

restorative diet guide

**FREQUENTLY
ASKED
QUESTIONS**

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FAQ

- **How long will it take to see results once my pet starts a restorative diet solution?**

The amount of time it takes to see results is heavily dependent on your pet's existing circumstances. Your pet may be switching from a high heat processed diet and/or toxic environment. Or your pet may have a "cleaner" base, which will result in less detoxification time. Minimal results begin to occur between 1 dose and 3 weeks. Maximum results are often not achieved for 3 months or more. This time may increase dramatically if processed foods remain in the diet. Supplements alone will usually not resolve imbalances. Contributing to a health problem with poor diet while treating it with a supplement will only result in moderate benefits.

- **How do you know these diets are effective? Is there any science or research supporting them?**

The authors of these diets have been using food as medicine for decades to restore health. These diets are a collaboration between experts, each pulling from their own experience and knowledge to create true restorative solutions. Additionally, research regarding these methods of healing dates back over 100 years and is extremely well documented.

- **Are your diets, supplements, or statements “FDA Approved”?**

As with virtually all supplements, statements made here have not been approved by the FDA. These products are not intended to cure, treat, diagnose, or otherwise benefit your pet. Per regulation, only pharmaceutical products are permitted to make that claim. Results may vary according to the animals' diet and lifestyle. These products are not intended to be used in lieu of, but as a support to, proper veterinary care.

- **Can I feed kibble or canned food instead of, or in addition to, what the Restorative Diet Solutions recommend?**

Since our Restorative Diet Solutions are carefully calculated and measured using Solutions Pet Products foods, we cannot speak to what results you may achieve using substituted products.

High heat processing can turn harmless ingredients into compounds that promote inflammation. This can cause problems anywhere in the body. These chemicals “turn up the body's thermostat”, thus predisposing the body to inflammation, which can cause any number of dis-ease conditions. Avoiding or eliminating processed foods can help reduce the incidence of these conditions.

- **How long should I keep my pet on a Restorative Diet Solution?**

We recommend a minimum of 90 days on any Restorative Diet Solution.

Depending on the condition, you may need to keep your pet on the diet permanently. If you aren't sure what's right for your pet, we recommend consulting with your holistic veterinarian or reaching out to Nuture@SolutionsPetProducts.com.

- **How can I help my picky eater transition to your foods?**

We suggest letting our foods come to room temperature before feeding. We have also found that "hiding" new foods underneath current foods can help. Fasting for 24 hours before attempting a transition has shown to increase appetite and alter gut bacteria, resulting in a quicker, less problematic transition

- **Why are some pets intolerant to transitioning?**

Generally, pets with high toxin loads and senior pets struggle the most to transition. This is because they have the highest detoxification requirements. Traditionally trained veterinarians feel this is "just how pets are" and it is acceptable to keep them on only one food for life. Consider this reasoning relative to yourself, or to your child. If you or your child could only tolerate Mac & Cheese - everything else caused illness - would you consider this a symptom of health or disease? Intolerance to transition is a symptom of dis-ease. Our goal is to get your pet to a point of health where they can easily tolerate a transition to fresh, whole foods without a hiccup.

- **Are there any supplements I can give to ease the transition and prevent diarrhea?**

Elemental Solutions Regulator can help with diarrhea or constipation. You may give lower doses to prevent minor digestive issues or higher doses multiple times per day if significant digestive discomfort has already developed.

- **I followed your transition instructions and my pet has diarrhea anyway - what should I do?**

You may be overfeeding or providing other foods that are causing the issue - these could include treats, chews, or certain medications. Use the Feeding Calculator on our website to determine the proper feeding amounts. If you have determined that excess calories are not causing the digestive issues, please consult your holistic veterinarian or reach out to Nurture@SolutionsPetProducts.com.

- **I followed your transition instructions and now my pet is constipated - what should I do?**

It is extremely rare that a transition to fresh foods would cause constipation - however, it is more common that pet owners misperceive smaller stools as constipation. "Kibble" stools, or stools from other less bioavailable diets, tend to be large and light-to-mid brown. Stools from highly bioavailable foods are small and dark, oftentimes almost black. This is not constipation - your pet is absorbing the nutrients you are providing rather than wasting them.

- **Will a Restorative Diet Solution affect my pet's weight?**

We certainly expect our diets to positively affect body composition - sometimes this can result in weight loss or gain, but not always. As with all other mammals, your pet's muscles weigh more than their fat. Even in an obese pet, weight gain is not bad if it is occurring because muscle is gained. When discussing healthy body compositions, it is more useful to speak in terms of "fat loss" or "muscle gain" rather than lumping these terms into the vague "weight loss/gain". Here are some common body composition adjustments that are common when switching to nutrient dense fresh foods:

- Fat loss - when switching off of high-carb, low fat diets, it is common to lose water weight and white fat (adipose tissue). In some cases, the loss of "fatty cushion" around the body reveals pre-existing tumors. The transition did not "cause" the tumors - the loss of fat coverage only revealed them.
- Muscle gain - most pet foods contain very little quality protein (for more details, see our blog post titled "protein math"). An increase in bioavailable protein and amino acids will provide the muscles with nutrients necessary to thrive. This will cause a healthy increase in overall bodyweight.

On rare occasions, some pets have dramatically different metabolic needs. A pet with hyper or hypothyroidism may need more or less calories than average. If you are struggling with your pet's weight, contact Nature@SolutionsPetProducts.com.

- I feel like I'm not feeding enough and my pet always seems hungry! Should I increase how much I'm feeding?

Solutions Pet Products suggests feeding the correct number of calories for your pet. This is calculated based on weight, age, reproductive status, body composition, and daily activity level. Research shows that overfeeding contributes to metabolic diseases (such as cancer, diabetes, and dementia), diarrhea, or weight problems. Solutions suggests optimizing nutrient absorption by supporting the microbiome and providing the most bioavailable nutrient sources. Increasing caloric volume beyond what is recommended may negatively impact health. We suggest you follow the relevant Restorative Diet precisely in order to achieve the desired results.

Further, it is not possible to completely fill your pet's stomach without metabolically injuring them. A 42lb human has a stomach capacity, on average, of 11oz. A 42lb dog has a stomach capacity of 64oz. An average 42lb dog needs only 840 kcals/day, or 9.5oz of Solutions Diet Recipes. However, they will gladly consume up to 5,632 kcals per day if allowed. Most pets do not need more food - rather, they simply need time to adjust to the smaller feeding amounts.

Newfound enthusiasm for food can also come simply from feeling better. If every meal prior made your pet feel sick, they may have been reluctant to eat. Eagerly anticipating their next meal may not equate to feeling hungry at all - it may be a symptom of increased happiness.

- I need a “warming” or “cooling” food but that’s not what you recommend. What should I do?

Chinese and Ayurvedic Food Therapy teaches that high heat processing increases the heat of the diet. In Chinese Medicine (TCM), heat equals inflammation. In TCM, a raw “warming” food is more cooling (less inflammatory) than a heat processed “cooling” food.

- Will prescription medication negatively interact with a Restorative Diet Solution or any of the recommended supplements?

Elemental Solutions Supplements state contraindications on the packages. However, we always suggest consulting your holistic veterinarian to answer this question.

Note on CBD, Flower Essences, and Homeopathic Remedies:

If providing homeopathic remedies or flower essences as well as CBD, give the CBD second. Cells need to be “awake” in order to receive the full benefit of an energetic product (like homeopathics or flower essences). CBD makes the cells “sleepy” and should be given a minimum of 15 minutes after dosing with homeopathics or flower essences.

CBD should not be given to pets under 14 months of age. Research shows early dosing can inhibit the development of the endocannabinoid system.

- **What is a “high quality fat”?**

Research done by KetoPet Sanctuary determined that raw, unheated fats do not contribute to pancreatitis. Fats which are oxidized via heat processing, however, may cause or exacerbate pancreatitis. To prevent this, we suggest using only fats that have not been harshly treated, such as grass fed cow or goat butter, extra virgin coconut oil, or MCT oil. Lard from pastured pigs and tallow from 100% grass fed cows have also both been shown to be stable, non-toxic forms of fat.