



IBS & COLITIS

Benefits

- Normal Bowel Movements
- Improved Immune System
- Improved Nutrient Assimilation
- Reduced Inflammation
- Long-Term Health

Product Suggestions

- Four Leaf Rover Saccharomyces boullardi
- Gold Standard Herbs Adoptrex
- Four Leaf Rover Colostrum
- Ziggy Marley Apawthecary Romeo's Digestion Powder
- Animal Essentials Colon Rescue
- Sustenance Herbs G.I. Soothe Elixir
- Honest Kitchen Perfect Form
- Earth Animal No More Runs
- Dr. Harvey's Runs Be Done
- Four Leaf Rover Bifido for Fido
- Four Leaf Rover Gut Guard
- Four Leaf Rover Protect
- Sustenance Herbs Pet Probiotic & Enzyme Formula
- Herbsmith Microflora +
- Green Tripe
- Glacier Peak Holistics Pet Wellness Life Stress Scan
- Mr Ros Marine Phytoplankton

IRRITABLE BOWEL SYNDROME IS BASICALLY A SET OF SYMPTOMS.

There is not general agreement about the cause; it may be an auto-immune disease. It results 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 regurgitation. 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 integrative vet. Chemicals in the environment, such as glyphosates, can be a cause, so learning about possible exposures in and around your home is important. Flagyl has been proven to decimate the microbiome. There is now an easy test for analyzing your pet's microbiome from animalbiome.com.
- Food allergies should be seen as a *symptom* of this inflammatory immune system imbalance, as it's rarely the 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. Consider 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 your pet.
- 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 PET'S IMMUNE SYSTEM

Reduce or eliminate toxins such as chemical pesticides and herbicides, household products with hidden toxins, unnecessary medications, and vaccinations. Talk with your holistic vet about obtaining a vaccine waiver if needed.

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Learn More

Related Pet Health Guides

- *Giardia*
- *Basic Digestive Health*

Check out these resources

- *The New Holistic Way for Dogs & Cats*
- Animalbiome.com

Additional Tips

- Ask our staff about which foods to feed your particular pet.
- Be sure to rule out Giardia as a cause for IBD.
- Cats in particular may get IBD as a reaction to vaccinations.
- Offer food at room temperature.
- **If your dog is vomiting or exhibiting a taut, hunched body after meals there could be something very serious going on like pancreatitis or liver disease, you must take them to the vet!**



HEALING FOR A HEALTHY DIGESTIVE TRACT

Thoughtfully chosen natural diets and supplements are a must for this condition. Drastic and sudden changes usually don't go well. These three kinds of supplements work well together:

- **Herbal supplements that soothe the digestive tract** - These are the best first supplement to add, even before changing food. Reducing inflammation in the intestines before using probiotics can result in better results. Most formulas also contain excellent prebiotic fiber. They are mixed in to meals, or fed before meals for upper-GI irritation.
- **Pre- and Pro- biotics** - They are a must-have after antibiotic use (*S. boulardii* strain by itself is recommended first), and are, combined with soothing herbal formulas, the best path toward improved digestion and a healthy immune system. Prebiotic fiber helps Probiotics grow, and are an important addition. The ideal probiotic supplements are designed specifically for dogs and cats. Testing by animalbiome.com can tell you exactly which ones your pet needs.
- **Colostrum** has been shown to help regrow the villi in the small intestine if fed for several months. It's also beneficial for the immune system. The ideal method of feeding is to mix it with water and offer it before meals, but it can be added to food.

SLOW FOOD - Unprocessed food, introduced slowly, is the best way to heal your pet.

- If you must use processed foods use those with simple ingredient lists and the least processing, such as dehydrated foods. If you must start with dry we recommend SquarePet VFS Skin & Digestive Health made with hydrolyzed meat (comparable to Rx diets).
- Wait Two Weeks – an easy interval 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, taking one week to get up to the full dose (“soothing herbals” can be full dose quickly)
- 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.
- If your pet isn't already on raw food start with lightly cooked, in case your pet's gut bacteria and peristalsis actions aren't yet reliable enough for such a different type of food.
 - Cats – concentrate on animal-only diets, with small amounts of fiber added.
 - Dogs – this well-known homemade diet from Jean Dodds DVM is a good starting point to give the digestive system a rest. This is a temporary diet for 1-3 weeks only and is well worth doing.
 - 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 to one-third fish, plus a small amount of a simple “Italian herbs” blend
 - If the first day or two are fine add a small amount of oil.
 - Once stable on this diet add a multi-vitamin if tolerable, or start with a simple nutritive like marine phytoplankton.
- If you've done all these suggestions and your pet is doing well on cooked food, try introducing raw food. Start with small amounts and simple mixes. Talk with our staff about the best choices for your particular pet and what to expect when you introduce it.