**Dr. Hirsch’s Handout**

**Dr. Hirsch’s Guidelines for Optimal Feline Care**

**Nutrition:** Raw commercially balanced food or home cooked/lightly prepared w/ supplements advised in HPC brochure

- Gives the body fuel for ongoing health and repair

- Use high quality food to help balance the body from its imbalances

“Let food be thy medicine and medicine be thy food” – Hippocrates

**Chiropractic Adjustments:** Healthier interaction and communication throughout the whole body

-Improves overall health and turns on body’s ability to self-heal

-Removes subluxations (a slight misalignment of the vertebrae, leading to decreased motion in joints, allowing the immune system and the body’s natural energy to flow properly.)

-Maintains optimal health and wellness, aids in pain/discomfort relief, musculoskeletal disease, spinal cord problems, organ communication skin issues, and rehabilitation

**AnimalEO Essential Oils:** Supports all body systems and great for all ages

-KittyBoost or KittyBoost LITE

>topically place a few drops down the spine or gently rub onto coat

-Anti-inflammatory, anti-cancer, healing/regeneration, immune support, anti-infectious, circulation discomfort, respiratory, digestion, endocrine and stress

-Made by Dr. Shelton whom evaluated each batch specifically with cat metabolism

**Bloodwork:** Allows us to be proactive in identifying potential problems and weaknesses from growing worse and preventing them.

-Full Panel: CBC + Superchemistry + T4 (thyroid) + FT4

-4DX or Accuplex: Heartworm, Lyme, Ehrlichia, and Anaplasmosis

-Vaccinal Titers: Rabies, Distemper, Parvovirus

-Urinalysis and Fecal (intestinal parasites)

**Dental:** Brush teeth daily if possible. The hardest part is just getting in the mouth.

-Topically apply Kittyboost weekly. Cats will do their work themselves

-Brushing teeth daily with dental gels: Vetzlife, PetKiss, Brighter Bite

-Small raw bones (uncooked); Chicken necks

-Regular vet visits for evaluations

**Flea/Tick/Heartworm Prevention:** Using natural essential oils in layers to keep pests at bay. Rotate blends or choose one

- Topically apply Kittyboost

-Diffuse AnimalEO Away, Evict, and Oust via water based diffuser or spray bottle

> Amber collars with nonchemical Pet Protector tag

>4 Legger Shampoo w/ KittyBoost (1.5% concentrated), 1-2 times a month. Lather and let sit for 5-10 min before rinsing)

-Petting with Away RTU, Oust RTU or Evict RTU

-Dr. B’s Longevity Pet Peeve spray: spray onto body once daily

-Herbal Gold Dust Powder: Apply less than1 tsp powder from base of tail to head, rubbed into hair

>Safe for furniture and bedding

>Use monthly and reapply powder after any baths or aquatic activities



**KITTEN**

Physical examinations at 8 weeks, 16 weeks, and 6 months of age  
 Feline viral disease blood panel at 8 weeks of age  
 Fecal test for intestinal parasites at 8 weeks and 6 months of age  
 Urine test at 6 months of age  
 Distemper vaccines at 8 weeks and 16 weeks of age  
 Rabies vaccine at 6 months of age

**YOUNG ADULT- 1 TO 4 YEARS OLD**   
 Physical examination annually

Spay/Neuter/Ovary Sparing Spay/Vasectomy  
 Fecal test for intestinal parasites annually  
 Urine test annually  
 Distemper Vaccinal titer blood test every 3 years  
 Rabies Vaccinal titer blood test every 3 years

Comprehensive Blood Panel (CBC + Superchemistry + T4 + Free T4) at 4 years old

**MIDDLE AGE- 5 TO 9 YEARS OLD**   
 Physical examination every 6 months  
 Fecal test for intestinal parasites annually  
 Urine test annually  
 Distemper Vaccinal titer blood test every 3 years  
 Rabies Vaccinal titer blood test every 3 years

Comprehensive Blood Panel (CBC + Superchemistry + T4 + Free T4) every 2 years

Radiology (X-rays), Tonometry (Eye pressure), Blood Pressure, ECG (Electrocardiogram) every 2 years

**THE SENIOR YEARS- 10 YEARS OLD PLUS**  
 Physical examination every 6 months  
 Fecal test for intestinal parasites annually

Urine test every 6 months

Distemper Vaccinal titer blood test every 3 years

Rabies Vaccinal titer blood test every 3 years  
 Comprehensive Blood Panel (CBC + Superchemistry + T4 + Free T4) annually

Radiology (X-rays), Tonometry (Eye pressure), Blood Pressure and ECG (Electrocardiogram) every year

