



# GIARDIA

## Symptoms

- Diarrhea
- Inability to Gain Weight
- Stomach Distress
- Lack of Appetite
- Foul Breath

## Product Suggestions

- Sustenance Herbs Giard-Ex
- Four Leaf Rover Saccharomyces boulardii
- Coconut Oil
- Herbal Energetics Pet Boost
- Sustenance Herbs Immune Mushroom Blend
- Four Leaf Rover Colostrum

**Saccharomyces boulardii** is shown to be effective against giardia with or without antibiotics, and is one of the only probiotics that is generally effective *during* antibiotic use, so don't hesitate to use it if you have concerns. If using it with antibiotics give it two hours away from the time you give the antibiotics.

**Yes it's gross to talk about poop but we want you to be informed pet owners!**

We've been hearing from too many customers that their dogs have giardia, picking it up at local dog recreation areas and swim spots, especially during winter months. We've also seen puppies coming to their new homes already infected.

**Giardia is a protozoa that lives in the intestines of affected animals.** It's not rare, but not all animals actually get sick from it. It's easily spread in contaminated water, and can live in damp environments for quite some time in its cyst form. It's very difficult to find in fecal exams so multiple tests may be needed to verify it, and your pet could still be infected if follow-up exams are negative but symptoms persist.

**The main symptom of giardiasis is diarrhea.** It may come and go, be of varying quality, and may look pale & greasy. If you've been changing foods thinking it was a food allergy but your pet still has diarrhea, it may be giardia. If you have diarrhea combined with an inability to gain weight you probably have giardia. Persistent giardia can also cause lack of appetite, stomach distress, and foul breath. Untreated giardiasis can lead to intestinal scarring and susceptibility to other diseases, so if in doubt see your vet. Be aware that the drugs prescribed to treat giardia also decimate the microbiome of the gut, so care must be taken to use only if necessary, and to actively restore the microbiome during and after use.

**A weakened immune system contributes to the growth of giardia.** This is why some dogs are unaffected while others are terribly ill. The immune system can be weakened by stress, poor intestinal health (lack of beneficial bacteria), a processed food diet, other health issues, and some medications (including some used to treat giardia)

**There are natural supplements that can prevent and treat most cases of giardiasis** when used correctly and consistently. Use a combination of these if you suspect exposure to giardia or have a diagnosis, and as prevention for other pets in your household if you have one pet with giardia. Always consult with your veterinarian if you suspect giardia.

- **Probiotics:** Four Leaf Rover Saccharomyces boulardii (use with or without antibiotics)
- **Anti-Parasitics:** Sustenance Herbs Giard-Ex (for dogs only), coconut oil
- **Immune Enhancing Herbs:** Sustenance Herbs Immune/Mushroom Blend, Herbal Energetics Pet Boost, Colostrum

**Don't just treat your pet's body - deal with the environment too.**

- Avoid parks (especially dog parks) and freshwater recreation areas until your dog's infestation is resolved (don't spread it around!)
- Clean everything repeatedly during infestation/treatment. Soap and hot water should be used for floors, bedding, bowls, grooming equipment, etc. Bathe your dog. Clean up feces immediately and dispose of them in plastic bags. While we don't normally recommend the use of chlorine bleach, a 1:32 dilution kills giardia cysts quickly.
- The best long-term defense is dryness and heat, so let your yard and patio dry out. If your landscaped areas are always damp they may continue to harbor giardia.

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