

Dr Judy Morgan's 6 WAYS TO IMPROVE YOUR PET'S HEALTH NATURALLY

BONUS

Dr Judy's Top Nutritional Tips



Dr. Judy Morgan's
Naturally
Healthy Pets



Judy Morgan DVM, CVA, CVCP,

Dr. Morgan grew up in Pitman and Woodstown, NJ, where she graduated high school as valedictorian in 1977. In 1980 she graduated from Rutgers with a Bachelor of Science and received her Doctorate of Veterinary Medicine from the University of Illinois College of Veterinary Medicine in 1984. Dr. Morgan is also a certified and accredited veterinary acupuncturist, chiropractitioner, and food therapist. After 36 years, Dr. Morgan retired from clinical practice in 2020. She now focuses on speaking, creating educational content, online consultations for clients, and her webstore.



Dr. Morgan spends much of her time working with Cavalier King Charles Spaniel and English Toy Spaniel rescue groups by assisting in finding, transporting, and fostering neglected animals. She is Chief Veterinary Medical Officer for Monkey's House dog hospice and senior sanctuary. She also enjoys public speaking and giving presentations at local, national and international continuing education venues.

She is a best-selling author of four books, hundreds of online and print magazine articles, and hosted her own Naturally Healthy Pets radio show on DreamVisions7 Radio network for two years. She has been featured on Fox News, local cable television, CNN, PBS, ABC, CBS, and as a guest on over 200 radio shows. Her goal is to change the lives of over ten million pets by educating and empowering pet owners worldwide in the use of natural healing therapies, minimizing the use of chemicals, vaccinations, and poor quality processed food.

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SUPER-FOODS TO IMPROVE YOUR PET'S DIET



MINIMIZE FLEA & TICK PREVENTION CHEMICALS

SIX WAYS TO IMPROVE YOUR PET'S HEALTH NATURALLY

1. Minimize Vaccinations

The core vaccines for dogs and cats, including Distemper virus, Parvo virus, Adeno virus (Hepatitis), and Panleukopenia, may provide protection against disease for many years, or even a lifetime. Most vaccine companies guarantee effectiveness of their vaccines for a minimum of three to five years. There is no need to have your pet jabbed every year, causing stress to the immune system, which can lead to chronic disease, cancers, endocrine problems, and allergies.

Vaccination for Leptospirosis and Lyme disease may be unnecessary, depending on your pet's exposure. Currently, it is unclear how long the Lyme vaccine lasts or whether it contributes to a worsening of disease after exposure.

Vaccinating for kennel cough may cause your pet to have symptoms of the illness and allow shedding of the virus to other pets. This is not a life-threatening disease and timing of vaccination is important, if it is going to be given at all.

Canine Influenza vaccine may not be necessary, or even helpful, as the influenza virus can mutate just like human influenza.

Feline Leukemia is spread by direct cat-to-cat contact with an infected cat. Indoor cats have no exposure to this disease and should not be vaccinated. Test any new cats prior to introduction to the cats you already own.

Feline Immunodeficiency Virus vaccine is problematic and should not be given. There is no such thing as two-year duration of immunity for Rabies vaccination. The first injection gives one year of immunity. Any injection given subsequently provides three years of protection (although there are a few one-year products on the market).



Pets with allergies to environmental or food products already have an immune system in overdrive. Vaccinations have high potential of causing an allergic reaction in these pets. An injection of an antihistamine prior to vaccination does not justify the high risk of vaccination.



Tumors at injections sites are occurring with higher frequency. Adjuvanted vaccines like Feline Leukemia, FIV, and Rabies are more likely to cause tumors in cats. Fewer injections mean less potential for tumor reactions.

Multiple vaccinations should never be given at one visit. Pets that are sick or undergoing surgical procedures should not be vaccinated until healed. Cats should never be vaccinated between the shoulder blades or along the back or sides. Injections should be given as low as possible on the hind legs.

Most puppies and kittens will do well with two vaccinations given approximately 4 weeks apart at 12 and 16 weeks of age. Do not give multiple vaccinations at one time. If vaccinating puppies, ask for a DAP (distemper, adenovirus, parvovirus) vaccine or individual distemper and parvo vaccines given two weeks apart. For kittens, the FVRCP is plenty to give at one time. I recommend waiting until 6 months of age to give the rabies vaccines, if possible (limited potential exposure). Rabies vaccine should not be given at the same time as other vaccines.

If you live in an area that is high risk for Leptospirosis or Lyme, and feel your pet must have those vaccines, give them alone, not along with other vaccinations. Do not allow vaccines to be given when a pet is ill or undergoing an anesthetic procedure.

More complete information regarding vaccines may be found in my book [From Needles to Natural: Learning Holistic Pet Healing](#)

2. Minimize Chemical Exposure



Check stool samples for parasites, rather than deworming on a set routine basis.

Use heartworm preventative only during the seasons when exposure can occur, which will depend on geographic location.

Chemical heartworm preventatives work by attacking different migrating larval stages of the heartworm. Some preventative medications have longer duration of effectiveness than stated on the label, while others are given in dosages higher than actually necessary to prevent heartworm infestation.

Inject-able heartworm preventative chemicals have proven to be highly toxic. This product should not be used in cats. Healthy cats with a strong immune system will generally not develop adult infestations.

Highest incidence of adult heartworm infestation in the United States occurs in the southeast, Texas, and Mississippi River Valley region. The [American Heartworm Society](#) posts annual maps showing number of heartworm cases per state in the US.

3. Minimize Flea & Tick Prevention Chemicals

Fleas and ticks are not active in all parts of the world on a year-round basis. While fleas and ticks should be prevented in endemic areas, use of harmful pesticide chemicals for our pets can have deadly consequences. Avoid oral chemical flea and tick preventatives, as these are particularly toxic (isooxazoline derivatives).

These chemicals should never be used on pets that are sick or immune-compromised, but every effort should be made to remove parasites from pets that are ill. Most topical chemical preventatives do not repel fleas and ticks, so if you are not seeing any activity, your pet may not have exposure and may not need preventatives. Healthy, natural alternatives are available to keep your pet parasite-free.



4. Feed a High Quality, Species-appropriate Diet

The old adage “you are what you eat” is particularly true for our pets. Their lifespan is shorter than ours, so they age more quickly. By feeding a healthy, species-appropriate diet you can help your pet live a longer, healthier, more vibrant life.

Cats are obligate carnivores, meaning they need to eat meat. They also tend to drink very little water. Dry kibble is very high in carbohydrates and low in moisture; it does not meet the requirements for a long, healthy life for your cat. Cats will have much more vibrant health when fed a raw food or high meat diet.



Not all pets are created equal and there is not one diet that fits the needs of all dogs or cats. In general, dry kibble and processed canned foods are of lower quality than frozen or freeze-dried foods.

Many of the large pet food companies use very poor quality ingredients to obtain the objective protein, fat, and carbohydrate levels in their products. Any pet food that contains Animal Digest, un-named meats or meat by-products, and is heavy in grain, potato, or legume content, will not be high quality for your dog. This does not necessarily mean that grain-free is better; it depends on the diet formulation and the pet's requirements.

If you can't pronounce most of the ingredients on the label, the food has had a “chemical soup” added to balance the vitamin and mineral requirements. Good pet food will be filled with healthy ingredients containing the necessary nutrients and should not require the addition of chemical substitutes.

My current list of commercial food products I would consider feeding my dogs and cats: (in alphabetical order, not in preferential order)

- AllProvide
- Carna4
- Dr. Harvey's Raw Vibrance or Paradigm
- Evermore
- OC Raw
- Open Farm
- Raised Right
- Rockster
- Small Batch
- Vital Essentials



<https://www.drharveys.com/>

5. Provide Daily Mental Stimulation and Physical Activity



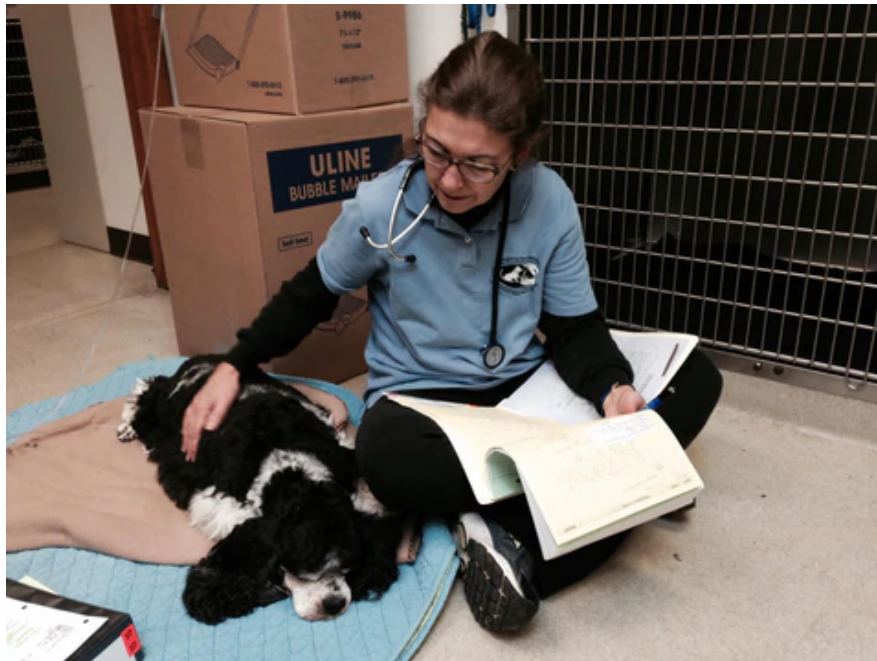
Most pets enjoy interaction with their humans and other animals in their pack. Even solitary cats, although aloof, enjoy playing with their humans.

If you work long hours, your pets are left alone for long periods of time. When you enter the house, they show excitement because they want to be involved in your life. Make sure you take time to pet, play, and engage your pet. If the weather is bad, hide treats around the house or use interactive games to stimulate your pet's thinking and tracking abilities. Indoor toys and puzzles are very enjoyable.

Spend time grooming each day; give a little massage. Keeping your pet active and stimulated will decrease unwanted behaviors and separation anxiety.

Every pet likes to have a "job". We have pets that are in charge of guarding, alerting when someone arrives, herding the cats and chickens, and acting as companions for elderly parents.

6. Have Your Pet Examined By Your Veterinarian Twice a Year



While many veterinarians have stressed “shots” as the reason to bring your pet into the hospital, this is really the least important part of the visit. The full physical examination is the MOST important part of the visit. By having your pet examined by a qualified veterinarian at least twice a year you may be able to find early warning signs of disease.

Small lumps and bumps can be detected before they have a chance to grow and cause problems. Early signs of endocrine disease, like weight loss or gain or increased thirst and urination, can help you change your pet’s daily protocol and slow down or stop progression of disease. Thorough palpation of the abdomen may reveal changes in organs that need to be addressed.

A stool sample, urinalysis, and blood testing should be performed at these visits to detect any early signs of disease or failure. By being proactive, you may save your pet’s life. If you are interested in finding a holistic veterinarian, check www.AHVMA.org

SUPER-FOODS TO IMPROVE YOUR PET'S DIET

You can improve your pet's health and longevity by adding some "super-foods" to their daily diet. The term superfood achieved the distinction of being added to the Merriam Webster dictionary in 2014 and is defined as "a food (such as salmon, broccoli, or blueberries) that is rich in compounds (such as antioxidants, fiber, or fatty acids) considered beneficial to a person's health. This list includes some of my favorites.

Fresh wild-caught fish (salmon or cod) – loaded with naturally anti-inflammatory omega-3 fatty acids that support heart, joint, skin, and brain health. Fish is also high in vitamin D, a fat-soluble vitamin that degrades quickly in processed food that is stored for long periods. Canned sardines in water can be used for these same benefits.



Fresh berries – blueberries and cranberries contain polyphenols which are powerful antioxidants that destroy inflammation-causing free radicals in the body. They can inhibit tumor growth, lower blood sugar, and decrease chronic inflammation. Anthocyanins in berries improve cognitive (brain) skills. Cranberries help prevent E. coli bacteria from sticking to the bladder wall, reducing urinary tract infections. Berries should be smashed or ground for easier digestion.



Bone broth – contains glucosamine and chondroitin which support joint health and help slow the progression of degenerative joint diseases. Rich in amino acids, it can also be used during recovery after illness or surgery. Bone broth helps heal leaky gut and decrease inflammation in the digestive tract.



Mushrooms – best served cooked; steam or sautee' in coconut or olive oil. Mushrooms contain compounds that have been proven to have anti-viral, anti-bacterial, and anti-tumor properties. They provide an excellent source of fiber for the good bacteria in the gut, improving the immune system. They help lower cholesterol and regulate blood sugar. They are particularly useful for senior pets with muscle weakness or cardiac problems, as supportive care for pets with Cushing's disease, and for pets with viral diseases that compromise the immune system (FIV, FIP, FeLV for example). Shiitake is one of my favorite mushroom species. Dried mushrooms or mushroom powder can also be used.



Dark leafy greens – a 2005 study showed that dogs who ate green leafy vegetables had a 90% reduction in their risk of developing cancer. Greens such as spinach and kale are rich in phytonutrients that give them antioxidant and anti-inflammatory qualities. They are high in calcium, iron, potassium, and vitamins A, C, and K. They are particularly useful for pets that have liver disease or anemia. Greens should be processed in some way to break down the plant cell walls – chopping, grinding, or cooking will accomplish this.



Eggs – provide high-quality protein and fat-soluble vitamins A, D, E, and K. One egg will supply about 75 calories. Eggs can be fed raw or cooked.



Pumpkin – rich in beta-carotene which enhances immune health and strengthens the eyes. Pumpkin is a great source of soluble and insoluble fiber which helps regulate bowel function. Canned or fresh pumpkins can be used.



Ginger – helps fight cancer and relieve arthritis. Ginger soothes the digestive system and decreases nausea. Ginger tea or cookies can be fed before transportation to decrease motion sickness or at bedtime to help settle a grumbly tummy. Ginger can also be added to meals, preferably fresh-grated root. Add 1/4 to 1/2 teaspoon for small and medium dogs, up to 3/4 teaspoon for large dogs.



Turmeric – curcumin is the active ingredient that is responsible for the antioxidant, anti-inflammatory, antiviral, antibacterial, and antifungal properties of turmeric. Turmeric is used to improve arthritis symptoms and to fight cancer. Absorption is enhanced when turmeric is made into Golden Paste by combining it with black pepper and an oil or bone broth. I prefer coconut oil.



Raw local honey – honey contains minute amounts of local pollen, which helps increase the body's tolerance of it when exposed to larger amounts. The natural sugar in honey is fine for pets to ingest. Give 1/4 teaspoon per 20 pounds body weight daily. Honey is soothing to the throat and very useful for treating a cough. Raw honey can be used topically to treat cuts and wounds, as it has bacteria-fighting properties. Honey should not be fed to immature animals, only to adult animals, as it may contain small amounts of Clostridium botulinum spores.



FOODS TO AVOID FEEDING YOUR DOGS

By adding fresh, whole foods to ANY dog food, you automatically increase the nutritional value of the food, but there are some things that need to be avoided.

Some foods to avoid feeding your dog:

- Raw salmon and raw trout (fish that is frozen for seven days or cooked will not pose a threat)
- Processed meats (lunch meat, ham, bacon, sausage)
- Cooked bones (unless very finely ground)
- Cooked fats and cooked grease
- Grapes, currants, and raisins
- Apricot, peach, cherry, persimmon, and plum pits
- Avocado peel, pit, and leaves
- Green tomatoes, tomato vines, and tomato leaves
- Rhubarb
- Macadamia nuts
- Nutmeg
- Onions and scallions
- Raw potatoes and green potatoes
- Chocolate
- Alcohol
- Raw dough and raw yeast
- Any food containing xylitol

Most human-grade, fresh, whole foods are perfectly safe to feed your dog. Some foods that make nutritious toppers and treats:

- Eggs
- Sardines in water
- Lean meats
- Fresh fruits and fresh vegetables



DR. JUDY'S HEART SUPPORT RECIPE FOR DOGS

Ingredients

16 ounces ground beef 90% lean
16 ounces beef heart
4 ounces beef liver
4 ounces salmon
4 eggs with shells or use 1 tsp. eggshell powder
4 ounces asparagus
4 ounces kale
6 ounces butternut squash
1/2 cup cranberries chopped or ground
4 ounces Shiitake mushrooms
1 ounce mussels
1 Tbsp wheat germ oil
1 Tbsp ground sunflower seeds
1/2 tsp seaweed or kelp powder

Instructions

Chop or grind all vegetables, heart, liver, and salmon. Place all ingredients in a slow cooker set on low for 6 to 8 hours. Can also be baked in a pan in the oven at 325 degrees for 45 minutes - do not overcook. Can also be served raw. Feed 2 to 3% of body weight daily.

