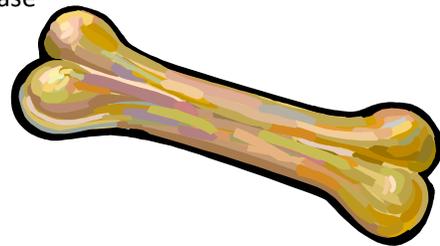


BONE BROTH FOR PETS

Bone broth has been a classic folk remedy for thousands of years and benefits ailments that affect connective tissues such as the gastrointestinal tract, the joints, the skin, the lungs, the muscles and the blood.

Bone broth is beneficial for the following conditions in pets:

- Gastrointestinal ailments, esp. Inflammatory Bowel Disease
- Decreased appetite with chronic kidney disease
- Arthritis and degenerative Joint Disease
- Chronic Skin allergies and ear infections
- As a medium to hide herbs and drugs in



How to make bone broth

Use raw or cooked bones, with or without meat and skin. Including joints and chicken feet will increase the amount of collagen, minerals and glycosaminoglycans in the broth. Add enough water to cover the bones, add a splash of vinegar, and optional assorted vegetables or their scraps (*no onions!*). Bring to a simmer. No chopping or tending is needed. Simmer on lowest heat for a minimum of 2 hours (1-2 days is better). Strain to remove small bones, cool, and put into containers (ice cube trays work well for freezing small individual portions). The broth can be kept in the refrigerator for about five days, or frozen for months. Warm the broth to just above room temperature at each serving.

PROTOCOL FOR CATS WITH INFLAMMATORY BOWEL DISEASE

Start with a modified fast (broth only) if your cat is acutely unwell with severe signs (diarrhea, vomiting etc.) and after it has been evaluated by a veterinarian. The object of the modified fast is to hydrate your cat and temporarily minimize digestion and at the same time deliver agents that can help heal the gastrointestinal mucosa.

Day 1-3:

Make bone broth (see above) using a novel source of animal protein (fish, rabbit, bird, beef, kangaroo, venison). Introduce a probiotic slowly by adding a pinch to one serving a day for a few days, then increase to a pinch with each serving. Add meat and marrow mixed with the broth when you are certain that the broth is not making your cat worse.

Day 3 to 2 weeks:

When the food (broth, meat, marrow) is tolerated, add in fish or flax seed oil, starting with small amounts and building up to ¼ tsp daily. Maintain probiotics in either broth, food or water. Slowly add herbs as prescribed by your holistic veterinarian (these can often replace steroids therapy). Additional foods and supplements can be added into the diet once symptoms have abated. Don't forget to address any stress that can trigger flare-ups.