

# DEXTER'S DELI

## PET HEALTH GUIDE

Ref.6 v.9



### Benefits

- Improve vitality
- Improve comfort
- Reduce inflammation

### Product Suggestions

- Beta-Thym
- Holistic Hound Mighty Mojo Hemp & Mushroom Oil
- Holistic Hound Mighty Mojo Mushroom Powder
- Healing Herbs Five Flower Formula
- Pet Wellness Blends Immune/Mushroom Blend
- Herbal Energetics Pet Boost
- Pet ReLeaf Liposomal Oil
- Mushroom Matrix Turkey Tail
- Mr. Ros Marine Phytoplankton
- Grizzly Fish Oils
- Nordic Naturals Fish Oil
- Animal Essentials Plant Enzymes & Probiotics
- Smallbatch Lightly Cooked food
- Ziwi Peak Air-Dried Food
- Slippery Elm
- Glacier Peak Holistics Pet Wellness Life Stress Scan

# FEEDING PETS WITH CANCER

**FRESH FOOD IS VITAL WHEN FEEDING A DOG OR CAT WITH CANCER, AND A DIET BASED ON ANIMAL PROTEIN AND FATS IS BEST.** Tumors thrive on glucose, but cannot utilize fat. Glucose is produced in abundance from grains, fruits, and sweet starchy vegetables, so these should not be part of the animal's regular diet, except in the smallest amounts (unless the animal's digestive ability is severely compromised, such as with liver cancer). No matter how you look at it dry food is not appropriate for a pet with cancer.

### RAW OR COOKED?

While a raw diet is ideal for most animals, if they are elderly, very ill, receiving frequent anesthesia or other medical care that interferes with digestion, and/or are receiving immune-suppressing treatments, you may need to adapt the diet by cooking rather than feeding raw, or using a commercial product that is close to raw such as freeze-dried formulas. Digestive enzyme supplements should also be utilized. The goal is ensuring that the animal gets sufficient calories of the most digestible kind, and this should take precedence over whether the food is cooked or raw. Simple poaching is an easy way to lightly cook a meal, or using a crock-pot for large amounts. Well-designed raw diets provide a good model of nutrition for your pet, so even cooked diets should still emphasize meat-based nutrition. You can mix or rotate between raw and cooked diets, too, so don't feel that you have to stick to one or the other, or use a freeze-dried diet that "split the difference." In Traditional Chinese Medicine cancer is considered a Phlegm condition, so the emphasis is on foods that resolve phlegm and move Qi. This perspective can be quite successful, so if you're open to it you should seek out a holistic vet or non-vet practitioner that works from this perspective.

### CLEAN WATER IS IMPORTANT; BE SURE TO GIVE YOUR PET FILTERED OR SPRING WATER.

The water bowl is an excellent place to utilize flower essences. Simply add a few drops each time you fill the bowl, there's no issue whatsoever if other pets share the water with essences.

**OMEGA-3 FATTY ACIDS ARE AN IMPORTANT PART OF A DIET TO FIGHT CANCER.** Omega-3 fatty acids have been found to be one of the most important foods you can feed a pet with cancer. This is abundant in cold water fish, fish oil, and marine phytoplankton (an excellent option for animals who may not respond well to added fats like fish oil). Talk with your vet or non-vet practitioner about the appropriate amount for your pet.

### SUPPLEMENTS ARE AN INDISPENSABLE PART OF STRENGTHENING YOUR PET'S SYSTEM TO FIGHT CANCER.

Some of the ones commonly suggested by holistic veterinarians are medicinal mushrooms, probiotics, herbs, and antioxidants. Always start slowly with supplements so that your pet's body has time to adapt to them. Supplements that provide general nutrition and support are easy to use. Medicinal mushrooms and astragalus root are well-regarded herbs to use as part of a cancer care program and are easy to feed with most pets. If your pet is being given prednisone as part of their treatment talk

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## Learn More

Ask our staff for recommendations on integrative vets and non-vet practitioners that can help your pet through their healing journey.

### Check out these books:

*The Nature of Animal Healing*

*The New Holistic Way for Dogs and Cats*

*Whole Health for Happy Cats*

*Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats*

*Four Paws Five Directions*

### Related Pet Health Guides Available On Our Website

- Slippery Elm
- Home-Cooked Diets
- How To Add Supplements



to your vet about Beta-Thym as an alternative. Low-THC Cannabis (as sold for pets) can help with general cancer care also. Herbal supplements with strong anti-tumor properties should be used only as directed on the label, and with the guidance of a holistic vet or non-vet practitioner.

### REDUCE INFLAMMATION

Reducing inflammation in the body is important for all types of cancer, and critical for some. Mast Cell Cancer in particular needs attention to reduce histamines in the diet. Using the Glacier Peak Holistics Pet Wellness Stress Scan can help you quickly identify food and environmental sensitivities that create extra stress on the body and even some that cause an increase in histamines.

### ELIMINATE TOXINS

Animals struggling with cancer should never be vaccinated. Toxic flea treatments, whether oral or topical, should also be eliminated, as well as standard heartworm medications. You also need to examine the animal's living quarters for toxins such as pesticides, herbicides, and harmful cleaning products. A "green" home is a healthy home! Herbal detoxifying formulas are an important way to help rid the body of toxins and waste, and are an important aspect of long-term care. If your pet's vitality is low please consult with your practitioner about the appropriateness of herbal detoxifying blends.

### DEALING WITH A POOR APPETITE

Many dogs going through cancer treatments experience periods of refusing food. Animals don't express the feelings of nausea like we do, they simply turn away from the food or appear "picky." At these times you need to be open to offering different foods in smaller meals, and supporting your pet with supplements and energetic bodywork that will help them feel more like eating. Don't worry about nutritional balance as much if your pet simply isn't eating. Some of the most popular enticement foods are freeze-dried meat diets or treats (these can be rehydrated with warm water), eggs, meat baby food, or simply cooked meat. Astragalus root helps with this problem and can be given separately or mixed into food. You may need to use an oral syringe at times to get a little nutrition into them. Slippery Elm bark is a good convalescence food if your pet is refusing to eat; it's soothing and sustaining, and when prepared (ask for our how-to guide) can be syringed into the mouth in small amounts to ease their indigestion before you offer food.

### EMOTIONAL SUPPORT

A diagnosis of cancer in our pet can be devastating, and caring for them can be worrisome. Pets are emotional sponges for their owners, so it's important to remember that our stress becomes their stress. Using flower essences is a good way to help alleviate the stress and fatigue for both pet and owner (yes, you can both take them!). Practitioners offering Reiki or other energetic healing methods can be valuable partners in your pet's care, complimenting your veterinarian's care.