

restorative diet guide

**ALLERGIES
& LEAKY
GUT**

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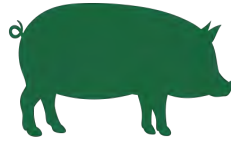


ALLERGIES & LEAKY GUT

diet overview

Whole Foods Required

- Pork Recipe
- Better Butter Goat Milk Tea
- Fish Jiggles OR Pork Jiggles
- High quality raw fat source



Functional Nutrition

- Fish Jiggles and Pork Jiggles are ideal for “healing and sealing” a damaged gut.
- Gelatin has been shown to heal the skin, digestive system, joints, and organs.
- Fish Gelatin Jiggles are high in Vitamins A and D, as well as Omega 3 fatty acids.
- Pork Gelatin Jiggles are rich in collagen and elastin, two critical components of the tissue matrix and skin
- Solutions Pork is GAP rated, certified humane, and sourced from regenerative farms
- Solutions Diet Recipes are low carbohydrate. Elevated blood sugars levels are linked to recurrent infections (including skin infections and other allergy symptoms)

When treating allergies, it is absolutely imperative to identify the root cause of the symptoms. Many “allergy diets” or limited ingredient foods only focus on removing aggravating foods from a pet’s diet. Reactivity to allergens can vary from day to day depending on exposure to environmental or dietary stimulants or multiple metabolic conditions. Eventually, ingredient avoidance moves into the territory of nutritional deficiency, which exacerbates the problem.

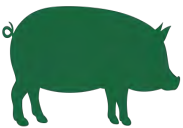
This restorative diet guide is designed to identify and solve for root causes of allergies and allergy-symptom producing disease conditions. Like any aspect of health, the reductionistic “one size fits all” model of treating allergies is wildly deficient - this diet will give you the information and tools to find actual relief and healing for your pet.



ALLERGIES & LEAKY GUT

diet overview

Treating any disease condition at a deep level requires real food that nourishes the body fundamentally. Healthy food cannot come from an unhealthy source. When treating allergies, it is important that the ingredients used support the immune system, are metabolically appropriate, and are not contaminated by harsh chemicals or heavy metals. "Ingredient animals" that have been raised on feedlots or fed conventional animal feed are not only nutrient depleted and damaged, but also damage consumers due to heavy metal contamination, high cortisol levels, pathogenic microbes, and other factors. Sourcing clean, appropriately fed, environmentally supported animals is the first step towards true healing.



GAP 1-3 and Animal Welfare certified. No chemicals, no hormones, no antibiotics. Forage in organic pastures. Warsaw, NC



MSC Certified and wild caught in clean Atlantic waters. Tested for heavy metal toxicity. New Bedford, MA



Grass fed, no antibiotics or hormones. Raised on organic pastures in thriving polyculture environments. Lykens, PA.



ALLERGIES & LEAKY GUT

root causes of allergies

“Allergies” is an umbrella term for an extreme immune system reaction to external influences, such as foods or environmental factors. There are many common causes of allergies or allergy symptoms. We recommend working with your functional or holistic veterinarian for diagnosis. In order to achieve true healing, it is important to know the root cause of an illness.

- **microbiome imbalance:** leaky gut, yeast overgrowths, lack of bacterial diversity, and other issues that stem from the gut microbiome can present as allergy symptoms. Pets that are “allergic to everything!” are often dealing with this type of issue.
- **heavy metal toxicity:** many immune system functions can be disrupted by heavy metals. It is widely known that heavy metals bind to various micronutrients, causing deficiencies and storage issues that can manifest as allergy symptoms. Pet parents who have “tried everything” and had no success may be dealing with this.
- **micronutrient imbalance:** vitamins and minerals are responsible for regulating an immense number of biological functions. Balance is essential - too much or too little of any specific vitamin or mineral can lead to serious health issues, many of which manifest as allergies. This is most common with pets who get the majority of their micronutrients from synthetic sources and with DIY raw fed dogs.
- **vaccinosis:** adverse reactions to vaccines can trigger immune system responses that manifest as allergy symptoms. This is especially common in pets that have been over-vaccinated and can have serious long term consequences if the body is not purposefully detoxed.
- **parasites:** bites, saliva, or general infestation of external parasites can lead to skin problems (parasitic dermatitis) that is often confused with allergic dermatitis. Internal parasites can also stimulate allergy symptoms. Make sure that your pet is parasite free before assuming that their itchy skin is a food-related issue!
- **hormone imbalance:** many symptoms, such as discolored skin, abnormal weight gain, hot spots, and runny eyes, that are attributed to allergies can actually stem from imbalanced thyroid, adrenal, or reproductive hormones. This is another possible cause when a pet parent has “tried everything” but can’t find a solution.



ALLERGIES & LEAKY GUT

allergy testing

In order to make sure that you are treating the right root cause, it is important to work with your integrative or holistic veterinarian for effective allergy testing. Remember, however, that all allergy testing is only a snapshot of something happening at a specific point in time and is not necessarily indicative of a constant issue. That is why it is important to test multiple times so that you can establish a reasonable pattern.

Treating without testing is truly shooting in the dark. That said, many allergy tests are inaccurate, responding only to symptom triggers and are not useful for identifying root causes. The following tests are ones that we have found to be effective:

- **Animal Biome:** sequences feces to identify microbiome imbalances. Available online.
- **ParsleyPet HTMA:** identifies mineral and adrenal/thyroid hormone deficiencies and toxicities and identifies heavy metal toxicities. Available online.
- **Fecal & Dermal Parasite Testing:** ensures that you are, in fact, treating the right issue - parasite infestations and allergies can have very similar symptoms. Available through your vet.
- **Vitamin D & A Levels:** most animals eating conventional pet food are severely imbalanced in these vitamins. It is entirely possible that your pet is experiencing symptoms of vitamin toxicity or deficiency rather than a true allergy. Available through your vet.
- **Adrenal & Thyroid Function:** testing for ACTH, cortisol, T3, rT3, T4, and TSH can help you determine if your pet's allergy symptoms are caused by hormonal imbalances instead of foods or environmental factors. Available through your vet.



ALLERGIES & LEAKY GUT

high quality fat

KetoPet Sanctuary research determined that fresh, raw fats do not contribute to pancreatitis. Heat processing, UV light, exposure to oxygen, very high or very low humidity, exposure to heavy metals or ionizing radiation, and time (passing expiration dates) contribute to fat oxidation and rancidity. Oxidation and rancidity can damage cellular DNA and proteins, potentially leading to pancreatitis and disease. Pancreatitis can also be caused by necrosis or inflammation in the pancreas (often attributed to carbohydrate consumption), certain medications/vaccinations, or certain toxic environmental exposures. Solutions Pet Products suggests rotating between butter, virgin coconut oil/MCT oil, pork lard or beef tallow. These products should be sourced exclusively from pastured, grass-fed, clean animals.



Kerrygold Grass Fed Butter is widely available at most supermarkets. While this is a pasteurized butter, it is very easily accessible and has shown quality results when used as part of a ketogenic diet.



Coccotherapy Organic Virgin Coconut Oil and MCT Oil are available online or through independent pet food retailers. It is a raw, vet recommended, therapeutic grade coconut oil and is very high in lauric acid and other fats.



Fatworks or Epic Beef Tallow is pure fat from 100% grass fed cows. While this is a heat treated product (tallow is rendered beef fat), it is non-oxidized and stable. It is available at speciality grocery stores and online.



Fatworks or Epic Pork Lard is pure fat from pastured pigs. While this is a heat treated product (lard is rendered pork fat), it is non-oxidized and stable. It is available at speciality grocery stores and online.



ALLERGIES & LEAKY GUT

restorative diet solution

Dogs/Cats <50lbs

PORK RECIPE	42.90g (1.50oz) per 10lbs of bodyweight per day
HIGH QUALITY FAT SOURCE	4.60g (0.16oz) per 10lbs of bodyweight per day
FISH JIGGLES or PORK JIGGLES	42.90g (1.50oz) per 10lbs of bodyweight per day
BETTER BUTTER TEA	21.40g (0.75oz) per 10lbs of bodyweight per day
Solutions Endocrine OR Solutions Restore	see "supplements" page for more information

Dogs 51-74lbs

PORK RECIPE	37.59g (1.31oz) per 10lbs of bodyweight per day
HIGH QUALITY FAT SOURCE	4.00g (0.14oz) per 10lbs of bodyweight per day
FISH JIGGLES or PORK JIGGLES	37.50g (1.31oz) per 10lbs of bodyweight per day
BETTER BUTTER TEA	18.75g (0.66oz) per 10lbs of bodyweight per day
Solutions Endocrine OR Solutions Restore	see "supplements" page for more information

Dogs 75-110lbs

PORK RECIPE	31.10g (1.13oz) per 10lbs of bodyweight per day
HIGH QUALITY FAT SOURCE	3.49g (0.12oz) per 10lbs of bodyweight per day
FISH JIGGLES or PORK JIGGLES	32.10g (1.13oz) per 10lbs of bodyweight per day
BETTER BUTTER TEA	16.10g (0.56oz) per 10lbs of bodyweight per day
Solutions Endocrine OR Solutions Restore	see "supplements" page for more information

Dogs >111lbs

PORK RECIPE	25.80g (0.94oz) per 10lbs of bodyweight per day
HIGH QUALITY FAT SOURCE	2.90g (0.10oz) per 10lbs of bodyweight per day
FISH JIGGLES or PORK JIGGLES	25.80g (0.94oz) per 10lbs of bodyweight per day
BETTER BUTTER TEA	13.40g (0.47oz) per 10lbs of bodyweight per day
Solutions Endocrine OR Solutions Restore	see "supplements" page for more information



ALLERGIES & LEAKY GUT

supplements



ENDOCRINE

This product is intended to provide the adrenal glands with nutrients that are specifically needed by the gland, and the whole body. This blend is designed to reduce adrenal activity (as may be needed in the case of Cushing's disease) while supporting thyroid function. When the adrenal glands produce excessive amounts of cortisol, the body loses large amounts of calcium, magnesium, sodium, and potassium. This results in numerous allergy-like symptoms."

Do not use with a hyperthyroid pet.

Up to 20lbs: 1/4th TSP per day
21 - 40lbs - 1/2 TSP per day
41 - 80lbs - 1 TSP per day
Over 81lbs - 2 TSP per day



RESTORE

There are two main phases of liver detox function. Phase I is the liver's first defense against toxins. Fat-soluble toxins are made to become more water soluble and convert to less harmful ones. Phase II provides the elimination of these toxins. Although less harmful, there can be a build-up of these toxins. In Phase II these toxins undergo a enzymatic process to make them water soluble so that they can be moved to the kidneys and gallbladder before exiting the body. Restore assists with Phase II of liver function.

The liver is continuously exposed to environmental chemicals, toxins, sometimes drugs, food contaminants, and more. The metabolism of some of these exposures may cause injury to the liver which can damage mitochondria and cells - potentially resulting in cancer or other diseases. Mitochondrial dysfunction is one of the major mechanisms of drug-induced liver necrosis, hepatitis, and liver failure. This blend contains Ashwagandha, Frankincense, Milk thistle, and other herbs that fight inflammation and increase the activity of cellular antioxidant enzymes.

Up to 20lbs: 1/2 TSP per day
21 - 40lbs - 1 TSP per day
41 - 80lbs - 1.5 TSP per day
Over 81lbs - 2 TSP per day



ALLERGIES & LEAKY GUT

supplements



ALLERGEEZ

This blend is designed to assist with environmental allergies and immunity. Seventy percent of our immunity is said to stem from the digestive system. Triphala helps to tone the intestines. This blend helps to decrease histamine levels, increase natural vitamin D, increase Vitamin C, decrease inflammation and moderate infection and irritation in the system.

This blend is not designed to help with allergic reactions to acute toxicities such as Synthetic Supplements (found primarily in kibble and canned pet foods), pesticides (also often found in kibble and canned pet foods as well as the environment) and other sources.

Up to 20lbs: 1/4th TSP per day
21 - 40lbs - 1/2 TSP per day
41 - 80lbs - 1 TSP per day
Over 81lbs - 2 TSP per day



PARASITE FREE

The purpose of this product is to assist the body in purging unwanted visitors from the digestive tract - which means its intention is to cause not only diarrhea, but diarrhea in conjunction with a disconnection of parasites from the intestinal wall (which may result in a small amount of blood). It is important that you expect your pet to have some level of diarrhea and a small amount of blood when using dewormers - it is important to allow this process. That said, excessive diarrhea and bloody stools that persist for longer than 3 days should be treated by your holistic veterinarian. Ensure that your pet has access to increased amounts of clean water and that you take your pet to the vet if diarrhea or blood becomes excessive with the use of this product or any deworming agent.

Up to 20lbs: 1/2 TSP 1-3x per day
21 - 40lbs - 1 TSP 1-3x per day
41 - 80lbs - 1.5 TSP 1-3x per day
Over 81lbs - 2 TSP 1-3x per day



ALLERGIES & LEAKY GUT

supplements



MILK THISTLE

This powerful herb may protect the cells of the liver by blocking the entrance of harmful toxins and helping remove these toxins from liver cells. As with other flavonoids, it is a powerful antioxidant which works to maintain health and energy by protecting the body from damage caused by free radicals and lipid peroxidation, which can injure healthy cells and tissues.

Up to 20lbs: 1/4th TSP per day
21 - 40lbs - 1/2 TSP per day
41 - 80lbs - 1 TSP per day
Over 81lbs - 2 TSP per day



HEAVY METAL

This product is intended to assist in detoxification of heavy metals in muscle tissues. For best results, we recommend that absolutely no synthetic minerals be given in conjunction with this product (as synthetic minerals are virtually guaranteed to be contaminated with some level of heavy metals). This blend also contributes natural, non-synthetic minerals which can resolve deficiencies and bind to heavy metals

Up to 20lbs: 1/4th TSP per day
21 - 40lbs - 1/2 TSP per day
41 - 80lbs - 1 TSP per day
Over 81lbs - 2 TSP per day



IMMUNE

This blend is designed to decrease systemic inflammation and boost immunity. Systemic inflammation can contribute to a variety of allergy-like symptoms. It can also induce a cascade of other imbalances that damage the immune system and result in allergic conditions

Up to 20lbs: 1/4th TSP per day
21 - 40lbs - 1/2 TSP per day
41 - 80lbs - 1 TSP per day
Over 81lbs - 2 TSP per day



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Green Pastures Fermented Cod Liver Oil is very high in Vitamin A and Vitamin D. Unlike other fish oils, fermented cod liver oil is not rancid or loaded with heavy metals or plastics. FCLO can be added to any diet for increased health. It is available online or in specialty stores

For more information regarding these products, please visit the product pages on our website and download the available PDF.

The information provided in this health guide is not intended to diagnose, treat, cure or prevent any disease. The remedies and recommendations outlined in this guide are based on personal experiences, anecdotal evidence, and traditional uses of various foods, and have not been evaluated by the Food and Drug Administration (FDA). It is important to consult with a healthcare professional before starting any new diet or using any new remedies, especially if you have a medical condition or are taking medications. The authors and publishers of this health guide are not responsible for any adverse effects or consequences resulting from the use of the information contained in this guide. The authors and publishers of this health guide claim no relationship or prescription with any user of the content contained herein.