

ginger's story

A HOLISTIC GUIDE TO CANINE HEALTH & WELLNESS

EXPERIENCE & RESEARCH COMPILED BY KATE LOCHNER
INSPIRED BY GINGER-MUFFIN



FIT DOG
CANINE FITNESS & WELLNESS

DOG HEALTH DISCLAIMER

THE INFORMATION PROVIDED REGARDING YOUR DOG'S HEALTH IS FOR GENERAL INFORMATIONAL PURPOSES ONLY AND IS NOT INTENDED AS PROFESSIONAL VETERINARY ADVICE. I AM NOT A LICENSED VETERINARIAN OR ANIMAL HEALTH PROFESSIONAL. ANY ADVICE OR RECOMMENDATIONS OFFERED ARE BASED ON PERSONAL EXPERIENCE, GENERAL KNOWLEDGE, OR RESEARCH AND SHOULD NOT BE CONSIDERED A SUBSTITUTE FOR PROFESSIONAL VETERINARY CARE. ALWAYS CONSULT A QUALIFIED VETERINARIAN FOR ACCURATE DIAGNOSIS, TREATMENT, OR MEDICAL ADVICE SPECIFIC TO YOUR DOG'S HEALTH NEEDS. DELAYING OR FORGOING PROFESSIONAL VETERINARY CARE BASED ON THIS INFORMATION COULD RESULT IN HARM TO YOUR PET. BY FOLLOWING ANY SUGGESTIONS PROVIDED, YOU ACKNOWLEDGE THAT YOU DO SO AT YOUR OWN RISK.

hi, kate here

I am the owner of Happy Tails Learning Center for Dogs as well as Fit Dog Canine Fitness & Wellness.

Let me tell you a story about a sweet old dog named Ginger, who was the inspiration for Fit Dog Canine Fitness & Wellness and the inspiration for all of the information in this booklet.

Let's start by going back to January 3, 2021. I woke up on a Sunday morning and realized that something was wrong with my {then} 11-year-old dog, Ginger-Muffin. She was bloated and panting heavy and was seemingly in some type of physical distress. I didn't know what was happening but since it was a Sunday, we wound up in the ER, only to be told less than 8 hours later that **euthanasia was recommended**. I was devastated and heartbroken💔

She was diagnosed with **IMHA (Immune-Mediated Hemolytic Anemia)**. This is a condition where the dog's immune system mistakenly attacks and destroys its own red blood cells. This leads to a severe decrease in red blood cells, causing a life-threatening form of anemia. She was so far gone at the ER that they told me it was time to make "the decision." I begged the doctors to save her. *At any cost.*

After days filled with discussion, theories, attempts, ideas ... All of their efforts worked because miraculously, 4 days later, she was coming home. Even the ER team couldn't believe her recovery!

...Only to be told that **she had 3-6 months to live.**

Those words still ring in my ears today.

I was told by her ER doctors that her recent vaccines most likely triggered this auto-immune response and I was told she could never have another vaccine again (*she would likely die*) ... She was something called "**vaccine exempt**".

I had never heard that term before.

I will never forget the immediate guilt I felt... **I did that to her.**

I. did. that. to. my. best. friend.

"Ginger has 3 to 6 months to live." That was all I could focus on. It was time to live her best life. Throw away the guilt and tears. Let's go to work!

I changed **EVERYTHING** (*so I thought*). We switched her diet to a more natural, less-processed one. We started seeing a holistic veterinarian who muscle tested her to determine the best food and supplements to help her body perform its best. We kept her moving daily, did mind-stimulating activities to keep her brain sharp and we focused on enrichment activities to keep her happy and active! She also started getting regular chiropractic adjustments at **Advanced Animal Chiropractic**. Dr. Grant & Dr. Christina were game-changers (for all 3 of my dogs!)

Ginger beat all odds - she survived for over a year!!

THEN she tore her ACL and couldn't stand up or walk💔

I was literally heartbroken and hysterical thinking it was the inevitable end. But yet again, we fought together. She had TPLO surgery to repair the ACL injury and then we landed at Animal Rehabilitation Center where I learned all about muscle development and natural modalities for the body:

Strength & conditioning exercises, hydrotherapy, PEMF & laser therapy, and acupuncture - just to name a few.

As I continued to learn more, I discovered my next calling:
I wanted to help ALL dogs be better physically, mentally and emotionally better versions of themselves!

When I was told that Ginger was not a candidate for the “normal” pharmaceutical life and when her body started failing because of old age, I was forced to learn about more holistic, natural ways to build her immune system and strengthen her mind and body. I was determined to not let her age be the reason to give up on her.

We’ve gone from “3 to 6 months to live” to almost 5 years later. And she is **THRIVING!** No ailments, no disease, no cancer, zero medications. I don’t believe that her progress and success is an accident or luck. I’ve worked *HARD* to step out of the traditional health box and see health in a totally different way.

My passion today is to share *ALL* that I have learned about mental, emotional and physical health. My approach to good health is a little less conventional and to be honest, especially in today’s political climate, a little more “controversial”. Some of the stuff in this booklet may trigger some backlash because of how health is politicized right now, but please go through this info with an open mind ... *especially if you work in the veterinary field.*

While I focus mostly on more holistic or natural approaches in this booklet, please understand that I am not against medicine. I am not against people choosing to vaccinate. I wish I would have done more research. I wish I would have asked more questions. I wish I would have understood not only the risks of disease, but the risks of the medicines that protect against the disease. I wish there was more open-dialogue about the pros and cons about both. I am FOREVER grateful for veterinarians and vet support staff! I would never be here to tell Ginger’s story without her amazing team of medical professionals!

I pray that anyone willing to read this booklet learns something that may keep their dog alive longer and healthier (*and not suffering!*)

Ginger won’t be here forever, but her legacy will live on as we continue to help more dogs live longer, healthier, happier lives!



kate & ginger-muffin

Owner of Happy Tails Learning Center for Dogs
and Fit Dog Canine Fitness & Wellness





health considerations

YOUR DOG'S HEALTH COMES FROM 2 MAIN CONTRIBUTING FACTORS:

- **THEIR GENETICS (YOU DON'T CONTROL)**
- **THEIR ENVIRONMENT (YOU CONTROL... SOMEWHAT)**

WHILE YOU CAN'T CONTROL THEIR GENETICS, YOU CAN CONTROL THE ENVIRONMENTAL FACTORS THAT CONTRIBUTE TO THEIR HEALTH, SAFETY, HAPPINESS AND OVERALL WELL-BEING. RESPONSIBLE DOG OWNERSHIP MEANS MAKING A LIFETIME PLAN FOR THE FOLLOWING:

- VETERINARY CARE
- NUTRITION
- EXERCISE
- MENTAL STIMULATION
- IMMUNE SUPPORT
- LEADERSHIP & TRAINING
- SAFETY
- SOCIALIZATION
- GROOMING
- OVERALL HAPPINESS



FIT DOG

CANINE FITNESS & WELLNESS

Toxin exposure



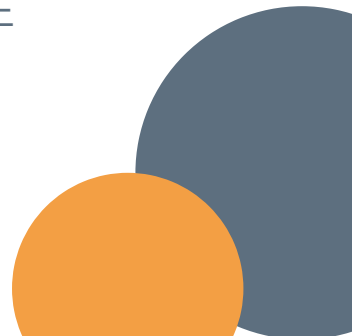
YOU HAVE CONTROL OF A LOT OF THE TOXINS THAT ARE GETTING INTO AND ONTO YOUR DOG:

- THE **FOOD** THEY EAT (REAL VS PROCESSED, NUTRITIONAL VALUE)
- THE **TREATS** THEY GET (REAL VS PROCESSED, NUTRITIONAL VALUE)
- THE **WATER** THEY DRINK
- THE **VACCINES & PREVENTATIVE MEDICINES** YOU CHOOSE TO GIVE
- THE **TOXINS THAT THEIR SKIN IS EXPOSED TO** (LAUNDRY DETERGENTS, CLEANERS, PESTICIDES, FERTILIZERS). SKIN IS THE LARGEST ORGAN OF THE BODY. PROTECT WHAT COMES IN CONTACT WITH IT.
- THE **TOXINS THEIR LUNGS ARE EXPOSED TO** (CANDLES, PERFUMES, YARD SPRAYS, BUG SPRAYS, SMOKE, HAIR SPRAYS, SCENTED PLUG-INS, ETC.) BOTH YOU AND YOUR DOG ARE DIRECTLY INHALING THESE CHEMICALS INTO YOUR LUNGS, GETTING INTO THE BLOOD STREAM, IMPACTING ORGANS!



TOXINS CAN LEAD TO A SLEW OF HEALTH ISSUES, INCLUDING GUT & SKIN ISSUES, ALLERGIES AND/OR CANCER.

YOU WANT TO COME UP WITH A GAME PLAN FOR LIFE TO KEEP THEM AS **MENTALLY, PHYSICALLY & EMOTIONALLY HEALTHY & HAPPY** AS POSSIBLE!





exercise

DOG'S NEED EXERCISE!

THEY WERE MADE TO MOVE AND EXPLORE THE WORLD WITH THEIR NOSE. IT IS YOUR RESPONSIBILITY TO PLAN DAILY EXERCISE TO KEEP THEM MENTALLY & PHYSICALLY STIMULATED.

DOGS THAT DON'T GET ENOUGH EXERCISE CAN EXPERIENCE A NUMBER OF SIDE EFFECTS, INCLUDING:

- WEIGHT GAIN
- BEHAVIORAL PROBLEMS
- DEPRESSION
- ABNORMAL GAIT
- DOGS ARE MORE LIKELY TO DEVELOP HEALTH ISSUES LIKE DIABETES, HIGH BLOOD PRESSURE, ARTHRITIS, AND HEART FAILURE.

SNIFF & STROLL WALKS

SNIFF AND STROLL WALKS ARE GENERALLY CONSIDERED MORE OF AN "ENRICHMENT" WALK (BETTER FOR MOOD, CONFIDENCE BUILDING & MENTAL STIMULATION). SNIFFING IS A DOG'S VERSION OF US SCROLLING ON SOCIAL MEDIA. DOGS DO NOT GET ANY PHYSICAL BENEFITS FROM A SLOW, STOP-AND-GO WALK BUT THEY LOVE TO EXPLORE AND SNIFF!

VS.

FAST-PACED WALKS

NON-STOP BRISK WALKS ARE BETTER FOR CARDIOVASCULAR EXERCISE. THESE FAST-PACED WALKS GIVE A DOG PHYSICAL BENEFITS OF EXERCISE, AS WELL AS MENTAL STIMULATION.



CONSIDER AGE WITH YOUNG PUPPIES!

YOU NEED TO BE CAREFUL EXERCISING A YOUNG PUPPY BECAUSE **THEIR JOINTS ARE NOT FULLY FORMED** OR DEVELOPED UNTIL THEY ARE OLDER.

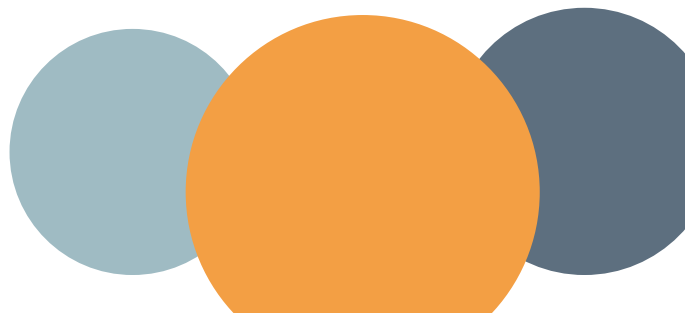
TOO MUCH LENGTH OR STRENUOUS ACTIVITY CAN CAUSE PERMANENT JOINT DAMAGE!

- AVOID RUNNING UNTIL FULLY DEVELOPED
- AVOID TUG OF WAR EARLY ON
- AVOID THEM JUMPING UP ONTO FURNITURE OR PEOPLE
- AVOID ROUGH PLAY WITH THEM INCLUDING PUSHING ON SLIPPERY FLOORS
- AVOID AGGRESSIVE BALL PLAY OR FRISBEE CATCHING WHERE JUMPING HIGH, LANDING HARD ON THEIR LIMBS AND WHERE THEY'RE QUICKLY STOPPING, JAMMING THE JOINTS

A GENERAL RULE OF THUMB IS THAT A PUPPY (UP TO 1 YEAR OLD) CAN HAVE ABOUT FIVE MINUTES OF EXERCISE PER MONTH OF AGE, TWICE A DAY, MEANING A TWO-MONTH-OLD PUPPY COULD HAVE TWO WALKS OF 10 MINUTES EACH, GRADUALLY INCREASING AS THEY GET OLDER.

DOGS ARE CONSIDERED ADULTS AT APPROXIMATELY ONE YEAR OLD, BUT THEY CAN TAKE UP TO TWO YEARS TO FULLY DEVELOP PHYSICALLY & HORMONALLY, MOSTLY DEPENDING ON SIZE & BREED.

- SMALL BREEDS: TYPICALLY STOP GROWING BETWEEN 6-8 MONTHS OF AGE.
- MEDIUM BREEDS: REACH THEIR ADULT SIZE BETWEEN 12-18 MONTHS OF AGE.
- LARGE BREEDS: CAN TAKE BETWEEN 1-2 YEARS TO FINISH GROWING.





build muscle

DID YOU KNOW... LIKE HUMANS, YOU CAN BUILD YOUR DOG'S MUSCLES?

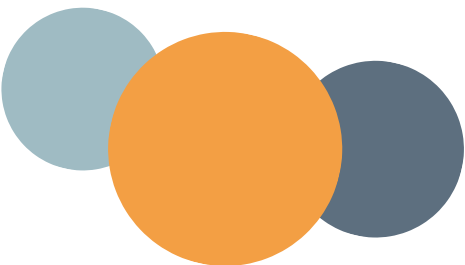
DOGS NEED TO DEVELOP MUSCLE TO **MAINTAIN PROPER MOBILITY, SUPPORT JOINT HEALTH, IMPROVE BALANCE AND COORDINATION, ENHANCE PHYSICAL STAMINA, PREVENT INJURIES, AND AID IN RECOVERY FROM INJURIES** OR SURGERY, ESPECIALLY AS THEY AGE; STRONG MUSCLES ARE CRUCIAL FOR ACTIVE DOGS PARTICIPATING IN ACTIVITIES LIKE RUNNING OR AGILITY SPORTS

WALKS DO NOT BUILD MUSCLE.

WHILE WALKS ARE GREAT FOR MENTAL STIMULATION, GENERAL HAPPINESS & CAN BE BENEFICIAL ON A CARDIOVASCULAR LEVEL, STRENGTH & CONDITIONING EXERCISES NEED TO BE SPECIFICALLY DESIGNED TO TRIGGER & STIMULATE MUSCLE GROWTH.

MUSCLES PLAY A HUGE ROLE IN SUPPORTING MOST OTHER BODILY FUNCTIONS YOUR DOG NEEDS TO THRIVE. THESE INCLUDE ENERGY LEVEL, METABOLISM, MOVEMENT, BALANCE, AND BONE HEALTH. KEEPING YOUR DOG'S MUSCLES STRONG GOES A LONG WAY IN MAKING SURE THE REST OF THEIR BODY IS HEALTHY AS WELL.

AS DOGS AGE, THEY NATURALLY LOSE MUSCLE MASS, SO MAINTAINING MUSCLE STRENGTH IS VITAL FOR MAINTAINING QUALITY OF LIFE.



exercise benefits

- **WEIGHT MANAGEMENT**
 - LESS PRESSURE ON JOINTS, LESS RISK OF DISEASE AND INJURY!
- **A STRONGER HEART & LOWER BLOOD PRESSURE**
 - DECREASED RISK OF HEART DISEASE!
- **DENSER BONES**
 - LESS RISK OF INJURY!
- **STRONGER JOINTS**
 - REDUCED JOINT PAIN & LESS RISK OF INJURY!
- **STRONG MUSCLES**
 - SUPPORTS JOINTS & LESS RISK OF INJURY!
- **IMPROVED BODY AWARENESS**
 - IMPROVED COORDINATION, ENDURANCE & FLEXIBILITY!
- **INCREASED CONFIDENCE**
 - A HAPPIER, LESS ANXIOUS DOG!
- **LOWER RISK OF DEPRESSION & ANXIETY**
 - IMPROVED QUALITY OF LIFE & LESS BEHAVIOR PROBLEMS
- **INCREASED ENDORPHIN ACTIVITY**
 - A HAPPIER DOG!
- **MANAGEMENT OF PAIN**
 - IMPROVED QUALITY OF LIFE!
- **A LONGER LIFE WITH YOUR BEST FRIEND!**

THERE IS A LITTLE BIT OF A COMMON-SENSE APPROACH HERE. WE ALL KNOW THAT CONSISTENT, DAILY EXERCISE STRATEGICALLY DESIGNED TO DEVELOP MUSCLE AND IMPROVE YOUR CARDIOVASCULAR HEALTH HELP ALL OF US FEEL BETTER, MOVE BETTER, & LIVE LONGER, WITH LESS RISK OF HAVING HEALTH "ISSUES" OR COMPLICATIONS.

need help?



FIT DOG
CANINE FITNESS & WELLNESS

spaying/neutering

THERE ARE MANY OPINIONS ON THIS. DO YOUR RESEARCH. EVALUATE PROS AND CONS OF ALTERING YOUR PUP EARLIER VS. LATER - OR NOT EVEN ALTERING AT ALL. DISCUSS WITH YOUR VET!

MANY NEW STUDIES SHOW THAT SPAYING/NEUTERING YOUR DOG AT AN EARLY AGE (BEFORE PHYSICAL & HORMONAL DEVELOPMENT IS COMPLETE) INCREASES THE LIKELINESS OF HEALTH PROBLEMS LATER IN LIFE, INCLUDING (BUT NOT LIMITED TO) ABNORMAL BONE GROWTH, BONE CANCER, INCREASED EVIDENCE TO ADVERSE REACTIONS TO VACCINES AND POSSIBLY BEHAVIORAL CHANGES.

ALTERNATIVE OPTION:

CONSIDER A HYSTERECTOMY OR VASECTOMY. THESE PROCEDURES LEAD TO STERILIZATION BUT WITHOUT THE POTENTIAL OF NEGATIVE PHYSIOLOGICAL SIDE EFFECTS. HAVING A HYSTERECTOMY OR VASECTOMY MAINTAINS THE DOG'S HORMONE BALANCE WHILE ALSO REDUCING THE RISK OF CERTAIN DISEASES.

NEUTER VS. VASECTOMY

MALE DOGS

WITH A TRADITIONAL NEUTER (CASTRATION) EACH TESTICLE IS REMOVED AND THE BLOOD SUPPLY AND VAS DEFERENS (SPERMATIC CORD) ARE TIED OFF. WITH A VASECTOMY, A PORTION OF THE VAS DEFERENS (SPERMATIC CORD) IS REMOVED BUT THE TESTICLES REMAIN IN THE SCROTUM.

SPAY VS. HYSTERECTOMY

FEMALE DOGS

THE MAIN DIFFERENCE BETWEEN SPAYING AND A HYSTERECTOMY IN FEMALE DOGS IS THAT SPAYING REMOVES BOTH THE UTERUS AND OVARIES, WHILE A HYSTERECTOMY ONLY REMOVES THE UTERUS.

SOME ADVANTAGES OF RETAINING THE OVARIES:

- REDUCED RISK OF URINARY TRACT INFECTIONS
- REDUCED RISK OF AUTOIMMUNE THYROIDITIS & HYPOTHYROIDISM
- REDUCED RISK OF CRANIAL CRUCIATE RUPTURE
- REDUCED RISK OF HIP DYSPLASIA
- REDUCED AGGRESSION TOWARDS PEOPLE AND ANIMALS
- DECREASED RISK OF COGNITIVE DYSFUNCTION
- LESS FEARFULNESS, NOISE PHOBIAS, AND UNDESIRABLE SEXUAL BEHAVIORS

DO YOUR RESEARCH, COMPILE A LIST OF QUESTIONS, ASSESS THE PROS AND CONS AND HAVE AN OPEN DIALOGUE WITH YOUR VETERINARIAN.



your dog's diet

SUCH A CONFUSING TOPIC WITH SO MANY OPINIONS!

FIRST, DO YOUR RESEARCH AND DECIDE WHAT IS BEST FOR YOUR DOG. DON'T BLINDLY TRUST ANY ONE SINGLE PERSON. RESEARCH, LEARN, ASK QUESTIONS!

ASK QUESTIONS:

- WHY DO YOU RECOMMEND THAT BRAND?
- HOW IS IT PROCESSED?
- WHERE ARE THE PROTEINS SOURCED FROM?
- WHAT ARE THE INGREDIENTS THAT YOU LIKE SO MUCH?
- HOW MANY FILLERS AND ADDITIVES ARE IN IT?

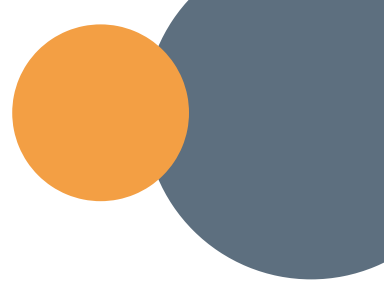
DECIDE HOW YOU WANT TO FEED YOUR DOG:

- **A PROCESSED FOOD DIET** (KIBBLE OR CANNED WET FOOD)
 - COMES IN A BAG OR CAN THAT HAS LONG SHELF LIFE BECAUSE OF PRESERVATIVES
- **A REAL FOOD DIET** (FRESH FOOD OR "RAW DIET")
 - NEEDS TO BE REFRIGERATED OR FROZEN, SHORT SHELF LIFE
- **A MIX OF BOTH!**



FIT DOG
CANINE FITNESS & WELLNESS

nutrition



IF YOU GO TO YOUR GROCERY STORE WITH THE INTENT TO LOAD UP YOUR CART WITH HEALTHY, NUTRITIOUS FOOD HIGH IN VITAMINS, MINERALS, ENZYMES & ANTIOXIDANTS ...

DO YOU FILL YOUR CART WITH BAGS, BOXES AND CANS OF PROCESSED FOOD? OR DO YOU FILL YOUR CART WITH NATURAL, ONE-INGREDIENT ITEMS LIKE BEEF, BROCCOLI, SPINACH AND BLUEBERRIES?

easy answer, right?

WHAT IF YOU APPLIED THOSE SAME PRINCIPLES TO YOUR DOG'S DIET?

read the label

DO YOU KNOW WHAT IS IN THE BAG? ARE THE INGREDIENTS ONES YOU KNOW? OR IS THE BAG FILLED WITH WORDS YOU CAN'T PRONOUNCE (THESE ARE OFTEN YOUR PRESERVATIVES, FILLERS AND SYNTHETIC SUPPLEMENTATION).

less is more

LOOK FOR A FOOD THAT IS NOT LOADED WITH A TON OF INGREDIENTS.

DON'T OVERTHINK IT



HISTORY OF KIBBLE

KIBBLE WAS INVENTED IN 1956

did you know?

PURINA ENTERED THE DOG FOOD MARKET IN 1956 WITH THE FIRST EVER “KIBBLE”. KIBBLE WAS INVENTED PRIMARILY DUE TO THE NEED FOR A SHELF-STABLE, CONVENIENT PET FOOD DURING WORLD WAR II WHEN METAL FOR CANNING WAS RATIONED, LEADING COMPANIES TO DEVELOP A DRY FOOD MADE FROM READILY AVAILABLE INGREDIENTS THAT COULD BE PRODUCED IN LARGE QUANTITIES AND PACKAGED IN BAGS, RATHER THAN CANS; THIS PROCESS, CALLED EXTRUSION, BECAME THE FOUNDATION FOR MODERN KIBBLE PRODUCTION.

PURINA BEGAN EXPERIMENTING AND DEVELOPED THE FIRST DRY KIBBLE THROUGH THE PROCESS OF EXTRUSION. EXTRUSION IS A METHOD OF MASS-PRODUCING SHELF-STABLE FOODS BY MIXING WET AND DRY INGREDIENTS TOGETHER AND THEN FED THROUGH A MACHINE WHERE IT IS SUBJECT TO EXTREME HEAT AND PRESSURE AND FED THROUGH A DIE-CUTTING MACHINE TO FORM THE KIBBLE SHAPES WE ARE FAMILIAR WITH TODAY.

EXTRUDED FOOD PRODUCTS ARE COMMONLY COATED AFTER DRYING WITH FAT SUCH AS CHICKEN, PORK, AND LARD TO INCREASE PALATABILITY AND ENERGY SUPPLY. MANY COMPANIES STILL USE EXTRUSION TO CREATE FOOD FOR DOGS AND CATS. THE DOWNSIDE? THE EXTREME HEAT AND DRYING REMOVE BENEFICIAL VITAMINS, NUTRIENTS, AND MOISTURE THAT PETS NEED TO TRULY THRIVE.

convenience

JUST LIKE FAST FOOD FOR US WAS CREATED FOR A **CHEAP, CONVENIENT WAY TO EAT**, KIBBLE WAS TOO.

BEFORE KIBBLE WAS INVENTED IN THE 50'S, DOGS WERE FED WHATEVER THEIR OWNERS HAD ON HAND, WHICH WAS OFTEN LIKE WHAT THEIR OWNERS ATE:

- GRAINS
- RAW EGGS (LIKE THE WHOLE THING!)
- MEAT, ANIMAL FAT, ORGANS & BONES (YES, REAL BONES)
- POTATOES

THIS DOES **NOT** MEAN ALL KIBBLE IS "BAD."
THERE ARE VARYING FACTORS THAT CONTRIBUTE
TO ITS NUTRITIONAL VALUE:

- WHAT THE INGREDIENTS ARE
- HOW MANY FILLERS ARE USED
- WHERE THE FOOD IS SOURCED FROM
- HOW IT'S PROCESSED



FIT DOG

CANINE FITNESS & WELLNESS

how kibble is processed

KIBBLE CAN BE PROCESSED IN 4 DIFFERENT WAYS:

WORST: HIGH-HEAT DRY KIBBLE & CANNED FOOD (EXTRUDED)

- INGREDIENTS ARE MIXED, GROUND, AND COOKED AT HIGH TEMPERATURES (OFTEN 200–400°F) UNDER HIGH PRESSURE
- HIGH HEAT CAN DEGRADE HEAT-SENSITIVE NUTRIENTS LIKE CERTAIN VITAMINS, ENZYMES, AND AMINO ACIDS. MANUFACTURERS OFTEN ADD SYNTHETIC VITAMINS TO COMPENSATE. THESE FOODS TYPICALLY CONTAIN MORE FILLERS AND/OR LOWER-QUALITY INGREDIENTS. THEY OFTEN HAVE HIGHER CARBOHYDRATE CONTENT DUE TO STARCH GELATINIZATION.

BRANDS THAT COOK IN HIGH HEAT:

PURINA, PEDIGREE, IAMS, ROYAL CANIN, BLUE BUFFALO, HILL'S SCIENCE DIET, RACHEL RAY, NUTRO, ORAJEN, BLUE BUFFALO, CANIDAE, EUKANUBA, CESAR, TASTE OF THE WILD, WELLNESS CORE, MERRICK, DIAMOND NATURALS, ACANA



BETTER: LOWER-HEAT DRY KIBBLE & CANNED FOOD (BAKED OR COLD-PRESSED)

- BAKED KIBBLE IS COOKED AT LOWER TEMPERATURES (120–200°F) IN OVENS, WHILE COLD-PRESSED KIBBLE IS FORMED UNDER LOWER HEAT AND PRESSURE, PRESERVING MORE NATURAL MOISTURE AND STRUCTURE.
- THIS PROCESS HAS BETTER PRESERVATION OF HEAT-SENSITIVE NUTRIENTS COMPARED TO HIGH-HEAT EXTRUSION, THOUGH SOME LOSS STILL OCCURS. FEWER SYNTHETIC ADDITIVES MAY BE NEEDED.

BRANDS THAT ARE BAKED OR COLD-PRESSED:

THE HONEST KITCHEN, OVEN-BAKED TRADITION, LOTUS, ADDICTION FOODS, FROMM, ZIGNATURE, PETKIND

GOOD: AIR-DRIED DOG FOOD

- INGREDIENTS ARE GENTLY DEHYDRATED AT LOW TEMPERATURES (TYPICALLY 100–160°F) USING AIR CIRCULATION, REMOVING MOISTURE WHILE PRESERVING THE FOOD'S STRUCTURE.
- THIS WAY OF PROCESSING HAS EXCELLENT RETENTION OF NUTRIENTS, AS THE LOW-TEMPERATURE PROCESS MINIMIZES DAMAGE TO VITAMINS, ENZYMES, AND PROTEINS. MINIMAL SYNTHETIC ADDITIVES ARE NEEDED.

BRANDS THAT ARE AIR-DRIED:

SUNDAYS FOR DOGS, ZIWI PEAK, THE PETS TABLE, K9 NATURAL, ONLY NATURAL PET, REAL MEAT COMPANY, CARNA4



BEST: FREEZE-DRIED DOG FOOD

- PROCESS: FOOD IS FROZEN, THEN PLACED IN A VACUUM CHAMBER WHERE MOISTURE IS REMOVED VIA SUBLIMATION (ICE TURNS DIRECTLY INTO VAPOR). NO HEAT IS USED, PRESERVING THE RAW FOOD'S STRUCTURE.
- THIS WAY OF PROCESSING HAS THE BEST NUTRIENT RETENTION OF ALL METHODS, AS NO HEAT IS APPLIED. PRESERVES VITAMINS, ENZYMES, AND PROTEINS IN THEIR NATURAL STATE, MIMICKING RAW FOOD.

BRANDS THAT ARE FREEZE-DRIED:

STELLA & CHEWY'S, PRIMAL, K9 NATURAL, VITAL ESSENTIALS, NORTHWEST NATURALS, INSTINCT BY NATURE'S NATURALS, OC RAW DOG, SMALL BATCH, STEVES REAL FOOD

*SOME OF THESE BRANDS VARY IN PROCESSING BASED ON TYPE OF FOOD IN THEIR PRODUCT LINE. PLEASE DO YOUR RESEARCH TO DETERMINE HOW YOUR DOG'S BRAND AND TYPE OF FOOD ARE PROCESSED.

need help?



THE PET BEASTRO
MARKET | WELLNESS | KNOWLEDGE



fresh food diets

A **FRESH FOOD / REAL FOOD DIET EMPHASIZES EATING FRESH, WHOLE FOODS THAT ARE UNCOOKED AND UNPROCESSED.** THE GOAL OF THIS DIET IS TO PRESERVE THE NATURAL NUTRIENTS AND ENZYMES IN FOOD.

A FRESH FOOD DIET CAN HAVE MANY HEALTH BENEFITS FOR DOGS, INCLUDING:

- IMPROVED SKIN AND COAT
- BETTER DIGESTION
- HEALTHIER TEETH
- INCREASED ENERGY
- REDUCED RISK OF SKIN ALLERGIES
- WEIGHT LOSS OR MAINTENANCE:
- IMPROVED JOINT & BONE HEALTH
- REDUCED ALLERGY SYMPTOMS
- STRONGER IMMUNE SYSTEMS
- ENHANCED HYDRATION

FRESH FOOD/RAW DIETS TYPICALLY INCLUDE:

- ORGAN MEATS
- MUSCLE MEAT
- WHOLE OR GROUND BONE
- RAW EGGS
- DOG-SAFE FRESH FRUITS AND VEGETABLES
- A DAIRY PRODUCT SUCH AS YOGURT

options

HOMEMADE VS. COMMERCIAL

SURE! YOU COULD DO THE RESEARCH TO FIND OUT HOW TO BALANCE YOUR PETS NEEDS AND PREPARE THEIR MEALS. BUT IF YOU ARE LOOKING FOR MORE CONVENIENCE WITHOUT SKIMPING ON THE HEALTH BENEFITS, CONSIDER COMMERCIAL RAW OPTIONS. THEY DELIVER RIGHT TO YOUR HOUSE (*STILL FROZEN*) AND YOU PUT IT INTO YOUR FREEZER AND THAW AS NEEDED.

REAL FOOD DIET RECOMMENDATIONS:

SOME COMMERCIAL BRANDS WE LOVE FOR RAW FEEDING (OR REAL FOOD FEEDING) ARE:

- OMA'S PRIDE
- OPEN FARM (GENTLY COOKED, NOT RAW)
- RAW BISTRO
- STEVE'S REAL FOOD
- RAW FEEDING MIAMI
- SMALLBATCH PETS (GENTLY COOKED & RAW OPTIONS)
- VIVA RAW
- GREEN JUJU
- ALL PROVIDE HOLISTIC PET FOOD



PLEASE NOTE: CHICKEN TENDS TO BE THE MOST INFLAMMATORY PROTEIN WHERE WE SEE THE MOST ADVERSE REACTIONS AND/OR SKIN/ALLERGY ISSUES. WE TEND TO RECOMMEND OWNERS STRAY FROM CHICKEN PRODUCTS.



treats



CONSIDER DEHYDRATED REAL ANIMAL PRODUCT FOR A HEALTHY TREAT OR USE ORGANIC FRUITS OR VEGETABLES. THESE “TREATS” ALSO SERVE AS A HEALTHY OPTION SUPPORTING DIFFERENT ORGANS WITH UNIQUE HEALTH BENEFITS!

THINK APPLE VS. DONUT FOR A SNACK!

IDEAS FOR HEALTHY, NATURAL TREATS:

- DEHYDRATED LAMB OR BEEF LUNG
- DEHYDRATE RABBIT EARS, FEET, PIG & BEEF EARS
- FREEZE DRIED TURKEY HEARTS OR GIBLETS
- FREEZE DRIED PORK OR BEEF HEARTS
- FREEZE DRIED BEEF, BISON, LAMB OR PORK LIVER
- FREEZE DRIED MINNOWS, COD, SALMON, WHITE FISH, SKINS
- FREEZE FRIED QUAIL EGGS OR YOLK
- BLUEBERRIES, APPLES, BANANAS
- CARROTS, CELERY, LETTUCE

READ THE INGREDIENTS AND AVOID TREATS WITH MORE THAN 1-2 INGREDIENTS AND AVOID ANYTHING WITH PRESERVATIVE OR “NATURAL FLAVORS” ADDED.

SOME BRANDS WE RECOMMEND FOR “TREATS”:

- OMA’S PRIDE
- OPEN FARM
- NORTHWEST NATURALS
- VITAL ESSENTIALS
- RAW FEEDING MIAMI
- FARM HOUNDS
- GREEN JUJU



***ADJUST THE CALORIE INTAKE BY GIVING YOUR DOG LESS OF THEIR DAILY MEALS. ADDING TREATS DAILY ON TOP OF THEIR NORMAL MEAL SIZE EQUATES TO A CALORIC OVERLOAD WHICH OFTEN LEADS TO DOGS BEING OVERWEIGHT OR OBESE, AND THEN THE SLEW OF HEALTH ISSUES FOLLOW.

IN TRADITIONAL CHINESE MEDICINE (TCM) FOR DOGS, FOOD IS CATEGORIZED BY ITS ENERGETIC PROPERTIES – HOT, WARM, NEUTRAL, OR COOL – WHICH INFLUENCE THE BODY'S INTERNAL ENERGY (QI) RATHER THAN THEIR LITERAL TEMPERATURE. **THESE ENERGETIC PROPERTIES HELP MAINTAIN BALANCE AND ADDRESS SPECIFIC HEALTH CONCERNS, WITH COOLING FOODS REDUCING HEAT AND INFLAMMATION, WARMING FOODS INCREASING CIRCULATION AND ENERGY, AND NEUTRAL FOODS PROVIDING BALANCE.**

COOLING FOODS (YIN):

THESE FOODS HELP CLEAR HEAT, REDUCE INFLAMMATION, AND CALM EXCESS ENERGY. GOOD FOR DOGS WITH DRY SKIN AND RESTLESSNESS.

- PROTEINS: WHITE TURKEY MEAT, DUCK, RABBIT, AND WHITEFISH.
- PRODUCE: CUCUMBER, SPINACH, CELERY, ZUCCHINI, BROCCOLI, PEAR, WATERMELON.

NEUTRAL FOODS:

THESE FOODS HELP MAINTAIN BALANCE

- PROTEINS: PORK, BISON, SALMON, QUAIL, HERRING, COD, SARDINES, TUNA, EGGS
- PRODUCE: GREEN BEANS, PEAS, LENTILS, KELP, COOKED POTATOES

WARMING FOODS (YANG):

THESE FOODS STIMULATE DIGESTION, BOOST CIRCULATION, AND IMPROVE ENERGY.

- PROTEINS: CHICKEN, PHEASANT, BEEF, COOKED EGG YOLKS
- PRODUCE: SWEET POTATO, PUMPKIN, SQUASH, AND CARROTS.
- GRAINS: OATS AND RICE.
- SPICES: CINNAMON, GINGER, AND TURMERIC.

HOT FOODS:

THESE FOODS STRONGLY WARM THE BODY AND SHOULD BE USED SPARINGLY, ESPECIALLY IN DOGS WITH SIGNS OF INTERNAL HEAT (HOT SPOTS, A LOT OF PANTING) AND/OR OR ALLERGIES.

- PROTEINS: LAMB, VENISON, CHICKEN LIVER, DARK MEAT TURKEY, SHRIMP, SHEEP.
- GRAINS: QUINOA

RAW OR MINIMALLY PROCESSED FOODS ARE GENERALLY PREFERRED IN TRADITIONAL CHINESE MEDICINE AS THEY RETAIN MORE OF THEIR ENERGETIC PROPERTIES.



vaccines

VACCINES ARE DESIGNED TO PROTECT DOGS FROM DISEASES BY STIMULATING THEIR IMMUNE SYSTEMS TO RECOGNIZE AND FIGHT SPECIFIC PATHOGENS. **CORE VACCINES**, RECOMMENDED BY MOST VETERINARIANS, TARGET DISEASES LIKE:

- RABIES:
- CANINE DISTEMPER
- CANINE PARVOVIRUS
- CANINE ADENOVIRUS (HEPATITIS)

NON-CORE VACCINES, GIVEN BASED ON LIFESTYLE OR RISK, COVER DISEASES LIKE:

- BORDETELLA (KENNEL COUGH)
- LEPTOSPIROSIS
- LYME DISEASE

IT IS IMPORTANT TO UNDERSTAND THAT **VACCINES ARE OPTIONAL**, BESIDES THE RABIES VACCINE WHICH IS REQUIRED BY LAW IN ALL 50 STATES. LIKE ALL PHARMACEUTICALS, THEY CAN COME WITH SIDE EFFECTS.

DO YOUR OWN RESEARCH BUT ALSO ASK YOUR VETERINARIAN WHAT THEY RECOMMEND AND WHY. HAVE AN HONEST CONVERSATION ABOUT THE POSSIBLE ADVERSE REACTIONS. WEIGH THE RISK OF THE ADVERSE REACTION AGAINST THE RISK OF GETTING THE DISEASE AND MAKE AN INFORMED DECISION.



MOST BOARDING & DAYCARE COMPANIES REQUIRE MULTIPLE VACCINES AND/OR MEDICINAL PREVENTATIVES IN ORDER TO USE THEIR SERVICES.

DO NOT EVER VACCINATE YOUR DOG TO PARTICIPATE IN A PARTICULAR ACTIVITY OR SERVICE. FIND A BUSINESS THAT ALIGNS WITH YOUR BELIEFS, VALUES & CHOICES.



vaccine adverse events

FIRST UNDERSTAND THE DOGS WHO ARE AT A POTENTIAL HIGHER RISK OF ADVERSE REACTIONS:

- **SIZE**

- SMALL BREEDS HAVE HIGHER REACTION RATES DUE TO IMMUNE SENSITIVITY OR OVER-VACCINATION RELATIVE TO BODY SIZE. MOST VACCINE DOSES ARE THE SAME REGARDLESS OF BODY WEIGHT.

- **BREED**

- HERDING BREEDS MAY BE PRONE TO IMMUNE-MEDIATED ISSUES.

- **AGE**

- PUPPIES AND SENIORS (>7 YEARS) MAY HAVE WEAKER OR OVERACTIVE IMMUNE RESPONSES.

- **HEALTH STATUS**

- DOGS WITH PRE-EXISTING ALLERGIES, AUTOIMMUNE DISEASES, OR STRESS ARE MORE SUSCEPTIBLE.

- **VACCINE TYPE**

- BACTERIN-BASED (LYME, LEPTOSPIROSIS) OR ADJUVANTED VACCINES (RABIES) HAVE HIGHER REACTION RATES THAN VIRAL VACCINES (DISTEMPER, PARVOVIRUS).

- **OVER-VACCINATION**

- MULTIPLE VACCINES IN ONE VISIT (E.G., DA2PP + RABIES + LYME) INCREASE RISK. SPLITTING VACCINES OVER WEEKS CAN REDUCE REACTIONS.

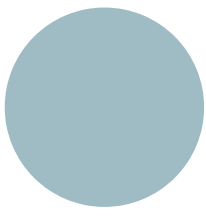


potential side effects

UNDERSTAND POTENTIAL VACCINE RISKS INCLUDING BUT NOT LIMITED TO:

- BEHAVIOR CHANGES DUE TO BRAIN SWELLING OR IMMUNE-MEDIATED EFFECTS (SUDDEN AGGRESSION, ANXIETY OR FEARFULNESS)
- CONFUSION, DISORIENTATION, STARING INTO SPACE
- SWELLING, PAIN, OR A LUMP AT THE INJECTION
- MENINGOENCEPHALITIS (BRAIN AND SPINAL CORD INFLAMMATION)
- LETHARGY OR REDUCED ENERGY
- FEVER
- DECREASED APPETITE OR RELUCTANCE TO EAT
- MILD MUSCLE SORENESS OR STIFFNESS
- ON SITE DUE TO INFLAMMATION OR TISSUE IRRITATION
- FACIAL SWELLING (EYES, MUZZLE, EARS) OR HIVES (URTICARIA)
- ITCHING OR REDNESS AT THE INJECTION SITE OR BODY-WIDE
- VOMITING OR DIARRHEA
- ANAPHYLAXIS INCLUDING SYMPTOMS LIKE SUDDEN COLLAPSE OR WEAKNESS, DIFFICULTY BREATHING OR RAPID BREATHING, PALE GUMS, WEAK PULSE, OR SHOCK
- SEIZURES AND/OR TREMORS (HEAD, HINDQUARTERS)
- IMMUNE-MEDIATED HEMOLYTIC ANEMIA (IMHA) OR THROMBOCYTOPENIA (IMTP): PALE GUMS, LETHARGY, BRUISING, OR BLEEDING DUE TO RED BLOOD CELL OR PLATELET DESTRUCTION. EXTREMELY RARE, LINKED TO IMMUNE OVERSTIMULATION.
- POLYARTHRITIS: JOINT PAIN OR LAMENESS, OFTEN TRANSIENT, ASSOCIATED WITH LYME OR LEPTOSPIROSIS VACCINES.
- INJECTION-SITE SARCOMAS
- ATAXIA OR INCOORDINATION
- NERVE DAMAGE RESULTING IN WEAKNESS, LOSS OF REFLEX OR MUSCLE TONE OR PARALYSIS
- DEATH

**BE AWARE OF DELAYED REACTIONS (IMMUNE-MEDIATED OR OTHER).
COMPLICATIONS CAN ARRISE DAYS TO WEEKS POST-VACCINATION.**



titer testing

A CANINE **TITER TEST**, ALSO KNOWN AS SEROLOGY OR ANTIBODY TESTING, IS A BLOOD TEST THAT MEASURES THE LEVEL OF ANTIBODIES IN A DOG'S BLOOD TO DETERMINE IF THEY HAVE IMMUNITY TO A DISEASE.

AFTER A DOG IS ORIGINALLY VACCINATED, TITER TESTS CAN HELP DETERMINE IF A DOG NEEDS TO BE REVACCINATED, AND ARE ESPECIALLY USEFUL FOR DOGS THAT:

- HAVE A HISTORY OF POOR VACCINE RESPONSE
- HAVE HAD AN ALLERGIC REACTION TO A VACCINE
- HAVE AN IMMUNOSUPPRESSED IMMUNE SYSTEM

TITER TESTING CAN HELP REDUCE POTENTIAL ADVERSE REACTIONS BY NOT OVER-VACCINATING.

TITER TESTS ARE AVAILABLE TO CHECK FOR IMMUNITY FOR CORE CANINE VACCINES, INCLUDING:

- DISTEMPER
- PARVOVIRUS
- RABIES
- ADENOVIRUS

TITER TESTS CAN BE USED TO DETERMINE IF A PET NEEDS REVACCINATION, MAINTAIN A BALANCE BETWEEN VACCINATIONS AND UNNECESSARY INJECTIONS, AND PROTECT PETS FROM DISEASE.

TITER TESTS ARE NOT AVAILABLE FOR NON-CORE VACCINES, SUCH AS: CORONAVIRUS, INFLUENZA, AND KENNEL COUGH (BORDETELLA)



preventative medicines

UNDERSTAND THE POTENTIAL RISKS AND SIDE EFFECTS OF THESE PREVENTATIVE DRUGS AS WELL.

SIMPARICA, NEXGUARD, HEARTGAURD, INTERCEPTOR:
COMMONLY USED FOR FLEA & TICK PREVENTATIVE
AND/OR HEARTWORM PREVENTATIVE

**ALL PHARMACEUTICAL WEBSITES DISCLOSE
POSSIBLE ADVERSE EFFECTS:**

USE WITH CAUTION IN DOGS WITH A HISTORY OF SEIZURES.

- NEUROLOGIC ADVERSE REACTIONS INCLUDING TREMORS, ATAXIA, CONFUSION, AND SEIZURES IN DOGS WITH OR WITHOUT A HISTORY OF NEUROLOGIC DISORDERS
- HIVES AND/OR SWELLING
- LIVER DAMAGE
- KIDNEY DAMAGE
- HAIR LOSS
- COMA
- MUSCLE WEAKNESS
- LETHARGY OR HYPERACTIVITY
- ANOREXIA
- POLYURIA: EXCESSIVE URINATION
- POLYDIPSIA: EXCESSIVE THIRST
- VOMITING
- DIARRHEA

*INFO COPY & PASTED FROM THE PHARMACEUTICAL COMPANY WEBSITES:

- WWW.ZOETIS.COM
- WWW.BOEHRINGER-INGELHEIM.COM
- WWW.ELANCO.COM

natural alternatives

FOR FLEA & TICK PREVENTATIVE AS WELL AS MOSQUITO REPELLANT

- HEALTHY IMMUNE SYSTEM SUPPORT
- DIATOMACEOUS EARTH (FOOD-GRADE)
- APPLE CIDER VINEGAR (ACV)
- HERBAL FLEA COLLARS AND SPRAYS
- REGULAR GROOMING AND FLEA COMB
- DIETARY SUPPLEMENTS (SUCH AS SMALL AMOUNTS OF GARLIC, BREWER'S YEAST & OMEGA-3 FATTY ACIDS)
- ESSENTIAL OILS
- FLEA'S GONE
- TICK MITT
- AMBER COLLARS



CONSIDER ONE OF
THESE TWO
NATURAL BRANDS
FOR FLEA & TICK
PREVENTATIVE





FIT DOG
CANINE FITNESS & WELLNESS

Immune system support

SUPPORTING THE IMMUNE SYSTEM OFFERS NUMEROUS BENEFITS FOR OVERALL HEALTH AND WELL-BEING, AS IT ENHANCES THE BODY'S ABILITY TO FIGHT INFECTIONS, RECOVER FROM ILLNESS, AND MAINTAIN OPTIMAL FUNCTIONING.

BENEFITS OF A STRONG IMMUNE SYSTEM:

- ENHANCED RESISTANCE TO INFECTIONS
- FASTER RECOVERY FROM ILLNESS
- REDUCED RISK OF CHRONIC DISEASES
- IMPROVED ENERGY AND VITALITY
- SUPPORT FOR GUT HEALTH
- REDUCED SEVERITY OF ALLERGIC REACTIONS
- IMPROVED MENTAL HEALTH AND STRESS RESILIENCE
- ENHANCED LONGEVITY AND HEALTHY AGING

Immune system support

CHIROPRACTIC CARE

CANINE CHIROPRACTIC CARE CAN HELP WITH A VARIETY OF ISSUES, INCLUDING PAIN, MOBILITY, AND OVERALL HEALTH.

CHIROPRACTIC CARE FOCUSES ON CORRECTING ANY ABNORMALITIES IN THE ALIGNMENT OF YOUR DOG'S MUSCULOSKELETAL SYSTEM. IN DOING SO, THE PROCESS RELEASES ANY AREAS OF PRESSURE AND TENSION SO THAT TRAPPED NERVES CAN BE FREED, AND YOUR DOG'S NERVOUS SYSTEM CAN FUNCTION PROPERLY AGAIN.

BENEFITS:

- INCREASED BLOOD FLOW
- IMPROVED PERFORMANCE
- IMPROVED MOBILITY
- POST-SURGICAL CARE
- PAIN RELIEF
- HIGHER-FUNCTIONING IMMUNE SYSTEM
- OVERALL IMPROVED QUALITY OF LIFE

RECOMMEND:

ADVANCED ANIMAL CHIROPRACTIC

DR. GRANT & DR. CHRISTINA

MANY VET LOCATIONS

248-602-0807

ADVANCEDANIMALCHIROPRACTIC.COM

ANIMAL REHABILITATION CENTER OF MI AND
NATURAL HEALING PET CARE ALSO OFFER CHIROPRACTIC CARE





Immune system support

ACUPUNCTURE

ACUPUNCTURE IS USED TO DECREASE PAIN AND INFLAMMATION AS WELL AS AID HEALING BUT IT'S ALSO USED TO REGULATE THE BODY'S NATURAL BALANCE TO BOOST A DOG'S IMMUNE SYSTEM AND IMPROVE OVERALL HEALTH & QUALITY OF LIFE.

BENEFITS:

- REGULATE THE BODY
- PAIN RELIEF: POST-INJURY, POST-SURGERY OR CHRONIC
- STIMULATE BLOOD FLOW
- MUSCLE RELAXATION
- IT CAN HELP WITH MOBILITY PROBLEMS
- BOOST IMMUNE SYSTEM
- INCREASE THE NUMBER OF WHITE BLOOD CELLS IN THE BLOODSTREAM
- ACUPUNCTURE CAN HELP WITH SKIN CONDITIONS, HORMONAL AND METABOLIC CONDITIONS, AND GASTROINTESTINAL ISSUES

RECOMMEND:

ANIMAL REHABILITATION CENTER OF MI

DR. LIBA
WATERFORD, MI
248-363-5061
DOGREHABMI.COM

RECOMMEND:

NATURAL HEALING PET CARE OF TROY

DR. NICOLE
TROY, MI
(248) 797-5139
NATURALHEALINGPETCARE.COM

HERBS & SUPPLEMENTS

DIETARY SUPPLEMENTS AND/OR HERBAL SOLUTIONS CAN HELP IMPROVE OR MAINTAIN OUR OVERALL HEALTH, AND SUPPLEMENTS CAN ALSO HELP YOUR DOG MEET THEIR DAILY REQUIREMENTS OF ESSENTIAL NUTRIENTS.

BENEFITS:

- BOOST A DOG'S IMMUNE SYSTEM.
- IMPROVE A DOG'S SKIN & COAT HEALTH AND REDUCE ITCHINESS.
- SUPPORT A DOG'S JOINTS
- PROTECT A DOG'S BODY FROM DAMAGE CAUSED BY FREE RADICALS

RECOMMEND:

NATURAL HEALING PET CARE OF TROY

DR. NICOLE
TROY, MI
(248) 797-5139
NATURALHEALINGPETCARE.COM

RECOMMEND:

ANIMAL REHABILITATION CENTER OF MI

DR. LIBA
WATERFORD, MI
248-363-5061
DOGREHABMI.COM

SHEPPARD ANIMAL CARE AND PET BEASTRO
CAN ALSO HELP WITH SUPPLEMENTATION SUGGESTIONS

ROUTINE BLOOD WORK

ROUTINE BLOOD WORK CAN HELP YOU DETERMINE WHAT NUTRIENTS YOUR DOG IS LACKING SO YOU KNOW HOW TO BEST SUPPLEMENT THEM THROUGH FOOD AND/OR SUPPLEMENTS.

Immune system support

Immune system support



OZONE THERAPY

OZONE THERAPY USES OZONE GAS, A FORM OF OXYGEN, TO TREAT MEDICAL CONDITIONS BY IMPROVING OXYGEN DELIVERY AND STIMULATING THE IMMUNE SYSTEM. IN DOGS, IT'S OFTEN APPLIED THROUGH INJECTIONS, INSUFFLATION, OR TOPICAL METHODS TO REDUCE INFLAMMATION, FIGHT INFECTIONS, AND PROMOTE HEALING IN ISSUES LIKE ARTHRITIS OR WOUNDS.

BENEFITS:

- BOOSTS THE IMMUNE SYSTEM
- REDUCES INFLAMMATION
- SPEEDS UP HEALING FOR WOUNDS AND INFECTIONS BY INCREASING OXYGEN LEVELS IN TISSUES
- FIGHTS BACTERIA, VIRUSES, AND FUNGI
- CAN HELP WITH CHRONIC CONDITIONS LIKE ARTHRITIS OR CANCER

RECOMMEND:

NATURAL HEALING PET CARE OF TROY

DR. NICOLE

TROY, MI

(248) 797-5139

NATURALHEALINGPETCARE.COM



NATURAL HEALING PET CARE ALSO OFFERS:

- CRYOTHERAPY
- HYPERBARIC OXYGEN THERAPY
- LASER THERAPY
- ANESTHESIA-FREE TEETH CLEANING
- SANAWAVE THERAPY
- VITAMIN C THERAPY
- SALT ROOM THERAPY





Immune system support

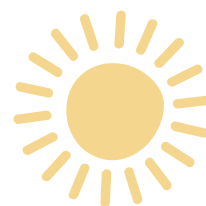
GROUNDING

"GROUNDING" (ALSO CALLED EARTHING) IS CONSIDERED BENEFICIAL FOR DOGS, AS IT CAN POTENTIALLY REDUCE STRESS, IMPROVE SLEEP, ENHANCE MOOD, AND PROMOTE OVERALL HEALTH BY ALLOWING THEM TO CONNECT WITH THE EARTH'S NATURAL ELECTROMAGNETIC FIELD; MAKING IT A POSITIVE PRACTICE FOR CANINE WELL-BEING.

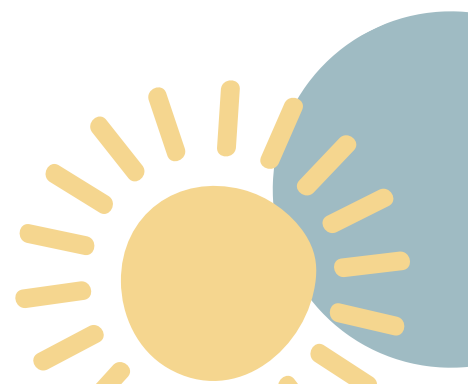
HOW TO GROUND YOUR DOG:

LET YOUR DOG LAY OR WALK IN DIRT & ON GRASS TO CONNECT WITH THE EARTH!

SUNSHINE



- BONE HEALTH: HELPS MAINTAIN STRONG BONES AND TEETH, AND REGULATES CALCIUM AND PHOSPHORUS LEVELS
- MOOD: INCREASES SEROTONIN PRODUCTION
- MUSCLE FUNCTION: VITAMIN D SUPPORTS MUSCLE FUNCTION AND HELPS MAINTAIN MUSCLE STRENGTH.
- SKIN & COAT: PROMOTES THE PRODUCTION OF NATURAL OILS, WHICH CAN HELP KEEP SKIN MOISTURIZED AND HEALTHY AS WELL AS REDUCE SHEDDING
- IMMUNE SYSTEM: INCREASES THE PRODUCTION OF WHITE BLOOD CELLS, WHICH HELP FIGHT OFF INFECTIONS AND DISEASE
- CIRCADIAN RHYTHM: HELPS MAINTAIN A NORMAL CIRCADIAN RHYTHM
- MAY REDUCE THE CHANCE OF CANCER



*additional holistic modalities to promote
healing and well-being*

PEMF THERAPY

PEMF HAS BEEN USED SINCE THE 1970'S TO STIMULATE CELLS AND ENERGIZE NATURAL CELLULAR PROCESSES. BY USING MAGNETIC WAVELENGTHS AND FREQUENCIES SIMILAR TO THOSE NATURALLY OCCURRING IN THE BODY AND FROM THE EARTH, PEMF IS ABLE TO POSITIVELY INFLUENCE ELECTRICAL POTENTIAL IN THE CELLS AND DECREASE INFLAMMATION, INCREASE CIRCULATION, REDUCE PAIN AND ACCELERATE HEALING. THIS RESULTS IN BETTER CELL FUNCTION, IMPROVED BLOOD FLOW, INCREASED STAMINA, AND MORE ENERGY. IF YOU AND YOUR DOG ENJOY AN ACTIVE LIFESTYLE, PEMF THERAPY CAN BE A BIG PLUS, ESPECIALLY IF YOU LIKE HIKING AND OTHER PHYSICAL ACTIVITIES.

LASER THERAPY

LASER THERAPY FOR DOGS IS AN ALTERNATIVE THERAPY USED TO MANAGE PAIN, INFLAMMATION (SWELLING), AND WOUND HEALING. THE INTERACTION BETWEEN LIGHT FROM THE LASER AND THE DOG'S TISSUES IS CALLED PHOTOBIO-MODULATION. LASER THERAPY USES LIGHT OF A SINGLE WAVELENGTH RANGING FROM VISIBLE RED TO INFRARED.

RECOMMEND:

FIT DOG CANINE FITNESS & WELLNESS

FOR GENERAL WELLNESS, NOT REHABILITATION

SHELBY TWP.

586-580-3684

FITDOGMI.COM



FIT DOG

CANINE FITNESS & WELLNESS

ANIMAL REHABILITATION CENTER OF MI AND
NATURAL HEALING PET CARE ALSO OFFER SIMILAR THERAPIES

fit dog offers:

- PHYSICAL ACTIVITY
- STRENGTH & CONDITIONING
- MENTAL STIMULATION
- CONFIDENCE BUILDING
- ENRICHED LIFE
- FUN!

- CANINE STRENGTH & CONDITIONING EXERCISES
- CANINE DRY TREADMILL
- PEMF™ THERAPY FOR RECOVERY
- LASER THERAPY FOR MUSCLE RECOVERY
- GROUP PLAY W/ OTHER DOGS
- CANINE WATER TREADMILL



FIT DOG

CANINE FITNESS & WELLNESS

A CANINE WATER TREADMILL, ALSO KNOWN AS HYDROTHERAPY, CAN HELP DOGS HAVE INCREASED MOBILITY, MUSCLE STRENGTH & CARDIOVASCULAR HEALTH. THE BOUANCY OF THE WATER TAKES PRESSURE OF THE JOINTS AND CAN BE A GREAT REHABILITATION OR THERAPY TOOL FOR DOGS POST-SURGERY, AFTER INJURY OR TO HELP MANAGE PAIN.

PLEASE NOTE, CANINE FITNESS TRAINING IS A COMPLIMENT TO VETERINARY CARE AND IS NOT MEANT TO TREAT OR DIAGNOSE. AT FIT DOG, WE ARE NOT CERTIFIED IN REHABILITATION OR PHYSICAL THERAPY SO OUR FIT COACHES WILL NOT WORK WITH DOGS SUFFERING WITH PAIN, DOGS WITH AN EXISTING INJURY OR DOGS THAT ARE RECENTLY POST-SURGERY (UNTIL FULLY CLEARED BY A VETERINARIAN AND/OR THEIR SURGEON TO DO FITNESS).



FIT DOG

CANINE FITNESS & WELLNESS



i love you ginger-muffin



your mom