

restorative diet guide

**KIDNEY,
URINARY
& HEART**

by Chelsea Kent
Roxanne Stone
Dr. Doug Knueven
and Dr. Barbara Royal



KIDNEY, URINARY & HEART

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diet overview

Required Whole Foods

- Pork Recipe OR Beef Recipe
- Fish Jiggles OR Pork Jiggles
- Better Butter Goat Milk Tea

Functional Nutrition

- Each dietary component is hydrating, creating an optimal environment for smooth removal of toxins.
- Better Butter Goat Milk Tea and Gelatin Jiggles are immediately bioavailable foods - they contribute nutrients efficiently and do not create toxins in the body.
- Solutions Diets contain cultured and fermented foods, which help optimize nutrient absorption and support the microbiome.
- Solutions Pork is GAP rated, certified humane, and sourced from regenerative farms. It is considered a cooling protein in Traditional Chinese Medicine.
- Solutions Beef is GAP rated, 100% grass fed and finished, and raised on regenerative pastures. It is considered an anti-inflammatory food due to its ideal balance of Omega fatty acids.



The urinary system filters water soluble waste from the body. Chemical toxins can be dietary or environmental. The detox organs are critical to practically every metabolic process and can therefore be affected by a wide variety of injuries.

Common causes of urinary system related diseases include:

- Dental disease
- Exposure to certain medications
- Microbiome imbalances
- Heavy metal toxicity
- Intestinal parasites, and
- Dehydration

The Kidney/Urinary Restorative Diet utilizes nutrient rich, bioavailable foods. It is also rich in liquid ingredients. Our ingredients provide highly bioavailable vitamins, minerals, electrolytes, amino acids, probiotics, and enzymes. These foods are uniquely healing to the urinary system due to their low toxin load, high moisture content, and bioavailable nutrients



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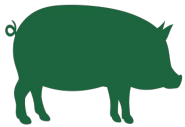
diet overview

Maintenance and healing of the urinary system require a proper macronutrient balance. Many “urinary diets” reduce protein. While this allegedly supports the kidneys, it damages the rest of the body. Protein deficiency will cause amino acid deficiency and muscle wasting. This will damage the detox organs and every other cellular structure in the body. The body requires amino acids for tissue regeneration. Solutions Pet Products curates our recipes based on optimal energy utility. We do not believe that you can restore health by starving the body of vital nutrients.

Protein quality matters. Plant sources of protein are hard to digest and often high in heavy metals and chemicals. Converting protein into glucose for energy creates nitrogen in the body, which stresses the kidneys. Meanwhile, high carbohydrate diets can damage the detox organs because they are extraordinarily dehydrating. Solutions Diets utilize fat as their primary energy source. This promotes hydration, pH balance, and full body health.



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



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. New Bedford, MA.



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



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restorative diet solution

Dogs/Cats <50lbs

BEEF RECIPE or PORK RECIPE	36g (1.25oz) per 10lbs of bodyweight per day
FISH JIGGLES or BEEF JIGGLES	71.4g (2.5oz) per 10lbs of bodyweight per day
BETTER BUTTER GOAT MILK TEA	85.7g (3oz) per 10lbs of bodyweight per day

Dogs 51-74lbs

BEEF RECIPE or PORK RECIPE	31.25g (1.1oz) per 10lbs of bodyweight per day
FISH JIGGLES or BEEF JIGGLES	62.5g (2.2oz) per 10lbs of bodyweight per day
BETTER BUTTER GOAT MILK TEA	75g (2.6oz) per 10lbs of bodyweight per day

Dogs 75-110lbs

BEEF RECIPE or PORK RECIPE	26.8g (0.9oz) per 10lbs of bodyweight per day
FISH JIGGLES or BEEF JIGGLES	53.6g (1.9oz) per 10lbs of bodyweight per day
BETTER BUTTER GOAT MILK TEA	64.3g (2.25oz) per 10lbs of bodyweight per day

Dogs >111lbs

BEEF RECIPE or PORK RECIPE	22.3g (0.8oz) per 10lbs of bodyweight per day
FISH JIGGLES or BEEF JIGGLES	44.6g (1.6oz) per 10lbs of bodyweight per day
BETTER BUTTER GOAT MILK TEA	53.6g (1.9oz) per 10lbs of bodyweight per day



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optional supplements



DOGH w/ Dandelion & Cranberry

Dandelion root is a natural diuretic and therefore is good for kidney and urinary tract health. Studies have also shown it to be incredibly detoxifying. Cranberry has been shown to help slough e.coli bacteria off the lining of the urinary tract. When using Solutions DOGH to support this Restorative Diet Solution, give up to 1/4th oz per 10lbs of body weight. Then reduce food use by 1/4th oz to assure proper daily caloric intake.



I Heart You

Elemental Solutions I Heart You supports the symbiotic relationship between the kidneys and heart. The kidneys and heart work in tandem to regulate pH and mineral activity. If the kidneys are stressed, the heart is stressed. If both are stressed, the whole body is stressed and falls out of homeostasis. I Heart You assists the body in maintaining homeostatic water balance and movement.

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

Elemental Solutions Immune is composed of many ingredients, including medicinal mushrooms, that can help the body optimize pH balance, regulate blood pressure, reduce kidney inflammation, and reduce the production of urinary protein.

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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optional 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 - 3/4th TSP per day
Over 81lbs - 1 TSP per day



BIOME

This gut-boosting blend is a microbial feast! It contains beneficial homeostatic soil organisms and postbiotics from RISOBiotics™ microbiome support, whole quail eggs with their nutrient-rich shell and eggshell membrane, dandelion root and greens, chicory root, protein-rich spirulina, ashwagandha, cat's claw bark, and diatomaceous earth. This gut elixir supports the gut microbiome with a symphony of microbiome wellness.

Loading dose – 1tsp per 10lbs of body weight per day, up to 60 days.

Maintenance dose – ½ tsp per 10lbs of body weight per day, given in one meal, separated in multiple meals, or with Solutions milk or jiggles.



Chia Seeds

Chia Seeds are high in Omega 3 Fatty Acids, Phosphorus, Calcium and Manganese. They are commonly used as a part of a Ketogenic Diet. They are also great for putting weight onto pets that otherwise don't hold weight well. Chia Seeds have been shown to help regulate insulin levels, improve the utilization of fats, and reduce the incidence of obesity.

Up to 20lbs: 2 TSP per day
21 - 40lbs - 4 TSP per day
41 - 80lbs - 1.5 TBSP per day
Over 81lbs - 3 TBSP per day



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optional supplements



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.