



DR. JOSIE'S

5 ELEMENT ANIMAL WELLNESS

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Recovery Protocol:

Support the Nervous System and NGF replenishment:

- Lion's Mane mushroom: Brand matters, give as high a dose as the stomach can handle, start at a low dose and work up.
 - [Real Mushrooms](#) brand are my favorite
- Omega-3: one of best and most bioavailable sources for pets are sardines packed in water. Make sure brands are tested for heavy metals.
- Vitamin E: essential for maintaining neurological structure and function.
- Vitamin D levels:
 - Get a blood test to find out how much to supplement. Most animals are deficient.
 - Plays a role in regulation of NGF and is involved in various neurophysiological processes
 - Mushrooms from the grocery store can be set out in sun for 30 minutes and they will make vitamin D. Then saute them in butter and chop up into food.
- Magnesium: mackerel, organ meats, spinach, chard, pumpkin seeds.
- Zinc: Oysters, green lipped mussels, grass-fed beef, salmon, sardines, broccoli, eggs.

Support the Whole System:

- The best nutrition possible: whole meats, organs, and veggies, grass-fed and organic if possible. If not possible, whole, fresh foods are still preferred over processed pet food. The body needs bioavailable nutrients to repair and nourish itself. Processed pet foods start out with very low quality ingredients and add in synthetic vitamin and mineral premixes that tax the body.
 - [Dr Judy Morgan](#) has a great book, course and free recipes. It does not have to be difficult!
 - Organ meats are loaded with vitamins and minerals. [Green Juju](#) makes a nutrient dense dog food high in organ meats that is easy to digest for dogs with sensitive stomachs. It can be diluted with bone broth, raw milk or water in a blender to be syringe fed.
- Minimize pro-inflammatory foods: highly processed kibble or canned, grains, GMO ingredients. This will help decrease inflammation all over the body, including arthritis.
- Antioxidants + Anti-inflammatories: Turmeric, Green tea, Resveratrol
- Adaptogens: Ashwaghandha, Rhodiola, Ginkgo, Reishi, Cordyceps, Chaga, Eleuthero, Holy Basil, Astragalus, Ginseng, Schisandra, + others.
 - They help the body adjust to stress and help it regain homeostasis and balance.
- Probiotics to heal and maintain a healthy gut
 - 70 % of the immune system is in the gut
- Raw goats milk or raw cows milk: contains live enzymes, probiotics and all the amino acids and nutrients it takes to grow a baby goat into an adult goat.
 - Goat vs cow: fewer allergies and intolerances
 - Like a super food for our pets with readily available nutrients and enzymes
 - Can be syringe fed as a complete meal!
- CBD: use a good reputable brand
 - Can help maintain homeostasis, reduce pain , increase appetite and decrease stress. Helps communication between the nervous system, endocrine system and immune system.
 - It is very safe to use.
 - CBDog Health, [Radical Roots](#)

Support Protein Metabolism:

- PROTEASE: the enzyme made by the body to digest proteins (an antibody is a protein circulating in the bloodstream).
 - Make sure it is high quality and used for immunomodulation and proteolytic enzyme therapy.
 - The average protease in a digestive enzyme supplement is not sufficient.
 - Brand I recommend with research behind them is [Transformation Enzymes](#)
 - It is safe to use. Start low and work up to what is tolerable.

Support Specific Organs:

- Liver: metabolic and detox pathways:
 - Feeding liver
 - Milk thistle
 - Dandelion
 - Green tea
 - All medicinal mushrooms: Turkey tail, Reishi, Chaga
 - Chinese herbs
- Cardiac:
 - Feeding heart
 - CoQ10
 - Hawthorn
 - Chinese herbs
- Kidney:
 - Feeding kidney
 - Standard Process Renal Support
 - Nettle seed tincture
 - Chinese herbs
- Bladder incontinence: this can have neural, hormonal, infectious (UTI) and stress related causes (cystitis).
 - Incontinence: Chinese herbs available
 - Acupuncture

- Red light therapy
- Vasopressin if the pituitary is affected - requires blood testing.

Support and Remedies for Arthritis:

- Bone broth: Collagen Type II is a pain reliever
- NSAIDS: Rimadyl, Metacam, Galliprant, Previcox
 - Different dogs respond to different NSAIDS individually.
 - Make sure they are given proper dose, with food - not on an empty stomach
 - Check blood values prior to using and while using to detect problems early.
 - If appetite decreases or any vomiting or diarrhea occur, STOP.
 - Its easier to detox from a course of NSAIDS than an injection meant to last a month or more.
- GABAPENTIN: I am not a big fan and there is NO scientific evidence it provides any pain control. It is being prescribed at very high doses which can lead to wobbly gate, spaced out cognitive issues and even breathing difficulties. It is becoming a controlled substance in several states due to street abuse and addiction. Here is my review article on it: [Gabapentin for Dogs: Know the Risks](#)
- Glucosamin, chondroitin, collagen: numerous supplements available
- Adequan injections: glycosaminoglycans
- Turmeric: Golden Paste
- Boswellia:
 - Standard Process Boswellia Complex can work as well, and in conjunction with an NSAID
- Traumeel/Traulevium: homeopathic anti-inflammatory
- Other homeopathics: these need to be selected on a case by case basis by an experienced homeopath
- Physical rehab + exercise: Keep them moving to strengthen the muscles.
- Acupuncture:
 - Needs to be done regularly
 - Supports entire body
 - Has been shown to increase NGF and stem cells
- Massage therapy: helps with pain, stiffness, lymphatic drainage, quality of life
- Photobiomodulation: Red Light Therapy + Laser:

- Use a reliable source, not the cheap version on Amazon
- I use [MultiRadiance lasers](#). They do have a pet laser for at home use.
- I use [Photonic Health](#) for red light therapy. Made in the USA, 90 day money back guarantee and will repair lights and pads.
- Pulsed Electromagnetic Field Therapy: Assisi loop
- Extracorporeal shock wave therapy
- Herbal Medicine: there are numerous Traditional Chinese formulas and western herb formulas that are very efficacious for arthritis pain. To get the best results work with a knowledgeable herbalist to find the right formula for your pet.

Last, but not least, give it time!

****Do NOT** use flea/tick preventatives containing isoxazolines: that includes Bravecto, Nexgard, Simparica. These have all been implicated in neurological symptoms of tremors and seizures. They have an FDA warning label on the box!

If you have questions, concerns or are looking for further guidance you can visit my [Substack](#), or schedule a consult on [my website](#). My email is included but I cannot answer questions about individual cases without a thorough case review and consult.