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**Dr. Hirsch’s Handout**

**Dr. Hirsch’s Guidelines for Optimal Feline Care**

**Nutrition:** Fresh, high quality, balanced, free-range/pasture sourced food

-Raw food (preferable); Canned wet food: Rawz, ZiwiPeak, Weruva, Tiki Cat, Solid Gold

- Gives the body fuel for ongoing health and repair

- Higher quality food reorients the body from its imbalances

“Let food be thy medicine and medicine be thy food” – Hippocrates

**Chiropractic Adjustments:** Healthier interaction and communication throughout the whole body

-Improves overall health and turns on body’s ability to self-heal

-Removes subluxations (misalignment of the vertebrae). Leading to improved motion comfort in joints and better functioning immune system, healing, and allowing body’s natural energy to flow properly

-Maintains optimal health and wellness, aids in pain/discomfort relief, musculoskeletal disease, spinal cord problems, organ communication skin issues, and rehabilitation

**AnimalEO Essential Oils:** Supports all body systems and great for all ages. Ask Dr. Hirsch about the wide selection of oils for other specific health benefits.

-Anti-inflammatory, anti-cancer, healing/regeneration, immune support, anti-infectious, circulation discomfort, respiratory, digestion, endocrine and stress

-KittyBoost or KittyBoost LITE

>topically place a few drops down the spine or gently rub onto coat

**Diagnostic Testing:** Allows us to be proactive in identifying potential problems and weaknesses from growing worse and preventing them.

-Full Panel Blood work: CBC + Superchemistry + T4 (thyroid) + FT4

-Vaccinal Titers, Rabies Titer

-Urinalysis and Fecal (intestinal parasites)

**Dental:** Brush teeth daily if possible. The hardest part is just getting in the mouth.

-Topically apply Kittyboost weekly. Cats will do their work themselves

-Brushing teeth daily with dental products: Vetzlife, PetKiss, Brighter Bite, Plaque-Off, TDC Periodontal and Joint health capsules

-Raw meaty bones and chicken necks

-Regular vet visits for evaluations and preventative care

**Flea/Tick/Heartworm Prevention:** Using natural essential oils in layers to keep pests at bay. Rotate blends or choose one

- Topically apply Kittyboost

-Diffuse AnimalEO Away, Evict, and Oust via water based diffuser or spray bottle

-Petting with Away RTU, Oust RTU or Evict RTU

-4 Legger Shampoo w/ KittyBoost (1.5% concentrated), 1-2 times a month. Lather and let sit for 10-15 min before rinsing). Use ONLY if cat is used to being bathed for routine care or infestation situations.

-Amber collars with nonchemical Pet Protector tag

> <https://ambertick.com/> -><https://www.petprotector.org/>



**KITTEN**

Physical examinations at 8 weeks, 16 weeks, and 6 months of age  
 Feline viral disease blood panel at 8 weeks of age

Chiropractic Adjustment every 4-6 weeks (standard)

Fecal test for intestinal parasites at 8 weeks and 6 months of age  
 Urine test at 6 months of age  
 Distemper vaccines at 8 weeks and 16 weeks of age  
 Rabies vaccine (w/ homeopathic) at 6 months of age

**YOUNG ADULT- 1 TO 4 YEARS OLD**   
 Physical examination annually

Spay/Neuter/Ovary Sparing Spay/Vasectomy

Chiropractic Adjustment every 4-6 weeks (standard)

Fecal test for intestinal parasites annually  
 Urine test annually  
 Vaccinal and Rabies titer blood test every 3 years

Comprehensive Blood Panel (CBC + Superchemistry + T4 + Free T4) at 4 years old

**MIDDLE AGE- 5 TO 9 YEARS OLD**   
 Physical examination every 6 months

Chiropractic Adjustment every 4-6 weeks (standard)

Fecal test for intestinal parasites annually  
 Urine test annually  
 Vaccinal and Rabies titer blood test every 3 years

Comprehensive Blood Panel (CBC + Superchemistry + T4 + Free T4) every 2 years

Radiology (X-rays), Tonometry (Eye pressure), Blood Pressure, ECG (Electrocardiogram) every 2 years

**THE SENIOR YEARS- 10 YEARS OLD PLUS**  
 Physical examination every 6 months

Chiropractic Adjustment every 4-6 weeks (standard)

Fecal test for intestinal parasites annually

Urine test every 6 months

Vaccinal and Rabies titer blood test every 3 years

Comprehensive Blood Panel (CBC + Superchemistry + T4 + Free T4) annually

Radiology (X-rays), Tonometry (Eye pressure), Blood Pressure and ECG (Electrocardiogram) every year

