



Dr. Hirsch's Handout

Guidelines for Optimal Canine Care



Nutrition

Feed a fresh, high quality, balanced, free-ranged/pasture sourced food.

- + Food Rating Tier: Raw > Lightly Cooked > Home Cooked with supplements.
- + An optimal diet gives the body fuel for ongoing health, repair and re-orient the body from imbalances.

"Let food be thy medicine and medicine be thy food" Hippocrates

Chiropractic adjustment

Promotes healthier interaction and communication throughout the whole body.

- + Improves overall health and turns on body's ability to self-heal.
- + Removes *subluxations*, misalignments of the vertebrae; leading to improved motion comfort in joints, a better functioning immune system leading to overall healing, as well as allowing body's natural energy to flow.
- + Maintains optimal healthy and wellness; aids in pain/discomfort relief, musculoskeletal disease, spinal chord problems, organ communication, skin issues and rehabilitation.

Functional Toenail Trimming

Properly trimmed nails promotes positive neurological feedback throughout whole body, improves nervous system, aids in better balance, decreases joint stress, and faster healing.

- + General rule: if you can hear toe nails clicking on hard surfaces, than nails are too long.
- + Promotes better posture.
- + Should be done once a month or more frequently at home.

Diagnostic Testing

Regular testing allows us to be proactive in identifying potential problems so we can prevent them from growing worse.

- + Full Panel Bloodwork: CBC + Chemistry + T4(thyroid) + FT4.
- + Accuplex Blood test: Heartworm, Lyme, Ehrlichia, Anaplasma.
- + Vaccinal Titer tests: Rabies, Distemper, Parvovirus.
- + Urinalysis and Fecal (intestinal parasites).
- + Senior Testing Package (at appropriate age). Includes: full body radiographs, eye tonometry, blood pressure, and heart monitoring.

Dental

Brush teeth daily, if possible. Go slow at first, the hardest part is just getting in the mouth.

- + Rub AnimalEO Dog Breath on gums daily/several times a week. For easier application, AnimalEO Dog Breath can be added in water.
- + Brush teeth daily with pet specific dental products: Vetzlife, Petkiss, Brighter Blue, Plaque-Off.
- + Uncooked, raw meaty bones.

Flea & Tick Heartworm Prevention:

Using natural essential oils in layers to keep pests at bay.

- + AnimalEO blends: topically apply Boost in a Bottle; AromaBoost is excellent when combined with Away/Evict/Oust RTU.
- + Diffuse Away/Evict/Oust via water-based diffuser or spray bottle.
- + Amber collars with non-chemical Pet Protector tags
 - >ambertick.com
 - > petprotector.org
- + 4 Legger Shampoo with Away/Evit/Oust 1-2 times a month.



Puppy (Younger than 1 Year Old)

Physical Exam: 8 weeks, 16 weeks, & 6 months old
Distemper + Parvo vaccine: 9 weeks & 14 weeks old
Chiropractic Adjustment every 4-6 weeks
Fecal test: 8 weeks & 6 months old
Urine test: 6 months old
Rabies vaccine with homeopathic at 6 months old

YOUNG ADULT (1-4 years old)

Physical Exam annually

Spay / Neuter / Vasectomy / Ovary Sparing Spay

Chiropractic Adjustment every 4-6 weeks

Functional Toenail Trimming Monthly

Urine, Fecal, & Accuplex tests annually

Full Blood Panel at 4 years old



MIDDLE AGE (5-9 years old)

Physical Exam annually

Chiropractic Adjustment every 4-6 weeks

Functional Toenail Trimming monthly

Urine, Fecal, & Accuplex test annually

Rabies and Vaccinal Titer every 3 years

Full Blood panel every 2 years

Senior Testing Package every 2 years



SENIOR YEARS (10+ years old)

Physical Exam every 6 months

Chiropractic Adjustment every 4-6 weeks

Functional Toenail Trimming monthly

Fecal, Accuplex, & Full Blood panel test annually

Urine test every 6 months

Rabies and Vaccinal Titer test every 3 years

Senior Testing Package every 2 years

