

restorative diet guide

**JOINT &
MUSCLE**

by Chelsea Kent
and
Roxanne Stone



JOINT & MUSCLE

diet overview

Whole Foods Required

- Chicken Recipe OR Beef Recipe
- Fish Jiggles OR Chicken Jiggles
- TEXsauce



Functional Nutrition

- Gelatin Jiggles are made of every nutrient necessary to rebuild joints and those nutrients are in their most bioavailable forms.
- Solutions Gelatin Jiggles are one of the most bioavailable sources of amino acids. These have been shown to speed up the cellular regeneration cycle.
- TEXsauce is not only a powerful source of probiotics, but is highly anti-inflammatory due to the properties of fermented ginger and fermented turmeric.
- Beef Recipe and Chicken Recipe are formulated for ideal macronutrient balance, allowing protein to rebuild muscles and fat to provide energy. This ideal balance can reverse muscle wasting and joint deterioration.

Joints and muscles experience enormous wear and tear, being the primary supporters of movement in mammalian bodies. It is important to do all that we can to support their regeneration and strength by feeding foods that contain easily usable amino acids and joint building nutrients.

Over 80% of dogs and 40% of cats will experience some form of degenerative joint disease within the first 8 years of their lives. There are several factors that contribute to this but the two most easily solvable by far are diet and lifestyle - feeding foods that actively support cellular turnover and reduce inflammation, and consistent exercise.

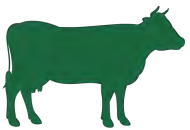
A nutritionally balanced diet, properly formulated diet, comprised of a variety of whole foods rich in symbiotic vitamins and minerals, promotes optimal bone health and aids the repair of damaged tissues around the joints. Essential nutrients found in raw goat milk and Solutions Diets, like calcium, magnesium, vitamin D, and vitamin K work in synergy to support bone mineralization and strength. Nutrients like vitamin C, found in fruits added to Jiggles, assist in collagen synthesis, essential for maintaining the integrity of connective tissues around joints. Embracing a holistic approach to nutrition not only nourishes the body but also empowers it to naturally heal, strengthen bones, and maintain joint health



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It has been shown countless times that the source of the ingredients used in a food are a major determining factor regarding the inflammatory nature of the food. Meat from animals that eat species appropriate food and regularly exercise has a much more well distributed ratio of Omega 6 fatty acids to Omega 3 fatty acids. For example, conventionally raised chickens have an average Omega 6:Omega 3 ratio of 15:1 while chickens raised on pasture have a ratio of only 6:1. Often, sourcing is the fundamental difference between a highly inflammatory food and an anti-inflammatory food.



100% grass fed and finished. Raised on diverse organic pastures. No hormones or antibiotics. Sigourney, IA



GAP 3-4 rated. Pasture raised. No antibiotics or hormones. Non GMO supplemental feed. Harrisonburg, VA



MSC Certified and wild caught in clean Atlantic waters. New Bedford, MA



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



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Dogs <50lbs

FISH JIGGLES or CHICKEN JIGGLES	57g (2oz) per 10lbs of bodyweight per day
TEXSAUCE	85g (3oz) per 10lbs of bodyweight per day
BEEF RECIPE or CHICKEN RECIPE	45g (1.5oz) per 10lbs of bodyweight per day

Dogs 51-74 lbs

FISH JIGGLES or CHICKEN JIGGLES	49g (1.75oz) per 10lbs of bodyweight per day
TEXSAUCE	74g (2.6oz) per 10lbs of bodyweight per day
BEEF RECIPE or CHICKEN RECIPE	40g (1.4oz) per 10lbs of bodyweight per day

Dogs 75-110 lbs

FISH JIGGLES or CHICKEN JIGGLES	43g (1.5oz) per 10lbs of bodyweight per day
TEXSAUCE	64g (2.2oz) per 10lbs of bodyweight per day
BEEF RECIPE or CHICKEN RECIPE	34g (1.2oz) per 10lbs of bodyweight per day

Dogs >111lbs

FISH JIGGLES or CHICKEN JIGGLES	35g (1.2oz) per 10lbs of bodyweight per day
TEXSAUCE	53g (2oz) per 10lbs of bodyweight per day
BEEF RECIPE or CHICKEN RECIPE	28g (1oz) per 10lbs of bodyweight per day



JOINT & MUSCLE

supplements



DOGh for Inflammation

Yucca is a rich source of steroidal saponins and polyphenols, both of which work to reduce inflammation in different ways. Saponins have been shown to be anti-protozoal as well as antibacterial, reducing inflammation of the digestive tract. Polyphenols are anti-oxidative, inhibiting iNOS (nitric oxide synthesis).



Inflammax

Yucca schidigera, one of the primary components of Inflammax, is a root plant known for reducing inflammation and pain. It contains steroidal saponins, polyphenols, yuccaols, and antioxidants that can have been shown to reduce inflammation.



Turmeric & Ginger

This blend has been shown to support liver health, increase fat metabolism, decrease inflammation, thin blood, and potentially moderate insulin and glucose levels.