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BENEFITS

- Normal bowel movements
- Improved immune system
- Reduced Inflammation
- Long-term health

DEXTER SUGGESTS



- Ask our staff about which foods to feed your particular pet.
- Be sure to rule out Giardia as a cause for IBD.
- Cats may get IBD as a reaction to vaccinations.
- Offer food at room temperature, not icy cold from the fridge.
- Explore the book *The New Holistic Way for Dogs & Cats*

Irritable Bowel Syndrome & Colitis

IRRITABLE BOWEL SYNDROME IS A BASIC TERM FOR A SET OF SYMPTOMS. There is not general agreement about the cause; it may be an auto-immune disease resulting in sore, sensitive intestines that want to get rid of any irritation from food. Dogs usually exhibit diarrhea, or a chronic shifting from diarrhea to constipation, often with mucous that the intestines have overproduced to try and soothe the membranes. Cats exhibit these symptoms along with vomiting. There is usually no visible damage to the colon when examined, in contrast to Colitis, which does show inflammation and damage. Colitis has the additional symptom of blood in the stool. These two issues may not be clinically related, but they do often respond well to many of the same natural foods and supplements.

- The same symptoms can also be the result of bacterial infection or parasites, so it's important to have your pet examined by your holistic vet. Chemicals in the environment can also be a cause, so becoming educated about possible exposures in and around your home is important.
- Food allergies should be seen as a *symptom* of this inflammatory immune system imbalance, as it's rarely the actual cause. Your pet may need to be on a unique diet for quite some time because their body is mistakenly rejecting common foods that were fed when the problem originated. We recommend purchasing a bio-energetic sensitivity test by Glacier Peak Holistics from Dexter's to help you eliminate foods that might be problematic.
- Inflammation in the intestinal system is clearly related to inflammation in other parts of the body, like arthritis. Healing inflammation in the digestive system is also the key to stabilizing the immune system.
- The long-term use of steroids or NSAIDs can cause other serious problems so it's in your pet's best interest for you to focus on a healthy, sustainable solution for them.
- Stress is a factor, and can cause a set-back in a healing animal. Flower essences are one way to help stressed animals recover emotionally so they can recover physically.

HAVE PATIENCE - It may take a year for your pet's system to recover, though they will likely need lifelong care to keep them in shape. Holistic vets and non-vet practitioners of complimentary modalities provide important help through this process.

PROTECT YOUR DOG'S IMMUNE SYSTEM - Reduce or eliminate toxins such as chemical pesticides and herbicides, household products with hidden toxins,

unnecessary medications, and vaccinations (Vaccine companies themselves state that they should only be administered to healthy animals. Talk with your holistic vet about obtaining a waiver if needed).



PRODUCTS

- Answers Additional Goat Milk
- Animal Essentials Plant Enzymes & Probiotics
- Sustenance Herbs Pet Probiotic & Enzyme Formula
- Animal Essentials Colon Rescue
- Sustenance Herbs G.I. Soothe Elixir
- The Honest Kitchen Perfect Form
- Dr. Harvey's Runs Be Gone
- George's Aloe
- Colostrum
- Dr Ros Marine Phytoplankton
- Green Tripe

- Glacier Peak Holistics Pet Wellness Life Stress Scan

HEALTHY DIGESTIVE TRACT – Thoughtfully chosen natural diets and supplements are a must for this condition. Drastic and sudden changes usually don't go well.

- **Pre- and Pro- biotics** - Every animal with this condition should be using them. They are a must-have after antibiotic use, are the best path toward improved digestion and a healthy immune system, and they inhibit the growth of *e. coli* & *salmonella*. Prebiotics help Probiotics grow, and are always a good addition, even if you're using probiotics already.
- **Herbal & food-based supplements that soothe the digestive tract help also heal the lining of the intestines.** These can be mixed in with any food choice.
- **Colostrum** has been shown to help regrow the villi in the small intestine if fed for several months. The best method of feeding is to mix it with water and offer before meals.

SLOW FOOD – unprocessed food, introduced slowly, is the best way to heal your pet.

- If you must use processed foods use those with simplest ingredient lists and the least processing, such as dehydrated foods.
- Avoid grains for most dogs and all cats.
- Wait Two Weeks – not a scientific interval but an easy one to use when introducing new foods and supplements. Only start one thing at a time and wait two weeks before adding something new.
- Start Small - When introducing supplements start at 1/4th of the recommended dose and spend one week getting up to the full amount.
- Smaller, more frequent meals are easier on the system for those with severe problems. You may need to feed your pet 3-4 times a day until they are stable.
- Start with cooked food rather than raw, in case your pet's gut bacteria are out of balance.
 - Cats – concentrate on animal-only diets, with small amounts of fiber added if needed.
 - Dogs – a homemade diet from Jean Dodds DVM, is a good starting point to expand from (this should be a temporary diet).
 - 50/50 mix of sweet and white potatoes (peeled, cooked and mashed)
 - Baked or broiled white fish
 - Feed in these proportions: two-thirds potato mix and one-third fish, plus a small amount of italian herbs and oil. Once stable on this diet, add a multi-vitamin if tolerable, or start with a simple nutritive like marine phytoplankton.
- If your pet is doing well on cooked food, try introducing raw food. Start with small amounts and simple mixes. Confer with our staff on the best choices for your particular pet.