The Ultimate Pet Health Protocol

Dedicated to Those Who See Their Pet As Part Of Their Family
Disclaimer

The Ultimate Pet Health Protocol is an info-product. This e-book is not intended as a substitute for the medical advice of a veterinarian.

The reader should regularly consult a vet in matters relating to his/her pet’s health and particularly with respect to any symptoms that may require diagnosis or medical attention.

Some names and identifying details have been changed to protect the privacy of individuals.
Contents
Most Common Medical Conditions in Dogs and Cats ................................................................. 4
Inflammation in Pets.................................................................................................................. 10
Natural Remedies for Treating the Most Common Medical Conditions in Dogs and Cats .......... 16
  Apple Cider Vinegar – A Natural Medicine for Both Dogs and Cats ..................................... 21
Do You Know How to Take Proper Care of Your Pet? ............................................................. 24
Most Common Medical Conditions in Dogs and Cats

A pet or companion is an animal kept primarily for a person's company or protection, as opposed to working, sports, livestock, and laboratory animals, which are kept primarily for performance, agricultural value, or research. The most popular pets are noted for their attractive appearances and their loyal or playful personalities.

Pets provide their owners physical and emotional benefits. Walking a dog can supply both the human and pet with exercise, fresh air, and social interaction. They can give companionship to elderly adults who do not have adequate social interaction with other people, as well as other people that are living alone. There is a medically-approved class of therapy animals, mostly dogs or cats, that are brought to visit confined humans.
Pet therapy utilizes trained animals and handlers to achieve specific physical, social, cognitive, and emotional goals with patients.

Keeping animals as pets may be detrimental to their health if certain requirements are not met. An important issue is inappropriate feeding, which may produce clinical effects. The consumption of chocolate or grapes by dogs, for example, may prove fatal.

Certain species of houseplants can also prove toxic if consumed by pets. Examples include philodendrons and Easter lilies (which can cause severe kidney damage to cats) and poinsettias, begonia, and Aloe Vera (which can sicken or, in extreme cases, kill dogs).

Housepets, particularly dogs and cats in industrialized societies, are also highly susceptible to obesity. Overweight pets have been shown to be
at a higher risk of developing diabetes, liver problems, joint pain, kidney failure, and cancer. Lack of exercise and high-caloric diets are considered to be the primary contributors to pet obesity.

Because they cannot use words to tell us when they are not feeling well, they show us through physical symptoms and behavioral changes. So, let’s see which are the most common diseases of our loyal friends.

**Vomiting or diarrhea**

Dogs and cats may vomit occasionally, often without necessarily being sick. But once a lively and playful puppy that vomits several times a day, is lethargic and has no appetite, needs the attention of a veterinarian. A serious problem is when it vomits blood. The gastric ulcer can cause vomiting with blood, but swallowing an object can also irritate the stomach. Vomiting or diarrhea may come from gastrointestinal diseases and/or from parasitic infections such as worms. The presence of blood in the animal’s faeces is also a warning sign that your pet must be taken to the veterinary.
Lack of appetite

Lack of appetite and lethargic state are two vague symptoms, but if they persist, you must take your pet to the vet to check the causes. Dogs refuse to eat from a variety of reasons, from fever to pain or even stress. A reduced or absent appetite, especially if it lasts for more than 24 hours, is a real concern. It can be a sign of lethargy, including major problems, such as heart disease or, in cats, fatty liver, which is a serious condition.

Urinating more or less frequently

Excessive thirst and urination could describe diabetes. Frequent urination may also signal a liver or kidney disease or adrenal gland disease. When your dog or cat begins to urinate randomly in the house or when the dog that is sleeping, needs to pee suddenly, usually at night, then you need to take your pet to the veterinary for a check-up.
Conversely, if the animal urinates rarely or pees only drops of urine, these are signals that there are problems with the bladder, urinary tract or bladder stones.

**Cough**

A cough, especially if it is persistent, is one of the symptoms that your pet should be taken to the vet. A chronic cough can be linked to the heart disease, worms or lung diseases. A dog may have a kennel cough, which is an infectious disease of the respiratory tract. This infectious tracheobronchitis causes a violent dry cough. In puppies, a kennel cough can turn into pneumonia, which can be fatal. The kennel cough can be extremely serious for some dog breeds such as Boxers, Bulldogs, Pugs and Boston Terriers. Also, persistent sneezing, abundant secretions drained from the eyes, ears or symptoms of suffocation, all are reasons for alert and a visit to the veterinarian.

**Hair loss or irritated skin**

Fleas, ticks, scabies, and ear mites can lead to hair loss and irritation of the skin and ears. But, hair loss, itching and skin irritation can also indicate endocrine problems, staph or fungal infections.
Rigidity and difficulty walking

When the dog has leg stiffness, is limping, or is unable to walk while sustaining its weight on one foot, it can have problems related to the spine, arthritis, disc disease, hip dysplasia or torn ligaments. The tick-borne diseases such as Lyme disease, can cause arthritis. Large dogs such as German Shepherds, Labradors and Gold Retrievers breeds are more susceptible to these illnesses.

Bad breath

Most often, smelly breath is caused by canine tooth or gum disease. However, bad breath can also indicate bigger problems of the mouth, respiratory system, gastrointestinal tract or internal organs. A breath that smells like urine can be a sign of kidney disease.

An unusual smell accompanied by vomiting, lack of appetite, cornea, or yellow gums, could signal a liver problem. The veterinarian is the best person to determine the cause, and you are the first to notice and understand the physical language of your pet.
Inflammation in Pets

Inflammation is part of the complex biological response of body tissues to harmful stimuli, such as pathogens, damaged cells, or irritants, and is a protective response involving immune cells, blood vessels, and molecular mediators. The function of inflammation is to eliminate the initial cause of cell injury, clear out necrotic cells and tissues damaged from the original insult and the inflammatory process, and to initiate tissue repair.

When it comes to developing diseases, the animal body resembles human body. Therefore, just us people may suffer from arthritis, tonsillitis, or a variety of other inflammatory conditions, so too can pets. Inflammation is the body’s way of responding to infection, injuries, and other foreign substances. It can also be a result of the autoimmune diseases, in which the body activates an inflammatory response when there are no invaders to battle.
Furthermore, chronic inflammation can make your pet vulnerable to certain diseases, even some types of cancer. The shocking truth here is that chronic inflammation is way more common that we once knew.

There are situations in which inflammation is obvious because you can clearly see it when our dog suffers a cut or burn. You will immediately notice the inflamed tissue in the injured area. Also, take into account that a dog with periodontal disease will present inflamed gums, while a dog with an allergic reaction to fleas will suffer from inflamed skin, and the examples could go on and on.

The complicated part comes when inflammation is internal and you can’t see it manifesting itself on your pet’s body. While your little friend could be suffering from inflamed prostate, pancreas or kidney you might not even notice its intense pain that is tormenting it.

The inflammatory disease can be:

- Acute or chronic
- Mild or severe

**Arthritis** is a common condition that is joined by inflammation. It appears when the surface of the joints, which should glide, becomes rigid due to friction. Have you noticed that your dog has trouble jumping or that it does not run as usual? Does your cat make smaller jumps? Some
types of arthritis are thought to be caused by inflammation. If left untreated, can cause disability.

**Asthma** is a condition of inflammation, which is triggered by the actions of the inflammatory cells such as eosinophils, neutrophils, mast cells, T-lymphocytes, epithelial cells, and macrophages. Due to the fact that the airways become inflamed, the classic symptoms of asthma occur: coughing, wheezing, difficulty breathing, and chest-tightening. Asthma can cause permanent damage to the lungs if not treated early and well.

**Inflammatory bowel disease** is a condition that includes many symptoms of the gastrointestinal tract, which has a less known origin, being considered the result of an inflammation of this segment combined with factors related to diet, microflora, and immunity. The integrity of the mucosa of the digestive tract is affected, this leading to the increased permeability to toxins and creating an environment for the translocation of the bacterial population. All these changes cause the emergence of vomiting and diarrhea due to the impossibility of fulfilling a proper functioning of the intestinal mucosa. IBD can be debilitating and sometimes leads to life-threatening complications.
**The inflammatory joint disease** is usually determined by the appearance of an infection, such as fungal or bacterial infection, Rocky Mountain spotted fever, and tick-borne disease. This particular type of arthritis can also be the cause of an underlying defect in your pet’s immune system. It can eventually lead to the destruction of both bone and cartilage inside the joint.

**Conjunctivitis** is the inflammation of the conjunctiva of the dog’s eye that can be caused by dry eye, allergies or irritants. Unless diagnosed and treated, it can lead to blindness.

**Dermatitis** is one of the most common skin diseases in dogs and cats. It can be defined as the inflammation of the skin caused by the exposure to harmful substances called allergens. These are inhaled, absorbed through the skin or ingested with food.
**Encephalitis** is the inflammation of the brain that can cause numerous neurological and behavioral signs, and most importantly, pain. It’s a condition that can also be associated with inflammation of the brain covering or the spinal cord. It has the potential to cause significant brain damage or even death.

**Glomerulonephritis** is an inflammatory process that occurs in the kidneys, causing kidney failure.

**Pancreatitis** is a disease characterized by the inflammation of the pancreas that causes intense pain. It often recurs throughout the pet’s entire life. It is often manifested in middle-age or older overweight dogs. If left untreated, this illness can lead to diabetes, a disease that affects the way the animal’s body uses blood sugar.

**Masticatory muscle myositis** is an inflammatory disease of the jaw muscles that debuts with swelling and pain, finally causing the atrophy of the
Panosteitis is a painful inflammation that affects the long bones, being often seen in young dogs between 5 and 19 months of age. The dog finds it difficult to play, its condition lasting from days to months. If the condition is not corrected, some dogs may experience atrophy with the lack of muscle usage.

Uveitis is a very painful inflammation triggered by a variety of factors. It affects the eye’s iris and muscles that control the lens. If left untreated, it can lead to blindness.

As a general rule, all the conditions that end in “itis” refer to inflammation: folliculitis, glomerulonephritis, hepatitis, lymphadenitis, meningitis, and myocarditis. All these are found in dogs, being directly linked to inflammation. The above-mentioned types of inflammation are not the only ones your pet may have. In reality, most types of inflammation tend to fly under the radar, not being named as a special disease condition.
Natural Remedies for Treating the Most Common Medical Conditions in Dogs and Cats

Your pet is prone to many diseases, the most common ones being the skin and digestive conditions, and the flea bites. Before running to the veterinary pharmacy to buy drugs for your little friend, turn to the miraculous powers of some of the most simple and handy natural remedies.

**Yogurt is perfect for digestive imbalances**

Plain yogurt without flavors and other ingredients, is as effective for the
digestive health of dogs and cats as it is for people. The carefully selected live cultures found in yogurt take care of the pet’s bowel movement, preventing bacterial growth that could affect its digestive health.

**Vitamin E is a sure remedy against skin diseases**

The skin of your little friend is more prone to injury than any other part of the body. Whether faced with dry or oily skin, irritations or eczema caused by allergy or dermatitis, vitamin E does wonders in repairing the affected epidermal tissues. Vitamin E can be added to the bath water or directly on the dog’s skin, massaging it gently to penetrate into the deeper layers of the epidermis. In case the skin is severely affected, you can also administer it tablets that contain vitamin E.

**Chamomile tea – a wonderful natural remedy for digestion, anxiety, and skin**

Chamomile tea is an effective natural treatment for a variety of medical problems, having a rapid calming and anti-inflammatory effect. According to experts, this plant is designed to quickly relieve abdominal cramps caused by various digestive disorders, improve skin irritation and combat canine anxiety.
Lemon water and borax powder – safe flea solutions

There is no need for you to invest exorbitant amounts of money in flea control products for your pet. Applying a solution of water with lemon or borax powder all over the skin, banishes fleas from your dog or cat. Prepare the solution by pouring 2 cups of hot water over a lemon sliced into quarters, which you let to soak for 24 hours. Use the juice obtained after maceration.

What can you do when your dog/cat has diarrhea?

In this case, a special diet is recommended for your pet. Don’t give it anything to eat. Instead of water, make sure it drinks black tea. The next day, the natural treatment includes a meal consisting of rice with vegetable soup.

Treating dog/cat constipation

To solve the problem of constipation, whether in a puppy or a kitten, it’s good to know that the honey and flax seed mixture helps. Two tablespoons of honey mixed with two tablespoons of flax seed are just enough. You can add this natural remedy to your pet’s food.
**Dog/cat coughing**

In the case of cough, it is recommended a mixture made up from a cup of chopped onion, with as much brown sugar allowed to stand overnight. Strain the obtained juice and give your little friend a teaspoon each day.

**Dog/cat sore throat**

Does your pet make weird sounds when it breaths and has a dry cough? If, in addition to these, it does not present any other symptoms (e.g.: bleeding, suspicious leaks, bulging eyes, dry nose) then the diagnosis may be a mild angina that can be treated with chamomile. A cold chamomile tea instead of water will improve its health.

**Eczemas**

These can be treated only if they are not infectious, with pus. Otherwise, you can apply a treatment made of acorns that you crush until you obtain a dust. With it, you will powder the eruptive areas, several times a day, until the affected area heals.
**Fever**

Mild fever may improve by applying compresses. Soak a large cotton towel in a mixture from equal parts of vinegar and water. Rub your pet with it and then cover it with a warm blanket.

**Scab**

If your dog/cat suffers from this unpleasant condition, make sure you anoint its entire body with juniper oil. Also, it is good to know that food has a great influence on the health of the animal. Therefore, it is recommended to also change its diet to relieve the itching while healing the skin. Don’t panic if the oil colors the fur; it will wash off.

**Red eye in dogs/cats**

For this, it is recommended to mix one teaspoon of olive oil with a cup of cold black tea. Take a piece of a clean cotton swab, soak it in the mixture and then gently wipe the eyelids and the skin around them. Make sure the solution does not reach the dog’s or cat’s eyes.
Apple Cider Vinegar – A Natural Medicine for Both Dogs and Cats

Did you know that apple cider vinegar is very good for both dogs and cats? Given in moderate amounts, it may have positive health effects for your little friend. One tablespoon of apple cider vinegar in your dog’s or cat’s bowl does wonders.

Apple cider vinegar offers many benefits for the animals. It functions as an antiviral, antifungal, antiseptic, and anti-inflammatory. It also acts on the immune system, fortifying it.

Here’s an entire list of reasons that will convince you, the pet owner, to use this remedy for your dog or cat:

- Its anti-inflammatory properties are great for dogs with arthritis and joint problems;
The Ultimate Pet Health Protocol

- It helps heal the fungal infections such as ringworm;
- It increases appetite;
- It helps treat intestinal worms;
- It prevents flea and tick infestation;
- It helps eliminate other internal and external parasites;
- It neutralizes acidity in the stomach;
- It keeps the eyes clean, protecting them from tear stains (brown);
- It balances pH;
- It reduces respiratory problems;
- It is useful in treating dogs and cats with skin problems;
- It helps avoid ear infections (after cleaning your pet’s ears, pour 2 drops of apple cider vinegar);
- It helps prevent kidney diseases and the formation of kidney stones.
What kind of apple cider vinegar?

It is very important to buy the right apple cider vinegar. Its color usually varies from yellow to orange. You know that you found the perfect apple cider vinegar when you see deposits on the bottom of the bottle.

Dosage

The daily dosage is neither more nor less than a tablespoon of apple cider vinegar that you pour in the water bowl, for a cat, medium or large dog.

When you apply it on the skin, always use a cotton pad. You can dilute it by adding a little bit of water and then spray it on the dog’s or cat’s skin, thus preventing flea infestation.

Do not spray in the pet’s eyes! In case you made that mistake, call your veterinarian.
Do You Know How to Take Proper Care of Your Pet?

Nowadays, many families own a dog or a cat, which actually are full-fledged members. But not all pet owners have the necessary information about the growth of their new family member. Therefore, they can make countless mistakes without even being aware of them.

The cute little creatures must not be raised based on myths or the neighbor’s advice.

Here’s where you could go wrong:

**The remains of food are good for the dogs.** Quadrupeds need special food. That’s because they need generous amounts of fat, protein and carbohydrates, which are hardly found in the food people eat. Make sure you feed your dog with the correct amount of food, which is indicated
by the veterinarian, twice daily. Perhaps it will want some more, but better compensate with love, walks in the park and play time. If you want to spoil your little companion, from time to time, give it a slice of apple, pear, a piece of cauliflower, lettuce or melon (without seeds). Do not feed dogs with grapes or raisins because these will harm his stomach. Avocado is also extremely toxic to them.

**Cats need milk**

We all picture a saucer of milk when we think of cats. But the truth is that cats and dogs do not have the ability to break down lactose, thus causing them diarrhea, vomiting, or trigger other health problems. To make sure that the cat is properly hydrated, make sure it always has water available.

**A warm nose = a sick dog**

If you want to check if your dog is sick, look for signs of lethargy, loss of appetite, cough, vomiting, or diarrhea. If the dog’s nose is cold, it’s possible that he just drank water, and if it’s too warm, maybe he was
exposed for an extended period of time to the sun. To check his temperature, put your forehead on his head, but keep in mind that his temperature is higher than yours so that might be misleading.

**Cats always land on their feet**

Unfortunately, this is not true, so cats can die when they fall from the window trying to catch a butterfly or a bird. Put nets on the windows and keep them occupied during the day.

**There is no problem if the dog gives you a “kiss”**

Usually, there aren’t any harmful bacteria in the dog’s mouth, but take into account that he licks all kinds of things all the time. You can even get salmonella, especially if you have a weak immune system.

Normally, you should even brush your dog’s teeth, but very few people do this. Do not use regular toothpaste because it’s toxic for your pet and can lead to hypoglycemia or even death.

I know you love them with all your heart, and you’ll do anything to keep them safe. Offer them your affection, and also be aware of the fact that a periodical visit to the vet prolongues your pet’s life that it has to spend with you.