.com.

You can begin to offer treatment options such as herbs, Homeopathics, Acupressure and Massage, that most Veterinarians won't even consider.

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, they stop the itching fast, BUT they have serious side effects and the itching usually comes back.

After utilizing my 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 supplements to decrease the intensity of the itch. You may 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.

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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."

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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
 - (hint) for dogs try Dr. Jones' Ultimate Canine Health Formula at www.thedogssupplement.com
 - for cats try Dr. Jones' Ultimate Feline Health Formula at 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 a 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.

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- If you live in an area with little to no risk of Heartworm, consider not using conventional medication.

Diseases & 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 a herbal medication that has been successfully used to relieve the itch. Apply a thin coat twice daily to affected areas.

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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. A great, 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 fish oil supplement for them(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.

For dogs: <http://www.thedogsupplement.com>.

ANTIOXIDANTS. Vitamin E and Vitamin C may help: the 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.

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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.

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METHYLSULFONYMETHANE. MSM is a supplement, 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: <http://www.thedogssupplement.com>

For cats: <http://www.thecatssupplement.com>

ACUPRESSURE:

The Aspirin Joint and more. 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.

HOMEOPATHIC:

RHUS TOX. Pain or stiffness when getting up, and most muscle pains/disorders. Dose 6C twice daily.

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 tbs 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.

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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.

TO THE VETERINARIAN. 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.

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

HERBAL:

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.

HERBAL INFUSION. Another oil infusion consists of: OREGON GRAPE, MARSHMALLOW AND GARLIC: soak the dried herbs overnight in olive oil- this can also be mixed with Vitamin E.

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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.

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 50:50, 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. Continue to do this daily for 5-7 days. For dogs with recurring infections, this can be done weekly.

HEALING OILS. This is especially helpful if your pets 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 pets ear. Let it soak for 5 minutes, then rub the base of the ear well and wipe out excess debris with a cotton ball.

COUGHING



SIGNS

That loud, irritating hack keeping 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.

Kennel Cough is more technically known as Canine Infectious Tracheobronchitis. This term localizes the most common clinical sign, coughing, to the trachea (wind pipe) and bronchi (within the lungs). It may be caused by several viruses and bacteria. These include the adenovirus type-2 virus, the parainfluenza virus, and the bacterium *Bordetella bronchiseptica*. The infection spreads rapidly from dog to dog in close quarters, such as a boarding kennel. This is the origin of its name.

The signs are quite variable. Other symptoms include discharge from the eyes and nose, swollen tonsils, wheezing, lack of appetite, and lethargy. Although coughing is usually mild, it may persist for several weeks.

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.

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CLEANER AIR. Limit the 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. Mix 2 tbsp of honey, 1 tsp of lemon juice and 1/2 cup of water. Give it to your dog twice daily. Homeopathic cough syrups may also be helpful. I have used Hyland's Cough Syrup, dosing it at 1/4 of regular adult dose per 10 lbs of body weight.

IMMUNITY HELP. In cases of Kennel Cough, stimulating the immune system could speed recovery. Echinacea and Goldenseal are the most useful, with both antiviral and antibacterial properties. Doses of the tincture are 1 drop/lb of body weight twice daily.

HOMEOPATHIC:

ARSENICUM. 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.

DIABETES



SIGNS

Your pet is drinking and urinating much more than normal. This may be accompanied by increased appetite, but also weight loss. 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. Pets that are obese, especially cats, are at higher risk.

SOLUTIONS

TO 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 may come off insulin therapy. Ask your veterinarian about Glargine (brand name Lantus) Insulin – it is longer acting and better at regulating difficult to better at regulating difficult to regulate 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 7 days and 14 days after starting on Glargine (Lantus).

CANNED FOOD. I can't emphasize this point enough for all cat owners with a diabetic cat. Changing to a less than 5% 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% of diabetic cats by only feeding a higher protein canned food.

FISH OIL. As a source of omega 3 fatty acids, fish oil may increase insulin sensitivity. A feline dose is one regular strength capsule per 10 lbs of body weight given once daily.

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 ¼ of a teaspoon per 10 lbs daily.

DIARRHEA



SIGNS

We have all seen it – soft liquidy 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).

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, then try some of the following home remedies.

24 HOUR FAST. Stop putting food into your pet for 24 hours (Day 1). This allows the intestines to rest and regenerate. Always have access to plenty of fresh water. After 24 hours, introduce a bland food for the next 24 hours (Day 2). Plain cooked white rice for dogs, feeding equivalent cups of rice as their

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normal diet. For cats, protein is essential, try cooked chicken breast with the rice. After a day of the bland food mix 1/2 regular diet and 1/2 bland diet (Day 3). By the end of Day 3, they should be back on their normal diet.

PROBIOTICS. Restore the natural bacteria in the intestine, to help the intestinal immune system. The most effective supplement is Lactobacillus acidophilus – give 1/4 capsule per 10 lbs of body weight twice daily. Dr Jones' Ultimate Canine and Feline Health Formulas contain high levels of probiotics.

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For cats: <http://www.thecatssupplement.com>

FRUCTO-OLIGOSACCHARIDES (FOS). These are carbohydrates involving fruit sugar attached to glucose (starch sugar). These are digested in the large intestine and promote the growth of good bacteria. Certain diets are higher in these – this is helpful for dogs and cats with recurring bouts of colitis.

PRO-PECTALIN. This is another over the counter containing the older ingredients of Kaolin and Pectin plus a probiotic. Dose: give one tablet per 20 lbs of body weight orally every 8 hours. It is safe for both dogs and cats.

CHAMOMILE. Useful for mild indigestion; give 2 drops/lb of body weight three times daily.

PEPPERMINT. Helps with intestinal gas and cramping; give 25 mg/lb of body weight twice daily of the dried herb or 1 drop/lb of body weight twice daily of the tincture.

FELINE LEUKEMIA VIRUS



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:

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

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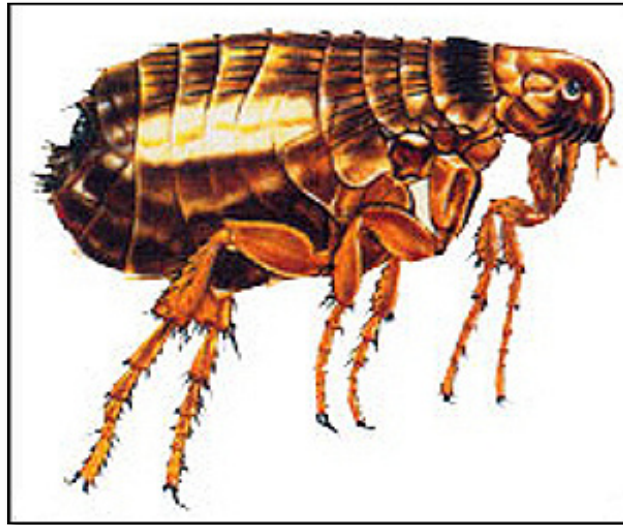
1 part Red Clover, 1 part Dandelion, 1 part Garlic, 1 part Astragalus. Dose: 1 ml per 10 lbs twice daily.

ARTEMISININ (WORMWOOD). Under early research and testing for treatment of cancer primarily by researchers at the University of Washington. When the active ingredient 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. Dose: 20 mg per 10 lbs of body weight daily.

GREEN TEA (CAMELLIA). 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.

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 <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; this is 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

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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 :

[Ultimate Canine Health Formula](#)

[Ultimate Feline Health Formula](#)

Flea Comb your pet regularly. Flea combs are fine toothed 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.

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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 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.

IDIOPATHIC CYSTITIS: LOWER URINARY TRACT DISEASE



SIGNS

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.

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.

It's at: <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.

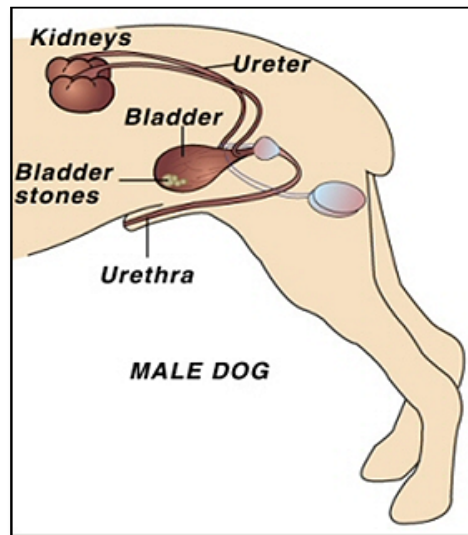
FLUID. In all cases of infections or stones, additional fluid intake is mandatory in treatment and preventing recurrence. For cats, I suggest feeding only canned food.

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.

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.

DANDELION. A key diuretic which will draw additional water into the urinary tract. The simple act of flushing the bladder will help in many cases of FLUTD.

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.

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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 probiotic 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 "...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.

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.

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

Dr. Jones' Ultimate Canine:

<http://www.thedogsupplement.com>

Dr. Jones' Ultimate Feline:

<http://www.thecatsupplement.com>

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.

SEIZURES



SIGNS

You have seen your pet have a seizure. You may first find signs of apparent loss of bowel and bladder control if your pet seizes when you are not present. A seizure is the involuntary contraction of muscles. They 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.

CAUSES

There is no specific cause of epilepsy. There is an area of the brain that is overactive sending out too many impulses causing the abnormal muscle contractions (seizures). Epilepsy is diagnosed based on age of onset (6 months to 5 years), and by finding nothing else abnormal on diagnostic tests that could explain the cause of seizures. Seizing older pets may have a brain tumor. Cats who seizure may have an infectious disease (Feline Leukemia).

SOLUTIONS

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

ANTICONVULSANTS. Start with the traditional medication that your veterinarian recommends, either phenobarbital or potassium bromide. It is first important that the seizures are controlled.

Dr. Jones' Ultimate Canine:

<http://www.thedogsupplement.com>

Dr. Jones' Ultimate Feline:

<http://www.thecatssupplement.com>

HYPOALLERGENIC DIET. There are reports that show a link between diet and seizures in dogs. Every seizuring pet should at least try a commercial hypoallergenic diet for 12 weeks.

MELATONIN. This has been used as an anticonvulsant for some dogs. Many dogs only have seizures at night. The dose is 0.3 mg per 10 lbs of body weight daily.

ANTIOXIDANT VITAMINS. They may help in decreasing the damage to the brain during a seizure. The most effective ones are Vitamin E (100 IU per 10 lbs of body weight and Vitamin C (100 mg per 10 lbs of body weight).

ACUPRESSURE:

GV26 – STOP A SEIZURE. The most important one, it can help stop a seizure. It is where the nose meets the upper lip (immediately below the nostrils). This is a key one for CPR, as it can trigger your pet to breath, and for seizures. Hold the point for 1 minute during a seizure.

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.

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' Ultimate Canine:

<http://www.thedogsupplement.com>

Dr. Jones' Ultimate Feline:

<http://www.thecatsupplement.com>

Dr. Jones' Health Formulas contain both Vitamin C and Probiotics.

For Dogs: <http://www.thedogsupplement.com>

For cats: <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. A urinary acidifier. 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).

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.

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.

HOMEOPATHIC:

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 be vomiting or have diarrhea. Your pet is losing weight.

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:

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.

About Dr. Andrew Jones

Dr. Andrew Jones is a Veterinarian in Nelson BC, Canada. He has developed a special interest in natural and alternative ways to heal pets, and has written and produced several books and videos on at-home pet health care. He has also developed a unique home study course on pet healing titled the "Veterinary Secrets Revealed Complete Home Study Multimedia Course". Dr. Jones' goal is to empower pet owners to take a much more active role in caring for their pet's health.

<http://www.veterinarysecretsrevealed.com>

<http://www.theonlinevet.com>

<http://www.thedogssupplement.com>

<http://www.petfirstaidsecrets.com>

<http://www.thecatsupplement.com>

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Four Paws Online Ltd.

2124 Ymir Road, Nelson, BC, V1L 6Y9

(800) 396-1534 ~ support@fourpawsonline.com

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Dr. Andrew Jones, DVM

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