

Food for Thought

Everyday we're faced with the conundrum of what to put in our bodies; how many servings of carbohydrates, protein, and fiber etc. are appropriate to satisfy our nutritional needs as well as our taste buds! Thankfully for most of us, feeding our beloved pets isn't as much of a headache. While many pets do well on commercial food diets, a great number of them could benefit from therapeutic diets. Therapeutic diets are diets intended to diagnose or treat disease; **FOOD IS MEDICINE¹!**

There are a number of veterinary therapeutic diets that target different maladies; joint, skin, gastrointestinal, kidney, urinary, endocrine, weight loss and even brain health! These diets when given under veterinary supervision can serve as a passive therapy (stand alone approach without other drugs) or synergistic therapy (given in combination with other drugs that work together to amplify each other's effect)!

I recently started my 12 year old Yorkie 'Precious' on a diet called Neurocare—this diet has been used to treat both seizure patients ² and older pets suffering from "doggy dementia". While my pup wasn't symptomatic for either, she suffers from anxiety and displays this as neediness.... excessive barking and ankle scratching that's only abated by picking her up right away. I already see an improvement in her attitude after a few short weeks on the diet- she's more docile, enjoys cuddling with us on the couch but isn't inconsolable when we're gone for periods of time, additionally I know that this diet is nutritionally balanced so she's still getting all of her requirements to be a thriving mature pup!

You might be thinking, but, Dr. Regetz, "that's all good and well, but aren't these diets expensive"? You're not wrong, therapeutic diets are formulated and crafted to a higher standard, which results in a higher price point.

However, say your 70 lb Lab 'Bronco' is on a commercial food diet that runs about \$45/bag and you give him fish oil supplements for his joints. To reach the therapeutic level using an over-the-counter fish oil supplement you'd often times have to give **~10 pills for a dog this size DAILY. At ~\$10/bottle and 120 count that's two weeks worth or \$20/month + the \$45/bag totaling=\$65! **Moral of the story-** for a comparable amount of money you could have Bronco on a prescription strength diet which has all the necessary amount of fish oils/fatty acids and takes away the added headache of forcing Bronco to ingest a small fortune of pills daily!**

If you're curious about instituting a therapeutic diet, shed some excess weight off your furry friend or learn more about pet nutrition, don't hesitate to schedule an appointment with Dr. Keller or myself!

Thanks,
Dr. Regetz



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<http://vetnutrition.tufts.edu/2017/01/therapeutic-diets/>

<https://www.ncbi.nlm.nih.gov/pubmed/26337751>

<https://i.pinimg.com/736x/52/36/13/523613e5fc177444beaf4daf803e5a3d--adorable-animals-funny-animals.jpg>