



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/Boxed Shelf food (Open Farm, Caru, Rawz, ZiwiPeak, Weruva, Tiki Cat, Solid Gold)

> Avoid carrageenan

-Gives the body fuel for ongoing health and repair

-Filtered drinking water or spring water to minimize exposure to toxins

> Glass water filter systems, ZeroWater filter, add water to food

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 cord 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 pet on coat

-Litteroma (All Cat, KidneyCat, ThyroCat, LiverCat, etc)

> mix with baking soda and add to litter or water based diffusion system



For more information visit us online at: hpcnj.com

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)
- 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, Plaque-Off, Dietary Omega 3 Supplementation, 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 diffuser 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



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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 (Electrocardiogram) 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 (Electrocardiogram) every 2 years



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