



Herbal Supplements

A holistic vet or one familiar with herbal supplements can help to determine the best fit for your pets' symptoms and illness. Below is some information on the herbal supplements that may be helpful (information obtained from all you Ever Wanted to Know about Herbs for Your Pets by Mary Wulff-Tilford and Gregory Tilford):

 Dandelion Root and Burdock root both contain considerable amounts of inulin. This is a compound that helps to moderate and maintain blood sugar levels.

 Hawthorn and Ginkgo Biloba can help to improve the efficiency of cardiovascular circulation as well as the kidneys.

 Also some studies have shown that aloe Vera and compounds found in fenugreek seeds may reduce blood glucose levels and help to stimulate insulin production in diabetic animals.

For some more info and GI values for some common foods see the websites below:

<http://members.lycos.co.uk/ramendosa/gilists.htm>

<http://www.matol.com/products/o2k/giindex.htm>

Hopefully this information is helpful and it may be a good idea to talk to a vet that is knowledgeable about raw diets. Not necessarily to advocate changing the diet but he/she would be open to the option if they felt the change would be beneficial to the management of the dog's blood sugars.

Canine Diabetes

Effective Management

*The information in this brochure may be a good starting point for questions to raise when talking to your vet about treatment, however it is no way meant to circumvent treatment.

Canine Diabetes Tips

 Exercise can increase the dogs' sensitivity to insulin and insulin amounts may need to be adjusted or changes in feeding schedule to compensate. (I.e. lower insulin given after exercise or compensate by feeding small snacks beforehand).

 Owners should monitor their dogs' food intake, water intake and frequency of urination to give them an idea of how the dogs' treatment is working. (I.e. excess water intake and frequent urination may be the dogs' effort to rid the body of excess glucose).

 Most information mentions distributing the meals to at least 2 times per day, to lessen the jump in blood glucose at any one time, and giving the insulin about 15 minutes after meals are offered (to ensure that the dog eats and keeps down their food before injection).

 Seeing that most dry foods are grain based they provide a lot of their energy as glucose and therefore may contribute negatively to the management of the disease for some animals.

 Increase the fibre intake (this can slow the uptake of glucose from the digestive tract) and feed leaner meats

* increase the fibre with extra fruits and vegetables and feed leaner meats (i.e. turkey or chicken most of the fat removed)

Dogs, Diet and Disease by Caroline Levin has some good information on diabetes, feeding schedules and insulin management. Although your vet may have already covered some of this information the book may help give you a clearer understanding of the disease.

The GI

The glycemic index (GI) is a tool used to determine the effect that some foods can have on the blood sugar levels. It works on a scale from 1-100, with glucose at 100. Foods with low values will give less of a jump in the glucose in the dogs system.

Some examples of GI values:

Beans/lentils – 29	Banana - 58
Carrots – 36	Peas - 39
Apples – 39	Corn - 59
Potatoes – 70	Yams - 51