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 lead, 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
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 1.2 grams/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 excitably, 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

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
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 (SAMe) (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