** Dr. Hirsch’s Handout **

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

 **Nutrition:** Fresh, high quality, balanced, free-range/pasture sourced food

 Food Rating Tier: Raw food > Lightly Cooked food > Home Cooked with supplements

 - Gives the body fuel for ongoing health and repair

- Higher quality food reorients 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 (misalignment of the vertebrae). Leading to improved motion comfort in joints and better functioning immune system, healing, and allowing 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

**Toenail Trimming:** Positive neurological feedback, improves nervous system, aids in better balance, decrease in joint stress and faster healing

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

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

 -Functional toenail trimming should be done once a month (4-6 weeks); more frequently at home

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

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

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

 -Accuplex Blood test: 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/ several times weekly. (Can be added to water)

 -Brushing teeth daily with dental products: Vetzlife, PetKiss, Brighter Bite, Homemade Dog Breath toothpaste, Plaque-Off (added to food)

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

 -Regular vet visits for evaluations and preventative care

**Flea/Tick/Heartworm Prevention:** Using natural essential oils in layers to keep pests at bay

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

 -Topically apply a few drops of Away/Evict/Oust RTU down legs, elbows, ears, neck, throat, base of tail and underside. Rotate 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

 - <https://ambertick.com/> - <https://www.petprotector.org/>

 -4 Legger Shampoo with Away/Evict/Oust added 1-2 times a month. Lather and let sit for 10-15 min before rinsing



 **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

 Chiropractic Adjustment every 4-6 weeks (standard)

 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 18 months

 Chiropractic Adjustment 4-6 weeks (standard)

 Functional Toenail Trimming Monthly/ bi-weekly at home
 Fecal test annually
 Urinalysis annually

Accuplex4 blood test (heartworm disease) and ticks (Lyme disease, Ehrlichiosis, Anaplasmosis) annually or more
 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
 Chiropractic Adjustment 4-6 weeks (standard)

 Functional Toenail Trimming Monthly/ bi-weekly at home

 Fecal test annually

 Urinalysis every 6 months - annually

Accuplex4 blood test (heartworm disease) and ticks (Lyme disease, Ehrlichiosis, Anaplasmosis) annually or more
 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

 Chiropractic Adjustment 4-6 weeks (standard)

 Functional Toenail Trimming Monthly/ biweekly at home
 Fecal test annually
 Urine test every 6 months

Accuplex4 blood test (heartworm disease) and ticks (Lyme disease, Ehrlichiosis, Anaplasmosis) annually or more
 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