

Dr. Janet:

... to buy some more space on the cloud with all these recordings that we're doing.

Dr. Janet:

Okay. Awesome. Yay, Tara, you made it. Love it. Welcome. Welcome. Welcome. All the new people. All right. Sure we have some posted questions, but let's just do live questions for people live to start out, since we're going to have to take a little break here from questions to do the case presentation. So Janice, you've got your hand raised. Why don't you start? Start us off, my friend.

Janice:

Good afternoon, everybody. This is an awesome group. That's all I can say. Thank you, Dr. Janet. So I have a case of a 13-year-old spayed female, long-haired doxie. And she has injured her back, which is not uncommon for them. And she is on quite a bit of medication. And, of course, her fur parent would to get her off of it. She's on prednisone, was it 50 mgs twice a day? She's on Valium. They cut her down to one fourth of a tablet, it was a 12.5. And she's on Gabapentin, 50 mgs. And I believe that's twice a day also. They're just getting back into oils. So the only really oil they had that would really help her was the frankincense. I've got the pain figured out. It's the frankincense, copaiba, and tumeric. So I was thinking about doing a blend and then taking that blend and then giving two drops AM and PM. And I think that will definitely help her with the pain.

Dr. Janet:

Yes.

Janice:

Okay. So the Gabapentin, I researched on it and actually the linalool in it, the highest level would be lavender. So I was thinking about capitalizing on lavender. And being she's such a long-hair and she's got three-inch long beautiful coat on her, and he said that she's not really a fan of being touched on her back or her feet. So internal is what we're going to have to go for.

Janice:

So when it comes to taking the Gab away, the other choices on that were what, cedar, no, that's a...

Janice:

No, wait a minute.

Janice:

I've lost my thought here. I'd have to get my book back out. But the one that I picked the highest was the linalool, which was a lavender.

Janice:

So would you suggest another oil to go with that? She's a self-select. So what would be your second thought people, on what other oil would you use? There's a geranium from steph,... marjoram.

Dr. Janet:

Yeah. I really like marjoram in these back cases because there's often muscle tension, as well. Siberian Fir, Rebecca, that's another really good one for pain. It's a little doxie, so probably less than 10 pounds?

Janice:

She's 17.

Dr. Janet:

Oh 17. She's a bigger one.

Janice:

She's still classified as it mini, 18 and under I believe it is. Okay. So the thought is with those, if I took the four that they could self-select would that half, a Deep Blue Polyphenol may not be a bad idea, too. Do you think blending, if she picks two? Or I should just go with one of those?

Dr. Janet:

You can start with one and work your way up. So with these cases I like to, well, it depends on how quickly she wants to do it. Starting with one and then maybe just the frankincense for now and then see how she does for a few days. If it's not quite cutting it, adding in another one. Try that for a few days. And going from there, especially with internal use.

Dr. Janet:

But with topical use, especially since she doesn't allow the petting, she might be a good candidate for sprays. I don't know if she hates being sprayed or anything like that, but that might be something to ask the owner, as well.

Dr. Janet:

Audrey says would light therapy be beneficial? Always. Light therapy is always beneficial, pretty much. And I do like the idea of the polyphenols. And yeah, aromatouch is awesome. It's a blend, has the lavender in it, has the marjoram in it, it has basil, and some of these other really helpful oils that help with pain in it.

Janice:

Your thought about it making a spray out of that?

Dr. Janet:

With the Aromatouch, or cypress, or some of these others, the lavender that you mentioned as opposed to just doing everything internally, marjoram, any of those, I'd really, with these back cases like to do topical and internal combination. So it just depends on her tolerance for that. You can definitely do the polyphenols, as well. And then yeah, CBD, broad spectrum CBD would be another great option. And then, of course, acupuncture, I really cannot stress the importance of acupuncture in those cases.

Janice:

She's actually scheduled for acupuncture on Friday. I did suggest that and he said he was going to do that.

Janice:

So what about she's on Valium? What about looking at some oils that would maybe go with that spectrum? Like clary sage, of course, frankincense covers that, ginger, juniper berry, marjoram is on that list, too. I like vetiver.

Dr. Janet:

Yeah. Any calming oils, you can do some self-selection with that and see. Magnolia is another good option, Jennifer says. Mm-hmm (affirmative).

Dr. Janet:

Good. Anything else, Janice?

Janice:

I like that. And the Magnolia, I believe all I have is a roller. Magnolia only comes in roller, doesn't it?

Dr. Janet:

For dōTERRA, yeah. It's more of a topical, definitely a topical application.

Janice:

Yeah. That's going to be a really tricky one with her because she won't want to be touched. So, all right. That gives me something to go back and go for and we'll do one-by-one and build our case around it. So I do appreciate it. Thank you much, Lee.

Dr. Janet:

Yep. Good, good, good. Good suggestions, everyone. Audrey?

Audrey:

Admittedly, I'm being very lazy here and I could probably go look in the group, but just came to me, ravintsara, okay with pets?

Dr. Janet:

Yeah. Diffused.

Audrey:

Okay.

Dr. Janet:

And yes, you can look in the membership group. I'm pretty sure I posted about it. Utilize the group, you guys. If you want the long version, go to the group because I try to deal these spotlight posts on there. I've gotten away from it recently, but I need to get back into it. So if it's not in there, Audrey, bug me and I'll do a full post on it. A full post...

Audrey:

Thanks.

Dr. Janet:

... so you're armed with your knowledge arsenal for when all the questions get asked since that's a promo whale this month. Margie, do you have a quick one?

Margie:

Yep. And we talked about this a little earlier in a previous session, as well, Janet, I asked for some Dr. Janet, I asked for some advice on this. I've got that dog that's got the hemangiosarcoma. It looks like there's a couple of things that came out from the vet. But they're waiting on some more blood work to see. But apparently the dog is showing some pretty sharp signs of anemia. And they even said there was some jaundice.

Margie:

So I think things are, obviously, progressing. And losing appetite, that type of thing. They're looking at possibly taking the spleen out. However, they're waiting on some blood work.

Margie:

Is there something specific that they're looking for that I need to spearhead on this one?

Margie:

And, in addition to that, I had a question about the Yunnan Baiyao. How much would she be given?

Dr. Janet:

So Yunnan Baiyao is based on weight. It's a large dog, right?

Margie:

Yeah. It's a Bernese.

Dr. Janet:

So you can give one or two capsules twice a day. So I would start with just one, twice a day. Is your question like what are they looking for in the blood work?

Margie:

Yeah. I think they're at a decision point of whether they need to remove that or not. The dog is showing some signs of jaundice and, immediately, they said stop all the oils. Immediately. That's what the vet told her.

Dr. Janet:

Well, with hemangiosarcoma they can get, and we already know that there's lesions on the liver. So I don't think it's the oils that are doing that. Let's be real.

Margie:

I don't either. So I advise her to go to a holistic doctor. She's in Colorado.

Dr. Janet:

There's quite a few out there. What they're probably checking for, since those are pretty severe symptoms, is this dog even a good candidate for surgery anymore, if they do want to go ahead and do the splenectomy?

Dr. Janet:

With a lot of blood loss, especially if it's in the abdomen, it's internal bleeding, basically, that is pretty hard on the liver, too. And so that, to me, it's one thing that can cause both of those things.

Margie:

Okay.

Dr. Janet:

Both of those changes, that's probably what it is. As opposed to like, "Oh, it's this causing this and that causing this." We know this dog has masses in the abdomen.

Dr. Janet:

So removing this spleen, they do have to be healthy enough for surgery and anesthesia, obviously. And that's probably what they're checking, seeing if it's even worth it. Or if we're just going to do palliative care at this point.

Margie:

Okay.

Dr. Janet:

That's probably where they're at. And that might be a discussion that you need to have with them, too.

Margie:

Sure.

Dr. Janet:

Do we really want to go through the stress, and expense, and everything else, if it only buys us a short amount of time because of it already being metastasized, potentially. They don't know for sure until they go in.

Margie:

Yeah. And I think anemia and that stuff, she's still doing the cancer protocols and things like that, but focusing on the liver to try to get some food in that dog. And they really, probably, know in a couple of days. Okay. All right. That's what I needed. Thank you very much.

Dr. Janet:

When they're not eating like this and anemia makes them feel so crappy. They're like, "What should I feed them? They won't eat the keto diet that I'm giving them," which is what we, of course, recommend

for that. But at, at that point I'm like, "Just anything. French fries, hamburgers, whatever that dog will eat." Because not eating is causing more liver damage because it causes the hepatic lipidosis.

Margie:

It's really funny. The dog sees her putting stuff in the food because that's how she's medicating and putting the oils in there and everything and he goes, "I ain't eating that. I don't care what you're doing."

Dr. Janet:

No. Eating is more important. Eating is the most important thing.

Margie:

Okay. '.

Dr. Janet:

More important than any of the meds

Margie:

Is there a specific protein or something we need to be looking at, maybe?

Dr. Janet:

No. Anything.

Margie:

Just anything? Okay.

Dr. Janet:

Anything. If they're not eating, you have got to get food in them.

Margie:

Okay.

Dr. Janet:

Because not eating affects the liver, it affects glucose, insulin levels, it affects everything. They can't recover if they're not eating. So literally anything, chicken, I really like baby food. So chicken or turkey, baby food, keeping that up a little bit. A lot of dogs really like that and it's higher calories usually.

Margie:

Okay.

Dr. Janet:

So those ones, stuff like that, would be really great. Anything that's really stinky, like tripe, stuff like that. A lot of dogs really like that stuff.

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Margie:

All right.

Dr. Janet:

Right.

Margie:

Thank you,

Dr. Janet:

Margie. Okay. Kyoko, I think is your turn. Are you ready?

Kyoko:

Pretty nervous.

Dr. Janet:

You'll do great. Okay. All right. You should have control. Let me pin you for everyone. And then, take it away.

Kyoko:

So it okay to share my screen? Or what should I do now?

Dr. Janet:

Yep. You can share your screen if you have a presentation. Absolutely. If you have one.

Kyoko:

Okay, so I'm not native speaker. So I'm going to use a cheating sheet.

Dr. Janet:

No problem.

Kyoko:

And yes, share screen.

Kyoko:

Multiple participants can share, which I should use choose? I have three options.

Kyoko:

Should I click... I can't hear you.

Dr. Janet:

Can you hear me now?

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Kyoko:

Yes.

Dr. Janet:

Okay. So if you click on the little green share screen, a box should pop up and it gives you several options. Just click on screen one, or desktop, or whatever it says the first one, and then click the little blue share button.

Kyoko:

Yeah.

Dr. Janet:

And then it should start sharing, hopefully.

Kyoko:

Can you see?

Dr. Janet:

No, we can't see it yet.

Kyoko:

On screen.

Kyoko:

Oh.

Kyoko:

Yeah. I have three options. And yes. How many...

Dr. Janet:

Oh, not that one. So just click on the green button. So don't click on the arrow. Just click on-

Kyoko:

Yes. Green one and share screen, right?

Dr. Janet:

Yep.

Kyoko:

Ah, yes.

Dr. Janet:

There we go. We got it.

Kyoko:

Thank you. Yeah.

Dr. Janet:

Good job.

Kyoko:

Okay. Okay. My case study is about, yeast infection that my dog had last year, January. Before I talk about it, I want to talk about her history. She's my girl. Name is Chloe. And now five years old. And Staffordshire Blue Terrier, female. And desexed at age five months. Weight is 17.4 kilo, right now. And I got her when she was six weeks. And she was smallest litter at that time. (Be sure to refer to Kyoko's slides in the video replay)

Kyoko:

And we took her to the vet just after we got her six weeks. Then she got a puppy vaccination. But this happened a few days after puppy vaccination in December 2016. She started to scratch her body or chew her paws and lost a lot of hairs. And sometimes she got a rash bleeding on her neck or on her belly. And the vet diagnosed that this was atopic dermatitis, is called atopic. And prescribed a steroid cream until she became one year old. And then after she turned to one year, and she's on steroid for several months.

Kyoko:

But the reason I choose her case is, and because of this history, it's really difficult for me what happened on in her body last year. So that's why I wanted to talk to about what happened before on her body. So this is the beginning of many issue of her.

Kyoko:

And it took her about 1.5 years for her allergy to get better. Basically, her stools were covered by a mucus membrane or a little bloody. Other side effects of steroid were aggression or lost muscle. She lost muscle one kilo in one month. And also, in a later, she had adrenal issues or joint issues. And also she had some lumps, occasionally.

Kyoko:

So I had no idea what should I do because I just moved to Australia at the time from Japan. And I didn't know the situation in here. But anyway, I search a lot. And what I've done was switched to raw diet and other probiotics. Basically, made goat kefir, I made with powder and goat milk. And also, alpha omega three, I could get only Pilchards, it's a bit, but for dogs, should be fine. And one of serious weak joint issue was that she had a CCL in 2019.

Kyoko:

To finish in 15 minutes, I going to do quickly. So she had many issue after, I'm not sure the reason if it, because she had a desex in early age, or she had a vaccination, or, actually, I don't know about her yet.

Kyoko:

Very important for her is all about gut health. So that's why I treat her with raw diet and probiotics. And, anyway, so to heal her allergy, it takes about 1.5 years.

Kyoko:

And another of time I got another dog. He is Olympus, aka Oly. I got him in November 2018. But he had already Dermadex Mange. And I got him when he was 11 weeks old, young, yes. And when I got him, he was really like a old man and he immediately lost his hair like this and hair loss. He lost hair very quickly. Here and here, and also here, everywhere. Every day, I could see a lot of spot on his body.

Kyoko:

But for Chloe, by getting Oly, is mentally really support her emotional things and her condition is really getting better. But anyway, so the reason I mentioned about Oly is because his case is my onset ways, essential oils. I met one lady on Facebook and she recommended essential oils. But at that time, the vet prescribed Bravecto and she put product on his mouth. But he was peeing. He was not unsteadily walking and peeing in the house many times at the night. So I was a bit panicked, then jumped to the Facebook group and asked advice. Then, one lady advised me to use essential oils, not drugs. But what is purify or other, some oils for him. And he switched to raw diet. And made shampoo with essential oils. And now one month, he changed like this, completely, he was healed. So I was really amazed with the essential oil and also natural remedies. So I'm here right now.

Kyoko:

Then I back to the main stories. It had instant infection.

Kyoko:

Now I'm living here since December 2020. And we moved to very remote area. And so we did a road a trip, about 3000 kilometer. And so I wanted to check their health and went to the vet and, against my will, they got C3 vaccination and kennel cough, leptospirosis, and a heartworm injection at the same time. But a few days after getting these vaccination or other things, her allergy flare up and limping at the same time.

Kyoko:

So I thought it's her atopic allergy. So I gave her lavender, lemon, and peppermint, 3% dilution internally and topically. And for her legs, I use lemongrass, marjoram, frankincense, and copaiba.

Kyoko:

At this time, I joined to Dr. Roark's page. So I use your recipe anyway.

Kyoko:

Her joint is really getting better very quick. She could walk in a few weeks. But her allergy just got worse. So I decided to get allergy tests from online. And this is the result. This is about a food. And this is about environmental sources. And especially food, she has many ingredients that she shouldn't eat. And what I look at most of the time is this chart. This shows a imbalance of the body. And most important thing, what I thought is immune system. But other factors, causes, to the immune system as my understanding. So I was really overwhelmed, but I started to, from yeast infection and also inflammation

because of her symptom, itchy skin and it's very dry. And, as you see, it's really red and here, skin was really black. It was a beautiful pink, but it's turned to black.

Kyoko:

And also, I was worried about thyroid issues, but I couldn't do all thing at one time. So I started to help her yeast infection and inflammation. And what I've done is food and supplement. I've been feeding her this to getting allergy tests, proteins, mainly pork and others was beef, lamb, and kangaroo, and goat.

Kyoko:

But she had other renal issues in 2019, that was suspect that it was cushings, or liver failure, or something. She couldn't tell me anymore. And also, she didn't want to do anything. So I didn't want to feed her beef or kangaroo so much. And then didn't have other choices at that time, other than pork. So mainly her protein was pork. And this red meat is ingredients she is allergic to. So this caused her yeast infection.

Kyoko:

And also, Glucosamine Chondroitin MSM supplement for joint. But that result said that she had allergic to Glucosamine, too. And I fed her pork ribs, and organ is lamb, liver, she don't eat, that I could only get. So after getting the result of tests, I eliminated all ingredient and that she was allergic to.

Kyoko:

And also, I add vegetables, basically, green leafy vegetable to cleanse her body. And protein was, basically, turkey, and duck, and beef. But not easy to get it good. So I can't get so much. And for organs, only beef, because I can get only beef, liver, and a kidney. And vegetable, organic celery, broccoli, kale, spinach, zucchini, or cucumber. And supplement is, I change to PB Assist and Terrazyme to restore her health. And for yeast infection, I thought I have to cleanse her body to flush out all toxins. So I use Zendocrine softgel for detoxing.

Kyoko:

And Blue Polyphenol complex for help her joints. I switched to this supplement because she has allergic to Glucosamine. And as a Omega 3, I choose avocado oil and coconut oil, because I couldn't use sauce from seafood at all.

Kyoko:

So essential oils, after her allergy flare-up, after vaccination, I use internally, Copaiba, one drop every morning and in evening. And also TriEase for allergy. I thought TriEase is too much for her, but it's very acute symptoms. So I wanted to use something stronger. And for topically, I use lavender, peppermint, lemon, and this time, a frankincense and Copaiba. And for legs, frankincense, Copaiba, lemongrass, marjoram, it's the same.

Kyoko:

But after testing, I changed to lavender, lemongrass, arborvitae. I check Dr. Roark's recipe, but it didn't work at all. Sorry. And also bath with DIY shampoo every other night. And this is the ingredients. Because she was really smelly with a sour smell if I didn't give her shampoo. So I think it's yeasty, I don't know what is the yeasty smell, but it's really sour smell.

Kyoko:

And for the dogs, I use Zendocrine softgel, one gel, one time a day, for a week, then increased to twice a day for two weeks.

Kyoko:

Then after that, I took level one class. So I did self-selection for her to which oil is work for her. I did in the middle of August. And the oils I used is frankincense and it's neutral, and Copaiba, she didn't like it. And Roman chamomile, she didn't like. And lavender, neutral, she just...see the oils.

Kyoko:

So neutral means for her is just seeing the oil. And if she didn't like, she just turned away her face. And geranium she didn't like. Cedarwood, she didn't like. And eucalyptus, she didn't like. And she was sniffing to myrrh. So this is my first oil for her.

Kyoko:

And looking at this result, your skin rejuvenating spray came up. So I use it. But I use a frankincense, lavender, myrrh, and aloe vera juice, and colloidal silver, and vitamin E, because her skin is become very dry quickly. So I add vitamin E in this spray in a bottle because she doesn't like the sound of spray. So I put in the dropper bottle. But still, I had to apply maybe more than five times because her skin get dry very quick. So I switched to aloe vera gel, not to the juice, I made up.

Kyoko:

And also, I have to care about how mental emotion, because she was a really sensitive girl. And sometimes she get cranky when she was really itchy. So I took her to drive every day. What she really love. And look at her face. She was really happy. And if she wasn't happy, she just look at me like this, and very mad.

Kyoko:

And also, sometimes I use the Balance on her spine. And it start from January 2000 last year. And in a left two photo were taken in May, is really black skin and then no hair on her belly. But next two photo, it was taken last October, please compare the hair around here. Her hair is grow well. And also, here and here, she didn't have any hair. It's easy to compare, I think.

Kyoko:

So, still she is in progress, but sometimes, basically, her skin is very sensitive. And when we didn't mow the lawn, her skin is very irritated. Sometimes I have to put clothes on her. But she's really getting better detoxing any ingredient that she allergic to. So maybe 80% I can control for the moment.

Kyoko:

And also, to compound what's going on inside of her body, like a kidney or a liver. I took her to the vet for blood work. And finally, many numbers is within a normal range. So I was really happy about it. And, of course, I didn't use any synthetic mosquito prevention, but she didn't have. This is a heartworm test, and it was negative.

Kyoko:

So, anyway, I'm so happy to using essential oils and also learning from Dr. Roark. It really help for her. And still, she has a little bit small issues, but I think I can figure out. Maybe sometimes I need your help, but I'm really happy. So it's a really long story. It's a really tough case for me all the time. That's why I choose her case. So that's it. Thank you.

Dr. Janet:

Awesome. Good job, Kyoko. Awesome. Awesome. Awesome. I think you did great. You did very well. It's a very hard case. These long cases, these ongoing cases, not easy, not easy. I don't know why you guys keep wanting to present these hard cases, but you keep doing it.

Kyoko:

Yes. I'm sorry for my prolonged session, but it's so nervous.

Dr. Janet:

Oh, you did great. It's very hard. Yeah. It's very nerve racking. I'm going to stop your sharing here. I can do that for you.

Dr. Janet:

All right. Did anybody have any questions for Kyoko and her case? Jennifer's like, "I'm about to tackle a diabetic cat." That's crazy. Yeah. Suzanne, what test did you use for the allergies, Kyoko? Do you remember? What test did you use for the allergies?

Kyoko:

Glacier Peak. It's called Glacier Peak. It's from UK or US, I think. I will send the link in our group.

Dr. Janet:

Awesome. So she'll post the link for that. I notice, yes, that is, if you're in the United States, a Hemopet is another one that you can do. There's several out there.

Dr. Janet:

She did mention digestive enzymes. She did have her on probiotics and digestive enzymes throughout, Kathleen, yep.

Dr. Janet:

She is so cute. She looks like my dog, Miles and I just think she's the cutest. I just want to kiss her face. I just want to kiss it. Oh, her little smile. It makes me so happy.

Dr. Janet:

So she is super, super sensitive to vaccines, right? That every time that she has one, she gets these horrible reactions and she even, against Kyoko's will and she really didn't want to get her vaccination. She knew what was going to happen. And it really triggered this last outbreak. Thank you, Kyoko.

Kyoko:

I use that. Yes, On Guard, as well, to boost immune system, I try many oils.

Dr. Janet:

Mm-hmm (affirmative). Yes. And I'm glad she's doing so much better. I love it. This is going to be an ongoing case. She's just a very, very sensitive girl. I love that you got her a buddy and you threw that in there with Oly. And she's like, "No, she's so happy she has a friend."

Kyoko:

Yeah. I wanted to do titer test, but the vet explain how a titer test is not reliable. And my partner was convinced about it. So I had no choice at that time. But at that time thought, "Yes, I have Zendocrine. So if I use, if I detox her, she should be fine," but it wasn't. So I detox her twice in three months.

Dr. Janet:

Yep. Those big detoxes can be really helpful. Lots of liver support.

Dr. Janet:

All right. Awesome, Kyoko, thank you so much.

Kyoko:

Thank you. And I really want to say thank you to Dr. Roark, because, since I move here, I couldn't trust vet at all. And I sometimes I really hate the vet. So that's why I went to natural remedy. But since I met you, I've learned a lot how it's very important to have a good relationship with vet. So, and also, I'm learning how to use with some medication and essential oils, or how to manage all things depend on the cases. So I'm really happy to have it, of course. Thank you.

Dr. Janet:

Oh, yay. Please. Don't hate all veterinarians. We're really-

Kyoko:

I know.

Kyoko:

I'm trying to find a good veterinarian, but sometimes not easy.

Dr. Janet:

No, it's hard. It's hard sometimes, for sure.

Dr. Janet:

All right, my friends, I'm going to take your pin off. We got to answer some more questions. Since we don't have any more questions. Let's see here. Okay. Let me switch views you so I can see you guys. Okay. Wait. Oh, did you have another question? Did you want to say anything else, Kyoko?

Kyoko:

No, no, no, no. I thought I should mute?

Dr. Janet:

Yeah, I can mute you. That's okay. We got you. We got you.

Dr. Janet:

Okay. I'm going to go to the site, you guys, because there's quite a few questions because we had our training last week. So we have quite a few questions to go through. I'm going to go through them pretty quick because we're running a little short on time. Share screen. Okay.

Dr. Janet:

Hopefully we got some questions. Okay. So we'll start. Let me actually go back to the older ones.

Dr. Janet:

When was our last one? February 15th.

Dr. Janet:

Okay. Okay. So we answered this one.

Dr. Janet:

Okay. I think Margie was our last one. Okay.

Dr. Janet:

So Hanne, hello. I have a horse with lymphangitis found out. I should also use use the protocol for lymphatic, for Symphony of the Cells. My question is about the way to do it. I let a horse smell the oil, until chewing and licking afterwards. But I put the individual oils on the spine by layering. And at the end, I put the oil on the coronet band and the infected area. Is this the way you suggest we do this for horses using the Symphony of the Cells protocols? And if we could do this to a cat or dog this, too.

Dr. Janet:

Okay. So let me answer that question first. Yes. Layering is great. Going along the spine is excellent. I usually start with the hoof application. So doing the coronet bands first, so it can get into their system and then doing the top line application it along the spine. That's typically the way I do it. I really like that. And you just go in the order of the protocol, layering works really, really well with horses.

Dr. Janet:

You absolutely can do this with dogs and cats, too. Just avoiding those oils in those protocols that you don't want to use with those animals, like tea tree oil. And then, making sure that you dilute them ahead of time. So dilute them first and then you can use one or two drops to do along the spine. And you can do that way, as well.

Dr. Janet:

So further, if we have a customer and it's not possible to do the treatment myself, would it be okay to mix up a bottle with all the oils instead and give to the owner? Yes you can. Especially with small animals, that's the best way to go. With horses, if you can teach the person how to layer and they're willing to do it, then I always encourage them to do that. Some owners are not going to do that. They

just don't have the time. And so, makes doing a master blend with all the oils in it is also okay. Yeah. And it's better than not getting the oils on them for sure.

Dr. Janet:

Kathleen, one-year-old, intact golden retrieve Winston having diarrhea since mid-October. Let's see. At 10 months old, he was on Victor Brand Food Hi Pro Plus and also ate whole food snacks. The owners initially thought it was a stomach bug. He had a decreased appetite two days. His stool was tested and came back negative. He was prescribed Tylosin and put on a bland diet, a boiled chicken and rice. In addition, a probiotic from Rx Vitamins for Pets, Rx Biotic digestive vegetarian supplement was added. After 10 days, a few bits of kibble were added to the bland diet. And Winston relapsed and had diarrhea again. So the process of the bland diet began again. However, he was given ground beef instead of chicken, as well as a change of kibble to Nulo Limited Ingredient Dry Dog Food Single Protein Grain Free Recipe Premium Kibble. With this new kibble was added to his diet, the diarrhea returned again after a few days.

Dr. Janet:

Process repeated with change in protein again from ground beef to ground turkey along with the change in kibble from Nulo to Blue Buffalo GI Support Prescription Food, which didn't work and the diarrhea returned.

Dr. Janet:

At that point, Winston was prescribed Tylosin again, 100 milligrams a day for 10 days. Kibble was changed again to Blue Buffalo HF Hydrolyze for food intolerance. He had some solid stools. Then after five days, the diarrhea returned again. He's back on the bland diet of ground turkey and rice and stool was normal for two days. The owners added pumpkin to this bland diet, and that resulted in diarrhea. The owners are concerned with some weight loss, though his weight is still okay. They're concerned he's missing nutrients in his diet for development, as he just turned one. My recommendation is microbiome testing, which the owners order already. Raw goat's milk or kefir, Terrazyme two times a day, PB Assist Plus with evening meal, DDR Prime two times a day, DigestZen on the belly prior to meals, diffuse ginger. We also discussed allergy testing and changing to a raw food diet and the owners were receptive to raw food. Maybe even gently cooking it at first to make the transition easier for the bland diet. What are your thoughts on Zendocrine Complex and Slippery Elm? Any other suggestions?

Kathleen:

And Dr. Roark, can I add to this please?

Dr. Janet:

Yeah.

Kathleen:

There's a newer development.

Dr. Janet:

Yeah.

Kathleen:

Okay. So, he actually went on Metronidazole 250 milligrams, one and a half tabs twice a day. And the vet did more testing and he got diagnosed with Clostridium and he's going on another round of Tylosin. So given that information, with the Clostridium, I was also thinking to add some oregano, thyme, and maybe cardamom internally. And to address the yard, the feces removal and so forth. Because I have no idea how he's got this.

Dr. Janet:

Yeah, yes, 100%, I would add those in. And you might want to do a detox with him. I'm interested to see, we might need to wait. I like your recommendations. I like adding in the oils that you just said. And then, this dog is just super sensitive to certain foods. And so it would be, also, not a bad idea to at least do some food allergy testing to see if it is... They try tried all these different proteins. It's very interesting to me that every time they tried to add kibble, this dog had a relapse.

Kathleen:

Mm-hmm (affirmative).

Dr. Janet:

So food really is medicine. That's one of the things, reading through it, I really picked up on.

Dr. Janet:

Very interesting that the pumpkin actually made it worse. That's usually not what happens, but he's just a sensitive guy and he might just need a really bland diet forever.

Dr. Janet:

And certainly adding in, maybe, a multivitamin to help ease their mind on making sure he's getting enough nutrients. And then maybe some organ meat, as well.

Dr. Janet:

But yeah, I don't mind, if they're willing to do this homemade cook diet, it seems to be working really well for him. I like Zendocrine Complex. I like Slippery Elm. I think those are great options, as well. As long as you don't introduce everything all at once with a sensitive dog like this, you have to do one at a time and go slow.

Kathleen:

Is there one over the other that you would introduce? The slippery Elm or this Zendocrine complex?

Dr. Janet:

I really like the Zendocrine Complex. Especially if he's not having diarrhea right now, the slippery Elm, I just use it symptomatically. It's not something you want to keep him on forever.

Kathleen:

Right.

Dr. Janet:

Yeah. Okay. Good?

Kathleen:

Good.

Dr. Janet:

Good, good, good. Awesome. Okay. Yeah. And if you guys need to duck out, because we're going to go over an hour today for sure, because we missed last week, that's totally okay. Remember these weekly meetings are optional. But man, I feel like we learn more during the weekly meetings than even during the trainings.

Dr. Janet:

So very good. Very good case, Kathleen, let us know how it goes with him.

Dr. Janet:

Winston, you and your golden retrievers having so many problems.

Dr. Janet:

Okay. Jenae Bliss. I have a client that does not know much about essential oils. Dog (older Lab) has prostate cancer and it has metastasized to spine and I suggested a vitamin protocol (actually LLV) omegas, probiotics, TerraZyme, food, topical essential oils, and essential oils internally (such as DDR Prime). They have another cat scan scheduled in 10 days plus a reading on the biopsy. To see what kind of chemotherapy they will peruse. They do not want to start any of this regimen until after the consult in 10 days. They feel it will hide any "true results" and want to wait. Any suggestions on how to talk with them? It is their and their docs ultimate decision but 10 days is a long time to wait for something that was in remission and has now appeared and is the worst case the doc has seen. I personally wanted to see if we could bring the numbers down and know that these eos etc will not hide the results but could improve them, and are bioavailable, even with such short notice. Another question...if they wait till they are on chemo can the LLV make it look like vitamin B12 is too high?

Dr. Janet:

Okay. So that was already 10 days ago. So I'm not 100% sure what you ended up doing Jenae, but a lot of times you just need to talk to them and give them their choice. And if it's their choice that they want to wait, that's totally okay. And you can give re foundations based on the supplements, definitely the supplement and vitamin protocol. And just let them know it's just like feeding food. So it's not really going to affect anything and might make him feel better. So that's how I approach those cases.

Dr. Janet:

Got another question. If we weigh on the chemo, can the LLV make it look like five, maybe 12, is too high? No, no, that's good. That's fine. I have not seen that happen.

Dr. Janet:

Janae, are you on, did you have a question?

Dr. Janet:

Okay. Another question. Haven't seen received anything about my level one certification. I believe I've finished everything. Where can I find the info, if you sent me anything? So Jenae, you can always send an email to animalaromatherapyspecialist@gmail.com. To follow up on that, I can tell you I'm very, very behind on case studies, since I got sick. And January and December are my busiest, busiest months. Or January-February, too. January-February are my busiest months in my practice. And I've been running nonstop. And so I am very behind on those. But I do plan on catching up on those by the end of this weekend. So stay tuned. Hang in there, guys. Have patience with me.

Dr. Janet:

Bev Freeman. Can I leave my mare on Deep Blue indefinitely ? (20 yrs old – 6 plus years ago she had an MRI – Bone bruise @ P1, large oblique tear on inside of sesmoid, lateral suspensory tear, and deep flexor tendon tear chronic P3, she is not ridden). I did a little experiment with her, put her on the Deep Blue for a week and took her off for couple days and there is a difference in how she moves coming out of her stall in the morning when she is on the Deep Blue. She is on a joint supplement and HyaLone by Dr DePailo, Tumeric and Copiaba to help support her. Would using my photizo on a young colt in my barn with a broken shoulder be beneficial? Thank you!

Dr. Janet:

Okay. First of all, yes, she can stay on Deep Blue forever. It's an amazing supplement. It is not like Butte, where it can cause ulcers or anything like that. And if she is improving on it, then I would 100% keep her on it forever. You can also add in frankincense. So that's the one thing that I didn't see on there, but there is some Frankincense in Deep Blue.

Dr. Janet:

And as far as the lights, the photizo, yes, 100% use it, every single day. You can use it on your mare, too.

Dr. Janet:

Helene. Just wondering what you would advise for a dog with leishmaniasis, for the skin lesions? The group suggests nothing as it can make it worse, but I was wondering about lavender oil. And Copaiba/juniper berry to support the kidneys. The dog's on medication, but I've been wondering about extra support and comfort, and the skin lesions are causing a lot of distress.

Dr. Janet:

So yes, you can definitely use essential oils. Actually, Helene, I'm going to challenge you to do a literature search. Do a literature search. So research articles like we did in level one and look up leishmaniasis and essential oils. And you'll find there's a lot of research that's actually been done on it and it's fairly effective. And just keep in mind that leishmaniasis is a protozoa, right? And so you definitely can use your anti-protozoal oils, as well. I know frankincense and coriander are really, really good and very, very safe in those cases. That's where I would start. Do some self-selection. See what the the dog likes, if anything.

Dr. Janet:

All right. Newer comments, I think. And if you guys have to hop off for an hour, like I said, it's not going to hurt my feelings if you need to hop off. If you don't mind sticking around, those of you with your hands raised, I will get to you. We're almost done with these ones. We've got three more it looks like.

Dr. Janet:

Sigal. Two questions. First one, interesting question that I got from my holistic doctor, he has a transgender patient who injects testosterone, dogs can smell testosterone, it makes his dog aggressive. Do you know of an oil that can diminish the smell of testosterone, but not diminish the effectiveness of the testosterone?

Dr. Janet:

Oh, I don't have an answer for this one. That is really hard. No I don't. But I do. I would suggest something, perhaps like the calming oils, what you're thinking, that Balance, I really like Balance. It can really take the edge off. I use that with breeding-type situations where there's male dogs and female dogs in heat. And the male dogs are just going bonkers because of female dogs in heat, but they're not breeding that particular animal at this time and all that stuff. So all these oils would be the ones that I would use in those cases. You're definitely on target. And certainly, some training of that dog, I would definitely, especially, if he's getting aggressive, really recommend working with a professional trainer dog trainer that specializes in aggressive dogs, for sure.

Dr. Janet:

Second one, second part of my question and spikenard Kathleen says, spikenard, too. Yep. The second part of my question is based on the question, which is more a favor to my doctor is, my other challenge is am I just giving this advice for free? I owe a lot to my beloved holistic doctor. However, he's not referring his patients to me. He just wants to give him suggestions that he'll hear from me. I get all the time people sending me messages for quick questions, they don't offer to pay. I feel that if I say, "I'd be happy to help, here are my fees," they'll say, "Okay, thanks." And then they're gone and I damage something in my relationship with them.

Dr. Janet:

Okay, well, you got to get that mentality out of your head. So the direction I thought to take and have started to do, is by asking them questions like did you just see the vet? What did the vet say? Or yes, you can try putting context on that, but I don't know if it'll help, I'm answering without really supporting them. I don't like that, but I know these are people who just want a quick answer and are not going to pay. You don't know that, necessarily. You don't know that.

Dr. Janet:

And so I would really recommends Sigal, I don't know if you took the How to Earn Money as an Animal Aromatherapist Training, but we do cover this in there. And it's, basically, setting yourself up for success. And, say, I would tell your doctor, I would love to try and help this dog. Usually what I do is schedule an appointment to go over that animal's needs, do the self-selection with them and see if we can find a solution that might work.

Dr. Janet:

Is that something that this person would be willing to do? And if they're like, "No," or I can ask them. You just have to ask and put it out there that, "Hey, I get paid for this." My doctors ask me about their pets all the time. And a lot of times I'd be like I'm there and I'm sick. And they're asking me a question about their dog. I would be like, "I would love to help you. Please give me a call or a text, and I'd be happy to set up an appointment with you." And usually they're fine with that because they know they crossed the boundary there. So have boundaries.

Dr. Janet:

You can do quick answers like that. I wouldn't recommend doing it a ton. I would really start with, "As a matter of fact, I do think I can really help you. And here's how to set up an appointment."

Dr. Janet:

But that is a business question. Yeah. And we do cover that in the workshop, as well.

Dr. Janet:

Okay. I want them to see that it I'm serious here, more than a quick text. I want to help them. Happy to share my views.

Dr. Janet:

Okay. Definitely catch the recording, too. That one, we didn't really talk about that kind of stuff. It was more talking about taxes, but definitely catch those recordings and come to the business meetings. We're going to keep doing those once a month, since there was a really good response. There was a lot of people there. And I think it'll be really fun for me to actually... I was nervous, because my wheelhouse is animals and essential oils and teaching about that. I've never really taught a lot on business strategies, and marketing, and stuff like that. Although I'm very passionate about it. I enjoy it. So it's fun for me to teach on that a little bit, or at least give my two cents.

Dr. Janet:

Bonnie. Adaptive. If we use the Adaptiv roller bottle on our fur kids, how concentrated is it? Should we dilute it more? Or can we use it as is?

Dr. Janet:

So you can use it as is. You can use it as is. All the touch rollers are diluted well for animals.

Dr. Janet:

Vanessa. Okay. Forty-three-pound dog Coonhound syndrome. Yes. You guys posted in here. Not in the membership group. Oh yeah.

Dr. Janet:

Just quick announcement, please don't post case questions in the membership group. Most of the people in there, there's over 3,000 people in there, but they really are looking for, how do you do ear tipping in a dog? Or can I use diffuse lavender on my dog's... Stuff like that. It's a lot more simple. And when you guys ask these questions, it really puts me in a bind because I want to answer them. But also I don't want to overwhelm the new people or the people just starting out with essential oils, that don't have the context of the course, or the education that all of you guys have. So please, please, please just

post it in here, rather than the membership group, because I just feel really bad not being able to delve into those a little bit more.

Dr. Janet:

Okay. Systems to support. So 43-pound dog with Coonhound syndrome. Systems to support immune and nervous. Diffused frankincense, Copaiba, lavender, Helichrysum, how often? Topical, 3% diluted lavender and Helichrysum, plus muscle and joint rub for body massage. Internal one drop each of Frankincense, Copaiba, once every 24 hours starting out. Which type of specific oils are good for this type of paralysis? Spruces/pines, how often to you use them? How long typically for full recovery? History: (if needed) Cookie (7-8 yrs old female rescue, English bull Terrier mix, 43 pounds) was in a racoon fight about 2 weeks ago. Last Monday started walking wobbly which quickly progressed to paralysis. Diagnosed with Coonhound Syndrome and released to home for supportive care. Stable breathing (under watch), eating home-cooked diet (mom props her up) and pooping/peeing (mom carries her out and props her on grass to go, no incontinence so far). Has lost 4 pounds since inception. She can move her head and such, but mostly immobile. Mom slightly rotating her positions every 30 mins or so. Meds: Antibiotic (Clavamox) dose completed, Gabapentin for pain (100mg 2 capsules every 8-12 hrs), Meloxidyl for inflammation. Less painful since start of meds, easier to move her. Usually very active, outdoor dog. As far as I understand: Coonhound Syndrome= immune response to racoon saliva causes inflammation of nerve roots and peripheral nerves. Full recovery possible within 90 days.

Dr. Janet:

So what do you guys think about this one? What do you guys think about this one?

Dr. Janet:

He's got some paralysis from getting bitten by a raccoon, wobbly.

Dr. Janet:

So we do want to support the immune system and the nervous system, for sure. Kathleen says yarrow. I do like that. You guys are just going to put yarrow for everything. It's not a bad answer. Really.

Dr. Janet:

Let's see.

Dr. Janet:

Yeah. Dr. Holtman, basil once the pain is controlled and geranium, I really like those options.

Dr. Janet:

Tracy, On Guard. On Guard internally would be really, really smart. One of those.

Dr. Janet:

Susan. Stronger, Tomoyo stronger, stronger, stronger on the ears. Roll that on the ears. I love stronger. It's a great combination.

Dr. Janet:

Tammy says, I'm going to go with marjoram for this one, too. Marjoram's a really good option for this one, as well.

Dr. Janet:

Lisa, frankincense, Copaiba and tumeric. Yep.

Dr. Janet:

So really good. I like spikenard, too. So that would be one that I didn't see in there. That would be another option. Roman Chamomile. Linda says Roman Chamomile, also very good for the nervous system, as well. So good, really good options.

Dr. Janet:

Oh, Nancy for the immune system, since this was based on a raccoon bite or scratch.

Dr. Janet:

All right. So yeah. And then, you might want to have them talk to a holistic veterinarian that does acupuncture and see if it would be a good case in this case, a good candidate for that. Hard to tell. It really depends on the animal for these.

Vanessa:

I'm actually here. Is it okay to ask just quickly how On Guard internally, just what would be the best way to do that?

Dr. Janet:

So yeah, you can do a drop in food and mix it in with food. And I would do that twice a day. Or you can put it in a capsule. With a dog this size, you can actually do the OnGuard Plus Soft Gels, which has melissa in it, which is also very good for nervous system support. That's another one that I didn't see you guys mention is melissa. Really, really good for the nervous system. And probably one of my number one choices in this type of case.

Dr. Janet:

I always forget about melissa. How can I forget about melissa? You guys always talk about yarrow, but don't forget about, literally, you can use melissa for almost everything. So it's just so expensive. A lot of people don't like to order it because it's so expensive.

Dr. Janet:

Did that answer your question, Vanessa?

Vanessa:

Yes. So that would be On Guard Plus Soft Gel also once per day?

Dr. Janet:

Start with once a day and just watch for loose stools. And then, after a couple of days, if everything's going good, then up it to twice a day. And I usually do those for a good seven to 14 days.

Vanessa:

Great. Thank you so much.

Dr. Janet:

Oh, Suzanne says aromataouch, OnGuard, vetiver..that's what I use for my alpaca and She walks. That's awesome.

Dr. Janet:

Yep. Helichrysum was on there, Regina, that was one that Vanessa's using, for sure.

Dr. Janet:

Okay. Terry says, also a low dilution of black pepper along the spine to improve blood flow and circulation, especially. Yep. Black pepper or ginger. I would do some self-selection and see what that animal chooses. A lot of animals don't like black pepper.

Dr. Janet:

All right. Margie, did you have another question or is your hand still raised from before? Okay.

Dr. Janet:

Vanessa, did you have another question or are you good? Okay.

Dr. Janet:

Kyoko, do you have another question?

Kyoko:

Yes. Perfect. I'm dealing with a liver cancer dog in Japan and I wanted to recommend some oils, but I want her to do a self-selection a little bit. So I wanted to show how her to do the self-selection using my dogs. But at that times, he was asleep taking a nap and sleeping, but it's a bit emergency. So I woke him up and did self-selection, but he didn't do any sign or reaction because he was sleeping. So I shouldn't wake him up for the self-selection? Is sleepy time and then active time, he's a little bit difference in their olfactory or something?

Dr. Janet:

Well, he was just out of it. Yeah. So sometimes there's like, "I can't even react to you right now, mom, I'm just very sleepy." So I would recommend, and really this is a good recommendation for all of you, if you do remote consultations or things like that, is to record a good self-selection, record it on your phone and to keep it, so that if somebody in another country, or another state, or wherever, you can actually just send them the video and explain it, or you can explain it while you're doing it. And then, so they have that visual. And that seems to work really, really well. So you can be like, "Here you go." Or you can just explain it while you're doing it over a Zoom call or something like that. And watch them do it and then talk them through it. That's another way that I've seen people do it. But a quick little video, when your dog's awake, with your phone and do it and to show this is a yes, this is a no, this is how close you can get. or you can even do it this far away, depending on the animal and go from there.

Dr. Janet:

So is that helpful? So that's helpful to everyone. Very good question.

Dr. Janet:

Dr. Abby. Oh, Dr. Abby is an acupuncturist and does acupuncture in Colorado for whoever had that Colorado thing. All right, Abby, what's up?

Dr. Abby:

So I have a question on a case. Can you hear me okay?

Dr. Janet:

Yep.

Dr. Abby:

Okay. I have a patient, she's a 12-year-old, a Great Dane mix, probably Great Dane/Lab. She tore both of her ACLs in 2015 and then, end of October 2021, she re-injured the left. But both of them are pretty painful. I've been treating her since end of November for issues. So she's on a lot of different medications. She's on Galliprant, she's on CBD, she's on Boswellia, we're doing some joint supplements. And then a lot from standard process, she's getting Gotu Kola Complex, Catalyn, Calcifood wafers, Super-EFF, and Livaplex. And then we're also doing Copaiba, tumeric, a Deep Blue topically for her all diluted. And then she gets copaiba, turmeric, and frankincense internally. I think that is everything that she's on.

Dr. Abby:

Owners just got a Calmer Canine Device to see if that helps with a lot of her anxiety. And they got the Calmer Blend for her, too. They are using Assisi Loop along her neck, and then I'm doing acupuncture for her with some laser therapy. I don't use Assisi or light therapy with her otherwise, because she just freaks out if you put the unit on her knee or if you ask her to lay on a bed, she doesn't always like that. She takes a lot of hand holding to get through stuff.

Dr. Janet:

Okay.

Dr. Abby:

She was getting better, initially, but now we've been pretty static. She's still limping quite a bit to even so, I don't feel any forelimb lameness on her, but she's got a good head bump, too.

Dr. Janet:

Okay.

Dr. Abby:

I think it's just all putting that weight on her front. I'm just wondering if there's anything else that you suggest? I talked to her about doing some rehab, because that's not something I can do for her.

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Dr. Janet:

Mm-hmm (affirmative).

Dr. Abby:

And...some days she does.

Dr. Janet:

She doesn't tolerate massage? Is that what you said?

Dr. Abby:

That's 50-50.

Dr. Janet:

Okay. Okay.

Dr. Abby:

Yeah.

Dr. Janet:

Okay.

Dr. Abby:

Some days

Dr. Janet:

Yeah. So what do you guys think on this case? What other things could Dr. Holtman use?

Dr. Janet:

Kyoko. Copaiba invest best aches and pains. I'm not 100% sure what that is, but copaiba I know. So yeah, she's using the copaiba. Yeah, you can definitely do I would alternate with the Deep Blue and the Aromatouch. I like Aromatouch cause it has a lavender in it and there's quite a few studies about lavender being really helpful for osteoarthritis and joint pain. In particular.

Dr. Janet:

Jennifer, I really like lemongrass, helichrysum, marjoram, Siberian fur. So those would be some other options, for sure.

Dr. Janet:

And Kathleen. Have you used the Deep Blue Stick on animals? It's awesome. It has Copaiba in it. So she's doing Deep Blue-

Dr. Abby:

Oh yeah?

Dr. Janet:

But again, I don't know if she'll tolerate it, because you have to press to get it on it. I don't think she'll tolerate that.

Dr. Abby:

Oh she might not.

Dr. Janet:

Yeah.

Dr. Abby:

It depends.

Dr. Janet:

Yeah. So the other three-

Dr. Abby:

I'll rotate that Deep Blue with her and see if she likes some of those other oils.

Dr. Janet:

...other oils and just try some different things. And have them journal and see if she's having a better day with certain ones and play with it a little bit. The other thing that I would, for sure, add is the Deep Blue Polyphenols internally.

Dr. Abby:

Okay.

Dr. Janet:

At least, I would do twice a day with her, probably.

Dr. Abby:

Okay.

Dr. Janet:

And I think you're doing pretty good. But yeah, those are some really good options. Is that helpful? One more thing to add? That's a 12-year-old great Dane, that is amazing. I'm just going to throw that out there.

Dr. Abby:

Yeah. She's more Labish than Great Dane, for what it's worth.

Dr. Janet:

Yeah.

Dr. Abby:

But I just, I feel so bad for her. I just can't get her...

Dr. Janet:

Get her comfortable. She's not being responsive to your Assisi and everything else. So that makes it hard. I'm trying to think if there's anything else I want to add. You're doing the laser, you're doing the stuff. It's really just going to be a matter of managing that. I really like Aromatouch for the ligament aspect since it is another potential tear.

Dr. Abby:

Cedarwood be a good option?

Dr. Janet:

Did she have a surgery on them before? Could it be like-

Dr. Abby:

No.

Dr. Janet:

Okay. Okay.

Dr. Abby:

Nope. They didn't want to go through that with her. And now she's just not a good candidate because it's both. Given her size, she'd have to do one at a time to repair those knees and there's no way they can manage that with her. I don't know if she'd get up after surgery.

Dr. Janet:

Ashley. Hey, now I have a nine-and-a-half-year-old Great Dane. That is amazing. I love my old Dane patients. You can help them a lot with acupuncture. Keep on doing acupuncture, Ashley. Let's see.

Dr. Abby:

Do you think rehab would help?

Dr. Janet:

Well it depends on the rehab. And if it stresses her out more than it helps, it might not be worth it. It's certainly worth a try, I think, since some treadmill therapy, something like that. Underwater treadmills are amazing.

Dr. Janet:

I have one now here, it's 30 minutes away from me now, now that I live out in the country. And it is-

Dr. Abby:

Oh nice.

Dr. Janet:

Oh man. I love it. I can send people over there.

Dr. Abby:

Yeah. She's doesn't like water and I'm using Catalyn from Standard Process as a multivitamin for her.

Dr. Janet:

Okay. Awesome.

Dr. Janet:

Kathleen.

Dr. Abby:

Thank you.

Dr. Janet:

I still recommend, NuVet as a multivitamin all the time. I love it. I absolutely love it.

Dr. Janet:

So I was thinking that of water therapy on a beach. Yes. I need some water therapy, personally. I'm sure, Dr. Holtman, dealing with all the winter, the winter is almost over could probably use a little vacation, too.

Dr. Janet:

Let's see. Lisa, just in case you don't get back to it are the new Aussie cleaning products okay to use round dogs and cats. I'm concerned because they have tea tree and cinnamon. So I would have to look at them. I haven't looked at the ingredients. Is it just the Abode? Does anybody know? Is it the Abode that we already have in the US? Or is it totally different?

Dr. Janet:

It's new. Okay. So I'm going to have to research that and the ingredients. So with any cleaning things that have tea tree in them, my general recommendation is you can use them it, you let it dry and it's in a well-ventilated area before an animal comes out. So make sure that animals are in a different room, clean, let it dry out before they walk on it or anything like that. I would tend to recommend some of the other cleaning products like the Abode or the OnGuard Cleaner Concentrate, you guys, is amazing. And that is super, super safe for all animals. So I really like that. As far as washing their bedding and stuff like that, a laundry detergent's totally fine. Because if you are really concerned, you can add an actual rinse cycle on your washing machine and it's super, super good.

Dr. Janet:

But yeah, washing dishes, washing the bedding, and things like that, as long as you rinse it off really well, there should be no residue on the bedding or the dishes or anything like that. So that should be fine.

Dr. Janet:

E. Last person save the best for last

Dr. Janet:

You're all the best.

E:

I just wanted to go back to when we were talking about the allergy testing and I didn't catch the name of the one that you said, and I didn't know if there was several in the US that you recommended?

Dr. Janet:

Hemopet, they have a Nutriscan that is very easily accessible. So that's typically the one that I recommend. Is it 100%? No. But there's other ones out there. You could ask your vet if they have one that they like and especially a holistic veterinarian. Abby, what do you use for food allergy testing?

Dr. Abby:

I'm going to lean away from you on that. I would stick with an actual diet trial to see how they do versus blood testing or not. I know, oh gosh-

E:

I'm re referring more to environmental because where I live, man, so many dogs are, are allergic to pine and to grass, and it's just crazy how many dogs are allergic to the area here.

Dr. Abby:

Yeah. See if they can see a dermatologist for interdermal skin testing, where they inject allergens under the skin, same as us.

E:

Yeah, okay.

Dr. Janet:

Yeah. That's the gold standard, for sure, for environmental allergies, to know specifically what they're allergic to. I can honestly say though, most of those you can't eliminate.

E:

Right.

E:

So it's for a matter of managing it. And so, definitely check out my allergy webinar that I just did if you haven't already because that one, I did talk about some of that in there and really what you can do, whether they're testing or not testing. But yeah. As far as food allergies, the Hemopet Nutriscan is convenient and easy for people that are not able to do an elimination diet type of thing, which is again, the elimination diet that Dr. Holtman's talking about is 100% the gold standard. It's just like a person does an elimination diet, so I've, I've done this.

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E:

Yeah.

Dr. Janet:

What I'm sensitive to. And it was really, really, really informative. I got a lot of data from it. And I also learned what I'm super sensitive to.

E:

Yeah. I did that and- [crosstalk 01:22:58]

Dr. Janet:

... wine is one of the things I'm sensitive to.

E:

Oh no!

Dr. Janet:

Really, really unfortunate.

E:

Yeah. I did all the blood tests and everything and corn never came up and corn just absolutely rips me always. It's crazy.

Dr. Janet:

And that's why the elimination diets are so great because you can actually learn stuff that the blood tests don't show you. Yeah. The blood tests are [crosstalk 01:23:22].

Dr. Janet:

So awesome guys. Well, you guys. Have an awesome week. I will be sure to let you guys know when the next business training is next week, we'll be doing another Q&A like this. So if you have any questions, you can post it in that level Two weekly meeting questions.

Dr. Janet:

And I don't know if you guys saw it, but let me share my screen one more time show you guys. So if you actually go to the level two page now, we've updated it. And now it has a quick links. Where is it?

Dr. Janet:

There we go.

Dr. Janet:

Oh my computer's so slow you guys, hates being on Zoom.

Dr. Janet:

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So if you go to level two, you can see there's quick links now. So if you actually click on the main page, boom, has all your things that you need right here. So if you have a question for the weekly meeting, you can just click on that, post your question. It has all the things that you need, the zoom link, all the things. So we made it super, super awesome and convenient for all y'all. If you missed that, made it super easy.

Dr. Janet:

And, for the new people, there is a level two Facebook Group that is student-run. So I'm not in there, but it is student-run. And I hear it's really, really awesome. So I highly recommend you guys join that to stay in touch and to build the community, that main community that we have. Okay, guys, I'll see you next week. Next Tuesday, 5:00. See you then. Bye.