

***Xing* or Post-ingestion Energetics of Foods for Companion Animals**

Cold: bamboo shoot, banana, bitter gourd, cranberry, clam, crab, dandelion leaf, grapefruit, kelp, lemon, lettuce, nori, plantain, purslane, rhubarb, salt, sea grass, sea weed, sugarcane, tomato, water chestnut, watermelon, yoghurt

Cool: amaranth, American ginseng, apple, artichoke, avocado, barley, bean curd, blueberry, broccoli, buckwheat, chamomile, chicken egg white, chrysanthemum, common button mushroom, cucumber, duck, eggplant, green tea, hops, Job's tears, lettuce, lima bean, loquat, mandarin orange, mango, marjoram, millet, mung bean, nettle, pear, peppermint, rabbit, radish, sesame oil, soy sauce, soybean oil, spinach, strawberry, swiss chard, wheat, wheat bran

Neutral: abalone, apricot, asparagus, beef, beetroot, black fungus, black sesame seed, black soybean, Chinese cabbage, carp, carrot, celery, chicken egg, chicken egg yolk, chickpea, coconut, corn, corn silk, dry mandarin orange peel, fig, flax, purple carrot, purple potato, purple eggplant, honey, kangaroo, kidney bean, lentil, licorice, lotus fruit and seed, mackerel, milk, olive, oyster, papaya, peanuts, pineapple, plum, polished rice, pork, potato, pumpkin, pumpkin seed, small red or adzuki bean, rice bran, rye, salmon, sardine, shiitake mushroom, soy milk, string bean, sweet rice, taro, turkey, turnip, white sugar, yam

Warm: apricot seed, brown sugar, caraway, cardamom, grass carp, cherry, chestnut, chicken, chive, chive seeds, cinnamon twig, clove, coconut, coriander, date, dillseeds, eel, fennel, fresh ginger, ginseng, grapefruit peel, green onion leaf, guava, ham, hawthorn fruit, kale, kangaroo, malt, mustard seed, leek, longan, maltose, mutton, nutmeg, oats, olive oil, quinoa, peach, raspberry, rosemary, rutabaga, shrimp, spelt, spearmint, squash, sunflower seed, sweet basil, sweet potato, tangerine peel, thyme, turmeric, vinegar, walnut, wine

Hot: black pepper, cayenne, chili, cinnamon bark, garlic, dried ginger, green pepper, horseradish, red pepper, white pepper

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TCVM Tonifying Foods by Category

Qi Tonics: bay, beef, cherry, chicken, coconut, corn, date, eel, fig, ginseng, grape, ham, herring, Job's tears, kangaroo, lentil, licorice, longan, mackerel, Microalgae, molasses, mutton, oats, potato, rabbit, rice, royal jelly, rutabaga, sweet potato, shiitake mushroom, squash, tofu, trout, yam

Yang Tonics: anchovy, basil, cayenne, chestnut, chive seed, cinnamon bark, clove, dill seed, fennel seed, fenugreek seed, garlic, dried ginger, kidney, lamb, lobster, nutmeg, quinoa, pistachio, prawn, raspberry, rosemary, sage, shrimp, thyme, walnut

Yin Tonics: alfalfa sprout, apple, apricot, asparagus, avocado, banana, barley, broccoli, cheese, chicken egg, clam, coconut milk, crab, duck, duck egg, honey, kelp, kidney bean, lemon, lima bean, malt, mango, milk, mung bean sprout, nettle, nori, plantain, oyster, pea, pear, pineapple, pork, potato, rabbit, spelt, string bean, sweet potato, tofu, tomato, water chestnut, watermelon, yam, pecans

Blood Tonics: aduki bean, apricot, avocado, barley, beef, beetroot, black bean, black sesame, bone marrow, chicken egg, corn, dandelion, dark leafy greens, date, dang gui, egg yolk, fig, purple carrot, purple potato, purple eggplant, Job's tears, kangaroo, kelp, kidney bean, liver, longan, Microalgae, molasses, mulberry nettle, oats, oyster, parsley, pollen, pork, rice, salmon, sardine, soy milk, spinach, sweet rice, watercress, pecans

Canine Nutrition: Choosing the Best Food for Your Breed by William D Cusick

40-60% by weight of food of animal/fish protein for dogs

50-70% by weight of food of animal fish protein for cats

Felines: powdered calcium (in the form of bone meal or di-calcium phosphate) needed 1.2grams/10 lbs/day

The remainder may be made up of veggies, fruits, root veggies, whole grains. Remember eat your colors!!!

½ of an adult multi-vitamin per day for animals < 20lbs and 1 tablet/day for animals > 20lbs

Canines: Calcium-800-1000mg/lb/day; need a 1.2:1 Calcium: Phosphorous ratio

Felines: 300-500mg/day of Taurine required

Cancer Diet Recommendations and Supplements

- < 25% soluble carbs by weight of dry food
- 40-60% by weight of liver for dogs
- 50-50% by weight of liver for cats
- Remainder colorful fruits and veggies
- ½ of an adult multi-vitamin per day for animals < 20lbs and 1 tablet/day for > 20lbs
- Fish Oils w/DHA/EPA: 300mg/200mg/10 lbs of weight
- Arginine: 500-3000mg daily
- Green Tea: 5mg/lb daily
- Curcumin (turmeric): 15-20 mg/lb/day

Nutrients for Cardiovascular Disease

- CoQ10: catalyses ATP production and supports energy metabolism; Dogs: 2.2-22mg/kg daily
- Vitamin E: prevents LDL oxidation and free-radical mediated damage to the myocardium; Dogs and Cats: 5-10 IU/lb daily
- Omega 3 Fatty Acids: lowers triglycerides, anti-arrhythmic, reduces electrical excitability, increases refractory period and reduces calcium availability and release: Dogs: 40-150mg/kg EPA and 25-150mg/kg DHA
- L-Carnitine: improves myocardium metabolism, improves HR and exercise intolerance and protects against cardiac necrosis: Dogs and Cats: 50-150 mg/kg three times daily
- Taurine: positive inotrope, regulates natriuresis and diuresis; Dogs and Cats: 50-150 mg/kg once to three times daily

{L-carnitine and Taurine together proven to have greatest direct effect of improving life expectancy}

Diabetes Mellitus

- 15% carb diet from veggies and 85% protein
- Cordyceps supplement (Type I): ¼ tsp/15 lbs divided into two doses
- 50:50 of Gymnema and Cornsilk (Type I and II): 0.2mls/5lbs three times daily
- Fish Oils(Type II): 1 regular strength (180mg EPA and 120mg DHA) capsule per 5-10lbs once or divided daily

Table 1. Nutrients and Botanicals for Managing Diabetes

COMPOUND	DOSE	ADVERSE OR OVERDOSE EFFECTS
Vanadium	0.2 mg/kg/day	Anorexia, vomiting, possible renal toxicity ²²
Vanadyl sulfate	1 mg/kg/day	Anorexia, vomiting, possible renal toxicity ²²
Chromium	50-400 mcg/day	anorexia, vomiting, possible renal toxicity ²²
Fish oil	100 mg of combined EPA/DHA per kg of body weight, divided daily	Nausea, possible platelet effects that have not proven clinically significant
alpha-Lipoic Acid	Cats: no more than 25 mg/day. Dogs: up to 200 mg/day for large dogs	Anorexia, disorientation, seizures at high doses
Vitamin C	50 mg/kg, up to 3000 mg daily in large dogs	Diarrhea at large doses
Gymnema	100-400 mg of extract divided daily or 250-1500 mg dried herb divided daily	None reported
Fenugreek	Published doses vary widely; 20-100 gm of seed powder daily in divided doses with meals in human studies (adjust dose by weight of animal)	Probably safe; may cause GI distress in high doses
Panax ginseng	50-1000 mg three times daily	Long term use at high doses may lead to agitation, hypertension, diarrhea, but appears rare
Panax quinquefolius	50-1000 mg three times daily	No reports of adverse effects but may be similar to those of P. ginseng

Hyperthyroidism

- Low carb, high protein diet
- Lemon Balm (*Melissa Officinalis*) in alcohol extract: blocks the binding of antithyroid antibodies to TSH receptors: 0.5ml-1.0mls by mouth every 8 hours

Hypothyroidism

- Avoid foods from the Brassica species: cabbage, cauliflower, broccoli, brussel sprouts, mustard greens, Chinese greens
- Avoid: turnips, unheated soy products (tofu, soymilk), Cassava, sorghum, pulses, millet, linseed

IBD

- Add Guar Gum and Citrus Pectin dose proportionally to the label for humans
- Guar gum and Citrus Pectin acts as the Short Chain Fatty Acids (SCFA) needed in IBD
- Limit carbohydrate intake

Constipation

- *Nux vomica*: 30C once daily for 1 week and then as needed; typical in cats that are irritable or aggressive, have low back pain or lameness and often vomit hairballs in the morning
- Cascara Sagrada, Ginger (*Zingiber officinalis*), and Licorice (*Glycyrrhiza glabra*) at a 4:1:2 ratio; starting dose of combined tincture is 0.1mls/2.5lbs of weight twice daily

Liver Disorders

- Milk Thistle: 1ml/10lbs of the glycerine extract every 12 hours

Osteoarthritis

- Glucosamine HCL/Glucosamine and chondroitin- Dose: 20-50 mg/kg daily, divided into doses
- MSM (Methylsulfonylmethane) (Anti-inflammatory by acting as an antioxidant)- Dose: 100-1000 mg/day, based on the animal's weight
- S-Adenosylmethionine (S-AMe) (Chondroprotective and anti-inflammatory)-Dose: 20mg/kg per day
- Fish Oils (Anti-inflammatory)-Dose: Fish Oils w/EPA/DHA: (up to) 300mg/200mg/10 lbs of weight/day