

ANIMAL WELLNESS

For a long, healthy life!

7 FUN THINGS TO DO WITH YOUR DOG THIS SUMMER!

NOW HEAR THIS!

NATURAL REMEDIES FOR EAR INFECTIONS

4 STEPS TO SUCCESSFULLY LITTER-TRAIN YOUR CAT

CAN TURMERIC HELP TREAT CANCER?

11 WAYS TO HELP MANAGE PAIN

HOW CBD CAN EASE HER ARTHRITIS

11 HERBS THAT BENEFIT YOUR DOG

AUGUST/SEPTEMBER 2021
Display until September 26, 2021

\$6.95 USA/Canada



VOLUME 23 ISSUE 4

AnimalWellnessMagazine.com

CBD and supplements

By Robert J. Silver DVM, MS

—a blended approach to arthritis in dogs

Find out how CBD, especially when used in conjunction with joint supplements such as green lipped mussel and MSM, can help alleviate arthritis and other joint problems in dogs.

“Do you think CBD might help him feel better?” This is a question I get daily from animal parents about their arthritic dogs. The word “arthritis” is used to describe many conditions of the joints, and most of us, human and canine, will experience it at some point in our lives. CBD has emerged as an exciting new supplement that can help with the discomfort of joint problems in dogs. Read on for more detailed information about when to use CBD for arthritis, and when it might not be appropriate for your dog.

HEMP PRODUCTS ARE SAFEST FOR DOGS

CBD is derived from the *Cannabis sativa* L. plant, along with its intoxicating cousin THC, and a host of other plant molecules such as terpenes and flavonoids, most of which have beneficial effects on people and animals. THC can be a problem for dogs, which are more sensitive to its adverse neurological effects than any other species. The level of THC found in the hemp variety of cannabis is so negligible as to not have

any intoxicating effects, except in the occasional super-sensitive dog.

THC can have good pain-relieving properties on its own, although it's not known if the small amount found in hemp varieties of cannabis is enough to have a clinical benefit. Hemp is now federally legal in the US, but high THC cannabis (formerly known as marijuana) is still illegal at the federal level, although 17 states now allow adult-use cannabis, and over 40 allow medical use cannabis. Canada legalized hemp years ago, and

in 2018 legalized all cannabis, hemp and marijuana across the country.

It's important to know that the levels of THC found in products from dispensaries or stores are usually too high for dogs to tolerate. Many dogs that are given, or accidentally ingest, a THC-containing product end up in animal ER.

For the safety of your dog, stick to hemp products with their low (<0.3%) THC content.

Continued on page 64.

Case report

Wheezer hobbled into my exam room, panting, with his red tongue hanging nearly to his knees. “He’s been like this the last few months,” his “parent” told me of her 72-pound aging Lab. “Do you think CBD might help him feel better?”

I recommended she start Wheezer on a dose of 0.25 mg/pound of CBD twice daily (in his case, 18 mg twice daily). I also recommended green-lipped mussel powder (300 mg twice daily) to help reduce inflammation and keep his joints slippery, and MSM (500 mg twice daily). I always recommend fish oil, based on the sum of EPA+DHA = 50 mg/pound/day.

Four weeks later, when Wheezer returned for his follow-up visit, he was walking with a little spring in his step, and I swear he was grinning!

Administration and dosage for CBD

Several recent studies have determined that the best blood levels of CBD are achieved when the CBD is given with a small amount of fatty food (think canned food) and then followed by a meal. In fact, the blood levels were found to be four to eight times higher in dogs that were given CBD with food, as compared to those who were given CBD while fasting.

There are two schools of thought when it comes to dosing CBD for dogs with arthritis. Several published studies have successfully used 1 mg/pound of body weight twice daily for arthritis. Anecdotal reports from pet parents and veterinarians indicate that a much lower dose works for a number of dogs. In fact, many dogs with arthritis will do quite well with 0.25 mg/pound of body weight twice daily.

My colleague, Dr Jaime Gaynor, a veterinary anesthesiologist, acupuncturist and pain management specialist, prefers to start his patients with the higher dose to relieve their pain quickly. Once they have reached a less painful place, he will reduce the dosage to the lowest that still works. My preference is to start with a low dose and give it seven to 14 days to work. If, after that time, it still isn't working, then I recommend doubling the dose to increase it to a more therapeutic level. I've never considered CBD as an emergency treatment. We have effective and safe pharmaceuticals that can reduce pain quickly, so I prefer to employ those until the CBD has reached therapeutic blood levels.

In my experience, some dogs respond really well to lower doses, so why give them more? Because we can't predict how a dog will respond to CBD, I recommend starting low, and staying as low as possible. If the dog is doing well, but starts to decline over time, you can increase the dose by doubling it, which may do the trick.

Greyhounds deserve to be free

End dog racing at grey2k.org/awgpa



This isn't your
grandpa's HEPA filter.



The most powerful air cleaning **ever**

Made in the U.S.A. www.bioox.us

FREE DIGITAL SUBSCRIPTION TO ANIMAL WELLNESS

Get the
most important,
trustworthy
information you
could ever need for
your pets all in
one convenient
place.



AnimalWellnessMagazine.com/free-digital-subscription



Continued from page 62.

CBD AND YOUR ARTHRITIC DOG

CBD, especially when used in combination with the many other beneficial compounds found in a cannabis extract, has been found to reduce the pain of arthritis as well as the inflammation associated with an arthritic joint. After administering a good dose of a CBD extract, many people report their dogs move better with less discomfort.

Sometimes this improvement happens almost overnight. Other times, especially with dogs whose arthritis is *uber* severe, it can take several weeks for the CBD to build up in their systems enough to show benefits. Sometimes, the dose you start with may be too low; if seven to 14 days pass without results, you can try and double it and see if another two weeks at that higher dose helps.

JOINT SUPPLEMENTS ADD EXTRA HELP

If you still are not getting the desired results, it may mean your dog's joints are quite painful, and adding some joint supplements could help. I am referring to supplements that provide structural support to the joint, keeping it well-lubricated and friction-free for improved movement. These joint lubricants are products that contain one or more of the following: glucosamine, chondroitin sulfate, green lipped mussel, and undenatured type II cartilage.

Joint anti-inflammatories work synergistically with joint lubricants and with CBD to improve function. These include MSM, boswellia, quercetin, and turmeric. Fish oil helps with everything, especially when given at a fairly high dose for at least three to four months.

Remember, CBD and supplements take longer to have an effect than medications. Drugs will take effect within hours or days, while supplements take days to a week or two. Be patient, and you will see a difference in your dog.