**Dr. Hirsch’s Handout**

 **Dr. Hirsch’s Guidelines for Optimal Canine 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 reorient 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 activates 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.

**Toenails:** Positive neurological feedback, improves nervous system, aids in better balance, decrease in constant stress and faster healing.

 -Properly trimmed nails minimizes spinal stress, leading to better posture.

 -“Long nails are like constantly wearing high heels”

 -General rule: if you can hear toes clicking on hard surfaces, then nails are too long

 -Functional toenail trimming should be done once a month (4-6 weeks)

 >Allows us to disengage nail w/ the ground, sculpt around the quick/vein and weaken the nail, allowing for more natural wear between trims

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

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

 -Accuplex: Heartworm, Lyme, Ehrlichia, Anaplasma

 -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

 -Rub AnimalEO Dog Breath on gums daily/weekly. (Can be added to water)

 -Brushing teeth daily with dental gels: Vetzlife, PetKiss, Brighter Bite, Homemade Dog Breath toothpaste

 - Raw meaty bones (uncooked); Chicken and Turkey necks

 -Regular vet visits for evaluations and preventative care

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

 -AnimalEO Essential Oils: Boost in a Bottle or AromaBoost are whole body support blends that can be complimentary to the following blends below

 -Topically apply a few drops of Away/Evict/Oust RTU down spine

 > topical water based spray mixing 40-60 drops of essential oil in 4 oz. glass bottle; shake well before use

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

 > Amber collars with nonchemical Pet Protector tag

 >4 Legger Shampoo with Away/Evict/Oust added 1-2 times a month. Lather and let sit for 5-10 min before rinsing)

 -Whole body supportive blends like Boost in a Bottle or AromaBoost pair well with other blends

 -Dr. B’s Pet Peeve: spray on body daily

 -Herbal Gold Dust Powder: Apply 1 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



 **GETTING YOUR PUPPY OFF TO A GOOD START**
 Physical examination at 8 weeks, 18 weeks, and 6 months of age

 Fecal test for intestinal parasites at 8 weeks and 6 months of age
 Urine test at 6 months of age
 Distemper + Parvovirus vaccine at 9 weeks and 14 weeks of age
 Parvovirus vaccine at 18 weeks of age
 Rabies (w/ homeopathic) vaccine at 6 months of age

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

Spay/Neuter/Ovary Sparing Spay/Vasectomy small dogs by 13 months & large dogs by 18 months
 Fecal test for intestinal parasites annually
 Urine test annually

 4DX or Accuplex4 blood test for diseases transmitted by mosquitoes (heartworm disease) and ticks (Lyme disease, Ehrlichiosis, Anaplasmosis) annually
 Parvovirus and 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

 4DX or Accuplex4 blood test for diseases transmitted by mosquitoes (heartworm disease) and ticks (Lyme disease, Ehrlichiosis, Anaplasmosis) annually
 Parvovirus and 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

“Senior Testing Package:” 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

4DX or Accuplex4 blood test for diseases transmitted by mosquitoes (heartworm disease) and ticks (Lyme disease, Ehrlichiosis, Anaplasmosis) annually
 Parvovirus and 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

 “Senior Testing Package:” Radiology (X-rays), Tonometry (Eye pressure),

 Blood Pressure, ECG (Electrocardiogram) annually