

WHEN LESS IS MORE

Instead of “fighting” cancer with poisonous chemicals, use food and natural protocols to nurture your dog’s healing ability and extend his quality of life.



Dr Judy Jasek received her DVM in 1988 from Colorado State University. She currently specializes in cancer patients. She supports the natural healing ability of the body with proper nutrition, detoxification, and eliminating the underlying causes of disease. She then uses tools such as ozone, herbs, CBD, essential oils, and whole food supplements to optimize the health of the body. She also works with healthy pets to help protect them from getting cancer and other life-threatening conditions. Her personal mission is to help reduce the incidence of cancer in pets in the next ten years. Visit her online at ahavet.com

As my career has progressed over the years, I have evolved my practice methods based on how I see pets best respond to treatments. In the world of veterinary medicine, I've seen an incredible increase in the number of options available to treat pets. This includes pharmaceuticals, surgical and diagnostic techniques, supplements and dietary options. I have seen the advent of the first pet-labeled non-steroidal anti-inflammatory drug (NSAID), numerous evolutions in anesthesia protocols, new antibiotics, vaccines, and the list goes on.

This begs the question: with these new medical "advances," are pets getting healthier? I say most definitively, no. I've seen increases in many types of cancer, auto-immune disease, and chronic inflammatory conditions such as skin and digestive issues. So where are we missing the boat? What do we need to be doing differently as practitioners to help improve the health of our pets?

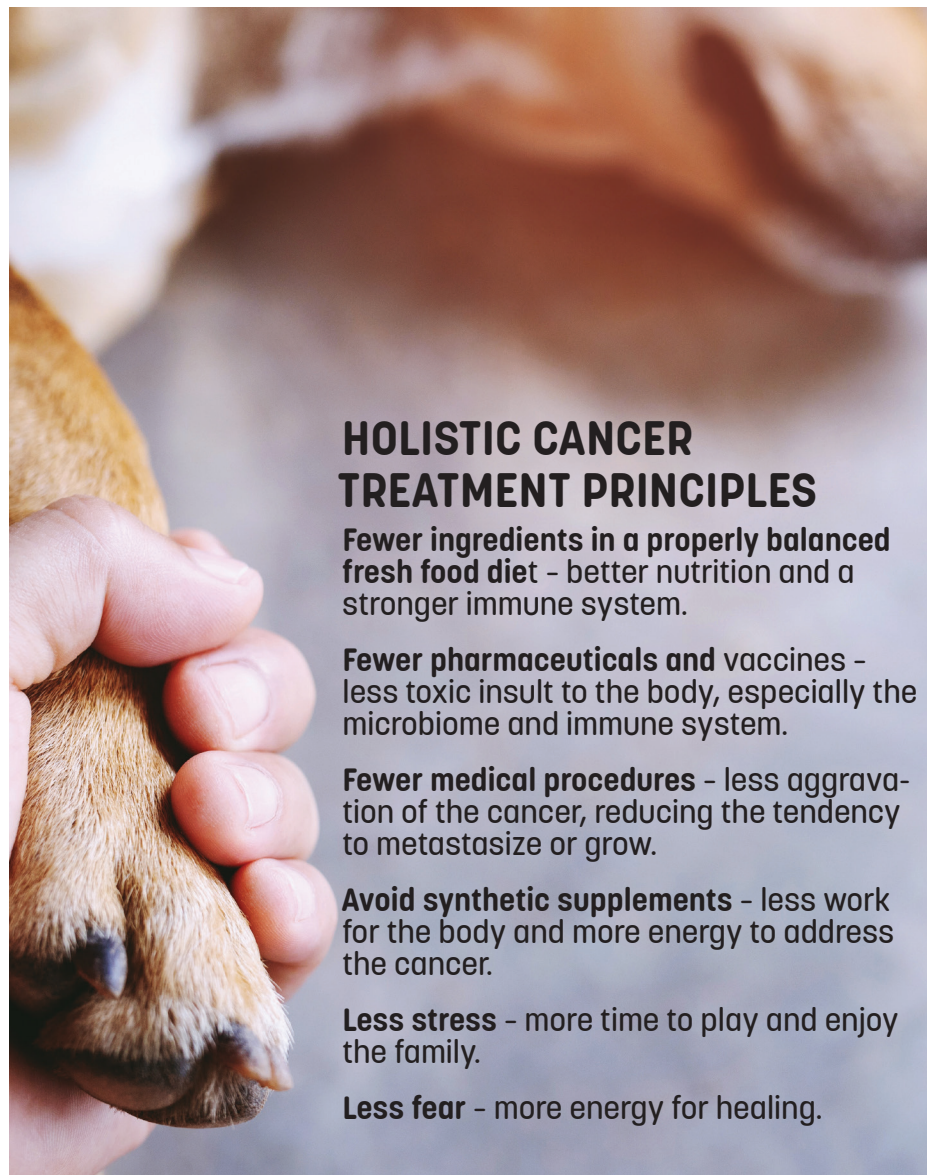
TREATING CANCER

One of my specialties is providing alternative treatments for pets with cancer. Cancer is one of the most devastating conditions. It is potentially life-threatening, and even the word itself is surrounded by a great deal of fear. It's heart-breaking to learn that your pet has cancer, and conventional medicine does not typically give much hope of survival.

When it comes to treating cancer, I've found that less conventional intervention often provides better results. It's important to remember that the body has an amazing ability to heal if we provide proper support and lessen the insults.

In my experience, cancer can be quite manageable when we give the body proper support and do not damage its ability to heal with unnecessary medications and procedures. Conventional medicine will give cancer a name, grade, prognosis and treatment protocol with little or no mention of this type of support. By contrast, I don't need a definitive diagnosis when using my protocols. In fact, I find that the less we stick needles in tumors, and do surgery to make them go away, the better the outcome for pets.

It's important to remember that the tumor you see is the outward manifestation of a systemic process, the proverbial



HOLISTIC CANCER TREATMENT PRINCIPLES

Fewer ingredients in a properly balanced fresh food diet - better nutrition and a stronger immune system.

Fewer pharmaceuticals and vaccines - less toxic insult to the body, especially the microbiome and immune system.

Fewer medical procedures - less aggravation of the cancer, reducing the tendency to metastasize or grow.

Avoid synthetic supplements - less work for the body and more energy to address the cancer.

Less stress - more time to play and enjoy the family.

Less fear - more energy for healing.

"tip of the iceberg." Removing a tumor does nothing to treat cancer; it just removes the visual indication of its presence. As humans, it can be a comfort to see a tumor disappear in this way; but without addressing the underlying issues that caused it to form in the first place, the disease will persist and manifest elsewhere in the body.

Remember that your dog doesn't know or care about his cancer diagnosis; he just wants to walk, play, and do all the things he loves to do. As humans, emotions like fear often guide our decision-making in times of crisis. It's an understandable reaction to want to fight and destroy the cancer. The best way to help your dog is to

focus on what will most benefit his quality of life ... and not just make you feel better.

CONVENTIONAL DRUGS

Every conventional medication your dog gets, be it vaccines, antibiotics, pain medications, anti-nausea or diarrhea, anti-inflammatories or the potent anti-cancer meds, can have a negative impact on his ability to heal. These medications are never completely benign, despite the claims from many conventional practitioners. This is where you need to carefully weigh the pros and cons of each decision about the treatments your dog will receive. Your veterinarian should be helping you advocate for your pet, not just dictating standard protocols.

I do find that conventional medications are sometimes necessary to keep pets comfortable, but they should be used judiciously, and for as short a time as possible. Your dog may not have an immediate adverse reaction to these medications; but every one requires additional work from the liver and other detoxifying organs to remove it from the body. Many conventional medications also damage the microbiome beyond the point that a simple probiotic supplement can remedy.

I don't need a definitive diagnosis when using my protocols. In fact, I find that the less we stick needles in tumors, and do surgery to make them go away, the better the outcome for pets.

Without healthy digestion to properly process nutrients and a balanced microbiome to support the immune system, your dog's health will suffer.

CHEMOTHERAPY DECISIONS

What about chemotherapy for pets? I always respect people's choices and will support their pet in any way possible if they choose to go this route, but I never see good outcomes.

There may be a temporary reduction in tumor size, but I see most pets get so sick that, in the end, their bodies become too run down to survive. There will always be some cancer cells that escape the chemo treatments; they come back with a vengeance and the pet succumbs to the disease.

Clients are often told that dogs will not suffer the same side effects of chemo that people do. This is simply not true in my experience. I would never use chemotherapy on one of my own pets (or myself, for that matter).

DON'T OVERLOOK NUTRITION

The most important foundation to healing is proper nutrition. Sadly, this topic is typically overlooked during conventional cancer treatment. The body must have properly balanced nutrients that are not inflammatory. For dogs, this takes the form of a fresh food, and ideally raw diet.

It is not within the scope of this article to go into diet specifics, but I will give a few guidelines:

Avoid any and all forms of kibble, there are no good ones. Kibble is dead, toxic food, and will only contribute to the progression of disease in your dog.

Read food labels and do not feed anything that you can't pronounce or if you don't know what it is.

Avoid synthetic supplements whenever possible. Proper nutrition can be managed with a proper rotation of fresh-food ingredients. Supplementation should be naturally-sourced and targeted specifically for the individual needs of your dog. Do not fall for the one-size-fits-all marketing claims.

Avoid dairy, including raw and fermented varieties. While dairy is not a problem for all pets, dairy proteins are potentially inflammatory. It is not nutritionally necessary, and I recommend avoiding it for cancer patients.

Love the fat. I use ketogenic diet principles with my patients. I won't go into details here, but will mention that fat has been unjustly vilified as a cause of many diseases. I've found that well-sourced (meaning NO factory farmed meats) saturated animal fat can provide a host of benefits. Not only does it help create a state of ketosis which has benefits when managing cancer, it contains valuable nutrients such as vitamins D, K2, and A (retinol) that are most effective when eaten together. Fat is a necessary component of many hormones, and cells need a proper amount of fat for proper communication. Introduce fat slowly so your dog can adapt, but don't avoid it in the diet.

OTHER CANCER PROTOCOLS

Some other key components to my protocols include:

CBD oil. There a number of good brands now available. Look for whole plant products grown organically, and minimally processed, without harmful chemicals. Companies should be transparent about their methods and provide third-party testing information to ensure purity.

Turkey Tail mushrooms. These have proven anti-cancer effects and are a wonderful dietary addition.

Essential oils such as frankincense offer proven anti-cancer effects. Plus there is the added benefit of helping with relaxation for both people and pets.

Ozone is one of my specialty treatments that provides oxygen for the body. Ozone treatment both supports the immune system and slows cancer growth.

Mistletoe injections have proven to be very effective at directly reducing tumor size and pain.

QUALITY OF LIFE

My primary objective is to provide my patients with the best quality of life for as long as possible. While the outcome will vary with each pet's individual circumstances, I've seen definite success when we focus on supporting the pet's healing ability – and let go of the notion of “fighting” the cancer. Most importantly, watch how your dog feel. Is he enjoying life, eating, playing, and interacting with the family? This is the most important outcome, beyond lab tests and biopsy results. 🐾

Get a new leash on life!

Live Vibrantly!

WITH L.J. & HER DOG
GEORGE ELIOT

We are never too old to have fun and act young.

L.J. ROHAN
ILLUSTRATIONS BY ALAN SHIRLEY

In this collection of original drawings, L.J. Rohan with her furry and endearing canine muse, George Eliot, navigates her humorous journey through life after 50.

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