



Ref 18 v 5

SYMPTOMS

- Allergies
- Itchy, smelly skin
- Ear discharge & smell
- Genital discharge
- Smelly bowel movements
- Excessively chewing feet
- Poor coat
- Poor digestion



DEXTER SUGGESTS

Ask our knowledgeable staff about trying a raw food diet for your pet.

Check out these books:

- *See Spot Live Longer*
- *Raw Dog Food: make it easy for you & your dog*
- *Dr. Pitcairn's Complete Guide to Natural Health For Dogs & Cats*
- *The New Holistic Way For Dogs & Cats*
- *The Whole Dog Journal, February 2007 issue*

SYSTEMIC YEAST?

WHAT IS A SYSTEMIC YEAST OVERGROWTH?

Yeast has become a common problem in modern dogs (less frequently cats) due to high-carb diets and immune system dysfunction. It is a normal part of the body's microbiome in small amounts, and is kept under control by beneficial bacteria in the digestive system and by the nearby immune system. This balance can be destroyed by stress, medications, diet, and more.

WHY DIDN'T I KNOW?

Animals can have a low-grade, undiagnosed yeast problem for years. One problem is the repeated use of antibiotics and steroids to treat secondary symptoms like skin and ear problems. This cycle, when repeated over and over, suppresses the symptoms while allowing the yeast to flourish. This overgrowth of yeast will also continue in many animals fed an inappropriate diet that is high in carbohydrates and low in naturally occurring beneficial bacteria and enzymes. Pathogenic yeast in the gut can also effect the body's ability to absorb nutrients, thus continuing the cycle of ill health.

DETOXIFICATION IS THE FIRST STEP

When an animal's system is overwhelmed by a yeast overgrowth (exhibiting many symptoms from the list), the first step is to reduce the population of the pathogenic yeast before repopulating with good bacteria. Some of the products for this purpose are coconut oil and herbal products like Glacier Peak Gold.

GOOD FOOD IS THE KEY TO HEALTH

The diet should be changed to a species-appropriate one that is low in carbohydrates, and ideally should include fresh food. Raw, meat-based diets are the ideal diet to beat yeast infections and prevent them from returning. If your pet doesn't tolerate raw food or needs to transition slowly you need to look into home-cooking, or using dehydrated or canned foods that are meat-based and low in carbohydrates, to which you can add some fresh food. The Dexter's Deli staff can help you in choosing a food appropriate for your animal.

REPOPULATING THE GUT WITH GOOD BACTERIA

Feeding probiotics is the way to rebalance the intestinal system. For a chronic problem it's important to wait until you've improved the diet and begun the detoxifying supplements like coconut oil or those in the Nzymes Yeast Kit program before you start adding the probiotics. Raw cow milk kefir is the best way to add probiotics because it has a much greater variety (x100) of good bacteria and enzymes when compared to supplements, and is high in yeast-fighting caprylic acid and bacteriocins.

...more on page 2



PRODUCTS

- Glacier Peak Gold
- Coconut Oil
- Metagenics Ultra-Flora Plus
- Jarrow Petdophilus
- Herbsmith MicroFlora Plus
- Animal Essentials Plant Enzymes & Probiotics
- Answers raw cultured goat milk
- Answers raw cow milk kefir
- Braggs Raw Unfiltered Apple Cider Vinegar
- Herbal Energetics Pet Boost
- Pet Wellness Blends Canine Wellness
- Mushroom Matrix
- Glacier Peak Holistics Pet Wellness Life Stress Scan

“WHY ISN'T IT GETTING BETTER?”

If you've been following the recommendations and are not seeing much improvement after three months, you may need extra help. The longer your pet has had a yeast problem and been treated with steroids and other medications for the symptoms, the longer it will take to recover. One thing you should do is have your pet's thyroid checked. Low thyroid weakens the immune system and the body's ability to rebalance. Food sensitivities can also contribute to your pet's difficulty rebalancing so consider testing with the Glacier Peak Holistics kit.

THE FOUR ADDITIONS YOU NEED

- 1. Glacier Peak Gold** – this herbal formula will help eliminate yeast from the body while strengthening the immune system. It is only intended for intermittent use so follow the dosage instructions for your size of pet.
 - up to 3 lbs = 2 drops up to 3 times per day
 - 4 to 10 lbs = 5 drops up to 3 times per day
 - 11 to 20 lbs = 10 drops up to 3 times per day
 - over 21 lbs = 15 drops (max) up to 3 times per dayUse 3 times a day for 10 days, stop use for 10 days, then use 2 times a day for 10 days (a total cycle of 30 days).
- 2. Probiotics** – the essential “good bacteria” needed by the body. These can be given as a dry supplement, or preferably by feeding raw cultured goat milk or raw cow milk kefir (find these in our freezers). Ask for our handout on these.
- 3. Enzymes** – helps the digestive system, which has been weakened by the systemic yeast overgrowth, break down food. Follow dosage guides on the product, starting at ¼ the regular dosage, raising it to the regular dose in a week. Raw cultured dairy foods are also a good enzyme source.
- 4. Raw Apple Cider Vinegar** – helps balance the pH. Can be added to food or water. Start with ¼ the regular dosage, raising it to the regular dose in a week.
 - 10 lbs. or less 1/4 teaspoon per day
 - 10 to 60 lbs. 1 teaspoon per day
 - 60 lbs. and above 2 teaspoons per day
- 5. Coconut Oil** – Kills yeast, as well as other pathogens associated with systemic yeast overgrowth. It's important to start slowly with coconut oil.
 - Start with a very small amount, 1/4th the optimum dose or less, and increase the amount slowly, so that you reach the optimum dose in 2-3 weeks. If your dogs has diarrhea, or seems tired or uncomfortable, reduce the amount temporarily until these signs of detoxification subside. It is best to divide the daily amount into at least two feedings. It can be included in meals and fed between meals.
 - Daily Optimum Dosage: 1 teaspoon per 10 pounds, or 1 Tablespoon per 30 pounds