

Healing from the Inside Out: Holistic Care for Senior and Newly Rescued Pets

ABOUT ME



Graduated with DVM from Washington State University in 2013



Worked at Best Friends Animal Sanctuary from 2013-2015 in Kanab, Utah



Obtained certifications in Chinese Herbal Medicine and Acupuncture from Chi University in 2021



Obtained certification in Tui-na from Chi University in 2024



Focus on integrative medicine for dogs, cats, small mammals, and exotic pets

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- ▶ I am not affiliated with the following companies or manufacturers of the products that I discuss about or recommend during this presentation
- ▶ I do not receive any kick-backs or incentives from the companies or manufacturers mentioned during this presentation

Topics to Be Discussed Today

► Introduction to the different types of Integration Medicine:

- Mushroom Therapy
- Chinese Herbal Therapy
- Acupuncture
- Tui-na (Chinese Massage and Acupressure)
- Homeopathic Remedies
- Western Herbal Medicine
- CBD

► Incorporating Integrative Medicine with Specific Diseases:

- Osteoarthritis
- Muscle loss (atrophy)
- Chronic Diarrhea
- Cancer
- Anxiety and Phobias
- Cognitive Dysfunction (Dementia)
- Kidney Disease in Cats
- Urinary Incontinence
- Urinary Tract Infections



Mushroom Therapy

- ▶ Mushrooms have multiple uses including being a primary food source, medicinal properties for humans and other animals, providing symbiotic relationship with plants, and aiding some insects in their digestion.
- ▶ Humans have been taking advantage of mushroom's healing properties since the Qin dynasty in China (221 to 206 B.C.).
- ▶ Mushroom food therapy has become an increasingly growing field of research for both humans and animals.
- ▶ Mushrooms are considered biological response modifiers, which means the longer mushrooms are used, the more effective they are. Some mushrooms, such as cordyceps, can have immediate effects.

Medicinal Properties of Mushrooms

- ▶ The major medicinal properties of mushrooms include:
 - ▶ Immune Support with beta-glucans
 - ▶ Improvement of mental and cognitive issues
 - ▶ Antioxidants (polyphenols)
 - ▶ Anti-inflammatory effects (triterpenes)
 - ▶ Gut regulation and provide prebiotics
- ▶ Triterpenes are a class of naturally occurring compounds that have anti-inflammatory, analgesic, and anti-pyretic effects (fever reduction), along with hepatoprotective (liver protecting) properties.
- ▶ Beta-glucans are immunomodulating, anti-inflammatory, neuroprotective, anti-viral, anti-cancer, and microbiome-supporting.
- ▶ Prebiotics help feed the probiotics in your gut that encourage the proliferation of healthy bacteria.

Different Types of Mushrooms

► Agarikon

- Supports an engaged and balanced immune response.
- This rare mushroom lives in old growth forests. It reduces inflammation and promotes a healthy inflammatory response to exercise. It can be used to combat bacterial and viral infections. They are rich in antioxidants to help increase blood circulation and strengthen the GI tract and respiratory and lung function.

► Chaga

- One of the most antioxidant-rich superfoods, due to its high content of polyphenols like botulin and melanin, besides a wide variety of polysaccharides.
- This mushroom supports an engaged and balanced immune response, and healthy blood sugar levels already within the normal range.

► Cordyceps

- *Cordyceps militaris* is cultivated and used in the mushroom supplements we use today. The cultivated species is much higher in cordycepin than the traditional cordyceps mushroom.
- Cordyceps support physical stamina and athletic performance, supports immune health, easy breathing, and respiration.

► Lion's Mane

- This mushroom has properties to support the brain and nervous system. It is an ideal choice for cognition and memory support.
- This mushroom also promotes a balanced mood and a balanced immune response.

Different Types of Mushrooms

▶ Maitake

- ▶ Maitake is high in immune-supporting beta-glucans, supporting cellular health, and healthy blood sugar levels already within the normal range.

▶ Reishi

- ▶ Reishi supports energy, stamina, cardiovascular health, immune function, and the body's ability to adapt to stress.
- ▶ Studies show that it may even help shorten the time it takes to fall asleep and increases the time you stay asleep.
- ▶ Reishi has been used in humans with breast cancer, colorectal cancer and prostate cancer.

▶ Turkey Tail

- ▶ Turkey tail mushrooms specifically contain over 35 different polyphenols.
- ▶ In humans, turkey tail mushrooms have been used for patients with breast cancer, lung cancer, gastric cancer, and colorectal cancer.
- ▶ Turkey tail mushrooms can also regulate immunity, maintain homeostasis, and restore healthy immune function. It is a prebiotic which has been shown to support beneficial microflora in the gastrointestinal system.

Mushroom Powders versus Tinctures

- ▶ Pick a company/brand whose products have been approved by the ConsumerLab. If the brand has a National Animal Supplement Council (NASC) seal, that is even better.
- ▶ Mushroom products must be tested to confirm they do not have contaminants and heavy metals. Pesticide testing, microbial testing for bacteria, yeast and mold, e. coli, and coliforms, and ergosterol testing are also highly recommended.
- ▶ Ensure that your mushroom product lists the percentage of beta-glucans on its product label to help you identify quality and potency.
- ▶ Mushroom powders are highly bioavailable, beta-glucans are specifically absorbed in the small intestines and have prebiotic actions for the large intestine.
- ▶ Tinctures must be used with caution. Tinctures are very low-cost and easy to manufacture for companies. The biggest challenge with tinctures is that the potency cannot be determined with current testing methods, meaning there is no way to measure the beta-glucan levels in tinctures.
- ▶ Avoid tinctures advertising they contain 50% beta-glucans. Functional mushrooms should contain 1-3% soluble beta-glucans, so tinctures can not claim higher than 3% since accurate/approved testing for tinctures isn't available.
- ▶ Tinctures formulated for pets often contain glycerin instead of alcohol to make it more palatable by adding a sweeter taste. A higher content of glycerin is needed to stabilize a product unlike alcohol. Alcohol usually takes 30-40% to make a tincture shelf-stable while glycerin requires 50% or greater to make a tincture shelf-stable. For tinctures that means 90% of glycerin and water, leaving 10% or less to be the active fungal compounds. Tinctures that are glycerin-based have a much shorter shelf-life of 1-2 years. Glycerin tinctures are also at risk of microbial contamination.
- ▶ **BOTTOM LINE: POWDER IS THE WAY TO GO**

Samples of Ideal Mushroom Brands

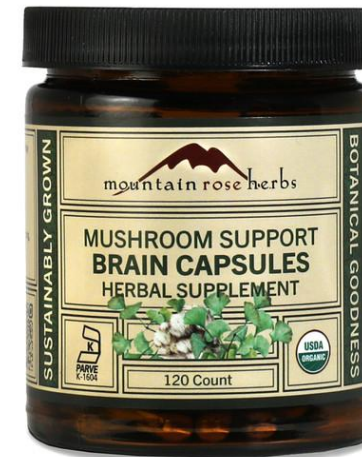
Real Mushrooms



Host Defense Mushrooms



Mountain Rose Herbs



Tips and Tricks for Mushroom Therapy

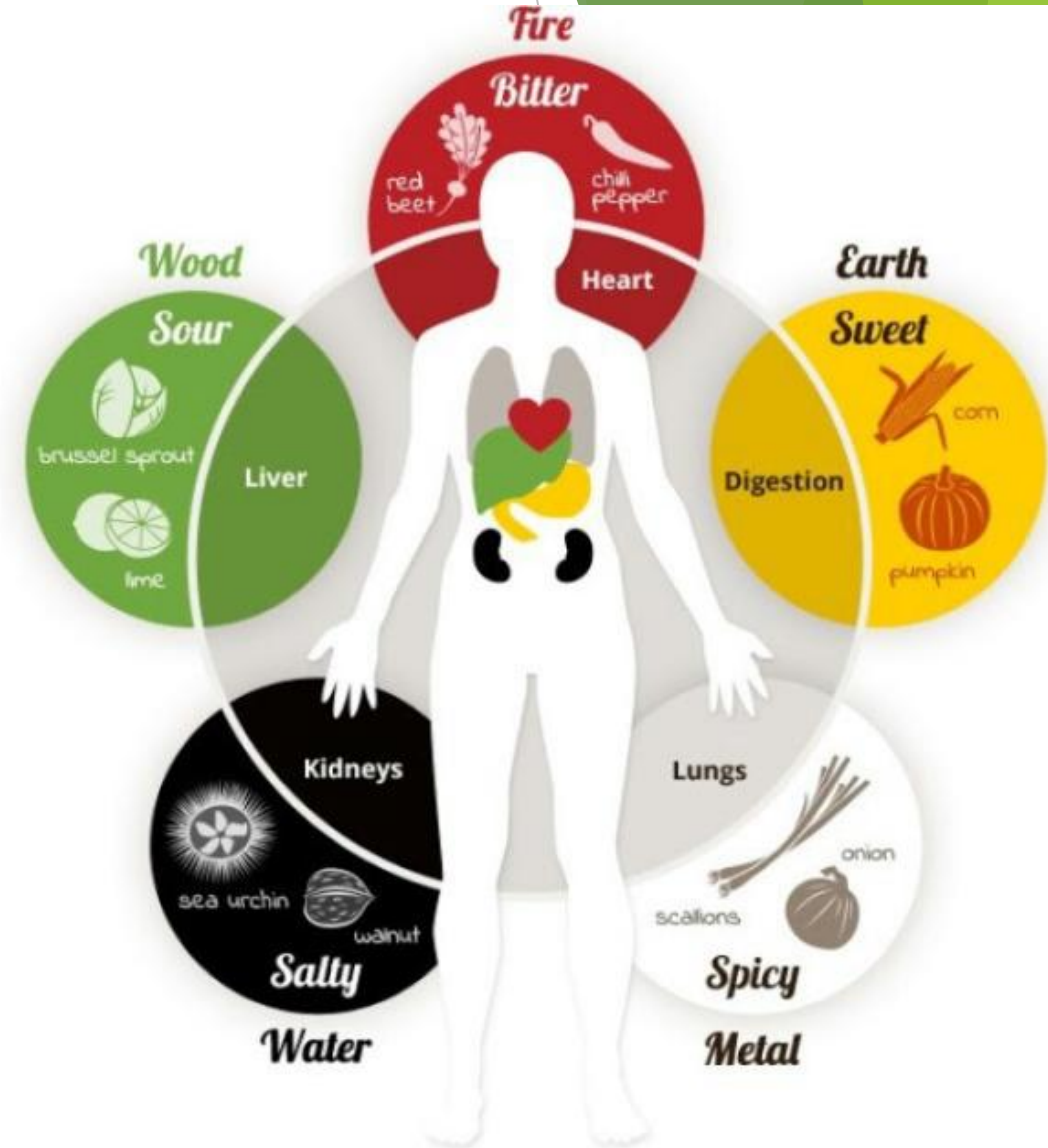
- ▶ Sometimes the bitterness of certain mushrooms, i.e. reishi, can be challenging to administer to cats. Powders can be easily mixed into your pet's food and still be absorbed appropriately.
- ▶ Mushroom powders can be cooked/baked into treats and still be effective

Chinese Herbal Therapy

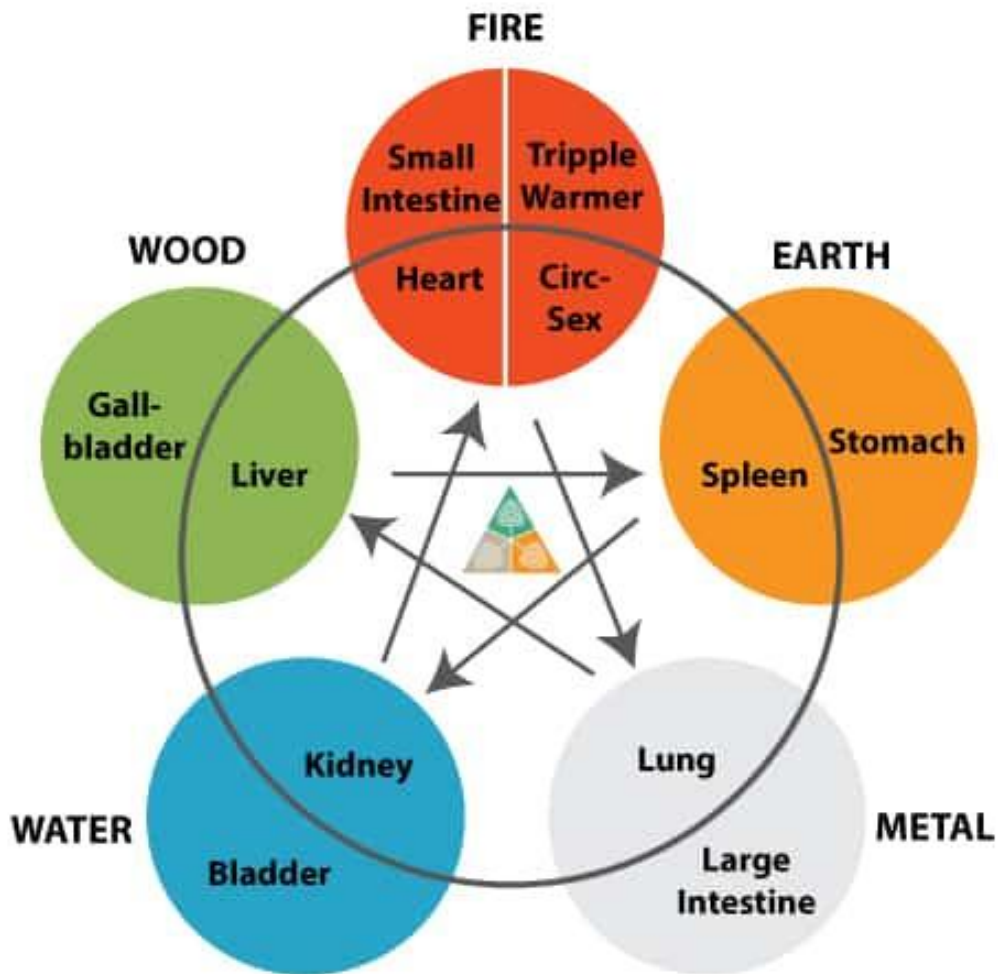


Chinese Herbal Therapy

- ▶ In traditional Chinese medicine (TCM), **Qi** is considered the fundamental substance that underlies all life and existence. It is often translated as "vital energy" or "life force." Qi is not only a physical energy but also encompasses mental and emotional aspects, reflecting the interconnectedness of body and mind.
- ▶ Qi exists in several forms within the body, each serving different purposes.
- ▶ A balanced flow of Qi is crucial for maintaining health.
- ▶ Each person and pet is considered to be born with a personality type that is classified as Wood, Fire, Earth, Water, and Metal.



Chinese Herbal Therapy



Qi is closely related to the concepts of **Yin** and **Yang**, which represent the dualities in nature.

Yin is associated with material, passive, and cooling aspects, while Yang represents immaterial, active, and warming qualities.

Pets and humans can develop deficiencies of Qi, Yin, and Yang. These deficiencies can be associated with specific organs causing “patterns” that those trained in traditional Chinese medicine can then diagnose.

Excesses can be noted also, such as excess heat (sometimes auto-immune disease).

Chinese Herbal Therapy

- ▶ Treat the pet's pattern (deficiencies and/or excesses) for their entire body not the disease directly. It is more patient specific.
- ▶ Pattern diagnosis is made by examining the following:
 - ▶ Pet's tongue color, shape, and how moist it is
 - ▶ Pet's femoral pulses
 - ▶ Pet's temperature preferences
 - ▶ Time of day when issues are worst
 - ▶ Ear temperature and body temperature, especially along the spine
 - ▶ Hair coat quality
- ▶ Can come in the form of tea-pills, granules, capsules, topical ointments, and liquid extracts.
- ▶ Traditional formulas or custom-made formulas can be used



Chinese Herbal Therapy

- ▶ Some conditions commonly treated with Chinese Herbal Therapy:
 - ▶ Anxiety
 - ▶ Cancer
 - ▶ Chronic skin conditions
 - ▶ Chronic gastro-intestinal issues (EPI, IBD, pancreatitis) and acute gastro-intestinal issues (HGE, parvo-virus)
 - ▶ Endocrine disorders (Cushing's disease, diabetes mellitus, hyperthyroidism, hypothyroidism)
 - ▶ Kidney disease
 - ▶ Seizures
 - ▶ Congenital diseases (cryptorchidism, congenital kidney disease)
 - ▶ Osteoarthritis and IVDD
 - ▶ Bladder stone formation
 - ▶ Auto-immune diseases and bleeding conditions (IMHA, ITP, etc.)
 - ▶ Heart disease
 - ▶ Fertility and conception issues
 - ▶ Urinary Incontinence
 - ▶ Decreasing side effects of chemotherapy or other medications (steroids)

Cautions with Chinese Herbal Therapy

- ▶ Most common side effect with Chinese Herbals is gastro-intestinal upset, i.e. diarrhea
- ▶ Caution with patients who are pregnant
- ▶ Caution with performance/competing patients (mainly horses) as they may test positive on certain drug testing

A photograph of acupuncture needles resting on a black, oval-shaped holder. In the background, two lit white candles are visible, creating a warm and serene atmosphere. The image is partially obscured by a white diagonal band and green geometric shapes on the right side.

Acupuncture

How Does Acupuncture Work?

- ▶ The body has more than 2,000 acupuncture points. They are linked through the various meridians.
- ▶ The actual practice of acupuncture includes placing thin needles into the skin on certain points of a meridian. These are then activated by the provider's hands or through electrical stimulation.
- ▶ The use of acupuncture on certain points within the meridians is believed to improve the flow of blocked or stagnant Qi.

Acupuncture

- ▶ Not all pets tolerate acupuncture, but the majority of pets do tolerate it well
- ▶ Not limited to dogs and cats, can perform on other species
- ▶ Can also be used in combination with Western Veterinary situations such as:
 - ▶ Help decrease bleeding prior to surgery
 - ▶ Gastro-intestinal stasis in exotic pets
 - ▶ Improve sedation
 - ▶ Relieve itching
 - ▶ Tonify deficiencies (Qi, Yin, and Yang)
 - ▶ Expel heat
 - ▶ Support the immune system
 - ▶ Help relieve pain and inflammation





Tui-Na

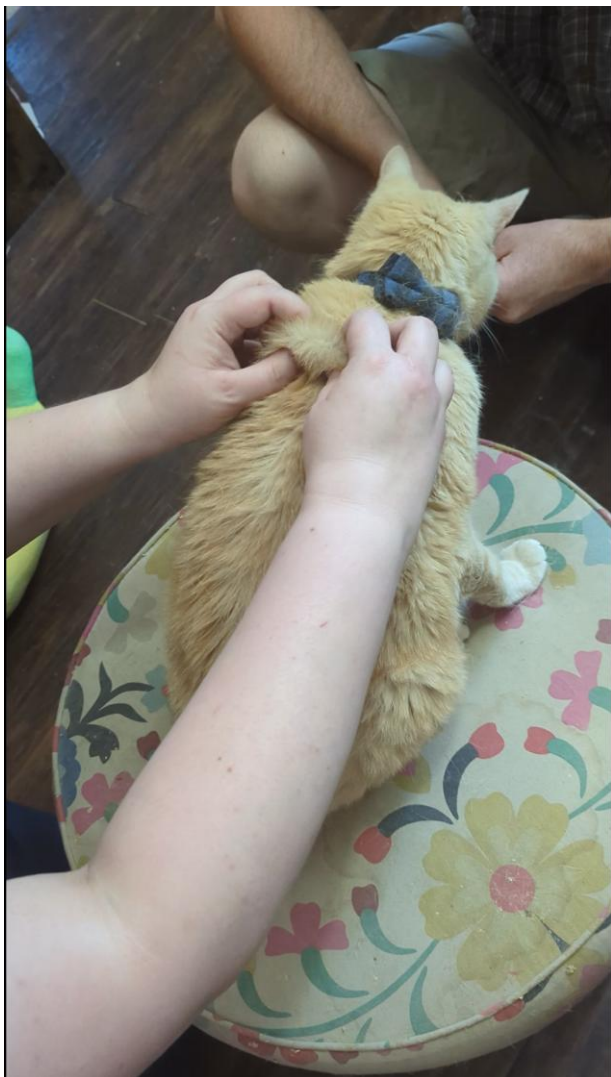


Tui-Na (Chinese Massage and Acupressure)

- ▶ The concept behind the practice of Tui Na is that the body has an interconnected system of channels through which energy flows. It aims to balance and streamline the harmonious flow of the vital energy Qi for optimal health and well-being.
- ▶ The ancient art of Tui-Na, which translates to “**push and grasp**,” involves a combination of massage techniques that work by manipulating the body’s acupoints, muscles, and joints.
- ▶ Tui-Na relieves stress, reduces pain, and enhances circulation by applying pressure, rubbing, kneading, and stretching to the body.

Tui-Na

- ▶ The therapist uses skilled hands and fingers to **locate and precisely manipulate** these acupoints, promoting the smooth flow of Qi and restoring balance.
- ▶ By applying pressure to specific acupoints along the meridians, Tui Na massage aims to **remove blockages and restore the balance of Qi in the body.**
- ▶ Additionally, Tui Na massage **promotes blood circulation.**
- ▶ The combination of different massage techniques and the stimulation of the body's acupoints results in smooth circulation of the Qi. This effect contributes to the **overall healing and rejuvenating benefits** to the body.
- ▶ Tui Na massage has a **regulatory effect on the nervous system**, influencing both the sympathetic and parasympathetic responses. It calms the body's stress response and provides a sense of tranquility and relaxation



Homeopathic Medicine



Homeopathic Remedies

- ▶ There are several different strengths of homeopathic remedies and they are labeled as a number followed by an X, C, or M.
- ▶ A 20X strength is a 1:10 dilution ratio, a 30C strength is a 1:100 dilution ratio, and a 1M strength is equivalent to 1000C and it is prepared at a 1:100 dilution ratio. The number preceding the letter indicates the number of times the medicinal substance has been diluted and triturated. The more dilute a substance is, the more potent or stronger it is. So, an X strength remedy has a smaller dilution ratio and thus is less potent than a C strength remedy.
- ▶ Homeopathic remedies come in either pellet or tincture form. Dosing for these remedies is not weight-dependent, meaning that a cat would get the same dose of pellets as an 80-pound Doberman. A 30C homeopathic remedy is the standard strength recommended to induce a response from the body and to promote self-healing.

Homeopathic Remedies

- ▶ Pellets are sensitive to the oils on our skin and will dissolve too quickly if touched with bare hands. Pellets are typically placed on the inside of your pet's cheek to dissolve. If your pet does not allow pellets to dissolve in the cheek, you can dissolve the pellets in luke-warm water and administer to your pet orally.
- ▶ Keep your pet from drinking water or eating any food for about 10-15 minutes after a homeopathic remedy is administered.
- ▶ Some remedies are dosed twice daily for so many days, as needed when clinical signs arise, or only once.

Homeopathic Remedies

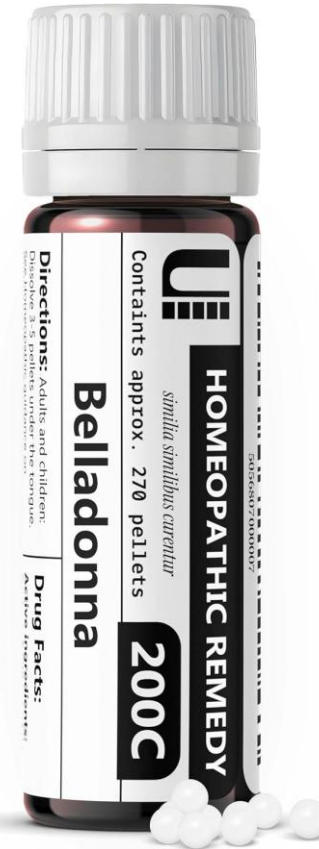
- ▶ Homeopathic remedies are selected based upon the detailed physical or mental description of the condition(s).
- ▶ Questions to consider when choosing a remedy includes:
 - ▶ Does it get worse in the morning, afternoon or evening?
 - ▶ Is it worse in one part of the body?
 - ▶ Does this cause certain cravings or increase thirst?
 - ▶ Does weather or temperature affect the condition?
 - ▶ Is there a color or odor associated with the condition?

Example of Recommended Homeopathic Remedies for Osteoarthritis Affecting the Knees

- **Bryonia Alba** is indicated where the pain in the knee joint gets worse by walking and the patient feels better by taking rest. The pain is accompanied by stiffness and swelling in knees. Knee pain is worse when patient goes up the stairs. Patients experience pain in knee joint with a crackling sound while walking.
- **Calcarea Carbonica** is for patients who complain of swelling and pain in knee joints, which get aggravated when getting up from a sitting position and by walking. The pain gets worse by working in water like washing clothes. Another symptom is that the knees remain excessively cold along with the pain. The patients requiring this medicine are mostly obese.
- **Ruta Graveolans** is for patients with pain in knees that gets aggravated by bending the knee joint while kneeling and while going down the stairs, and when the pain in knee joint gets better by applying pressure on the affected knee. The knee pain gets better by stretching the limb.
- **Sulphur** is where knee joint pain is aggravated while using the stairs, along with stiffness and pain that gets worse on standing. Knee pain is also associated with excessive heat in the feet.
- **Causticum** is for knee pains associated with much stiffness and cracking. Knee pain gets better by applying heat and gets worse by exposure to cold air.

Recommended Brands

- ▶ Boiron
- ▶ Urenus
- ▶ Bach





Western Herbal Medicine

Western Herbal Medicine

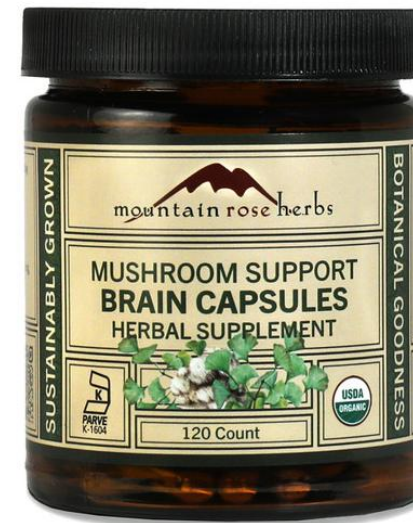
- ▶ Natural medicine that can come from plants or flowers, typically native to the area and can even be found in your own garden.
- ▶ Can be given orally as a whole plant or flower, tea, powder, or tincture, or can be used topically as a paste or oil. Can be given for a short period of time or as needed for an ailment.

Western Herbal Medicine Tips and Tricks

- ▶ Cats, rabbits and birds are sensitive to essential oils. Inhaling or ingesting essential oils can be toxic or can lead to respiratory distress in those species.
- ▶ Some herbs and oils in high doses or given for a long time can cause seizures or neurological issues in pets, such as: Tea Tree Oil and Rosemary.
- ▶ Do not use oregano oil on pets - it is very a hot oil. Dried oregano is preferred but do not give it longer than one month as it can cause elevation in liver enzymes and potential liver damage.
- ▶ Always remember “extracts” are far more potent than the physical herb itself.

Recommended Brands

- ▶ Standard Process - Powders, tablets, and oils
- ▶ Silver Lining Herbs - Powders
- ▶ DoTerra essential oils
- ▶ Mountain Rose Herbals - fresh, powders, tinctures, teas



CBD*

- ▶ Currently, in the state of Idaho, CBD can not be legally used in pets or food animals (cows, chickens, pigs, sheep, etc.).
- ▶ Products derived from industrial hemp with less than 0.3% THC content can enter the market for pet wellness purposes yet need to fulfill Cannabis Regulations standards and can only be sold by licensed retailers, while excluding any health claims.
- ▶ Being used “off-label” with human formulations of CBD in Idaho, even though pet-specific branded CBD is available in other states.
- ▶ Can be given to your pet with food or on an empty stomach.

CBD

- ▶ CBD is mainly used for anxiety in pets. It can be used as an analgesic (pain reliver) and anticonvulsant (seizures).
- ▶ Do not suddenly stop this medication if used for treatment of seizures; this medication must be reduced gradually.
- ▶ CBD will take effect quickly, in about 1 to 5 hours. It is short-acting, meaning that effects should stop after 24 hours, though effects may be prolonged in pets with liver disease.

How To Pick CBD

1.Licensed Seller

Buy CBD oil only from producers and retailers who are licensed.

2.Lab Test Results

Companies with good reputations provide independent laboratory reports displaying their cannabinoid analysis, THC percentage below 0.3%, and proof of harmful substance absence.

3.Proper Labeling

Every pet CBD label must display essential information about dosage amounts, ingredients, batch numbers, and manufacturer identification details.

4.No Medical Claims

A pet CBD product that promises to cure or treat arthritis or seizures signals potential wrongdoing.

5.Hemp-Derived

The proper source for Pet CBD comes from industrial hemp plants since their THC concentration remains significantly below that of typical cannabis plants.

CBD Potential Side Effects

- ▶ **Cannabidiol may cause the following side effects:**
 - ▶ Drooling, vomiting, diarrhea, lethargy, unsteadiness when walking
 - ▶ Irritation or redness at application site if using a topical product
 - ▶ Extremely rare, but there can be an **allergic reaction** such as irregular breathing, rash, fever, puffiness and swelling around the face
- ▶ **Are there any risk factors for this medication?**
 - ▶ **USE WITH CAUTION** in pets with liver disease.
- ▶ Certain medications should be **USED WITH CAUTION** when given with cannabidiol, including:
 - ▶ Antifungals (e.g., ketoconazole, itraconazole)
 - ▶ benzodiazepines (e.g., diazepam)
 - ▶ phenobarbital and other barbiturates (anti-seizure drug)
 - ▶ gabapentin, pregabalin, tramadol, and other nervous system depressants
 - ▶ other pain reliever medications (e.g., NSAIDs, opioids)
 - ▶ cimetidine
 - ▶ clopidogrel, diltiazem, sildenafil, amiodarone
 - ▶ warfarin
 - ▶ rifampin, chloramphenicol
 - ▶ fluoxetine, tricyclic antidepressants
 - ▶ omeprazole, pantoprazole (anti-acids)
 - ▶ Theophylline (bronchial dilator)

CBD Potential Side Effects continued

- ▶ Studies done with CBD have shown that it can affect liver enzymes, specifically cytochrome P450s and alkaline phosphatase, both of which are involved in the metabolism of many medications.
- ▶ This means that there is a risk that using CBD in combination with other drugs will cause them to interact and change how the medications perform. It may also affect the prescribed or recommended dosages. So, while you may be able to pick up CBD treats at the store, you need to check with your veterinarian before giving them to your dog.

The CBD Research So Far

- ▶ One of the first CBD studies was done at Cornell, and it showed that CBD helped with pain management in many dogs. In the study, more than 80% of the dogs with osteoarthritis experienced a decrease in pain, allowing them to be more comfortable and active.
- ▶ Colorado State University has an ongoing study on using CBD as an addition to epilepsy control in dogs. At this point, their research demonstrates that CBD used in combination with traditional seizure medications can be a successful approach.
- ▶ Another study by the Australian animal therapeutics company CannPal tested a CBD product for its potential to help with dogs with atopy (a dermatologic allergy resulting in itching and chewing). In the trial, dogs were randomly given a CBD product or a placebo for four weeks. The results were encouraging — showing 65% of the CBD dogs having at least a 50% decrease in itching and chewing. Of those dogs, half recovered from all signs of itchiness while being treated.
- ▶ In a Cornell study, dogs were given CBD chews prior to a stressful event, and 83% showed a decrease in stress or anxiety-related behaviors.

Recommended Dosing Amount of CBD

- ▶ 1 - 25 lbs: 1 to 2 mg of CBD (1-2 times daily)
- ▶ 25 - 50 lbs: 2 to 3 mg of CBD (1-2 times daily)
- ▶ 50 - 75 lbs: 3 to 4 mg of CBD (1-2 times daily)
- ▶ Over 75 lbs: 4 to 5 mg of CBD (1-2 times daily)



Recommended Brands

- ▶ Honest Paws - Tincture or Chews
- ▶ Batch - Flavored Tinctures
- ▶ Four Leaf Rover - Tinctures
- ▶ Sun God Herbals* - Tinctures
- ▶ Silver Lining Herbs - Tinctures
- ▶ Medterra - Calming Chews and Tinctures
- ▶ Lazarus Naturals* - Chews or Tinctures

Incorporating Integrative Medicine with Specific Diseases

- ▶ Canine Osteoarthritis
- ▶ Muscle loss (atrophy)
- ▶ Chronic Diarrhea
- ▶ Cancer
- ▶ Anxiety and Phobias
- ▶ Cognitive Dysfunction (Dementia)
- ▶ Kidney Disease in Cats
- ▶ Urinary Incontinence
- ▶ Urinary Tract Infections

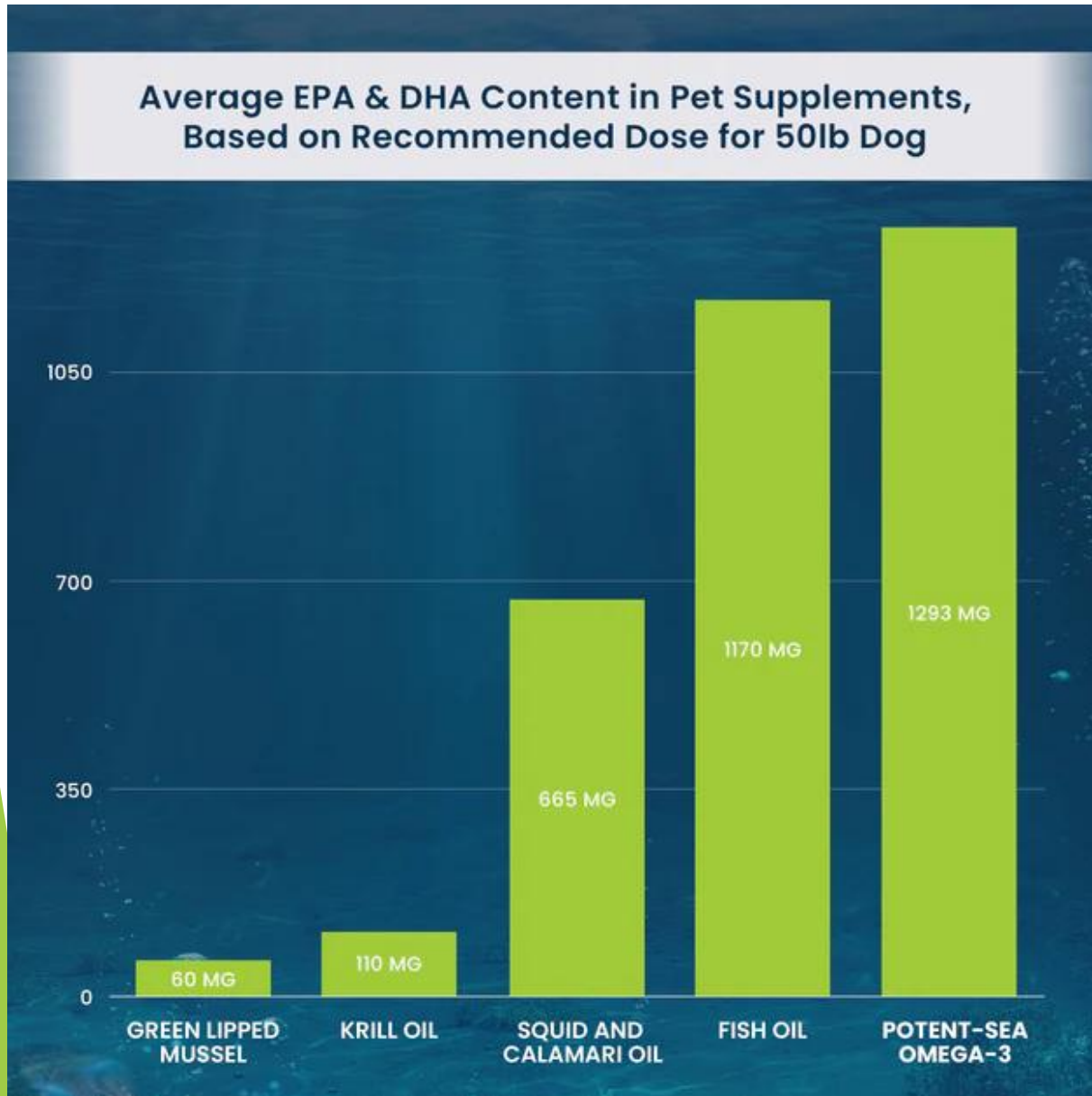
Canine Osteoarthritis

- ▶ Always use an anti-inflammatory to help slow down the progression of degenerative joint disease:
 - ▶ Turmeric or Curcumin
 - ▶ CBD
 - ▶ Green lipped mussels (*Perna canaliculus*) (200mg per 10#)
 - ▶ Eggshell membrane (60mg per 10#)
 - ▶ Boswellia* serrata
 - ▶ Non-steroidal anti-inflammatories (NSAIDs)
- ▶ Adequan
- ▶ Omega 3 fatty acids
 - ▶ Krill Oil
 - ▶ Evening Primrose Oil
 - ▶ Seaweed Oil
- ▶ Homeopathic Remedies
 - ▶ Arnica Montana (arthritis from injuries)
 - ▶ Ruta Graveolens (tendon or ligament strain)
 - ▶ Rhus Tox (arthritis improves with movement)
 - ▶ Bryonia Alba (arthritis improves with rest)
- ▶ ASISSI Loop (Pulse Electronic Therapy)
- ▶ Acupuncture
- ▶ Tui-na
- ▶ Chinese Herbal Medicine
 - ▶ Body Sore
 - ▶ Di Gui Pi Tang
 - ▶ Hindquarter Weakness
 - ▶ Dok's Formula

Turmeric and Curcumin

- ▶ The side effects of curcumin and turmeric have been found mild and very rare. Don't use at the same time as NSAIDs.
- ▶ The most common side effects are nausea and diarrhea.
- ▶ Curcumin has anticoagulant properties. It is not recommended for pregnant or nursing dogs. Also, these supplements need to be stopped several days before surgery because it can cause blood thinning and iron deficiency.

Omega 3 fatty acids



- ▶ Omega-3s are important for dogs to balance the fats in their diet. Omega-6s are found in meat-based diets. Omega-6s are pro-inflammatory and Omega-3s are anti-inflammatory.
- ▶ EPA (eicosapentaenoic acid)
- ▶ DHA (docosahexanoic acid)
- ▶ Fish oil is unstable, can turn rancid very quickly, and can be tainted with heavy metals. Fish oil is over-commercialized and is falling out of favor.
- ▶ Pick a supplement that has at least 6% fatty acids (EPA and DHA) in each dose.

Omega 3 Dose Recommendations

DOG WEIGHT	DAILY AMOUNT	MINIMUM EPA+DHA	CAT WEIGHT	DAILY AMOUNT	MINIMUM EPA+DHA
< 10 LBS	0.5 ML	259 MG	< 5 LBS	0.15 ML	78 MG
11 - 15 LBS	0.65 ML	336 MG			
16 - 20 LBS	1.0 ML	517 MG	6 - 10 LBS	0.25 ML	129 MG
21 - 30 LBS	1.3 ML	672 MG	11 - 15 LBS	0.45 ML	233 MG
31 - 40 LBS	2.0 ML	1034 MG			
41 - 50 LBS	2.5 ML	1293 MG	16 - 20 LBS	0.7 ML	362 MG
51 - 60 LBS	3.3 ML	1706 MG	21 - 25 LBS	0.9 ML	465 MG
61 - 70 LBS	4.0 ML	2068 MG			
71 - 80 LBS	4.5 ML	2327 MG	> 25 LBS	1.0 ML	517 MG
> 80 LBS	5.0 ML	2585 MG			



Glucosamine Chondroitin

- ▶ Not all joint supplements are created equally!
- ▶ Supplements take time to take effect, must be given daily and regularly to see improvements



Muscle Atrophy

- ▶ Multiples reasons for muscle atrophy: osteoarthritis, auto-immune disease, neuropathy, trauma, systemic diseases (renal disease, liver disease), and side effects of medications (i.e., steroids).
- ▶ Treatment options:
 - ▶ Acupuncture
 - ▶ Tui-na
 - ▶ ASISI Loop (Pulse Electronic Therapy)
 - ▶ Physical therapy
 - ▶ Swimming
 - ▶ Strengthening exercises
 - ▶ MYOS supplement
 - ▶ Made from Fortetropin
 - ▶ Contraindication in pets with heart disease



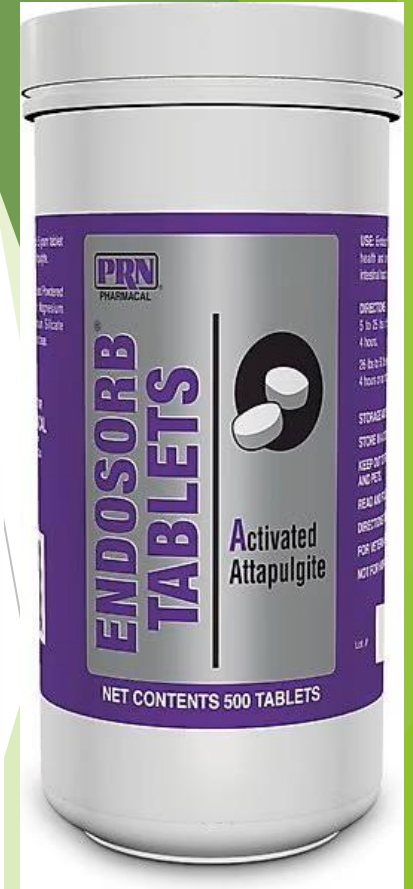
Chronic Diarrhea



Chronic Diarrhea Treatments

- ▶ Stop reaching for the metronidazole for diarrhea!
- ▶ Increase fiber - both soluble and insoluble
- ▶ Probiotics, probiotics, probiotics
- ▶ Other supplements
 - ▶ Endosorb
 - ▶ VitB12
 - ▶ Adored Beast Leaky Gut Protocol

Lions Mane Mushroom



Fiber

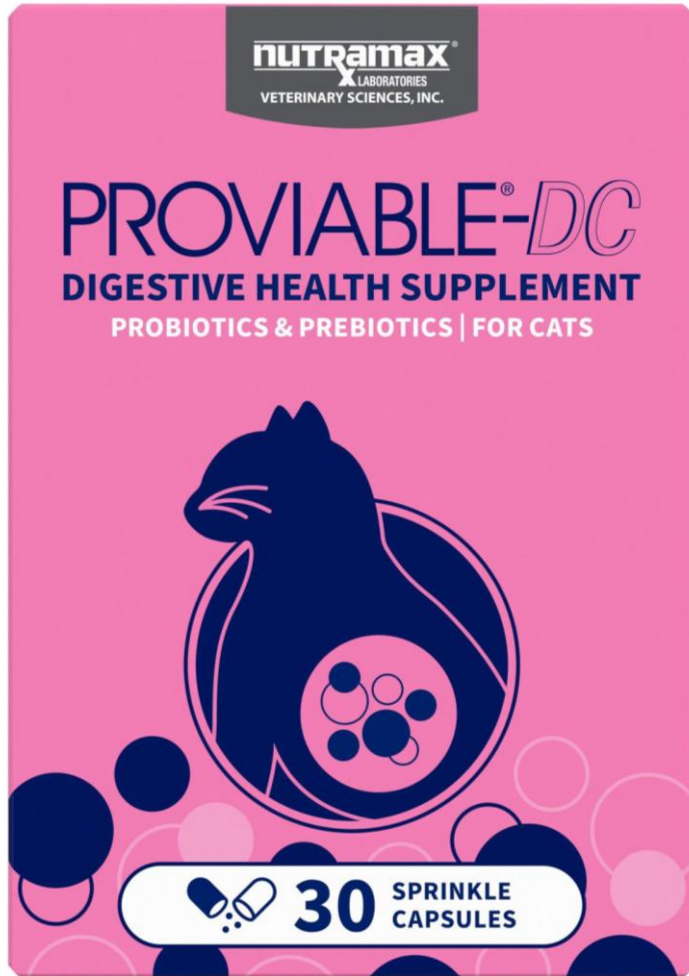
- ▶ The main categories of fiber categorization are fermentability and solubility.
- ▶ Solubility refers to how easily the fiber absorbs water and forms a gel.
- ▶ Fermentability refers to how easily GI bacteria can ferment a type of fiber.
 - ▶ Speeds up gastrointestinal transit time
 - ▶ Reduces fecal bulk
 - ▶ Increased short chain fatty acid production to support intestinal health
 - ▶ Can increase gas production and flatulence

TYPE OF FIBER AND ITS CHARACTERISTICS

Type of Fiber	Fermentability	Solubility
Guar gum	High	Soluble
Pectin	Moderate to high	Soluble
Psyllium	Moderate	Moderately soluble
Flaxseed	Moderate	Soluble
Beet pulp	Moderate	Mostly insoluble
Hemicellulose	Moderate	Insoluble
Pea fiber	Moderate	Insoluble
Soybean hulls	Low	Insoluble
Purified cellulose	Low	Insoluble

Probiotics

- ▶ Not all probiotics are created equally!
- ▶ Dogs and cats require 1-10 billion CFUs daily in a probiotic supplement
- ▶ Prebiotics mean the fiber material that helps feed the probiotics
- ▶ Give probiotics separately from antibiotics, wait 2 hours



Cancer

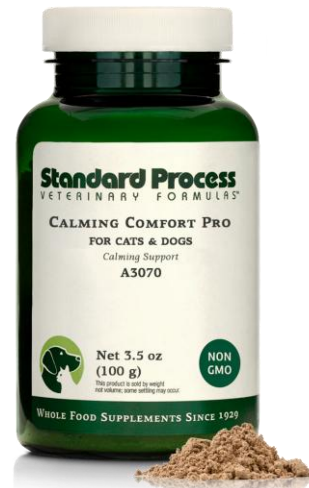
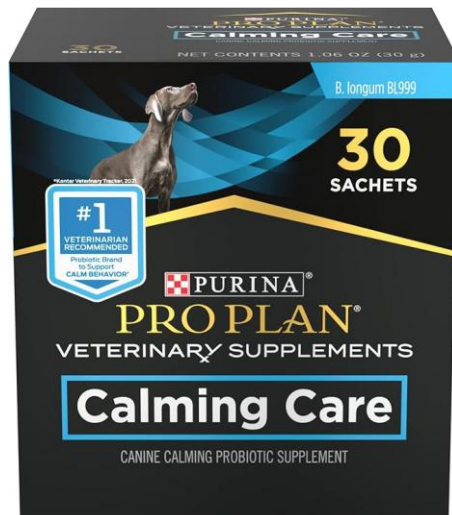
- ▶ Treatment options depend upon the type of cancer
- ▶ Avoid cold laser therapy of the cancerous area
- ▶ General recommendations for cancer
 - ▶ Chinese Herbal Therapy
 - ▶ Wei Qi Booster
 - ▶ Stasis Breaker or Max's Formula
 - ▶ Yunnan Baiyao
 - ▶ Turkey Tail mushroom
 - ▶ Prebiotics and Probiotics
 - ▶ Food therapy
 - ▶ Eliminate unhealthy carbs, dry processed foods, starches, and sugars
 - ▶ Homemade diets especially recommended in older pets, not as cold on stomach like raw food
 - ▶ Healthy grains are okay

Hemangiosarcoma

- ▶ Turkey Tail mushroom
- ▶ Chinese Herbal Therapy
 - ▶ Yunnan Baiyao
 - ▶ Wei Qi Booster

Anxiety and Phobias

- ▶ Positive reinforcement
- ▶ Flower Remedies, Valarian Root, Skullcap
- ▶ CBD
- ▶ Calming Supplements
 - ▶ Must be given several weeks in advance
 - ▶ Standard Process Calming Comfort Pro
 - ▶ Purina's Calming Care (Canine and Feline)



Cognitive Dysfunction (Dementia)

- ▶ Lions Mane Mushrooms
- ▶ Ginkgo biloba
- ▶ CBD
- ▶ Melatonin - for sundowners
- ▶ Acupuncture
- ▶ ASSISI loop
- ▶ Omegas 3 fatty acids

LION'S MANE FOR THE BRAIN

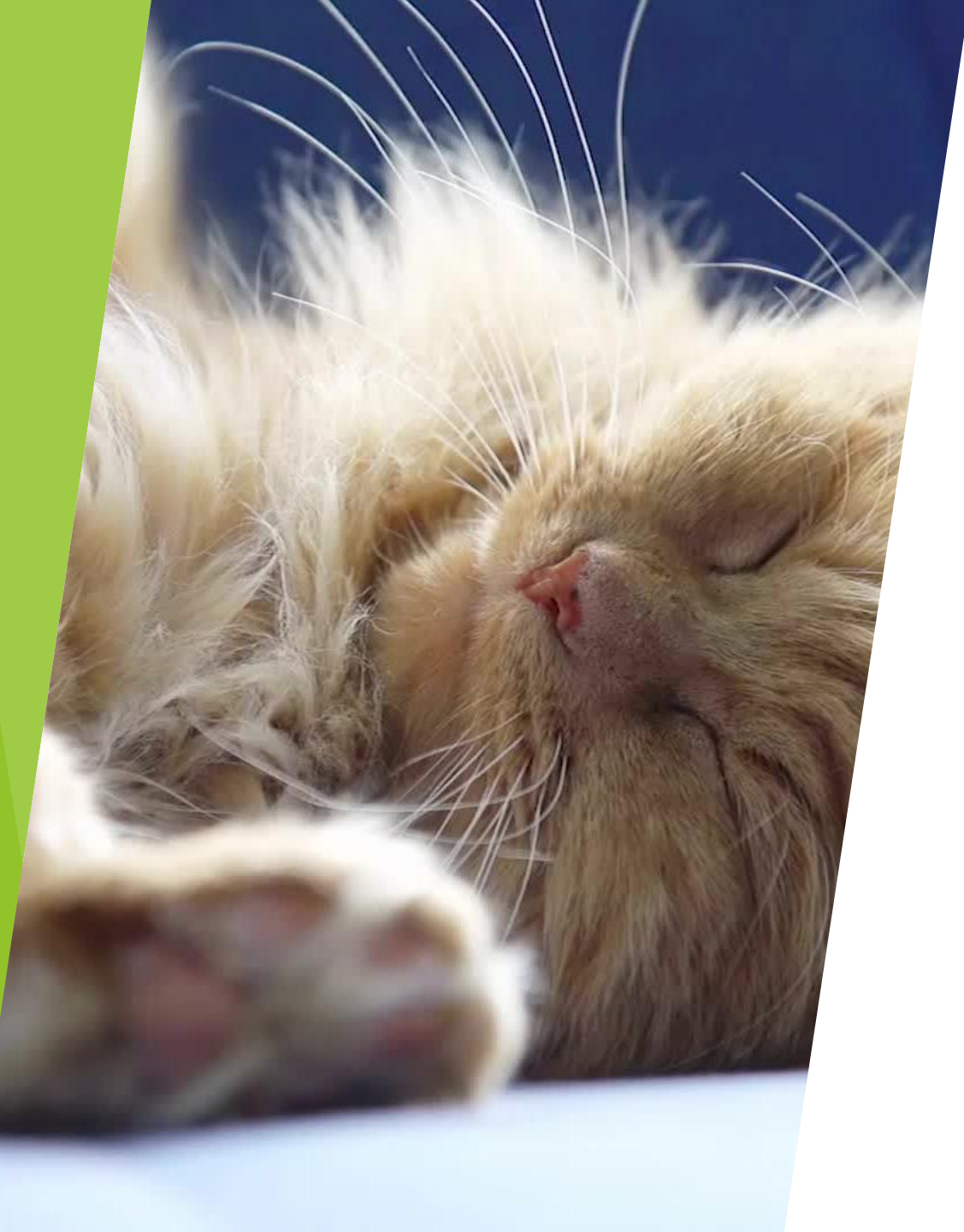
Enhances healthy
brain function

Supports normal
cognitive function

Supports normal
nervous system
function

Helps senior dogs
age gracefully





Kidney Disease in Cats

Kidney Disease in Cats

- ▶ Muscle atrophy associated to chronic renal disease
 - ▶ MYOS feline supplement
- ▶ Chinese Herbals
- ▶ Standard Process
 - ▶ Feline Renal Support
- ▶ Food Therapy
 - ▶ Moisture, moisture, moisture
 - ▶ Low phosphorus content
- ▶ PORUS one supplement

Urinary Incontinence

- Acupuncture
- Tui-na
- Chinese Herbs



IN THIS ISSUE:

ARTICLE
Herbal Medicine for the Geriatric Pet
page 1

TCVM AROUND THE WORLD
TCVM in India, South Korea, USA
page 6

SPOTLIGHT
My TCVM Journey:
Dr. Kinghorn, AU
page 8

CASE REPORT
Tui-na for Urinary Incontinence in a Great Dane
page 9

CASE REPORT
TCVM for Alopecia in a Cat
page 11

Herbal Medicine for the Geriatric Pet

Signe E. Roebbe, DVM, CVT/CMP (Oak Harbor WA, USA)



As companion animals age, quality of life becomes the focus for the vast majority of veterinary clients. Clients often say their goal is not just for the longevity of their pet but for their continued enjoyment of life. Their concerns most often center around lack of mobility and pain, the decline in cognitive ability, poor appetite, wasting, and lack of normal bladder-bowel function. From a conventional medicine perspective, we see an age-related decline in the organs of elimination and development of renal and/or hepatic insufficiency which affects drug distribution and elimination. Impaired immunity is often reflected in the presence of chronic infections (e.g. UTI) and the development of cancer. Poor digestion can result in decreased appetite, constipation, diarrhea, weight loss, muscle atrophy, and weak limbs/hindquarters. Osteoarthritis and degenerative joint disease inevitably develop to a variable degree in all senior dogs and cats causing pain and decreased mobility. Many painful pets develop behavioral issues due to pain, but also from age-related decline in cognitive function, hearing, and vision. These changes cause significant anxiety and stress for the pet owner as they struggle to cope with how to manage their beloved pet in their golden years. In the aging animal, pharmaceuticals or surgical intervention is often not an option as many geriatric pets have a long history of chronically prescribed drugs and a laundry list of cumulative issues. At this point, veterinary clients often seek other alternatives or an integrative approach to manage their pet's issues due to these concerns.

CASE REPORTS

Tui-na for the Treatment of Bi Syndrome and Urinary Incontinence in a Great Dane

Merik Metos, DVM
Nampa, Idaho, USA



History

An 8-year-old, female spayed, Great Dane presented for alternative medicine options for urinary incontinence and osteoarthritis. The dog's urinary incontinence had been mainly controlled with estrogen-based medication (DES) in the past. The owner noted the urinary incontinence was worse after heavy exercise (i.e. hiking in the mountains) and that the current medication had not helped. The owner takes the dog for 1 to 2-mile hikes almost daily, but she has noticed some hip pain. The dog also has occasional stress-induced diarrhea and can be sensitive to certain medications.

Western Examination

During the exam, the patient started out anxious (i.e. shivering and panting), but eventually relaxed about 10 minutes into the appointment. The dog was in good body condition, ambulatory on all four limbs, and well-hydrated. Bilateral hip pain was palpated with the right hip more painful than the left hip.

TCVM Exam and Pattern Diagnosis

This patient had a mixture of Water and Earth type personality. At home, she is friendly and calm; indicating an Earth-type personality. At the clinic or anywhere public, she is anxious, shivering and afraid; indicating a Water-type personality. She was more cool-seeking and drank a lot of water. The *Shen* was 10/10. Her tongue was normal size, dry, had red coloration on the tip/sides, and a purple center. Her femoral pulses were fast, deep, with the right side weaker. There was no dandruff present on her haircoat. Her paws and limbs were normal temperature, while her head and ears palpated very hot.

A TCVM pattern diagnosis of Kidney *Qi*-Yin Deficiency was made. The Kidney *Qi* Deficiency was associated with urinary incontinence worsening after exercise and a decreased right pulse. The Kidney *Yin* Deficiency was diagnosed from the cool-seeking behavior, increased thirst, warm ears and head. Osteoarthritis and painful palpation around the hips also indicated that this patient has *Bi* Syndrome with local Blood and *Qi* Stagnation.

TCVM Treatment

The treatment plan consisted of *Tui-na* and acupuncture sessions monthly with concurrent Western medicine. *Tui-na* and acupuncture would help relieve pain by breaking down Stagnation and promoting flow of Blood and *Qi*, and tonify Kidney *Yin* and Kidney *Qi*. The goal was to improve the dog's range of motion in the hips, improve her mobility during hikes with the owner, and decrease the pharmaceutical dose (DES) used for treatment of the urinary incontinence.

During the initial TCVM treatment sessions, the dog would not allow dry needle acupuncture (DNAP) to be performed on her. *Tui-na* only sessions were started instead to help build trust between the doctor and patient.

For the *Tui-na* portions of the sessions, the following techniques were performed: *Mo-fa* was started on the body from neck to hip region (*Zhang-mo-fa*) concentrating on the inner and outer Bladder channels, Back-*shu* acupoints, *Hua-tuo-jia-ji* points of the cervical area through the lumbar region, and over the hips for three to four minutes while the patient stood. Then *Tui-fa* was performed along the inner Bladder channels from cranial to caudal direction and around the hip muscle groups to find any sensitive areas or trigger points. Pressure started out light and gradually increased to medium pressure to allow deeper penetration into the muscles. Trigger points were noted around the hips and gastrocnemius muscles. These trigger points were treated with *Yi-zhi-chan* for about two minutes until the trigger points resolved.

The dog was then moved into lateral recumbency due to her large size. She would rest her head in her owner's lap, while the owner performed *Rou-fa* and *Ba-shen-fa* of both

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ears to help calm the dog. This technique stimulated the calming acupoints TH-17, GV-20 and GV-17 along with SI-19, GB-2, GB-3, and TH-21.

While the owner helped keep the dog calm, *Rou-fa* was applied to both hips to stimulate the following acupoints: GB-30, GB-29, and BL-54 and 36 for four minutes. *Yao-fa* was performed on all the hindlimb joints with concurrent *An-fa* of KID-3 and BL-60. *Yao-fa* was performed on all forelimb joints with concurrent *An-fa* of SI-9. *An-fa* was performed at those acupoints for between five to seven minutes.

Na-fa technique was performed along the trapezius and intrascapular muscles along the caudal aspects of the shoulder blades. The dog was then moved back into a standing position and *Pai-fa* was performed on the lumbar-sacral region, shoulders, hips, and caudal thigh areas for five minutes. This was the dog's favorite *Tui-na* technique every session.

The *Tui-na* session ended with *Mo-fa* on the body as previously described for three minutes while the dog stood. The owner was shown how to perform the following techniques at home as "homework" between sessions: *Yao-fa* on the hindlimb joints and *Rou-fa* over the hips.

When the dog allowed acupuncture needles to be placed, a DNAP session was performed at the following points: bilateral GB-30, GB-29, bilateral BL-39, BL-28, BL-23, BL-40, and BL-60, bilateral KID-3, KID-10, GV 14, An-shen, *Bai Hui*, left GB-36 and GB-29, and left BL-54 and BL-35.

Discussion

In summary, initially the dog was both frightened and agitated during her appointments, only allowing a short period of time for DNAP and *Tui-na* to be performed. The problematic behavior has steadily improved to now during sessions, she is comfortable enough to allow needles to be placed for 20 minutes and *Tui-na* to last 45 minutes per session. The owner noticed immediate improvement with her dog's gait after the first treatment. Over the course of four sessions, the dog was weaned completely off her urinary incontinence medication and decreased the amount of Carprofen given for pain relief.

She has been chasing and playing with dogs at the dog park, and has now begun running during her hikes with her owner. This dog has greatly benefited from her *Tui-na* sessions, and I have made her owner a believer in integrative medicine.

Acknowledgements

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Urinary Tract Infections

- ▶ Holistic medicine
 - ▶ Cranberry such as Crandindin, UroMAXX
 - ▶ Standard Process
 - ▶ Feline Renal Support
 - ▶ Canine Renal Support
 - ▶ Calming Comfort Pro
- ▶ Cold laser therapy
- ▶ Purina Calming Care
- ▶ Chinese Herbal Medicine
 - ▶ Red Front Door (For blood in urine)



The background features a dark blue-grey field on the left, transitioning into a series of overlapping, semi-transparent green triangles and polygons on the right. These shapes vary in shades from a vibrant lime green to a deep forest green. A thin, light-colored line runs diagonally across the lower right portion of the image.

THANK YOU!

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- ▶ **Reduction of behavioural disturbances in elderly dogs supplemented with a standardised Ginkgo leaf extract** [J Reichling¹](#), [M Frater-Schröder](#), [K Herzog](#), [S Bucher](#), [R Saller](#)

Cushing's Disease in Dogs

- ▶ Mycohost Defense Liver Support
- ▶ Milk thistle and SaME
- ▶ Food Therapy
 - ▶ Yin tonic foods, cooling foods: Fish, clams, mussels, watermelon, pears
- ▶ Chinese Herbals
 - ▶ Yi Guan Jian
 - ▶ Liver Happy

Diabetes Mellitus

- ▶ Even though both turmeric and curcumin have shown to reduce blood sugar, curcumin has been found to be better in minimizing it.
- ▶ Curcumin lowers inflammatory markers which contribute to Type-2 diabetes. It can especially bring down the inflammatory markers such as tumor necrosis factor and interleukin 6 (IL-6) which highly contribute to type 2-diabetes.
- ▶ It also leads to insulin release resulting in lowering glucose effect.
- ▶ Food Therapy
 - ▶ Sweet Potatoes