

# Detoxification

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When we start to make changes in your pet's diet, and add supplements and homeopathic remedies to improve his health, stored toxins will start to move out of his body. Some pets do this rather quietly, and others make a big show of it! How intensely your pet dumps toxins depends on their level of disease, the strength of their immune system and the type of treatments chosen. If we go too slowly, he never gets well (toxins remain in tissues). But too quickly and there is discomfort and carpet to clean! So we will need to be in contact as your pet goes through this phase of treatment, and you need to be aware of possible symptoms.

## Detoxification symptoms:

- Skin rash

Increased/new itch

Soft stools

Ear discharge/redness

Vomiting

Discharge from eyes

Stiffness

Sneezing

Increased urine output

Unless symptoms are severe, we'll try to avoid the use of conventional medication, as this may suppress the removal of toxins. But I don't expect either of you to be miserable, so here are some pointers:

- 1) If symptoms are uncomfortable, stop the blue "detox" bottle of oral drops for a few days, then restart at ½ the listed frequency for 7 days, then give at label does.

Continue other remedies as prescribed unless otherwise discussed.

Diarrhea- please monitor your pet's stools, as most pass through a "soft" period before they develop true diarrhea. If either develops, follow #1. Also feed only boiled hamburger and rice or cottage cheese and rice (assuming no food allergies) in 4-6 small meals a day. Garlic powder can be added for flavor. Plain canned pumpkin is good to keep around – it can firm up soft stools and soften hard ones. Give at ~ 1 Tbsp. per 25 lbs 3X per day.

Vomiting- again, follow #1. Also give no food or water for 12 hours (6 hours for very small breeds). So long as vomiting has stopped, offer 1-2 Tbsp. of water, wait 30 minutes and repeat. If there is still no vomiting, you can offer 1-2 Tbsp. of the food described above every hour or so. **Slowly** increase his meal size if he does well. Dogs can live without food for several days, so do not be tempted to overfeed him at first. Gradually phase in his regular food over 36-72 hours. If vomiting persists past 4-6 hours or your pet is depressed, call the hospital for an exam right away. Dogs can eat socks at the same time they start their remedies and confuse the picture!

Icky-itchy skin- try Aveeno bath (ground oatmeal). It is available in the grocery store or

pharmacy. Use 1-2 Tbsp. in a large spray bottle or pitcher and spray or soak on irritated areas as often as you like. Keep in the fridge and stir/shake before using.

Grungy ears- Zymox ear cleanser can be used to reduce ear discharge and discomfort (Dr. Lund has at SF). You can also use a cotton ball to wipe out discharge if there is little redness.

Please refer to the “emergency symptoms” handout in your packet if you are in question about having your pet seen. It is unlikely that a remedy or supplement will cause him to have severe symptoms. But sick pets can get sicker, and you need to have him examined if there is any question.

Detoxification symptoms , when they happen, may last a few hours or a couple weeks. He should come out on the other side of them feeling much better! Please call me at the home business # if you have any concerns .

□ Cathy Lund, DVM  
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