

## SIGNS & SYMPTOMS OF POOR GUT HEALTH

- Constipation / Diarrhea
- Vomiting or regurgitation
- Excessive drooling
- Rumbling stomach, excess wind.
- Picky or poor appetite.
- Weight loss, eating but not gaining weight.
- Blood, mucus in stool, undigested food
- Bad breath / tartar build up on teeth
- Skin issues
- Chronic ear problems
- Lethargy, loss of energy
- Loss of interest in play, walks, social activities
- Staining around eyes / mouth / feet
- Abdominal bloating / tenderness
- Hunched posture, reluctance to move
- Discomfort when being picked up / handled.
- Attention to diet is crucial for all of these ailments.



*Every animal is an individual and deserves to be treated as such*

### Our naturopathic services:

• Homeopathy • Herbal Medicine • Bach Flowers • Tissue Salts • Bioceuticals • NatPet animal remedies • Bioptron Light Therapy • Reiki & Bowen • Nutritional Advice

## ANIMAL NATUROPATH

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## TREATING THE GUT



- Inflammatory Bowel Disease
- 'Leaky gut' Syndrome
- Chronic Diarrhea
- Ulcerative Colitis
- Antibiotic – resistant infections
- Picky Eaters
- Allergies
- Atopic Dermatitis
- Stress, Anxiety, some Behavioural issues

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## EA 'BRAIN' IN THE GUT

Hidden in the walls of the digestive system is the enteric nervous system (ENS), a part of the nervous system that determines the movements of the g.i. tract, regulates gastric acid secretions, gut hormone release and interacts with the gut immune system (remember over 80% of the immune 'buttons' are in the gut).

The ENS is particularly made sensitive by stress & emotions (anticipatory anxiety, suppressed anger, grief), causing heartburn, indigestion, nausea, vomiting, diarrhoea or constipation. Recent research has described the importance of gut microbiota (the microbiome) in influencing these interactions.

## WHAT IS THE GUT MICROBIOME

Our companion animals have trillions of tiny organisms (bacteria, fungi, and viruses) living in their gastro intestinal tract. These are collectively called the gut microbiome. They help digest food, protect against disease and perform many other functions.

These organisms may be beneficial or not so good to the gut. When the harmful bacteria outnumber beneficial bacteria then some important functions stop working. This may lead to diarrhea, excessive gas, or skin issues. The imbalance of a healthy microbiome may have many reasons – age, diet, disease, or medications – especially antibiotics.

## DO ANTIBIOTICS HARM THE GUT MICROBIOME

In some situations, these powerful medications are a necessary treatment, but antibiotics can make radical, long-term changes to your dog's gut microbiome. That's because they kill a lot of beneficial bacteria plus the harmful ones they're meant to target. But if your dog needs a course of antibiotics, there's still a lot you can do to support their gut health during and after treatment.

## REPAIRING THE MICROBIOME

The best and most important way to manage and restore health to the gut microbiome is by feeding real nourishing food. This will support the beneficial bacteria and discourage the harmful ones because of its greater diversity and composition of microbes. Fermented foods contain 'friendly' live bacteria e.g. sauerkraut, Kefir, cultured milk & yoghurt; organic Apple Cider Vinegar. Vegetables are a source of fibre that feeds the microbiome in the dog's gut. This is why the dog goes for the contents of its wild prey's gut first, to prime his own digestive enzymes so he can process the meat, skin and bones etc. Processed and Kibbled food do not support the dog and cats' microbiome.

**Prebiotics** are particular sources of dietary fiber that provide food for beneficial gut bacteria. Different bacteria eat different things

**Postbiotics:** gut bacteria feed on prebiotics and break them down. This activity produces byproducts, which are referred to as postbiotics. Certain postbiotics help to reduce inflammation

**Probiotics:** Micro-organisms (usually bacteria) that are consumed for their health benefits are called probiotics. Many probiotics are not effectual for the dogs' microbiome. We stock ones that have a proven track record.



## CHANGING THE DIET

If your pet is on kibble do not mix with real food. Dried food is processed differently. Mixing them together causes gastric upsets; subsequently the pet goes off their food or becomes a picky eater.

### Transition Diet:

- ✓ **Stop all dried food immediately.**
- ✓ **Provide raw green tripe (60%) and cooked mashed pumpkin (40%) as the usual meal for three days. (Tripe has useful enzymes for digestion and pumpkin is exceptionally good for the gut). This will allow the stomach and gut to return to a normal acid/alkaline function.**
- ✓ **Other meats such as veal, lamb, goat and a little game meat may be introduced slowly. Avoid beef and chicken if dog has allergies or skin problems.**
- ✓ **Other cooked vegetables may be added slowly (carrots, kumara, green leafy veges, root crops in small quantities. No corncobs, onions, mushrooms; no excessive garlic.)**

If your pet suffers from gut ailments mentioned in our pamphlet we can offer you a plan to restore correct gut function and help with the transition to a diet suitable for your individual pet. Ask about our Probiotics for your pet.

There is substantial scientific evidence that many health conditions - including inflammatory bowel disease, 'Leaky Gut' syndrome, chronic diarrhea, allergies, atopic dermatitis, ulcerative colitis and antibiotic-resistant Clostridium and Clostridioides infections (including C. diff infections) — have an element in common, an imbalanced gut microbiome.