



Dr. Beth Hirsch's Guidelines for Optimal Canine Care

Nutrition: Fresh, high quality, balanced, free-ranged/pasture sourced food

- + Food Rating Tier: Raw > Lightly Cooked > Home Cooked with supplements
- + Gives the body fuel for ongoing health and repair
- + Higher quality food reorients the body from its imbalances

"Let food be thy medicine and medicine be 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

Functional Toenail Trimming: Positive neurological feedback, improves nervous system, aids in better balance, decreases joint stress, and faster healing.

- + General rule: if you can hear toe nails clicking on hard surfaces, than nails are too long
- + Promotes better posture
- + Should be done once a month or more frequently at home

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
- + Accuplex Blood test: Heartworm, Lyme, Ehrlichia, Anaplasma
- + Vaccinal Titer tests: Rabies, Distemper, Parvovirus
- + Urinalysis and Fecal (intestinal parasites)

Dental: Brush teeth daily, if possible. Hardest part is just getting in the mouth

- + Rub AnimalEO Dog Breath on gums daily/several times a week. Can be added to water
- + Brushing teeth daily with dental products: Vetzlife, Petkiss, Brighter Blue, Plaque-Off
- + Uncooked, raw meaty bones

Flea & Tick Heartworm Prevention: Using natural essential oils in layers to keep pests at bay

- + AnimalEO blends: topically apply Boost in a Bottle, AromaBoost excellent for combination blends with Away/Evict/Oust RTU
- + Diffuse Away/Evict/Oust via water-based diffuser or spray bottle
- + Amber collars with non-chemical Pet Protector tags
 - > ambertick.com
 - > petprotector.org
- + 4 Legger Shampoo with Away/Evit/Oust 1-2 times a month

Puppy (Younger than 1 Year Old)

Physical Exam at: 8 weeks, 16 weeks, & 6 months old
Distemper + Parvo vaccine at: 9 weeks & 14 weeks old
Chiropractic Adjustment every 4-6 weeks
Fecal test at: 8 weeks & 6 months old
Urine test at 6 months old
Rabies vaccine with homeopathic at 6 months old

YOUNG ADULT (1-4 years old)

Physical Exam annually
Spay / Neuter / Vasectomy / Ovary Sparing Spay
Chiropractic Adjustment every 4-6 weeks
Functional Toenail Trimming Monthly
Urine, Fecal, & Accuplex tests annually
Full Blood Panel at 4 years old

MIDDLE AGE (5-9 years old)

Physical Exam annually
Chiropractic Adjustment every 4-6 weeks
Functional Toenail Trimming monthly
Urine, Fecal, & Accuplex 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 (Electrocardiogram) every 2 years

SENIOR YEARS (10+ years old)

Physical Exam every 6 months
Chiropractic Adjustment every 4-6 weeks
Functional Toenail Trimming monthly
Fecal, Accuplex, & Full Blood panel test annually
Urine test every 6 months
Rabies and Vaccinal Titer test every 3 years
Senior Testing Package: Whole Body Radiographs, Tonometry (Eye pressure),
Blood Pressure, ECG/EKG (Electrocardiogram) every 2 years



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