

DIARRHEA AND HOME REMEDIES

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Everyone who lives with a dog has experienced this at one time or another and can be sure it will reoccur again. It's just a matter of time.

When this happens after getting up several times during the night or worse, coming home from work and finding the mess; it's good not to panic but rather having a course of action in mind. What can be the cause? Can I easily identify it because I am aware of the cause? Are there other symptoms? Is it a serious case that requires a call to the vet? If everything indicates that it is a minor case of diarrhea, what solutions are available?

To realize this little cheat sheet, I consulted a dozen books and specialized websites. What follows is a consensus of conventional and holistic veterinary medicine sites and books on home treatment of common diseases and ailments in dogs. (*See note at on article*).

Diarrhea is not a disease in itself, but rather the manifestation of a problem, a gastrointestinal deregulation or disease. Diarrhea is usually part of the healing process by evacuating the body of what caused it.

Half of the causes of this digestive protest are related to serious or very serious problems and require veterinary intervention for an accurate diagnosis and appropriate solution. But among all these possible causes, most likely, the most common and most easily identifiable are manageable at home. However, we must remember that all cases of diarrhea have the potential to escalate and become serious if they are not carefully evaluated, treated and monitored. If your dog is very young or very old; his health can deteriorate quite quickly. Hydration is paramount and a call to the vet is necessary.

Severe diarrhea is accompanied by vomiting, fever, lethargy and loss of appetite. The normal colour of the

stool, even soft or liquid is chocolate brown. If they are black or streaked red it is a sign of internal bleeding. If they are orange, yellow or gray, it is a sign of an internal organ disease. If they are green, it is a sign of excessive consumption of grass or a gallbladder problem. Solid objects may indicate what your dog has eaten and should not have. Sometimes in cases of worm infestation we can see grains similar to white rice. When in doubt, we call our vet and we have a stool sample analysis done.

When treating at home, diarrhea should not last more than 2 or 3 days and show quick improvement. If it does not, consult your veterinarian.

Sources:

www.petmd.com/dog

<http://thebark.com/content/vet-advice>

www.peteducation.com by Dr Foster and Smith

www.dogsnatrallymagazine.com by Lisa Brien and Julia Henriques

www.akc.org/learn/dog-health/doggie-diarrhea

www.healthypets.mercola.com by Dr Karen Becker

Zucker Martin, The Veterinarian's Guide to Natural Remedies for Dogs

Pitcairn Richard, DVM, Complete Guide to Natural Health for Dogs and Cats

Allegretti Jan, Sommers Katy, DVM, The Complete Holistic Dog Book

CAUSES, MANIFESTATIONS, POTENTIAL SEVERITY
THE « DIRTY DOZEN »

DIETARY INDISCRETION Overeating Eating garbage or spoiled products	Diarrhea and vomiting	Can be treated at home, especially if you know the indiscretion
FOOD INTOLERANCE OR ALLERGY Gluten, dairy products, specific animal protein	Sudden diarrhea often accompanied by intestinal gas	Can be treated at home, especially if you can identify the cause
CHANGE IN DIET Too fast or too high in fat content (<i>bone arrow</i>)	No other signs other than diarrhea	Can be treated at home
STRESS Caused by a change in routine, storm, etc	No other signs other than diarrhea	Can be treated at home
INGESTION OF FOREIGN BODIES AND SOMETIMES INTESTINAL BLOCKAGE We think about wood, rocks, rope, too much bone cartilage, etc.	Diarrhea and vomiting, loss of appetite if blockage. Progresses to lethargy and abdominal pain	Medical emergency if there is lethargy and pain
POISONS Toxic substances or plants, heavy metals, etc.	Depends on the poison: loss of appetite, lethargy, vomiting and diarrhea, dehydration and abdominal pain	Medical emergency depending on the dog's condition and ingested poison
ANTIBIOTICS, ANTI-INFLAMMATORIES OR OTHER DRUGS Side effect of drugs	Loss of appetite, fever, lethargy, vomiting	Call the vet who prescribed the medications
PARASITES Worms, Coccidia, Giardia	Depending on the parasite: weight loss, weakness, dehydration, blood in the stools, mucus, abdominal pain	Visit to the vet with a stool sample
VIRUS Parvovirus, Distemper, Coronavirus	Especially in young dogs: loss of appetite, fever, lethargy, bloody diarrhea and vomiting, dehydration, abdominal pain	Visit to the vet with a stool sample
BACTERIA Salmonella, E.coli, Clostridia	Benign to severe diarrhea, blood in the stools, vomiting, loss of appetite, lethargy, fever	Depending on the dog's age, Vet appointment or emergency
ILLNESS OF AN ORGAN OR GLAND Liver, kidney, pancreas	Diarrhea with yellow, orange, gray or black stools, intestinal gas	Veterinarian with a stool sample and frequency
TUMORS Lymphoma, adenocarcinoma	Chronic diarrhea, loss of appetite and weight loss, black stools	Veterinary

HOME REMEDIES

As you have gathered, if your dog is in the prime of his life, healthy, his behaviour is otherwise normal, he is playful, has a good appetite and is drinking enough fluid, diarrhea can very well be treated at home.

According to the authors consulted, all treatments, with a few exceptions, and especially depending on the dog's age, begins with an 8 to 12 hour fast. To ensure that the dog does not dehydrate water is given frequently but in small amounts. One can try rice water (*see recipe*), unflavoured Pedialyte or Gatorade

(fruit punch) to maintain the balance of electrolytes.

Food is reintroduced slowly, consisting of a fat-free diet of chicken or turkey, without the skin, pumpkin puree (*see recipe*) or cooked sweet potato (50% meat and 50% vegetable). Rice, long recommended is now less used because it tends to ferment. Veterinarians also sell dry or caned "specialized Veterinary Gastro Formula" made by different companies.

**The following table shows some home solutions and recommended dosage.
The remedies are presented by order of frequency of recommendations.**

PROBIOTIC (<i>preferably for dogs</i>)	Acidophilus culture (5 to 8 billion microorganisms) 2 times a day (from vet or health food store)
SLIPPERY ELM	Slippery elm tea (<i>see recipe</i>) 3-4 tablespoons for a wolfhound
CHAMOMILE, RASPBERRY LEAF, MINT, FENNEL	Dose for a human (150 lbs) adapted to the dog's weight
ACTIVATED CHARCOAL	1 teaspoon every 3 to 4 hours for up to three days <i>only</i> , otherwise there is danger of interference with digestive enzymes
L-GLUTAMINE	500 mg (per 25 lbs) a day
BENTONITE CLAY	½ teaspoon mixed into plain yogurt. Repeat up to 3 times
KAOPECTATE	1 cc per 10 lbs, 3 times a day. (every 8 hours)
PEPTO-BISMOL	1 cc per 10 lbs every 6 hours, especially if diarrhea is accompanied by vomiting
IMMODIUM	2 mg (one capsule) per 40-45 lbs / 3 times a day (every 8 hours)

As a precaution, several veterinarians, holistic and conventional, recommend giving probiotics to our dogs. In addition to promoting good intestinal flora, probiotics promotes cellular repair and provides better assimilation of all nutrients and vitamins in food. You're now ready for the next episode! 🙌😊

PUMPKIN PUREE RECIPE

Cut the pumpkin into chunks, rinse;
Place in a large pot with a cup of water;
Cover and boil over low heat for 20 to 30 minutes;
Or bake in the oven for 1 hour;
Cool, peel and puree;
Can be frozen for future use

SLIPPERY ELM TEA RECIPE

1 teaspoon of Slippery Elm powder
1 cup of cold water
Boil for 2 to 3 minutes
Add 1 tablespoon of honey

IMPROVED RICE WATER

1 cup of quality white rice (not minute rice)
4 cups of water or clear vegetable broth
1 tablespoon of Soya sauce (for taste)
Boil over low heat for 20 to 30 minutes
If your dog has no interest, you can add 1 tsp. of chicken flavoured baby puree