

ACIDIFYING FOODS

Flesh foods: Meat of all kinds, including organ meats, least acidic is lamb. Poultry and game. Fish (all kinds) and shellfish.

Dairy: Yellow or hard cheeses, eggs, especially the yolks, Milk.

Grains: All grains, including wheat, rice, oats, barley and grain products, except millet. Bread of all kinds, flours of all kinds, especially white flour, pasta, noodles, macaroni.

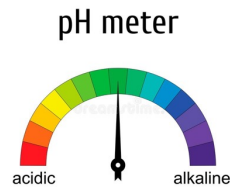
Sugar: Of all kinds and all products containing it.

Vegetables: Beans, dried peas, asparagus, brussels sprouts, legumes, lentils, chickpeas.

Fruits: Plums, prunes, cranberries.

Nuts: Walnuts, cashews, pecans, dried coconut, peanuts.

Vinegar and Apple Cider Vinegar.



ALKALISING FOODS

Flesh foods: Only blood and bone.

Nuts: Fresh coconut, almonds, brazil nuts, roasted chestnuts.

Grains: Millet, corn.

Vegetables: Most vegetables including avocados, broccoli, cabbage, carrots, celery, dandelion greens, garlic, kale, kohlrabi, leek, legumes (except peanuts and lentils), okra, parsley, parsnips, potatoes, pumpkin, swedes, sorrel, spinach, squash, taro (baked), turnips, watercress, alfalfa.

Sea vegetables: Kelp.

Fruits: Most fruits including banana, apples, dates, figs, lemons, citrus, berries.

Other foods: Honey, molasses.



Sometimes the smallest things take up the most room in your urinary tract!

Our naturopathic services:

- Homeopathy
- Herbal Medicine
- Bach Flowers
- Tissue Salts
- Bioceuticals
- NATPET animal remedies
- Reiki, Bowen
- Bioptron Light Therapy
- Nutritional Advice

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KIDNEY & BLADDER STONES IN THE CAT AND DOG (Uroliths)



Inappropriate diet and constitution are the main drivers of urolith formation.

- If diagnosed with uroliths, ask which type – important that you know.
- Tailor a diet to suit – we can help you with that.
- There are many homeopathic and herbal remedies with proven beneficial effects in prevention & treatment.
- If you suspect a urinary tract problem, don't delay a trip to the vet. Take a urine sample if possible.
- If surgery is necessary, our remedies will assist in recovery & maintaining a healthy urinary tract to reduce recurrence

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UROLITHIASIS

Uroliths are crystals that form in urine. It is most unfortunate that our pets are sometimes having multiple operations to remove these stones.

The urinary system should remove wastes in liquid form, but some minerals are not very soluble and may precipitate to form crystals. If the crystals take a long time to pass through the urinary system they may grow into large uroliths. The stones may be located anywhere in the urinary system.

Male cats and dogs are more likely to get urolithiasis.

Some of the signs of stone formation are:

- Dark, cloudy or blood in the urine
- Difficulty or frequency of urinating
- Increased urgency/dribbling
- Inappropriate urination
- Licking around urethral opening
- Vomiting, lethargy, inappetance.
- Drinking more water than usual.

Dogs have many lower urinary tract uroliths including canine struvite, calcium oxalate, ammonium urate and cystine crystals.

The most common uroliths in cats are calcium oxalate, magnesium ammonium phosphate and urate.

Dogs and cats urine is ideally in the pH range of 6 – 6.5. slightly acidic, and that's ideal for urinary tract health.

A pH score greater than 7 is increasingly alkaline, a pH score less than 7 is increasingly acidic. (see our pH diagram overleaf).

STRUVITE CRYSTALS

These stones are sometimes caused by infection and form in highly alkaline urine - they are the most common stones in dogs and male cats. Many commercial cat foods produce urine with an acid pH which helps prevent struvite formation, however this does mean one runs the risk of developing the oxalate crystals!

There are some predisposing factors in the formation of these crystals in cats, including a reduced diameter of penile urethra, dried food and additives to food. The average age for cats is four years old and there is no obvious breed disposition. The main treatment is surgical removal, although this is not always curative.



REAL STORY: OSCAR

Schnauzers are breed-susceptible and Oscar was no exception, having had multiple surgical removals, catheterisations and examinations by the age of 6 years old. His system just could not tolerate any more invasive techniques and his owner came to us for advice. Oscar had a history of BOTH struvite and oxalate and of course, changing the diet to prevent his struvite crystals forming encouraged the formation of his now problematic oxalate crystals.

The first thing we did for Oscar was change his diet to regulate the acidity of his urine and with a willing owner who marvelled at the shopping list, Oscar became drug-free and managed very well. The vet was astounded to hear that Oscar had stewed apple, dates, millet porridge and banana for breakfast (and that was just the start!). No more problems.

OXALATE STONES

There is an increasing prevalence of oxalate stones which form in an acid environment. A possible cause is the development of acidifying commercial diets which have been given to the pet to cure their struvite uroliths!

Oxalate stones are found in greater incidence in cats over 7 years old and are most common in Persian, Himalayan and Burmese cats, more common in males, cats with low water intake, obesity, and those on urinary acidifiers. It is the acid/alkaline composition of the urine which is a determining factor and dietary management of calc.oxalate crystals is directly opposite to struvite crystals. For your affected animal or to prevent stones forming, there are two main considerations:

- 1) Avoid excessive protein (use live protein e.g. dairy foods rather than 'dead' protein i.e. meat).
- 2) Avoid excessive sodium (salt) present in abundance in commercial foods such as dried food, dog rolls and canned. Encourage chlorine-free water consumption. If necessary add water to food, especially if you are using a dried food. Ensure easy access to your kitty litter tray and if you are suspicious of any problems use a white paper liner to detect any blood.

Other Uroliths:

Urate Stones – Most common in Dalmations, restrict protein.

Cystine Stones – Mainly in male dogs – no salt.

Silica Stones – Prevalent in dogs over 6, restrict plants containing silica in diet.

Feline Ammonium Urate and Uric acid – risk factor is diets high in purine precursors, especially liver.