



OPTIMUM CHOICES, LLC
Healthy choices for people and pets

Inflammatory Bowel Disease (IBD): Holistic Case Study

Inflammatory Bowel Disease (IBD) is almost an epidemic among our pets. Unfortunately, Western veterinary science does not know the exact origin. Suspected causes are genetics, poor nutrition, infectious agents (for example, bacteria, viruses or parasites), poor or imbalanced immune system and even a secondary response to some other disease condition. Current allopathic (Western medical) treatments include drugs and diets low in fats and carbohydrates, especially those low in gluten (avoid wheat, oats, rye, and barley). Western medications include anti-inflammatory medications (for example, steroids), immunosuppressive agents (for example, azathioprine and cyclophosphamide), metronidazole (an antibiotic and also inhibits the immune system), sulfasalazine and mesalamine compounds, anti-diarrheal drugs (loperamide or diphenoxylate) and anti-spasmodic drugs. Many pet guardians find the only source of relief is a homemade diet but this is very time-consuming and often not completely balanced, unless the guardian does their research on the [proper nutrition](#) for a carnivore. Some pet guardians get very frustrated when they have to change diets every 3-6 months to accommodate their pet's changing symptoms. With all these tools, vets can only hope to control Inflammatory Bowel Disease (IBD) and never cure it. (Source: www.peteducation.com)



If Western medicine has not provided all the desired results, we would like to suggest a holistic approach. Here is a case study where the cat's guardian spent over 6 months and \$9,000 using traditional veterinary treatment with no resolution:

An 11-12 year old cat had Inflammatory Bowel Disease (IBD) and was hyperthyroid. He lost weight from 15 pounds down to 12 pounds because of severe IBD symptoms. He was fed Natural Balance dry food and they started to add Halo dry food (3 lbs out of 15 lbs total dry food) in an effort to improve his diet. As soon as they changed food, he developed instant diarrhea. Even after they went back to his original food, the diarrhea did not improve. Then the cat was diagnosed as being hyperthyroid as well as having either IBD/IFD or intestinal lymphoma. Ultrasound showed slight intestinal wall thickening, while liver/kidneys looked normal. Fecal test was negative for parasites: Crypto, Giardia, etc. Vets prescribed Flagyl for worms—did not work. Now on 7.5 mg methimazole (for the thyroid) daily), also on prednisolone 5mg 2x day. Feeding Prescription Diet Z/D and thousands of dollars later still no resolution.



Client started with Bio-Algae Concentrates with some results. They switched to the advanced Bio-Algae Concentrates formula and the IBD symptoms started to clear within 48 hours. By the end of the first week, the IBD symptoms were totally gone. Client stated, "His litter box used to look like a "crime scene" but now looks perfectly normal."

How did Bio-Algae Concentrates do all this? It did not. Bio-Algae Concentrates simply supplied the body with the super nutrients of Vitamin A, B-complex, C, D, E and K, Omega 3, 6, 9, GLAs

(Gamma-Linolenic Acids), ALAs (Alpha-Linolenic Acids), DGLA (Dihomogamma-Linolenic Acid), DHA (Docosahexaenoic acid) and more fatty acids, antioxidants, over 4,000 enzymes, 20 amino acids, all known trace minerals and elements and more, so the body could resume normal digestive functions. This super microalgae formula supplied over 5,000 individual nutrients to balance ALL the glands and organs, not just the stomach and intestines. When the [endocrine and immune systems are holistically balanced](#), everything will work like it should. [Bio-Algae Concentrates](#) do not treat symptoms but holistically balance the whole body. Dr. Michael Kiriatic, the inventor of the Bio-Algae Concentrates formula says, “[Inflammatory bowel symptoms](#) are not a disease of the stomach or intestines. That is just where the symptoms have manifested. The true source of this degenerative disease is in the brain. Feed, energize and balance the pituitary (master gland), pineal and hypothalamus glands in the brain and the body will regenerate and heal itself.” The scientific basis behind this theory can be found in an article written in a human medical journal back in 2003.

The article entitled, *Inflammatory Bowel Disease and Irritable Bowel Syndrome: Separate or Unified?* (Current Opinion in Gastroenterology, 2003; 19:4) cites a malfunction in the gut-



associated mucosal immune system response due to possible genetic factors and early programming of the anti-inflammatory system, such as the hypothalamic-pituitary-adrenal (HPA) axis, as a possible cause for IBD and IBS. The study found chronic stress can affect the mucosal immune system, while acute stress can affect the HPA axis. Rats with a history of aversive early life events were more susceptible to these stress-induced changes in gut permeability possibly related to

early programming of the HPA axis. What does all that mean for your pet? Here is our holistic perspective based on the above scientific study and our 85+ years of holistic experience

Biologists tell us a canine carnivore in the wild gets 60-80% meat in their diet, while a feline carnivore needs 70-90% meat to be healthy. If one feeds a [nutrient-deficient dry kibble diet](#) (20-40% meat protein on average) to their puppy or kitten, their growing body is not getting the proper nutrition it needs to develop the digestive tract of a carnivore. They will be lacking needed digestive enzymes, they will not have the proper flora (friendly bacteria) develop in their intestines and their body will have to deal with an overload of carbohydrates (from wheat, corn, soy, rice, barley, potatoes, etc.) and sugars (from corn, beets, etc.) it normally would not eat, thereby stressing the pancreas (responsible for manufacturing digestive enzymes and [insulin](#)). While this may seem adequate when a pet is younger, as they get older IBD and allergy symptoms might show up. By then, it is almost too late to correct the underdeveloped and malfunctioning digestive tract. The malfunctioning mucosal immune system will allow the gut to be permeable letting through unwanted bacteria and other toxic substances.



Protein molecules that normally would be digested by a wild carnivore will irritate the digestive tract of our domesticated carnivore, thus producing an [allergic response](#). We **suggest not raising young pets on nutrient-deficient dry kibble but instead, feed premium canned food, freeze-dried raw food and even a raw food diet.**

Not only is the amount of meat protein important but a variety of meat protein is essential to developing a diversity of flora and enzymes in the gut. Also, different meats have different ratio

of nutrients. For example rabbit is low in taurine while mouse is high in taurine. Feeding a variety of different meats over time helps ensure a balance of nutrients in your pet's diet. It is **suggested one vary not only the meat flavor (for example, beef, lamb, chicken, turkey, venison, bison, elk, quail, pheasant, etc.) but also the brand of pet food regularly in all stages of a pet's life.** Each manufacturer gets their meat and nutrients from a different source and each has their own formula for fortifying their foods. One may favor more vitamins and minerals, while another more enzymes and amino acids. One brand might use synthetic vitamin sources because they are cheaper, while another all-natural [whole food sources](#). A diversity in food and nutrients sources leads to a diversity in the digestive tract. After all, one would not feed just beef to their toddler every day and expect it to have a fully functioning digestive tract as an adult.



Another factor could be a traumatic puppyhood or kittenhood. When pets are rescued, one does not know anything about their formative environment. According to the above scientific study, early traumatic life events can affect the developmental stages of the hypothalamic-pituitary-adrenal (HPA) axis. An improperly programmed HPA axis is one suspected cause of improper gut permeability (leaky gut syndrome). This is because there is insufficient immunoglobulin (IgA) antibody production which normally operates in the mucus membranes for protecting the intestinal lining of the gut. Although this cause is different than the nutritionally-deprived malfunctioning mucosal lining of the gut, the results of letting unwanted bacteria and other toxic substances and the inability to digest certain protein molecules is the same—IBD.



[Dr. Alfred Plechner](#) (DVM) also made a connection between the importance of proper immunoglobulin (IgA) antibody production in the gut and malabsorption, allergies and digestive tract disorders (e.g., inflammatory bowel disease). His research showed that if the endocrine and immune systems were imbalanced, the IgA antibodies that normally operate in the mucus membranes of the gut go out of control and sometimes even attack the body itself. The walls of the gut then become inflamed and thicken for protection. With the gut's defense system compromised, harmful bacteria and other bad microorganisms can attack. When this happens, nutrients, supplements, as well as medication to treat the disease are not absorbed by the body and exit the other end. This is one reason why positive results may not be seen using the best holistic remedies and even medication. One must correct the endocrine-immune imbalance first, so that the mucus lining of the gut returns to normal and then the body can absorb nutrients again and heal itself. When treating animals, Dr Plechner is adamant about NOT feeding the standard commercial dry kibble diet in order for his [Plechner protocol](#) (balancing of the adrenals and thyroid through hormone replacement) to work effectively.

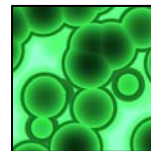
Purebred pets and pets from “puppy mills,” seem to be subjected to genetic pre-disposition to many digestive disorders and allergies. Because most breeders only breed for good looks and structure, this can perpetuate any genetic imbalance and any improperly programmed HPA axis.

Foods currently genetically engineered are corn, soy, cotton, canola, sugar beets, milk and milk products. There has been too little research on the long term effects of GMO (Genetically Modified Organism) food to say they are safe. Short term studies show GMO food can potentially cause pre-cancerous cell growth in the digestive tract, smaller growth of brains, liver

and testicles, partial atrophy of the liver and a damaged immune system. In the only first and only raw feeding study, rats would not eat the Flavor-Saver tomato. When they were force fed GMO tomatoes, 7/20 developed stomach lesions, 7/40 died within two weeks and were replaced in the study. From our holistic perspective, based on these short term results, we think it would be wise to avoid all GMO food if one (or one's pet) had any type of digestive disorder.

So, what can one do if a pet has been rescued or already displays IBD symptoms?

1. Build up the friendly flora in the gut by adding high quality probiotics (source of friendly bacteria) to the diet. An abundance of friendly bacteria will crowd out the unwanted bacteria and allow for proper digestion of all normal protein molecules a carnivore should be eating.
2. In the beginning, one might need to add digestive enzymes to any change in diet. But adding [digestive enzymes](#) is only supplementing the symptoms and will leave a lazy pancreas. Ultimately, one wants to supply the pre-enzymes (from algae, plants or raw meat) and co-factors the body needs to manufacture its own digestive enzymes.
3. Get your pet off the [nutrient-deficient dry kibble diet](#) that is unfit for a carnivore. Transition to a premium canned food, freeze-dried raw food and even better, a [raw food](#) diet more suited for a carnivore. We have seen a complete resolution of IBD symptoms in a pet with just a change to a more appropriate diet.
4. Vary your [pet's diet](#) (both flavor and brand) to create diversity in their digestive tract and a balance of nutrients.
5. Avoid all GMO foods.
6. Increase the hypothalamic-pituitary-adrenal (HPA) axis function by feeding super nutrition to the brain. Animals in the wild naturally get algae in their diet from the water and soil they ingest. Certain Bio-Algae Concentrate [microalgae](#) are literally brain food that feed, energize and balance the glands in the brain. Domesticated pets that eat processed foods and drink tap water are deprived of algae. This is such a revolutionary concept, perhaps 100 years ahead of its time. Now that is true holistic wellness!



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