

Week 27 (2016)

Good Pet Health

Our family had a pet loss this week when our cat, Eric, died from old age. He was aged 16, which is not great but good for him, considering he had serious accidents early on and a steel pin in his hip from a young age.



This did not stop him being a great hunter and it was like heaven to him when we moved here to Mallorca ten years ago. He was our main protection against rats and many mornings we would have a present on the doormat. We will miss Eric and his unique character but we have just heard of two kittens looking for a home at a local shop and we need to replace him.

Eric was a great source of love and joy as well as doing his hunting for us but, unfortunately his body was prone to wear, tear and disease just like us. We looked after Eric with many of the same health supplements and additional nutritional supplements.

Here are some tips on how to look after your pets whether cats, dogs or horses and how to keep them in the best of health:

SERRAPEPTASE

Serrapeptase is a powerful and wonderful enzyme, which is naturally produced by the silkworm. The way it works is it acts like an internal 'spring clean' for your pet's body, cleaning out all the unwanted debris, dead cells and waste products. This can really help arthritic and joint problems, which can be common for ageing cats, dogs and horses. The best Serrapeptase for pets is SerraPet, [click here](#). Try to give these tablets as 'treats' and away from other food.

PROBIOTICS

In the same way as with human beings, the role of the gut is vital for the immune system, health and wellbeing of your pet. The gut is where food is digested and nutrients are absorbed and transported to the body for utilisation. It's definitely an area you want to keep healthy in your pet.

A delicate balance exists in the gut between good bacteria and bad bacteria. When this balance is upset it can lead to a range of health concerns including digestive issues and a lowered immune system. The balance can be disrupted by environmental, dietary factors and antibiotic use. Correcting the problem is easy with a good probiotic. A probiotic provides a large dose of good bacteria that can be utilised by the gut to replenish the natural microflora needed to function properly and especially for house

cats/dogs who don't get a chance to wonder around the countryside. The best probiotic for pets is Prescript Assist, break open a capsule and mix with food – [click here](#).

DIGESTIVE ENZYMES

Another crucial part of digestion for your pet is the ability to break down the food it eats. Modern pet diets are very different to the diets animals are supposed to eat and often lack the natural enzymes that our pet needs. Dry food, cooked food or cooked/processed food may cause a digestive enzyme deficiency in your pet.

Some other clues your pet may be lacking in digestive enzymes could be if they have any of these symptoms:

- Acid reflux
- Belching and gas
- Vomiting undigested food (four or five hours after eating)
- Bad breath
- Bloating
- Diarrhoea
- Abdominal pain, cramping and gurgling
- Foul-smelling stools
- Undigested food in your pet's stool



The addition of digestive enzymes will allow your pet to process food more efficiently, and give them the extra support they need to not just survive, but thrive! Like with the probiotic, this can be mixed with food. I recommend Essential Digestive Plus, [click here](#).

SILVER

Silver can be described as nature's antibiotic. It can be used against viral, bacterial and fungal infections. It is claimed to be effective against more than 650 disease-causing organisms including ringworm, mange, salmonella, E-coli, Candida Albicans and other yeast infections. Silver has many internal benefits but it can also be used externally to help with the recovery of cuts, abrasions or infections. Always put this in their drinking water (spray), I can recommend Hydrosol Silver, [click here](#). For open wounds and external application, I recommend Hydrosol Silver Gel – [click here](#).

CURCUMIN

Curcumin, the principle active component in turmeric, is a potent anti-inflammatory and antibacterial agent that shows promise in the prevention and treatment of cancer and Alzheimer's disease, among other conditions. For pets the anti-inflammatory

properties are great for reducing arthritis and associated joint pain. The best Curcumin for pets is CurcuminX4000, which should be taken by breaking open a capsule and mixing with food – [click here](#).

Help your pet to enjoy more health and vitality with the five nutritional supplements mentioned.

Of course, always use a vet to have your animal checked out. However, like a doctor, many vets are now subject to the 'pressure of the pharma drug companies' so beware when they immediately prescribe or push a drug.

Remember... Serious disease needs serious adherence to a plan. More health information can be found by downloading my eBooks [Click Here](#).