



PANCREATITIS

Dangerous Symptoms

Get to the vet if you see these symptoms together!

- Your pet has vomited several times
- Listless with no appetite
- Your pet's back is arched in discomfort.

Product Suggestions

Low-Fat diets for transitioning after hospitalization

- Dr. Harvey's Veg-To-Bowl (1% min. fat)
- Dr. Harvey's Canine Health (3% min. fat)
- The Honest Kitchen Fruit, Vegetable Base Mix (8% min. fat)

Supplements

- Gold Standard Herbs Adoptrex
- Herbsmith Milk Thistle
- Four Leaf Rover Guts & Glory
- Herbsmith Taurine Boost
- Four Leaf Rover Digest
- Animal Essentials Plant Enzymes & Probiotics
- Nordic Naturals Omega-Pet

Pancreatitis is inflammation of the pancreas, the gland that secretes enzymes needed to digest food (it does more, including secreting insulin). There may also be other diseases involved such as hyperlipidemia, diabetes, hypothyroidism, and EPI. Stress can also play a part. Overall the risk is increased when feeding high-carb diets because they increase blood insulin levels, which in turn raises blood triglyceride levels, which is the actual risk for pancreatitis. Pancreatitis occurs in two different forms, acute and chronic, and each of them may range from mild to severe.

Acute pancreatitis occurs suddenly and is often severe. It usually includes digestive enzymes becoming activated while still in the pancreas, causing painful damage to the organ. It's frequently triggered by the animal eating a large amount of cooked or rancid fat in a short amount of time, but an animal with an already weakened pancreas is more at risk. Symptoms include vomiting, loss of appetite, and an arched back. Pets may also appear listless and reclusive, refusing to get up and move around. **If your pet is experiencing an acute attack you should go immediately to the vet.**

Chronic pancreatitis refers to ongoing inflammation that is usually less severe and may even be subclinical (no recognizable symptoms), but can result in scarring that impairs the pancreas. Many pets who have just one acute episode and no other related diseases can go back to a normal diet, but they should be on beneficial supplements. Integrative vets affirm that feeding a processed diet (dry, canned) puts more stress on the pancreas and should be avoided; they recommend a fresh, meat and vegetable diet.

Feeding Your Pet After Hospitalization

We recommend freeze-dried premixes prepared with boiled meat as the safest way to start returning to a more normal diet after an acute illness. This also allows you to easily adjust the diet as needed. These diets can be fed using low to moderate fat raw meat. Boiling or baking meat and feeding it without the cooking water in an effort to remove fat will result in the loss of water-soluble nutrients so we strongly recommend adding a taurine supplement if that's being done for more than a couple of weeks.

It's important to create meals that are nutrient-dense if your pet is eating less than normal. Four Leaf Rover Guts & Glory provides the nutrition of organ meats (including pancreas) in a low-fat form. This is also the time to start adding gradual



Learn More

Related Pet Health Guides

- Coconut Oil
- Why Raw?

Online Resources:

- perfectlyrawsome.com
- keepthetailwagging.com
- rawfedandnerdy.com
- feline-nutrition.org

If your pet does have other related diseases we recommend that you work with an integrative vet to ensure that your pet's road to wellness is properly monitored.

amounts of EPA/DHA fats with fish or high quality fish oil in order to provide anti-inflammatory nutritional fats to the diet.

Feeding Your Pet Long-Term to Prevent a Recurrence

Low-fat, high-carbohydrate diets are not the solution for maintaining a dog or cat that's had pancreatitis. According to studies this type of diet will put them at higher risk for a recurrence. High-carb diets increase blood insulin levels, which in turn raises blood triglyceride levels. Moderate-fat, low-carb diets raise fat levels briefly, but then they quickly go back down. High-carb diets raise fat levels and they stay up, creating a risky situation for dogs and cats with a poorly functioning pancreas. Dry food diets are by design high-carb, so they should be avoided. Raw or gently cooked diets with moderate levels of fat and low levels of carbs are the best choice. Some pets will benefit from the addition of digestive enzymes to their meals. While raw diets have naturally occurring enzymes, cooking destroys those enzymes, so adding them supplementally takes some of the burden off the pancreas.

What fats are safe? Very low-fat diets fed long-term will make the absorption of some essential nutrients difficult, leading to deficiencies. While it's important to start slow with all fats immediately after an acute illness, they do need to be included. Coconut oil (both raw and as MCT oil) started very slowly, is safe because it doesn't require pancreatic enzymes to be digested. EPA & DHA omega-3 fatty acids in the form of fish or fish oil are very important for their anti-inflammatory benefits, and should also be part of the diet long-term. Ultimately, normal raw diets with moderate levels of healthy fat are ideal for most because raw fat, in contrast to cooked fat, is naturally easier for them to digest. High fat "keto" type diets should be avoided, even if raw. Highly processed fats are much harder for the pancreas to process, so highly processed diets like dry and canned food should be avoided.

Herbs can help protect and repair the pancreas.

Milk Thistle seed powder can be easily added to food and should be used for several months or longer. It also protects and repairs the liver and kidneys so it provides important support for essential related organs.

Adoptrex is an herbal formula based on Traditional Chinese Medicine that can resolve chronic pancreatitis and prevent future flare-ups, it's safe long-term and can simply be added to food.

