



On 10/31/09, our office had the opportunity to meet “Hannah”, an adorable 2 year old boxer. Hannah was presented to our hospital for an initial holistic consult with Dr. Heller after having daily vomiting episodes, increased gas and intermittent diarrhea. Hannah was underweight despite eating well. She was previously tested and treated for intestinal parasites but she continued to have problems with bloody diarrhea and vomiting. She did not respond to traditional gastrointestinal treatments including Metronidazole, Reglan and Panacur which were dispensed by her regular, traditional veterinarian.

A complete blood panel was performed to assess Hannah’s internal organs and blood chemistries. Her results were within normal limits except for a high eosinophil count. She also had a fecal, heartworm and giardia test performed which were all negative.

After performing a full physical exam and obtaining a thorough history, Dr. Heller’s first recommendations were simple. He found out that Hannah was being fed an inexpensive, lower quality brand of food. He discussed nutrition with the owners and how when it comes to diet- you tend to get the quality you pay for. He instructed Hannah’s owners to feed her a high quality diet (one which contains high protein, high quality meats, low carbohydrate, no by-products, fillers, artificial colors and additives, etc) and also supplement that with some home cooking of fresh fruits, vegetables and meats. To address Hannah’s history of gastrointestinal problems, Dr. Heller prescribed some supplements to aid her digestion, nutrient absorption and intestinal health. His prescription was as simple as feeding her a high quality diet and giving her daily nutritional supplements.

Hannah came back for a follow-up exam with Dr. Heller just 10 days later. The owners were excited to report that Hannah was no longer having problems with vomiting and diarrhea. In addition, she had already gained 2 pounds!

Hannah returned on 12/7/09 and had gained another 4 pounds which was an ideal weight for her. Her owners reported more success and today she continues to be vomit, diarrhea and gas free! With minor changes and a different look at the situation with a holistic approach, Hannah is feeling much better (and the owners have less mess to clean up!)

*Hannah’s story is a great one that shows the importance of meeting a pet’s nutritional needs through high quality diets and supplementation. Just like us humans, dogs and cats can ward off disease and thrive when we provide their bodies with the dietary tools to do so. Nutrition is so incredibly important in the health of a pet and can be an easy modification. Despite trying a multitude of traditional medications, the secret to Hannah’s success was as simple as filling her food bowl!*