Dr. Hirsch's Handout
Dr. Beth Hirsch's Guidelines for Optimal Feline Care

Nutrition: Fresh, high quality, balanced, free-ranged/pasture sourced food
   -Raw food (preferable) > Canned wet food (Rawz, ZiwiPeak, Weruva, Tiki Cat, Solid Gold)
   -Gives the body fuel for ongoing health and repair
   -Higher quality food reorients the body from its imbalances
      "*Let food by they medicine and medicine by thy food*" Hippocrates

Chiropractic adjustment: Healthier interaction and communication throughout the whole body
      -Improves overall health and turns on body's ability to self-heal
      -Removes *subluxations*, misalignments of the vertebrae; leading to improved motion comfort in
   joints for a better functioning immune system, healing as well as allowing body's natural energy to flow
      -Maintains optimal healthy and wellness; aids in pain/discomfort relief, musculoskeletal disease, spinal
chord problems, organ communication, skin issues and rehabilitation

AnimalEO Essential Oils: Supports all body systems and great for all ages.
      -Anti Inflammatory, anti-cancer, healing/regeneration, immune support, anti-infectious, pain relief,
   respiratory support, digestive support, and stress relief
      -KittyBoost or KittyBoost LITE
         >topically place a few drops down the spine or gently rub onto coat

Diagnostic Testing: Allows us to be proactive in identifying potential problems so we can prevent them from
growing worse.
      -Full Panel Bloodwork: CBC + Chemistry + T4(thyroid) + FT4
      -Vaccinal Titers, Rabies Titer
      -Urinalysis and Fecal (intestinal parasites)

Dental: Brush teeth, if possible. Hardest part is just getting in the mouth
      -Topically apply KittyBoost weekly. Cats will groom themselves and do the work for you
      -Brushing teeth daily with dental products: VetzLife, PetKiss, Brighter Blue, Plaque-Off, TDC Periodontal,
and Joint health capsules.
      -Regular office visits for evaluations and preventative care

Flea & Tick Heartworm Prevention: Using natural essential oils in layers to keep pests at bay. Rotate blends
or choose one:
      -Topically apply KittyBoost
      -Diffuse AnimalEO Away, Evict, and Oust via water-based diffusor or spray bottle
      -Petting with Away RTU, Oust RTU or Evict RTU
      -4 Legger Shampoo w/ KittyBoost (1.5 concentrated), 1-2 times a month. Lather and let sit for 10-15
minutes before rinsing. Use ONLY if cat is used to being bathed for routine care or infestation situations
      -Amber collars with non-chemical Pet Protector tags:
            >ambertick.com   >petprotector.org

KITTEN

Physical Exam at: 8 weeks, 16 weeks, and 6 months old

Feline Viral disease blood panel at 8 weeks old

Chiropractic Adjustment every 4-6 weeks

Fecal test at: 8 weeks and 6 months old

Urine test at 6 months old

Distemper vaccine at: 8 weeks and 16 weeks old

Rabies vaccine with homeopathic at 6 months old

YOUNG ADULT (1-4 years old)

Physical Exam annually

Spay / Neuter

Chiropractic Adjustment every 4-6 weeks

Urine and Fecal tests annually

Rabies and Vaccinal Titer test every 3 years

Full Blood Panel at 4 years old

MIDDLE AGE (5-9 years old)

Physical Exam every 6 months

Chiropractic Adjustment every 4-6 weeks

Urine and Fecal test annually

Rabies and Vaccinal Titer every 3 years

Full Blood panel every 2 years

Senior Testing Package: Whole Body Radiographs, Tonometry (Eye pressure),
Blood Pressure, ECG/EKG (Electrogardiogram) every 2 years

SENIOR YEARS (10+ years old)

Physical Exam every 6 months

Chiropractic Adjustment every 4-6 weeks

Fecal test annually

Urine test every 6 months

Rabies and Vaccinal Titer test every 3 years

Full Blood Panel annually

Senior Testing Package: Whole Body Radiographs, Tonometry (Eye pressure),
Blood Pressure, ECG/EKG (Electrogardiogram) every 2 years

Continued Education + Resources

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