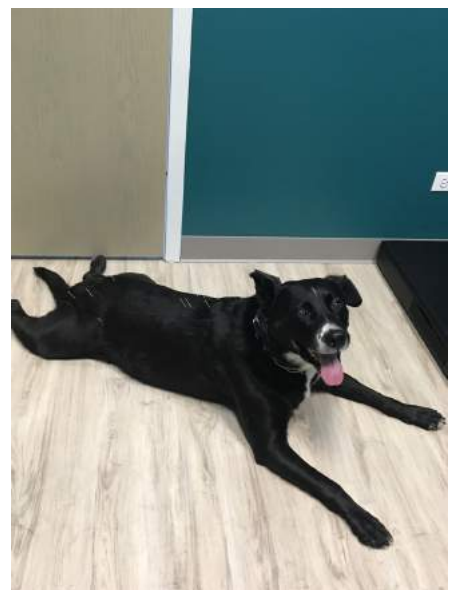


WELCOME TO HEALING TAILS



HEALING TAILS PHILOSOPHY

At Healing Tails we believe in developing a partnership with proactive pet parents committed to naturally supporting their pet's health conditions and injuries without the need of continuous medications or surgery.



HEALING TAILS SERVICES

At Healing Tails we want to partner with your primary care veterinarian and/or veterinary specialist to help provide the most comprehensive care for your pet. We offer a variety of holistic treatments and diagnostics as well as limited conventional treatments and diagnostics.

Holistic Medicine:

- Acupuncture
- Chiropractic Care
- Laser Therapy
- Physical Rehabilitation
- Underwater Treadmill Therapy
- Nutritional Guidance
- Herbal Therapy
- Integrative Diagnostics

Conventional Medicine:

- Distemper and Parvovirus Titer Testing
- Outpatient Labwork (Wellness bloodwork, heartworm testing, fecal testing)
- Vaccines

Please note, we recommend maintaining a relationship with both a full service primary veterinary clinic and an ER as we do not offer emergency visits, x-ray, surgery or have the ability to manage chronic conditions exclusively.

"A true friend leaves pawprints on your heart."

~Author unknown



DIETARY RECOMMENDATIONS

Veterinary nutrition can be a very controversial topic with a variety of advice from many sources. At Healing Tails, there are a few basic things that we believe about diet:

1. There is no universal "best diet" for our patients.

Diets should be tailored to an individual pet and family's needs and we must consider factors such as current health status of the patient, age, diet palatability as well as financial or time constraints of the family and accessibility of the food.

2. Whole food based diets are better.

Many fresh foods have a shorter ingredient list compared to highly processed canned and dry dog foods. There are virtually no fillers included and the pet is able to break down and utilize more of the food itself.

3. Rotational feeding is a good idea.

Unless a veterinarian has instructed you to feed your pet a specific diet due to medical concerns, rotating brands of food and protein sources may be a good idea. Rotating the diet can help prevent food boredom and hypersensitivities. It can also help to ensure that your pet does not develop nutritional deficiencies or toxicities, which could accumulate over time from a single diet. For patients that don't have any gastrointestinal sensitivities you can rotate the diet by the meal, day, week or month - it's really up to you and your pet to decide how to do this.

4. Corn, soy and wheat should be avoided.

These grains are pro-inflammatory and genetically modified (GMO), which usually means they have been treated with a pesticide called glyphosate. Glyphosate has been implicated in certain cases of cancer and is patented as an antibiotic. This means that exposure to these ingredients may in fact increase your pet's probability of getting cancer and can adversely affect the beneficial bacteria in their gastrointestinal systems. A 2013 study comparing pigs fed non GMO feed versus GMO feed demonstrated higher rates of severe stomach inflammation in those pigs fed non GMO feed. Dogs are omnivores, meaning that they eat foods from plant and animal origin. While dogs don't have an absolute dietary requirement for carbohydrates, whole food based carbohydrates other than corn, soy and wheat can be included in the diets.

5. A commercially prepared diet is usually best. We understand that homemade pet food seems like a great idea; you're able to control the ingredients that go into the diet and you know exactly what you're feeding your pet. However, a 2019 study published in the Journal of the American Veterinary Medical Association, showed that most home prepared diets were unbalanced. Over time, diets lacking specific required nutrients can lead to nutritional deficiencies and possibly serious health concerns. If you really would like to home prepare a diet, we would recommend a consultation with a veterinary nutritionist who can ensure that the diet you are feeding is complete and balanced for all of your pet's nutritional needs.

BONE BROTH

It's good for your
pet!

Bone broth is a truly nutritious whole food based supplement; your pet can benefit from daily or intermittent consumption of bone broth. Bone broth may:

- Support gut health
- Support joints
- Enhance hydration
- Support skin and coat health
- Support immune health
- Entice picky eaters

Recommended Pet Safe Bone Broth Brands

- Only Natural Pet
- Caru
- Nulo
- Open Farm Pet
- Bones & Co



Serving Size

- <20 pounds: 1 ounce per day
- 20-40 pounds: 2 ounces per day
- 50-80 pounds: 4 ounces per day
- 80+ pounds: 6 ounces per day

How to choose a bone broth:

- Pick a pet specific brand. Human versions may be delicious but could contain onion and garlic in levels which are not safe for pets.
- Look for grass fed bone broth. Grass fed bone broth typically has higher levels of nutrients and less toxins compared to conventional brands.

Home Cooked Bone Broth Recipe



Ingredients:

- Grass fed bones
- 1-2 tbpn organic apple cider vinegar
- ~12 cups water

Directions:

1. Add bones to a large dutch oven.
2. Add water until generously covered.
3. Add 1-2 tablespoons organic apple cider vinegar.
4. Bring to a boil, then reduce to a simmer and cook 10-12 hours or until reduced by $\frac{1}{3}$ or $\frac{1}{2}$.
5. Strain and store in the refrigerator or freezer

Tips:

- The longer the bones cook, the more collagen and nutrients you'll extract.
- It's normal for the broth to gelatinize in the refrigerator.
- This recipe should create 6-8 cups of broth.
- Whole Foods or your local butcher should be a good source of bones.
- Freeze the bone broth in ice cube trays. it can easily be unthawed and offered in pets size portions.



Bland Diets

Digestive troubles can really be a drag. The good news is that knowing how to prepare and properly feed a bland diet can be your first line of defense when your pet is under the weather. If your pet has diarrhea, you can begin this diet at their next meal. If they are vomiting, generally we recommend a 12 hour fast before offering them anything to eat. Bland diets should be for mild cases when you are aware of what could be the culprit of the digestive trouble and your pet is not having a medical emergency. As always, if your pet is lethargic, inappetent, or continues to vomit or have diarrhea please seek medical attention.

A bland diet consists of a lean protein and bland carbohydrate which are easy to digest and soothing to the digestive system. Bland diets are not complete and balanced and should not be fed for more than 7 days.

Meat options:

- Ground sirloin
- Lean ground turkey

Carbohydrate options:

- Boiled sweet potatoes
- Boiled potatoes
- Overcooked white rice
- Unsweetened canned pumpkin (not pumpkin pie filling)



The meat should be pan seared with the fat drained or boiled. Combine your choice of cooked meat and carbohydrate in a 50/50 ratio (i.e. 1 cup of meat to 1 cup of carbohydrate). If you choose to offer rice as a carbohydrate be sure to use white rice and overcook the rice (you may have to add additional water and cook for longer than the recommended instructions).

Approximate Feeding Amounts:

- 1 - 10 lbs 1 1/2 cups per day
- 11 - 20 lbs 2 1/4 cups per day
- 21 - 40 lbs 3 cups per day
- 41 - 60 lbs 4 1/2 cups per day
- 61 - 80 lbs 6 cups per day
- 81 - 100 lbs 7 1/2 cups per day

Pro tip: If cooking is not your thing, consider purchasing a freeze dried bland diet from Under the Weather to have on hand for emergencies. Check out www.undertheweatherpet.com.

Offering 3-4 smaller meals throughout the day can help ease the burden on the digestive system.

Feeding Raw Diets

There are many commercially prepared raw diets that are complete and balanced for your pet's nutritional needs. We do not recommend prey model based raw diets as it is difficult to determine if these diets are complete and balanced for all of your pets nutritional needs. We also do not recommend formulating your own raw diet from meat from the grocery store - this meat was not intended to be fed uncooked to humans or pets and has a higher risk of containing harmful bacteria. Raw diets are not recommended for pets undergoing chemotherapy or taking immunosuppressive medications. While many of the raw diets have undergone high pressure pasteurization to eliminate harmful pathogens, raw diets should be handled with the same precautions as any other meat - countertops should be cleaned with a disinfectant solution, bowls should be cleaned after every meal and your hands should be washed thoroughly after handling the raw food. Food should be thawed in the refrigerator and can be kept in the refrigerator for no more than 3 days.

A general rule of thumb to determine how much food your pet will consume:

- Adult pets: 2.5-3% of body weight per day (i.e. a 100 pound dog would eat about 2.5-3 pounds per day).
- Puppies & kittens: 6-8% of body weight per day

Raw food comes in 2 different formulations. Frozen raw diets can be found in the freezer section. They can be thawed and offered to your pet. Freeze dried raw diets have had the moisture removed and need to have water added to be moisture appropriate. For some pets, the freeze dried raw food is an easier way to transition from dry food to raw and more water can be added over time. Freeze dried raw food is shelf stable and also works nicely for travel.



Raw Diet Brands

For Dogs

Brand	Food Type	All Life Stages?
Steve's Real Food	Freeze Dried/Frozen	Yes
Raw Bistro	Freeze Dried/Frozen	Yes (avoid lamb for puppies)
Small Batch	Freeze Dried/Frozen	Yes
Stella & Chewy's	Freeze Dried/Frozen	Yes (avoid venison in large breed puppies)
Vital Essentials	Freeze Dried/Frozen	Yes
Tuckers	Freeze Dried/Frozen	Yes
Natures Logic	Frozen	Yes
Primal	Freeze Dried/Frozen	Yes
Northwest Naturals	Freeze Dried/Frozen	Yes
Open Farm	Freeze Dried	Yes
Fresh is Best	Freeze Dried	Yes

Raw Diets

For Cats

Brand	Food Type	All Life Stages?
Steve's Real Food	Freeze Dried/Frozen	Yes
Small Batch	Frozen	Yes
Stella & Chewy's	Freeze Dried/Frozen	Yes
Vital Essentials	Freeze Dried/Frozen	Yes
Tuckers	Frozen	Yes
Primal	Freeze Dried/Frozen	Yes
Northwest Naturals	Freeze Dried/Frozen	Yes
Tiki Cat	Frozen	Yes
Fresh is Best	Freeze Dried	Yes



Cooked Diets & Recommended Brands

Cooked diets are nutritious, whole food based option for owners who may wish to avoid raw diets or for pets with certain medical conditions or digestive concerns. There are several companies available which offer these options. Some are available online (see the websites below) while the others may be available in your local pet food retailer. If a company offers both cat and dog versions of food, be sure to order the cat or dog formula specifically. There are no formulas which are universally appropriate for dogs and cats.

Just Food for Dogs (www.justfoodfordogs.com)

Nom Nom Now (www.nomnomnow.com)

My Perfect Pet Food (www.mypetperfectpetfood.com)



Brand	All Life Stages?	Dog/Cat	Prescription Diets Available?
Just Food for Dogs	Some formulas	Both	Yes
Nom Nom Now	Yes	Both	No
My Perfect Pet Food	Yes	Both	Yes
Small Batch	Yes	Dog	No
Open Farm	Yes	Dog	Yes

Dehydrated Diets & Recommended Brands

Dehydrated diets are nutritious, whole food based diets which have been cooked and dehydrated. Water must be added to the food to reconstitute the food. These diets are often more cost effective than cooked or raw diets, but still provide a great source of nutrition. Since they are dehydrated, they are shelf stable and can be shipped from online retailers or found in local pet food stores. Please note that only specific formulas are recommended. If a company offers both cat and dog versions of food, be sure to order the cat or dog formula specifically. There are no formulas which are universally appropriate for dogs and cats.

For clients who wish to formulate their own diets at home, these companies also offer base mixes which can provide complete and balanced meals when combined with cooked meat. These diets are not recommended for growing puppies.

Brand/Formula	All Life Stages?	Dog/Cat
Honest Kitchen Grain Free Turkey	Yes	Both
Honest Kitchen Grain Free Beef	Yes	Dog
Honest Kitchen Grain Free Fish	No (adults only)	Both
Honest Kitchen Grain Free Limited Ingredient Duck Formula	Yes	Dog
Honest Kitchen Grain Free Chicken	Yes	Both
Honest Kitchen Grain Free Fruit & Veggie Mix	No (adults only)	Dog
Honest Kitchen Grain Free Seed & Nut Mix	No (adults only)	Dog
Dr. Harvey's Veg to Bowl	No (adults only)	Dog
Dr. Harvey's Paradigm	No (adults only)	Dog
Dr. Harvey's Oracle	Yes	Dog

Canned Diets & Recommended Brands

Canned diets are moisture appropriate, shelf stable and convenient to store and feed. While these diets are well tolerated by many pets, there are some who we suspect may have sensitivities to the thickeners such as guar gum, xanthum gum and/or carageenen which are often added. The list below does not indicate which formulas do not contain these thickeners, but certain brands and formulas are free from these ingredients.

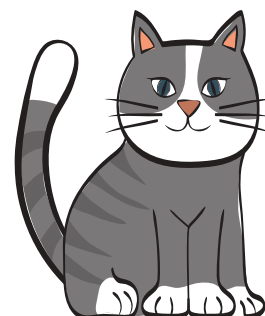
Dog Canned Diets

Stella & Chewy's
Open Farm
Only Natural Pet
Ziwi Peak
K9 Natural
Koha
Tiki Dog
Wellness Core
Farmina N&D
Rawbble by Bixbi
Nature's Logic



Cat Canned Diets

Tiki Cat
Weruva
BFF
I & Love & You
Stella & Chewy's
Dr. Elsey's
Fussie Cat
Feline Naturals
Hounds & Gatos
Lotus
Ziwi Peak
Nature's Logic
Wellness Core
Open Farm
Only Natural Pet
Koha
Against the Grain
K9 Natural
Nature's Logic



Dry Diets & Recommended Brands

Dry pet food is convenient to store and feed, however it has some downfalls. Dry food does not contain appropriate levels of moisture. Pets should get the majority of their water intake from their food and a dry formula makes this difficult. Dry food is highly processed and has more preservatives, contributes to dental disease and may contain carcinogens. We recommend feeding kibble sparingly.

Dog Formulas

Ziwi Peak
Farmina N&D
Zignature
Wellness Core
Rawbble by Bixbi
Tiki Pet
Stella & Chewy's
Instinct

Cat Formulas

Ziwi Peak
Farmina N&D
Zignature
Wellness Core
Rawbble by Bixbi
Tiki Pet
Stella & Chewy's
Instinct

Pro-Tips

1. Add water to the food and let it sit for 5 minutes before feeding for added moisture.
2. Add freeze dried raw meal toppers for an added boost of nutrition.
3. Offer bone broth once daily for gut health.
4. Try to offer a balanced, whole food based meal at least a few times per week.



Treats

Offering treats can be an important part of bonding with your pet and can be a helpful training tool. If you're feeding an amazingly healthy diet, making sure the treats are just as healthy is important too! Avoid treats which are baked - even if they are grain free. The baked treats often contain fillers and sugars which should be avoided. Instead look for single ingredient, whole food based treats.

Below you'll find some options to get you started, but there are so many treats available, the list is not exhaustive.

Cat Treats

Vital Essentials Rabbit Bites Treats
Primal Turkey Liver Munchies
Primal Beef Liver
Essentials Duck Liver Treats
Sojos Natural Cat Venison Liver Freeze Dried Treats
Feline Natural Lamb Healthy Bites
Feline Natural Beef Healthy Bites
Nature's Logic Beef Liver Bites

Dog Treats

Jones Lamb Lung Puffs
Vital Essentials Freeze Dried Treats
Stella & Chewy's Freeze Dried Treats
Northwest Naturals Freeze Dried Treats



Bones

Many dogs find chewing bones to be an enjoyable recreational activity, but knowing how to safely offer bones can save you a trip to the ER. Risks of bone chewing are low when your pet is appropriately supervised and safety guidelines are followed. Bones can help clean their teeth and provide mental stimulation. The risk of offering bones are low but include: broken teeth, intestinal damage or obstruction and choking.

1. Give your dog an appropriately sized bone. Choose a bone that is equal to or larger than the size of their head. This will help to prevent them from swallowing a bone that is too small.
2. Only offer raw, meaty bones such as ribs, femurs and knuckles. Cooked bones have a higher chance of splintering and causing harm.
3. Offer bones 1-2 times per week. An overload of the marrow in the bone can lead to digestive upset.
4. Feed bones outside or on a towel. They can get messy and this makes clean up a breeze. Be sure to wash your hands and sanitize the area after they have chewed the bone.
5. Always supervise your pet when you give them a bone. If they do happen to break off a smaller piece, you'll be there to take it away before it can cause them harm.





Where to Purchase Food

Multiple Chicagoland Locations

Kriser's

Bentley's Pet Stuff

Pet Supplies Plus

Bridgeport

Bark N Bites

702 W. 35th Street

Chicago, IL 60616

Hyde Park

Sprocket n Stone

1013 E. 53rd St.

West Loop

Wiggleyville

1037 W. Madison St.

Paw Naturals

932 W. Monroe St.

West Town

Liz's Pet Shop

2403 W. Chicago

Wicker Park

Your Best Friend Pet Supply

2136 W. Division St.

Andersonville

Jameson Loves Danger

5208 N. Clark St

Logan Square

For Dog's Sake

1757 N. Kimball

Andersonville

Jameson Loves Danger

5208 N. Clark St

Logan Square

For Dog's Sake

1757 N. Kimball

Lincoln Sqaure

Ruff Haus

4772 N. Lincoln Ave

Oak Brook

Wet Nose

Oak Brook Promenade

West Suburban Locations

Two Bostons

Online:

Nom Nom Now

My Perfect Pet

Just Food for Dogs

Chewy.com

Fleas, Ticks, Heartworm Prevention Oh my!



Parasites can make your pet uncomfortable in addition to passing on diseases. It's important to understand your pet's risk of contracting these parasites and the consequences of the disease in order to make an informed decision about how you will approach them. Mosquitos carry baby heartworms called microfilaria which are transmitted via their bite. Monthly heartworm prevention helps to prevent heartworm

disease in addition to intestinal parasites (worms). Standard of care for conventional western veterinary medicine is to recommend year round heartworm prevention. For clients who wish to take a more holistic approach to their pet's health, heartworm prevention may be administered off label and given seasonally June 1- December 1 in the Chicagoland area. Unfortunately at this time, there are no reliable holistic prevention methods for heartworm disease and the consequences of heartworm disease and treatment can be deadly. We recommend Interceptor for heartworm prevention as it is generally well tolerated by most pets. If you are concerned about intestinal parasites - or your pet is at high risk of contracting them based on their lifestyle (dog parks or doggy daycare) then year round prevention may be recommended. While intestinal parasites are treatable, they can result in uncomfortable digestive symptoms for your pet and some of the parasites are transmissible to people. We do recommend annual heartworm tests for dogs.

For cats, there is no treatment for heartworm disease; the risk of contracting heartworm disease is low for indoor cats. For those who spend a considerable amount of time outdoors, standard of care from conventional medicine would recommend administering heartworm prevention. Our goal is to work closely with you as the pet parent to make sure you completely understand the disease and feel comfortable with the recommended treatment plan.



Fleas, Ticks, Heartworm Prevention Oh my!



Fleas and ticks are a nuisance and can make your pet quite uncomfortable. They can also transmit diseases, some of which can have cause serious health complications.. Flea and tick prevention recommendations should be guided based on your pet's lifestyle. For pets who spend a lot of time outdoors using a conventional flea and tick treatment may be a good idea. We recommend Frontline Plus or Nexgard for our patients that need protection.

Again, conventional veterinary medicine typically will advise administering flea and tick prevention year round as ticks can even survive through winter. However, from a holistic approach, we recommend trying to limit the toxins that pets are exposed to over their lifetime. One way to limit their exposure is to use all natural flea and tick repellents. At Healing Tails we recommend Dr. Mercola Healthy Pets Flea & Tick Defense topical spray. This needs to be sprayed on your pet every few days. Keep in mind that this does not treat or kill these parasites; it simply repels them. If your pet develops a flea or tick infestation, please let us know and we can help guide you through treatment. In those cases, pets usually need to be treated with a topical conventional flea and tick medication. Our goal is to educate you, the pet parent, in making the best decisions for your pet's care,





Vaccines

Vaccines are a necessary part of pet health and help prevent many diseases which can be deadly. However it is important that we use vaccines judiciously to ensure the health and safety of our pets. Core vaccines are those vaccines recommended for all pets with an unknown vaccine history because core vaccines protect against diseases that infect dogs and cats of all life stages and lifestyles. The diseases involved have high rates of infection, pose a threat to the pet's life and/or are a danger to human health. At Healing Tails we take into account the health status of each pet, their lifestyle and the owner's concerns to make the best decision for each pet. Our job is to educate you regarding the diseases and their transmission and inform you of the risks for your pet based on their lifestyle. We are open for conversation and questions and want to make sure you feel comfortable about your pet's treatment plan.

Typically puppies receive their distemper/parvo vaccine and kittens their FVRCP vaccine at 8, 12 and 16 weeks. Boosters are necessary because the mother's antibodies can interfere with the efficacy of vaccines in young animals. By law, puppies and kittens initial rabies vaccine booster must be counted as a 1 year vaccine. Once pets have received 1 year booster, we only offer 3 year boosters. We utilize rabies vaccines which do not contain thimerosal and for cats are free of adjuvants. These are the safest form of the vaccines available.

After vaccines, most pets may experience some soreness and lethargy which typically subsides after 24 hours. Severe reactions are rare, but may include vomiting, diarrhea, hives, swelling of the injection site or trouble breathing. We often limit the number of vaccines that a patient receives at any given time and utilize titer testing when applicable to decrease the chances of vaccine reactions.

Titers: Titers are a blood test which checks your pet's blood for antibodies against specific diseases. This blood test helps to determine if your pet's immune system has responded appropriately to the vaccines and also indicates if they have adequate levels of protection, meaning that they do not need to be vaccinated. We offer titer testing at Healing Tails.

Core Vaccines

Canine & Feline

Rabies: This is a fatal viral disease that can infect most species of mammals. It is recommended for both dogs and cats due to its potential to infect humans and because it is a fatal disease for which there is no cure. Rabies titers are available, however the county does not accept rabies titers in lieu of the vaccine. If a patient is not up to date on their rabies vaccine and bites or scratches someone in Cook county, they have to be quarantined in a veterinary clinic for 10 days to ensure they do not develop signs of rabies. We carry this vaccine at Healing Tails.



Vaccines

Canine

Distemper: This is a highly contagious, potentially fatal viral disease that can affect the respiratory and nervous system. Titters are available and are accepted in lieu of the vaccine at most pet establishments as long they demonstrate good protection against the virus. We carry this vaccine at Healing Tails.

Parvovirus: this is a highly contagious, often fatal viral disease that can affect the gastrointestinal system. Titters are available and are accepted in lieu of the vaccine at most pet establishments as long as they demonstrate good protection against the virus. We carry this vaccine at Healing Tails.

Feline:

FVRCP (Feline viral rhinotracheitis, calicivirus and panleukopenia). This vaccine protects against all 3 of these viral diseases which can affect the respiratory and gastrointestinal systems of cats. These viral illnesses can be serious and result in severe illness or death. Titters are available for these diseases. We carry this combination vaccine at Healing Tails.

Lifestyle Vaccines

Canine

Leptospirosis: This disease is caused by a bacteria called *Leptospira*. These bacteria are found worldwide in soil and water. There are many strains of bacteria which can cause disease. This is also a zoonotic disease meaning that it has the potential to infect humans as well. Common risk factors for dogs includes exposure to drinking water out of rivers, streams and puddles; roaming on rural properties; exposure to wild animals or rodents (even in the park or backyard). Dogs can become infected if their mucous membranes come into contact with infected urine, urine contaminated soil, water, food; bite of an infected animal or eating the carcass of an infected animal. In the city limits, rats are ubiquitous and a common source of exposure. This vaccine needs to be boosted annually; while there is a titer available, the vaccine's protection is short duration and if a pet is at risk of exposure, vaccination is recommended. We carry this vaccine at Healing Tails.

Bordetella: This is a bacteria associated with respiratory disease in dogs that is commonly referred to as kennel cough. This bacteria is aerosolized and typical symptoms are coughing. Dog boarding facilities, doggy daycares, training facilities, dog parks and groomers often require this vaccine. This vaccine needs to be boosted annually. There is no vaccine titer available. We carry this vaccine at Healing Tails.

Vaccines

Influenza: This is a contagious viral respiratory disease affecting dogs. This bacteria is aerosolized and can also spread via common objects. Typically infections are mild and symptoms are coughing for several weeks. However, symptoms may be more severe and include sneezing, nasal or eye discharge, lethargy and/or pneumonia. There is no dog flu season and the disease can occur year round. Dog boarding facilities, doggy daycares, training facilities, dog parks and groomers often require this vaccine. There are two strains of influenza (H3N2 and H3N8) and vaccines are available for both strains. This vaccine needs to be boosted annually. There is no vaccine titer available. We do not carry this vaccine at Healing Tails.

Lyme: This vaccination protects against Lyme disease which is a disease transmitted by ticks. We prefer to discuss tick control and limit exposure to vaccines. We do not carry this vaccine at Healing Tails.

Feline

Feline Leukemia Virus: This is a common infectious disease in cats. Transfer of the disease can occur between cats via bite wounds, mutual grooming and rarely through shared litterboxes or dishes. This virus can lead to cancer, immune deficiency and blood disorders. We recommend that all newly adopted cats are checked for this disease via a blood test. Indoor cats potential for exposure is essentially non existent as long as new cats to the household are checked prior to bringing them home. We do not carry this vaccine at Healing Tails.



Bathing & Oral Care Recommendations

Shampoos:

We recommend pet shampoos that are free of toxins and have an appropriate pH for your pet's skin which differs from humans. The list below contains all natural brands of shampoo. We recommend bathing no more than every 4-6 weeks unless your pet is experiencing a medical condition that dictates otherwise.

Our recommended brands of shampoo include:

- 4-legger: Available at www.4-legger.com. They have a variety of shampoos which are all natural and organic.
- Moosh
- Earthbath (avoid oatmeal formulations)

Oral Care:

Oral care is an important part of your pet's health. Brushing the teeth at least every other day is the best way to prevent tartar from accumulating. Even with regular at home dental care, many pets will still need an anesthetic dental procedure to scale and polish their teeth to prevent periodontal disease from developing. At Healing Tails we do not promote or recommend non-anesthetic dental cleanings as it is stressful for the pet, can result in aspiration and pneumonia and doesn't address any disease that may be hiding below the gumline.

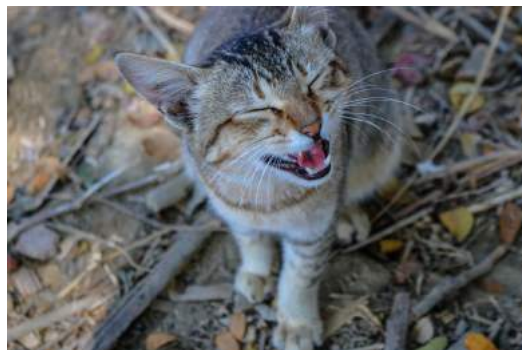
It is also important to make sure you're using a toothpaste that does not contain any sugars; believe it or not, many pet toothpastes do have these on their ingredient list.

Recommended brands of toothpaste include:

- 4-legger: Available at www.4-legger.com

If your pet is not cooperative and you are unable to brush their teeth (this happens sometimes). Then we recommend an enzymatic oral gel or spray to help with tartar accumulation.

- Petzlife Peppermint Oral Care Spray or Gel



Cat Litter

Your cat's litter could potentially be a hidden health hazard. Choosing a litter that is unscented, low in dust production and avoids the use of corn and wheat is good idea. Keep in mind that cats can be very particular about their litter and sudden changes could result in them no longer using the litterbox. Our top recommendations would be:

- Weruva Natural Quick Clumping Cat Litter (Made from Hinoki Wood & Green Tea)
- Dr. Elsey's Precious Cat Touch of Outdoors Cat Litter
- Nature's Miracle Premium Clumping Walnut Cat Litter

If you decide to change your cat's litter, this should be done very gradually. Fill the box with the new litter on the bottom and top it off with the old litter, which will feel familiar to your cat when they step in the box. As your cat digs in the box, they'll discover the new litter underneath which will help them gradually acclimate to the new litter. Over the course of the week add a small amount of the new litter each day until you're completely transitioned. Also keep in mind that the rule of thumb is one litter box per cat, plus one extra. This means for a household with 2 cats, you should provide 3 litterboxes.



Important Information

Braun compounding pharmacy

1919 N. Clybourn

Chicago, IL 60614

773-5490634

Emergency Veterinary & Specialists

MedVet

3305 N. California

Chicago, IL 60618

773-281-7110

Veterinary Specialty Center

1515 Busch Parkway

Buffalo Grove 60089

847-459-7535

Premier

3927 W. Belmont

Chicago, IL 60618

773-516-5800

Home Hospice & Euthanasia

Compassionate Veterinary Hospice

www.pethospicechicago.com

Lap of Love

www.lapoflove.com



Important Information

Dog Trainers

Black Dog K9 Training and Pet Services

www.blackdogK9.com

Anything is Pawzible

www.anythingispawzible.com

Lindsey Kooistra

616-502-2259

locdoglinds@gmail.com

Pet Insurance

We think pet insurance is a great investment for your pet. Pet insurance companies all vary widely on their policies and what they will and will not cover for pets. It's best to take your time to do your research before investing. The good news is that many of the companies will cover holistic medicine and physical rehabilitation services. Pet insurance works slightly different compared to human insurance. With pet insurance, the client is responsible for paying the full fee to the veterinary clinic and then the insurance company will reimburse you directly for the cost of the service.

Suggested companies to research:

- Embrace
- Trupanion
- Healthy Paws
- PetsFirst
- Nationwide
- Figo

