

The oyal Treatment Veterinary Center

Alternative Bland Diet Option for Dogs

If your dog is experiencing intermittent bouts of diarrhea or an episode of vomiting you need to consider the possible causes: bacterial or viral infection, parasites, consumption of a new food, treat, dietary indiscretion or indigestible (and possibly toxic) materials (chemicals, tree bark, mulch, dirt, paper towel, socks, toys, etc.).

Note: If you suspect your dog has consumed something that could be lodged in his or her gastrointestinal tract or a toxin then it is very important that you seek medical care immediately. And, if your dog continues to have symptoms longer than 24 hours or at any point becomes weak or lethargic, seek medical care immediately. We also suggest bringing in a fecal sample to rule out parasites.

If your dog is vomiting start a 24 hour fast. Leave water available at all times but avoid food to give the gastrointestinal tract a rest. Then start the bland diet (listed below) for 3 - 5 days (or as needed), then slowly (reintroduce) their regular diet. Note: if your dog continues to vomit during the 12 hour fast, seek medical care immediately.

If your dog has diarrhea start a bland diet. A bland diet gives the stomach and intestines a break from having to work hard to process foods while providing nutritional support. Remember to wean your dog back to their regular diet to prevent feeding an unbalanced diet. If diarrhea continues past 7 days or clinical signs worsen please seek medical care.

Blend:

50% **cooked** lean meat (least amount of fat possible; boiled meat is best) such as ground turkey, sirloin, chicken breast & 50% **cooked** sweet potato or canned pumpkin (ex. Libby's 100% pumpkin, not "pumpkin pie filling").

Approximate amounts to feed:

1 - 10 lbs	1/2 cup every 8 hours
11 - 20 lbs	3/4 cup every 8 hours
21 - 40 lbs	1 cup every 8 hours
41 - 60 lbs	1 1/2 cups every 8 hours
61 - 80 lbs	2 cups every 8 hours
81 - 100 lbs	2 1/2 cups every 8 hours

Additional options if needed:

You can also add a natural gastrointestinal support to firm stools. Purchase Slippery Elm powder at the health food store and mix 1/2 teaspoon per every 10 lbs of dog per meal.

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Bland Diet for Dogs

A bland diet can be helpful for your pet to avoid or resolve diarrhea, whether from a virus, bacterial overgrowth, dietary change/dietary indiscretion or a variety of other causes.

The recipe: 1 part rice to 1 part boiled meat (hamburger, chicken, turkey). You may also use a few jars of meat baby food, eggs or cottage cheese.

The rice should be white long grain, not minute, brown or converted rice. Add extra water and cook a little longer to make it soupy which enhances its absorptive capacity.

Initially the bland diet should be 1/2 the volume of a regular meal, then you can increase to the normal amount per meal over a few meals (if you feed 2 cups a day or dry food, feed 2 cups a day of bland diet). This is a transitional diet meant to be tasty, easy to digest and helpful in firming up stool. It is not a complete diet. As symptoms improve, pets should be weaned off the bland diet and back onto their regular diet over a period of 3-4 days.

Cooked (overcooked with extra water) millet can also be a helpful additive to help decrease diarrhea. Add about 1 tablespoon per 30lb dog in with the food. Note - it can be constipating, so discontinue use when stool becomes formed.

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Benefits of Bone Broth

Bone broth is the ultimate ancient superfood. It is simplistic, versatile, tastes great, and is a recognized healing aid of cultures worldwide for thousands of years. If you've ever enjoyed a bowl of chicken soup when you're not feeling well, then you've already enjoyed the benefits of this ancient tonic.

When properly prepared with locally sourced, pasture raised animal bones and/or sustainable fish, bone broth can have an amazing fortifying and soothing effect on the body. This occurs as the broth is allowed to simmer for hours to maximize the release of beneficial amino acids (including glutamates) and essential minerals. While making bone broth seems time-consuming, the process of making the broth requires few ingredients - water, bones, an acid to help extract minerals from the bones, plus produce, herbs and spices to increase the flavor and healing potential of the broth.

Bone broth has been shown to help with many conditions by restoring the lining of the gut. A disrupted GI tract, or what has been called "leaky gut" is often the source of many ailments and diseases. Even modern medicine acknowledges that most autoimmune conditions are a result of inflammation caused by leaky gut. Autoimmune conditions include allergies, thyroid imbalances, dermatological issues, infertility, and many digestive disorders including Irritable Bowel Syndrome, colitis, and gastritis. As the collagen in bones and connective tissue break down during the cooking process, it becomes a gelatin. This gelatin is what helps restore the lining of the gut, leading to an improvement in overall health and relief of symptoms.

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Dr. Royal's Bone Broth Recipe

- 1 whole organic chicken carcass or raw bones of any kind
- Add water until bones are just covered.
- Add ¼ cup apple cider vinegar or lemon juice and sit for 30 minutes (lets the vinegar or lemon juice act on the bones).
- Add vegetables (NO ONIONS!), options include carrots, kale, 2 cloves of garlic, celery, parsley, other vegetables.
- I would avoid potatoes or starchy vegetables.
- Can also add 1-2 cut lemons, 1-2 apples and fruits.
- Bring to boil, then simmer for at least 8-24 hours (can start straining and offering small amounts after 1 hour of simmering when needed).
- Strain broth in colander

To strained broth -

- Add 1 tablespoon turmeric, 2 teaspoons cumin, 1 teaspoon oregano, ½ teaspoon thyme, and 1 teaspoon basil, and fresh parsley.
- Add juice from 2 lemons.
- Add organic chicken meat or other meat pieces if you like.

Prepared bone broth will keep in the refrigerator for 3 - 5 days. Any unused portion may be frozen for up to 6 months. Consider freezing bone broth in ice cube trays or small deli containers for a quick-thaw addition to your pet's meals!

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Cancer, Toxins and all the bad words...

There is a risk of carcinogens when we cook foods at a high heat. In fact, anything above 250 degrees can cause the formation of compounds called heterocyclic amines-which are known carcinogens. Acrylamides (another carcinogen) are also produced if the product contains oils and carbohydrate starches like corn or potatoes. Because these carcinogens were just a by-product made during the high-heat extrusion process, they won't be listed on the ingredient label.

For this and many other reasons, it is preferred that your pet does not eat extruded, dry kibble foods -- or at the least that it is not the primary meal. Although convenient, it has substantial drawbacks. If you must feed a dry kibble, **avoid foods containing corn, wheat, soy, and white potato.**

Canned food is not made by extrusion with high heat. Canning is the preservation process. However, to keep food from adhering to the can, many can linings have Bisphenol-A (a.k.a BPA), a plastic component that is widely considered a possible carcinogen.

Currently, the FDA does not regulate the amount of BPA allowed in the can linings. This circumstance means there is no penalty for misrepresentation from pet food companies regarding the amount of BPA in their cans.

However, this is what they are stating:

- Small aluminum cans tend to be BPA free, large steel cans tend to have BPA.
- The following companies claim they DO NOT use BPA lined cans – small or large...
 - Chicken Soup
 - Merrick
 - Weruva
 - Canidae/Felidae
 - Petropics

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Diet Change Notes:

When changing foods, be sure to do it **SLOWLY**-over about 10 to 14 days, a little at a time. Each day increase the new food as you are taking away the old food.

Day 1: 90% old food, 10% new food
Day 2: 80% old food, 20% new food
Day 3: 70% old food, 30% new food
Day 4: 60% old food, 40% new food
Day 5: 50% old food, 50% new food
Day 6: 40% old food, 60% new food
Day 7: 30% old food, 70% new food
Day 8: 20% old food, 80% new food
Day 9: 10% old food, 90% new food
Day 10: 100% new food

During food changes you can help the GI tract adjust its normal bacteria by giving a dairy-free lactobacillus/acidophilus-type supplement (we carry one here, and you can get others at pharmacies & natural grocers).

You can also keep stool firm by using **mashed white (russet) potatoes** and/or gloopy (add extra water during cooking) **over-cooked white rice** (not minute rice) to the food (about 1 Tblsp per 30#).

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Clinic Hours and Emergency Center Information

The Royal Treatment Veterinary Center is open Monday through Saturday, closed Sundays and some major holidays. Hours are by appointment only, currently:

Monday - 9 am to 4 pm

Thursday - 10 am to 8pm

Sunday - Closed

Tuesday - 10 am to 8 pm

Friday - 9 am to 4 pm

Wednesday - 10 am to 5 pm

Saturday - 8 am to 2 pm

If your pet needs immediate medical care outside of our regular business hours, please contact your regular veterinary hospital or if need be one of the local emergency clinics listed here.

(Keep the phone numbers for your vet, the closest animal emergency center and the National Animal Poison Control Center (NAPCC) in a place that's easy to find (see below for a short list). Also, take a drive by the ER during daylight hours, to be sure you can find it in an emergency when you may be panicked and not thinking clearly.

ASPCA's Animal Poison Control Center (if you think your pet may have ingested a potentially poisonous substance).

Guidelines on which conditions likely warrant Immediate/Emergency Care can be found on our website, www.royaltreatmentvetcenter.com.

Premier Veterinary Group – Chicago

3927 W. Belmont
Chicago, IL 60618
773-516-5800
Open 24 Hours
www.premiervets.net

MedVet Chicago

3123 N. Clybourn
Chicago, IL 60618
773-281-7110
Open 24 Hours
www.medvetforpets.com

Veterinary Specialty Center

1515 Busch Parkway
Buffalo Grove, IL 60089
847-459-7535
Open 24 Hours
www.vetspecialty.com

BluePearl Specialty & Emergency – Skokie

3735 Dempster
Skokie, IL 60076
847-673-9110
Open 24 Hours (exotic pets welcome)
www.bluepearlvet.com

Midwest Animal Emergency Hospital

7510 W. North Ave.

Elmwood Park, IL 60707

708-453-4755

Emergency services open overnights and weekends

(exotic pets welcome)

www.midwestanimalemergency.com

Premier Veterinary Group – Grayslake

1810 E. Belvidere Rd.

Grayslake, IL 60030

847-548-5300

Open 24 Hours

www.premiervets.net

VCA Arboretum View Animal Hospital

2551 Warrenville Rd.

Downers Grove, IL 60515

630-963-0424

Emergency services open 24 hours

www.vcahospitals.com

BluePearl Specialty & Emergency – Northfield

820 Frontage Rd.

Northfield, IL 60093

847-564-5775

Open 24 Hours

www.bluepearlvet.com

VCA Berwyn Animal Hospital

2845 S. Harlem

Berwyn, IL 60402

Emergency services open overnights and weekends

708-749-4200

Open 24 Hours

www.vcahospitals.com

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Feeding Your Pet – Explaining the Options

Food selection is ALWAYS BY TRIAL AND ERROR.

There are no reliable proven or effective tests for food allergies. You must simply carefully try foods to see how well your pet responds to the change. How you change the food is also important. Food changes should be done slowly (refer to the diet change handout).

The Corn/Wheat Grain Issue

A major cause of inflammation in the GI tract of carnivores is feeding corn, wheat and other grains, and carbohydrates. It is best to consider diets that have no grains to avoid an inflammatory response.

In large breed puppies decreasing carbs helps them grow more slowly and avoid joint disease. In addition, slim animals are more likely to NOT develop arthritis in the later years than overweight animals. Carnivores require protein and fat rather than carbohydrates to be wildly healthy—it's what their digestive organs have been adapted to digest.

Dry Kibble

Dry food is NOT BETTER FOR THE TEETH. Often it may be worse for the teeth. In order to make each kibble stick together they often use glutens and sticky carbohydrates. These stick to the teeth and create tartar build up.

Raw Diet/Home Cooked

Raw food does not mean simply raw meat. It must be a completely balanced food, prepared with all the minerals and vitamins needed for the animal. There are a number of companies that are making great raw food diets (see our list of recommendations).

Pre-prepared commercial raw foods are carefully processed to avoid contamination; they know you are going to feed it raw. Many animals with chronic allergies, arthritis or gastrointestinal problems can improve immensely on a pre-prepared commercial raw food.

High Pressure Pasteurization (HPP) uses extremely high pressure to destroy disease causing bacteria, but also destroys beneficial bacteria and has been shown to denature some of the available protein in pet food. HPP can only destroy bacteria present in the food and cannot prevent recontamination from some other source.

We recommend feeding non high-pressure pasteurized foods that are carefully processed using other methods and which offer the most readily available protein for a biologically appropriate carnivore diet.

Some animals need more processed food because they are deficient and can't properly digest raw foods. But if treated to balance the deficiency, they then may do well on raw foods.

Pre-prepared vs. homemade—some people prefer to cook for their pets. If you have time and can commit to doing this correctly, it can work well. Refer to Dr. Royal's book "The Royal Treatment: A Natural Approach to Wildly Healthy Pets" for diets and options for ingredients.

Animals with special health risks or specific needs should have a veterinary evaluation based on their medical condition.

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Food Options for a Biologically Appropriate Diet

Unprocessed Raw Foods:

Darwin's Pet (www.darwinspet.com)

Raw Bistro

Vital Essentials

Primal (non-Poultry formulas)

Nature's Logic

Fresh is Best

Rad Cat (non-Poultry formulas)

Steve's Real Food

Answers Pet Food

Processed/HPP Raw Foods:

Stella & Chewy's

Nature's Variety Instinct

Country Pet Naturals

Northwest Naturals

Paw Naturaw Natural

Canned Foods:

Merrick

Weruva/BFF (Best Feline Friend)

Wellness & Wellness CORE

Costco (Kirkland)

Tiki Dog / Tiki Cat

Koha

Wild Calling

Nature's Variety Instinct

Lotus

Earthborn

Fussie Cat

I & Love & You

Some Fancy Feast Formulas
(Separate Handout)

Dry Foods (if you must):

Orijen

Tripe Options:

Darwin's Pet Frozen Green Tripe

Vital Essentials Frozen Tripe

Freeze-dried Tripe Treats

Tripette - Canned

Bone Broth Options:

Honest Kitchen Bone Broth

Caru Grass-Fed Beef Bone Broth

Homemade Broth! (Separate
Handout)

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Treats:

Grandma Lucy's (Liver, Tuna)

Stella & Chewy's (Freeze Dried, no chicken)

Whole Life Single Ingredient Treats for Dogs

Wellness Pure Rewards

Pet Kind (Tripe)

Fresh Is Best (Freeze-dried Beef Heart, Duck Heart)

Catman Doo (Shaved Bonito)

Northwest Naturals (Chicken, Salmon, Lamb Liver)

Plato Farmer's Market, Real Strips

Bravo Bonus Bites (Turkey, Liver, Salmon, Venison)

Dogitos (Lamb, Beef)

Whisker Smackers (Beef, Chicken, Fish)

Merrick Texas Hold 'Ems (Beef, Lamb)

Raw Bistro Strips (Beef, Turkey, Chicken)

And possible places to buy them:

Chicago

Barker and Meowsky - 773-868-0200

Pet Supplies Plus - 3640 N. Elston 773-583-2233

Wigglyville - 3337 N. Broadway 773-528-3337

Parker's Pets - 1342 E. 55th 773-643-7387

Liz's Pet Shop - 2403 W. Chicago 773-772-4011

For Dog's Sake - 1757 N. Kimball 773-278-4355

Soggy Paws - Multiple Locations

Doggy Style - 2033 W. Division 773-235-9663

Kriser's - Multiple Locations

Ruff Haus - 4652 N. Rockwell 773-478-5100

Bentley's Pet Stuff - Multiple Locations

4-Legs - 4725 N. Damen 773-769-5347

Paw Naturals - 932 W. Monroe 312-243-4080

Jameson Loves Danger - 5208 N. Clark 773-754-8816

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North/Northwest Suburbs

Fit and Frisky Express! - www.fitandfrisky.com, 847-866-7660

Kriser's-Multiple Locations

Noah's Ark - 831 Elm St., Winnetka 847-784-0125

Bentley's Corner Barkery - Multiple Locations

Pet Supplies Plus - Multiple Locations

Wilmette Pet Center - 625 Green Bay Road, Wilmette 847-251-6750

Western Suburbs

Sirius Cooks -142 Harrison, Oak Park 708-358-0100

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Let's Eat!

For pets that need encouragement to eat

*The foods on this list should not replace your pet's fresh balanced diet.

Remember that natural, organic and sustainable sourcing with humane treatment of food animals should be a consideration for all purchases where possible. Avoid sugars and chemicals.

Try Heating the food, using an oven, stove top or pour boiling water (or broth) on top (not in microwave as it dulls smells)

Add on top or mix in –

Tripe - fresh tripe is best, but if you don't have access to the fresh stuff, canned may work too. Butter (hot poured on top, or mix soft into food) and can also use a couple pats of butter as a pill pocket

Bone Broth (any meat source)

Other meat broths like chicken broth, beef broth, turkey broth

Goat cheeses (better than cow cheeses to avoid inflammation)

Goat milk, Goat yogurt

Cow yogurt

Cream cheese, other cheeses

Sour cream

Parmesan Cheese, grated, shredded, flaked

Liverwurst

Meat Baby Food

Organ meats, either fresh, cooked, freeze dried (like freeze dried hearts are highly palatable and both dogs and cats love them)

Tuna Juice

Leftover Cooked Meats

Ground meat – raw or cooked

Rotisserie chicken/turkey/pheasant/Cornish hen...

Deli Meats (natural)

Fish flakes (Note: Avoid fish skins (skin/fat is where fish store the many toxins they encounter in the water, so it is not a healthy supplement).

Scrambled eggs

Vanilla ice cream

Sardines

Shrimp (cooked)

Canned Salmon (no raw salmon- a parasite in it can be toxic to dogs)

Cooked Bacon crumbles (natural only) or bacon grease

Lamb Lung treats crumbled

Freeze dried raw foods (either dog or cat food) can be crushed and sprinkled on foods.

For dogs, Cat Food can be pretty enticing. Try frozen raw, canned or freeze dried raw (use low carb natural foods)

Remember that **smell** whets the appetite. Try cooking some yummy food on a stove (not in a microwave, which dulls smell) to get smells of cooking in the air. Cook meats in butter, sausage, bacon, eggs, garlic, mushrooms, etc. and offer a little with your pet's food.

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Vaccines

We over-vaccinate in this country. Vaccines are effective in controlling diseases in populations, but should be used judiciously knowing they can also cause disease in individuals. We recommend that clients minimize vaccines where sensible. Over-vaccinating our pets is not a benign action. Vaccines have the potential to cause adverse effects and reactions that vary from mild to life threatening. Vaccines, by design, will stimulate the immune system, but they can, if overused or poorly made, overstress the immune system.

Over-vaccination is implicated in many immune system issues, cancers, seizures and other chronic systemic conditions. This is why we will not vaccinate animals that are too young, or too old, and we will not recommend vaccinating an animal that is ill.

The Royal Treatment Veterinary Center recommendations include separating vaccines - give one injection at a time, and wait 10 -14 days before the next vaccine (i.e. do Rabies or other vaccines at least 2 weeks apart from other vaccinations).

Note: The only vaccine required by law for an adult dog in Illinois is a 3-year **rabies vaccine**. The 3-year and the 1-year are poured out of the same vat, but are just labeled differently. The reason for this is that the first vaccine must be boosted before it lasts 3 years, so there has to be a vaccine labeled 1 year to make sure that boosting takes place in a puppy or for the first time a pet gets the rabies vaccine. After that, the vaccine lasts at least 3 years. There is research being done that proves that the 3-year vaccine lasts 5-7 years. But it will not be legal to use vaccines at that frequency until the FDA approves this research. We'll keep you posted.

Other vaccines are given based on the age, and condition of the animal, and the possible risk of exposure.

Distemper combination vaccines are given as puppy series. There can be a booster given at a year of age, or pets can have blood tests to help determine if there is still immunity to avoid having to give the vaccine again. This blood test is called a vaccine titer. The distemper combination vaccine is now considered at least a 3-year vaccine. Most people in immunology suspect it is likely a lifelong immunity from the initial puppy or kitten series.

Many kennel facilities and dog parks may have their own requirements. Often, even if a distemper vaccine is required, the facility will accept a blood titer test instead (it will prove that the animal still has immunity to the disease).

Bordatella is required (we recommend the new oral vaccine to use where possible) for most boarding facilities and dog parks, it is typically a once a year and some facilities require every 6 months.

Leptosporosis vaccine is an annual vaccine that can create significant adverse reactions so we try to avoid this vaccine if possible. The vaccine may be required for dog park tags in very congested urban areas with exposure to rats and rat urine or if an animal swims where there may be diluted rat urine. Leptospirosis is a very serious disease that can be treated with antibiotics and often requires hospitalization, and even with treatment it can be life threatening. The risks from the vaccine are also serious and potentially life threatening. We do not generally recommend this vaccine, and even our local neurology specialist does not recommend this vaccine for patients because they see so many pets with seizures secondary to the administration of this vaccine. Ask your veterinarian to assess your animal's risk/benefit for this troublesome and annual vaccine.

Lyme vaccine is a vaccine that we do not recommend. It can cause signs of Lyme disease that are not treatable with antibiotics. Lyme disease is treatable with antibiotics and holistic medications and the vaccine is not one we recommend.

Vaccines for **Giardia** and vaccines for **Corona virus** are not necessary and we do not recommend them.

PREVENTIVE MEDICINE

Heartworm disease is carried by mosquitoes and the first stage of the disease happens when an *affected* mosquito (not all are affected) bites a dog. This stage itself does not pose a health threat; the tiny microfilaria circulate in the bloodstream and take a few months to change into their next life stage, which is a worm that lives in the heart. The problems occur when these microfilaria change into worms that are more difficult to kill and can lodge in the heart (which can be between 2-5 months after infection). Heartworm medication given monthly or every other month kills the small microfilarial stage that may have infected the dog in the previous month or more. Killing the small form of the heartworm microfilarial parasite keeps it from becoming the large heart worms that become a problem in the heart. This is why we say that it protects for “the month before it is given.” Any pet that has been infected by a mosquito bite has a couple months (maybe 5 months) to get rid of the infection before it becomes the large worms. The Heartworm medications kill the microfilaria. This is also why we give the medication in Chicago from June (to protect for May and April mosquitos) through December (to protect for November and October) during any possible mosquito exposure. There is no need to give the medication if there has been no mosquito exposure during the previous month or two. If you travel where there are mosquitoes, it is important to give the heartworm medication *after* travel to mosquito areas. Because some breeds and sensitive animals do better on Interceptor rather than Heartgard, we prefer Interceptor for prevention.

We are working on an alternative protocol to avoid having to give prevention. The heartworm test that we do annually to make sure a pet isn't harboring any adult worms is testing for only adult worms. But we can do blood tests (different from the typical annual heartworm test) to look for the tiny microfilaria, and do it periodically and with enough time to kill them before they become adult worms in the heart. If we get a positive test, then we will use Interceptor heartworm prevention.

Flea and Tick Control

We do not recommend using any pesticides for flea and tick control. Besides the fact that pesticides are implicated in many disease conditions, it is also not good for our environment to use pesticides topically on our animals. An animal with a topical or oral pesticide is shedding this pesticide from the skin and simple activities like swimming in a pond will cause the death of all the invertebrates within 10 feet. This means that the shedding of the pesticide in the skin is not benign and can certainly affect the environment, humans, children and other pets. Our world does not need more pesticides. There are many effective and less toxic methods to deter ticks and fleas. We recommend an essential oil combination that is used as a once a month leave-on and also can be a topical spray to use even daily.

If pets develop fleas, we recommend using the essential oil leave-on topical once monthly for 3 months, use flea shampoo 1 x week, flea combing and wash bedding 2-3 x week, vacuum floors and rugs well 3 x week. Usually that is all you need to do.

Ticks on an animal should be pulled off with slow deliberate tension. Do not use matches or topical chemicals. Make sure to check the tick to see if the head is still intact (they are very small). If you need help, you can save the tick for identification or to check the head at your vet. Identifying the tick can be useful to see if it is a carrier of Lyme disease or other tick-borne diseases, depending on the geographic location where it was contracted. Deer ticks are VERY small, and are different than dog ticks, that are easily found.

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Useful Home Remedy Recipes

Royal Sparkle Paste

1 Tablespoon of Baking Soda
3 Tablespoons of Coconut Oil
1-3 drops of peppermint oil or oil of oregano

Combine in a small, wide-mouth container and stir well prior to use.

Apply small amount to rough gauze and use to brush teeth 3 times per week.

Flax seed GI-soothe liquid

To prepare:

Put 1 tablespoon of organic whole flax seeds in a heat safe cup or bowl.

Add $\frac{1}{4}$ to $\frac{1}{3}$ cup of water brought to a boil.

Stir for 60 seconds, and then allow mixture to sit for 5 minutes and stir again.

There will be a layer of seeds and a layer of slightly thicker liquid atop.

Separate with a sieve or strainer the seeds from the liquid.

Use approximately 1 teaspoon of liquid per 20lb animal to soothe the GI tract.

Can be given with food.

Keep unused portion in the refrigerator. Will last a few days in the fridge.



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Royal Treatment Services & Prices - 2017

Acupuncture	\$82.00/treatment	- \$ 48 as add on
Acupuncture w/ Dr. Royal	\$90.00/treatment	- \$ 55 as add on
Acupuncture & Recheck exam 10-pack	\$800.00	
Underwater Treadmill	\$65.00/treatment	
Underwater Treadmill & Recheck exam 10-pack	\$635.00	
Class III Laser Therapy	\$45.00/treatment	
Class III Laser Therapy & Recheck exam 10-pack	\$455.00	
Class IV Laser Therapy	\$50.00/treatment	
Class IV Laser Therapy & Recheck exam 6-pack	\$300.00	
Class IV Laser Therapy & Recheck exam 10-pack	\$500.00	
Underwater Treadmill Package & Class III Laser Package w/ Recheck exam (if purchased together) (10 Underwater Treadmill Treatments for \$585.00 & 10 Laser Treatments for \$195.00 w/discounted recheck exam for \$50)	\$835.00	
Dry Treadmill	\$35/treatment	
Dry Treadmill & Recheck exam 10-pack	\$365.00	
Massage Therapy	\$64.00	
Massage Therapy 10-pack	\$580.00	
Chiropractic Initial Consult	\$85.00	
Chiropractic Follow-Up Visit	\$62.00	

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Summary of Services

Acupuncture

Acupuncture is an ancient Chinese medical technique used for over 3,000 years in China, Japan and Korea. Needles are placed in designated points to effect various changes in the body to decrease pain, help heal injuries or disease conditions, stimulate or regulate immune responses, and/or decrease anxiety or behavioral issues. During her career, Dr. Royal has treated dogs, cats, ferrets, rabbits, guinea pigs, birds, camels, a zebra, and an elephant with acupuncture!

Acupuncture has been shown to increase blood and lymphatic flow to tissues, stimulate nerve function, increase the release of neurotransmitters and pain modulators, influence inflammatory responses and help the release hormones. It can be used in a variety of conditions.

Cold Laser Light Therapy

This modality is well documented to help decrease pain and inflammation at local sites, increase healing of injuries, incisions and wounds. It usually takes only a few seconds for each treatment (up to 2 minutes), and is extremely well-tolerated by animals. There is no heat or pain associated with this treatment and very few side effects have been found.

Beginning November 2015, The Royal Treatment introduced our new Multiwave Locked System (MLS) laser. This new Class IV laser allows us to deliver greater anti-inflammatory and analgesic relief for acute and chronic pain for our patients.

Geriatric & Chronic Care

Old age is not a disease, but there are many special considerations in maintaining a geriatric pet or a pet with a chronic disease. We address the logistics of managing these pets at home, nutritional needs, special clothing, harnesses, supports, foot protection, temperature control, prescription medications, therapy plan, home exercises, and many more details that individual pets require.

Chronic care balances the capability and special needs of the pet with the abilities and resources of the owner. This is usually a work-in-progress-type relationship that rewards the diligence and attention to detail we strive to provide.

Massage Therapy

Animals benefit from massage very much like people do. Our massage therapists work with different techniques to do both gentle and deep tissue massage. The massages can be invaluable to the healing process. Massage increases circulation to problem areas, stretches muscles that are poorly or improperly used due to injury or disease, and sometimes just helps a spasming muscle to finally relax.

There are many techniques that can be tailored to each animal for maximum benefit. Complete massages done by our massage specialists can be not only relaxing for pets, but highly therapeutic. Owners can be shown simple techniques to do at home as well.

Nutrition

Particularly in light of the recent food recalls, owners and veterinarians are acutely aware of how reliant we are on the integrity of our pet foods. This is critical to animal health.

There are good options available for your pet's needs. Each animal is carefully examined for special needs and diets are assessed.

We counsel clients on appropriate diets for animals with weight problems (under or overweight), allergic conditions, chronic problems, systemic illnesses are carefully discussed. Comprehensive programs for weight control (decreasing bulk/increasing muscle mass/improving cardiovascular health) are carefully planned to meet each animal's needs.

Primary Veterinary Care

The Royal Treatment Veterinary Center is equipped to provide primary veterinary care to animals throughout their lives. We employ Western medical practices where appropriate and have a full in-house laboratory and digital radiography machine.

Animals are individually assessed for any health, nutrition, mobility or behavioral issues. When an animal comes under our care, our comprehensive approach can decrease pain, increase mobility, invigorate health, and improve energy. Owners can regularly consult with us about the care of any age pet with any condition.

We rely on our professional expertise, extensive experience, empathetic and enthusiastic practitioners to define the best treatment for the patient and the owner to follow.

Supplementation

Prescriptions for Chinese and western herbs, supplements, vitamins, homeopathics and nutraceuticals are recommended as needed. These are carefully formulated to be used safely with regular medicines and diet for a complete health program. It is important to stress the importance of our comprehensive evaluation of medications and herbal or natural remedies or supplements to reduce the risk of contraindications or improper combinations of these substances. Natural supplements or herbal remedies can still effect strong physiologic changes and medicines can interact with them. We strive to maximize the effectiveness of all components with as much synergy as possible.

Underwater Treadmill Therapy

The underwater treadmill successfully treats many musculoskeletal conditions. It provides safe, controlled environment for gait analysis, exercise, stretching, muscle building, and neuromuscular stimulation. The buoyancy and lift decreases the concussive forces of gravity on painful joints allowing them to function more naturally, with more flexibility and mobility. As muscles and tendons relax into the water, they allow the mobility of the animal to improve. Muscle mass increases with use, and with increased movement, joints become properly bathed in the healing and nutritive joint fluid. Arthritic joints can even begin to remodel and allow for less restricted movement. Animals using the treadmill for a variety of conditions begin to ambulate better, increase their strength, endurance and flexibility.

Veterinary Rehabilitation

In humans, physical therapy is widely used to help people recover from trauma, surgeries, illnesses, arthritis, obesity and other problems. We use similar techniques to help animals recover from many of the same conditions.

There are a number of therapies that can be used. The underwater treadmill is one method. We also can use or recommend therapeutic exercises, agility techniques, theraband limb work, exercise balls, proprioception equipment, or therapeutic clothing. We work with the animal and the owner to design a program that will work best for them.