

ROSCOE'S 21 MONTH CANCER JOURNEY TREATS AND TIPS

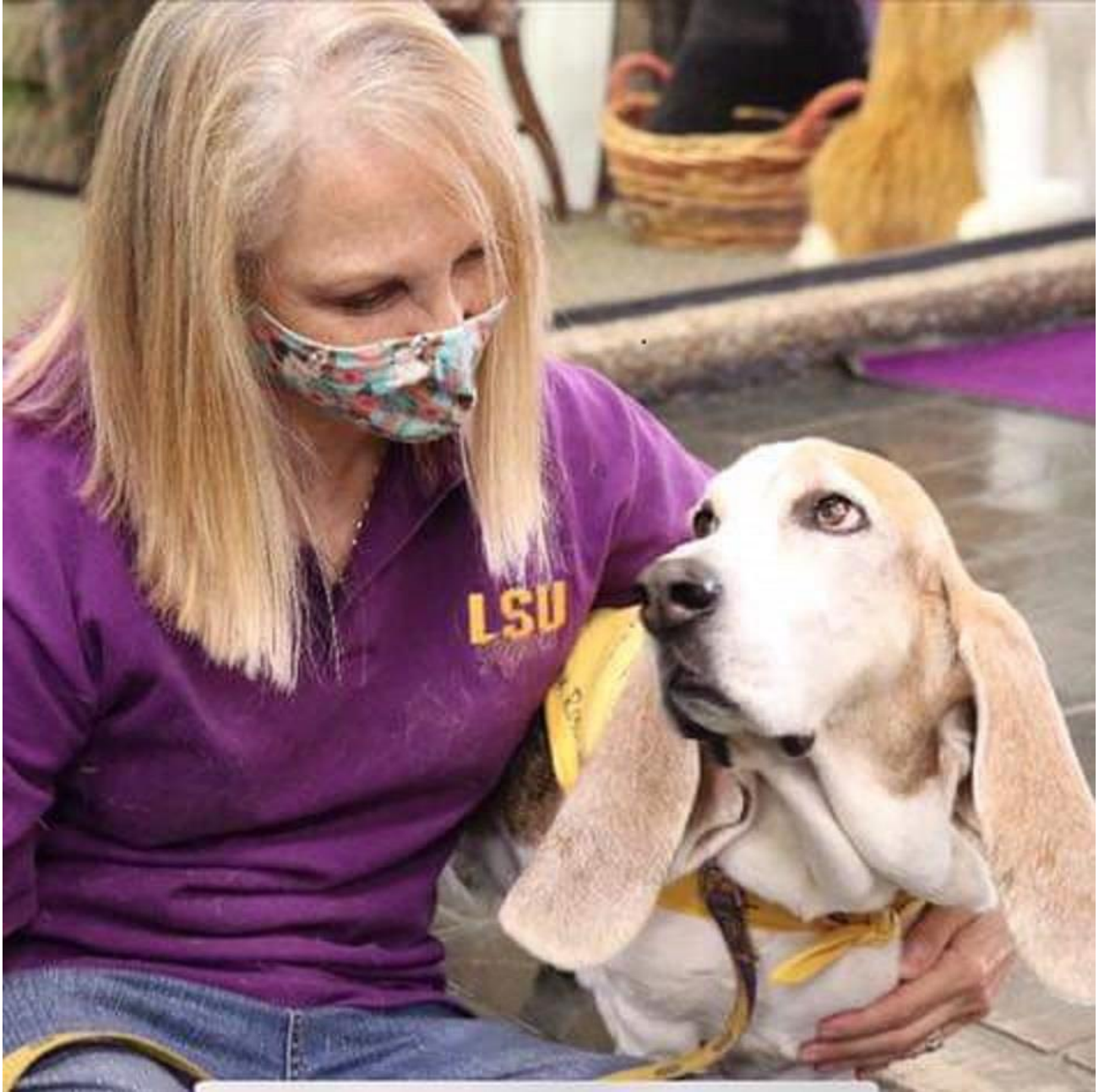
Written with Love by Renee Michael



TABLE OF CONTENTS

Table of Contents	2
Introduction	3
Turkey Meatballs a la Roscoe	5
Fun Recipes for Traditional Holidays	7
Delicious Quick and Easy Snacks	13
Two Scrumptious Breakfasts	16
The World of Medicinal Mushrooms	18
Cooking with Mushroom Powders	21
Make Taking Supplements a Treat	25
CBD Oil and Herbs	28
Bone Broths	31
Tips Learned Along Roscoe's journey	34
Final Thoughts	41
Treatment - It's not just Rx medications, chemotherapy, and/or radiation	41
❖ It's diet	42
❖ It's a team of veterinarians	42
❖ It's Integrated Medicine	42
○ Find a holistic vet and/or a TCVM vet	42

INTRODUCTION



My sweet Roscoe was diagnosed with prostate cancer at the end of February 2020. I spent the next 21 months researching everything, including foods (I make all their food and treats), that would help him fight. He lost his battle on November 12, 2021, at 13 ½ years old.

This book contains the tips, and recipes, I used for my Roscoe. Some recipes are fun (Roscoe was a basset hound so treats were very important to him) but most are practical, along with some tips I learned along the way that helped.

I hope you and your pup can also benefit from these as they fight the cancer monster. Even though my sweet Roscoe had prostate cancer, the recipes and tips apply to most cancers.

Remember Veterinarians don't, and can't, take into account the diet changes, supplements, etc. you have available. So when they tell you "3 – 6 months" don't despair...There are things YOU can do to help your pup FIGHT and maybe extend that time!

DISCLAIMERS:

- ❖ My Roscoe was a 55-60 lb Basset Hound; you may need to adjust serving sizes especially if your pup is a smaller breed.
- ❖ All recipes and ingredients were safe for my Roscoe, you may need to taste test with your pup to see if they like it and if it agrees with them.
- ❖ Tips and experiences are what I learned along my Roscoe's journey; I am sharing them to help others.
- ❖ Each dog and each cancer is different; this book contains some of what worked for my Roscoe. It may, or may not, work for your pup, but I hope it helps at least a few pups.

TURKEY MEATBALLS A LA ROSCOE

Roscoe's Turkey Meatballs are also published in the [Dog Cancer Blog](#)



TURKEY MEATBALLS A LA ROSCOE

INGREDIENTS

- ❖ 2 1/2 lb ground turkey
- ❖ 2 eggs
- ❖ 1/8 cup ground flax seed in a 1/4 cup of water
- ❖ 1/2 cup oat flour
- ❖ 1/2 cup brown rice flour
- ❖ (You can use any combination of oat, brown rice, coconut and/or almond flour)

INSTRUCTIONS

- ❖ Preheat oven to 350 degrees.
- ❖ Line a baking sheet (you may need more than one) with parchment paper.
- ❖ Thoroughly mix all ingredients together in a bowl.
- ❖ Roll the meatballs into whatever size you want (I make them small because my two get too many throughout the day)
- ❖ Place on lined baking sheets. These do not spread in the oven, so they can be about an inch apart.
- ❖ Bake for 30 mins (longer depending on the size of the meatballs, you may need more or less time).
- ❖ Meatballs are done when they are firm, but not hard. You can cut one open and see if it is cooked all the way through.
- ❖ Meatballs can be stored in the refrigerator for up to a week.
- ❖ Freeze extras and thaw as needed!
- ❖ Warm before feeding, but make sure they aren't too hot on the inside; we don't want to burn the pup's mouth!
- ❖ These can also be used as pill pockets!

FUN RECIPES FOR TRADITIONAL HOLIDAYS



VALENTINE'S DAY "CHOCOLATE" DIPPED STRAWBERRIES

INGREDIENTS

- 2 tbs 100% carob powder
- 3 tbs organic coconut oil
- 1 pint strawberries
- 1 tsp almond butter (optional)

INSTRUCTIONS

- ❖ Place parchment-covered cookie sheet in freezer.
- ❖ Rinse and then place strawberries in refrigerator.
- ❖ Heat 3 tbs of coconut oil (stove or microwave.)
- ❖ Add 2 tbs of carob powder and mix well.
- ❖ Add 1 tsp of almond butter (if desired) and mix well.
- ❖ Remove baking sheet from freezer and strawberries from fridge.
- ❖ Pat cold strawberry very dry with paper towel.
- ❖ Roll in "chocolate" mix (if it doesn't stick, your berries are probably damp).
- ❖ Place on chilled baking sheet.
- ❖ Repeat for each strawberry.

These last for 2-3 days in the refrigerator.

EASTER "CHOCOLATE" PEANUT (OR ALMOND) BUTTER EGGS

INGREDIENTS

"Eggs"

- ❖ 1/2 cup canned pumpkin
 - ❖ 1/2 cup mashed cooked sweet potato (if you don't want to use sweet potato just double the amount of canned pumpkin)
 - ❖ 1/2 cup all natural 100% almond or 100% peanut butter
 - ❖ 1/4 cup coconut flour
 - ❖ 1/8 cup ground flax seed (mixed in with 1/8 cup water to form paste) "Chocolate" Coating
 - ❖ 5 tbs 100% carob powder
 - ❖ 6 tbs organic coconut oil
-

INSTRUCTIONS

"Eggs"

- ❖ Preheat oven to 350
- ❖ Line baking sheet with parchment paper
- ❖ Cook, skin and mash sweet potato
- ❖ Add sweet potato, pumpkin, nut butter, and flax seed together in bowl and mix until thoroughly blended
- ❖ Add in coconut flour and mix thoroughly
- ❖ Using a regular tablespoon (not a measuring spoon) scoop mixture, round off top so it's just over the top of the spoon then slide off onto parchment paper. This may be a bit sticky but the egg can be shaped again after it's off the spoon
- ❖ Repeat till all mixture has been used
- ❖ Bake at 350 for approximately 30 minutes
- ❖ Makes approx 18 eggs

"Chocolate" Coating

- ❖ Place parchment-covered cookie sheet in freezer
- ❖ Place cooled eggs in refrigerator
- ❖ Heat 6 tbs of coconut oil (stove or microwave)
- ❖ Add 5 tbs of carob powder and mix well
- ❖ Remove baking sheet from freezer and eggs from fridge
- ❖ Dip top of eggs in the "chocolate" mix and place on chilled baking sheet
- ❖ Return baking sheet to fridge to let carob set

These will last for a week in the refrigerator, or can be frozen for up to six months.

FOURTH OF JULY COCONUT OIL AND BERRIES

INGREDIENTS

- ❖ 100% virgin Coconut oil or non-fat yogurt
- ❖ ¼ cup puréed blueberries
- ❖ ¼ cup puréed cranberries (or strawberries)

INSTRUCTIONS

- ❖ Purée about 1/4 cup blueberries and 1/4 cup cranberries or strawberries.
- ❖ In a freezer mold (I have a silicone one that does 24 1 1/2 x 1 1/2 x 3/4 squares) place a little of the purée blueberries on one side and the purée cranberries/strawberries on the other leaving a space in the middle.
- ❖ Spoon coconut oil (or yogurt or combination of the two) over the berries to fill mold.
- ❖ Freeze and then give them a “pop” treat with the flavors.
- ❖ Coconut oil is rich so don't give too much or too many in one day.

CHRISTMAS THUMBPRINT COOKIES

INGREDIENTS

- ❖ One cup cooked oatmeal (rolled/steel cut oats not instant)
- ❖ 1/2 cup applesauce
- ❖ 1/4 cup shredded cheese
- ❖ 1/2 cup of oat flour (get a good consistency to spoon drop).
- ❖ A couple handfuls of thawed frozen cranberries

INSTRUCTIONS

- ❖ Preheat oven to 350.
- ❖ Cover cookie sheet with parchment paper.
- ❖ Thoroughly mix the ingredients together in a bowl.
- ❖ Use a spoon to drop on cookie sheet.
- ❖ Add a whole cranberry to the top of each one cookie.
- ❖ Cook 20 minutes, check and if needed cook for another 15 for a total of 35 minutes.

Let the cookies cool before giving to pups ...the berries will be hot.

They will keep in fridge for about a week, extras can be frozen.

BIRTHDAY MINI PUP PIES

INGREDIENTS

- ❖ 1 1/2 lb lean ground beef (95/5)
 - ❖ 2 eggs
 - ❖ 3/4 cup puréed cooked green beans
 - ❖ 3/4 cup puréed yellow squash
 - ❖ 1/2 cup oat flour (can substitute almond flour)
 - ❖ 1 1/2 tsp parsley
 - ❖ 1/2 cup canned 100% pumpkin
 - ❖ 1/2 cup cooked sweet potato (skin removed)
 - ❖ Cupcake pan (I used a mini cupcake pan) & liners
-

INSTRUCTIONS

Preheat oven to 375

Pie "crust"

- ❖ Cook and purée green beans and sweet potato.
- ❖ Combine ground beef, yellow squash, eggs, oat flour, and parsley in medium bowl.
- ❖ Add green beans when cool and mix thoroughly.
- ❖ Place liners in cupcake pan.
- ❖ Place hamburger mixture in cups and press to form a cup.
- ❖ Bake at 375 for 25-30 mins.

Finishing

- ❖ Combine pumpkin and sweet potato and mix well.
- ❖ When pup pies are cooled add a dollop of the pumpkin/sweet potato mixture to fill in the "pie".
- ❖ Place finished pup pies in fridge for 2-3 hours.
- ❖ Once chilled well the cupcake liners will peel off and leave a perfect pup pies.

Any leftover "crust" can be rolled into meatballs and cooked at the 375 temp for 30-40 mins, turning over halfway through cooking time. Extra treats!

DELICIOUS QUICK AND EASY SNACKS



SNACK WATER

- ❖ 8 ounces of fresh water
- ❖ 3 tablespoons (or more, if your dog needs more temptation) gravy/broth from crockpot/pan, bone broth, etc.
- ❖ Save the broth or gravy when you cook your dog's meat. Skim the fat off, add the broth/gravy to the water, and make drinking some irresistible!
- ❖ TIP: It's important to make sure our pups drink enough water when fighting cancer; it helps with kidney functions, etc. so even though my Roscoe got homemade food and didn't need extra water before cancer, I added a "snack" water each day after his diagnosis.

CELERY

- ❖ Celery stick with nut butter (an every now and then treat).
- ❖ Celery is good for cancer, my Roscoe gets it in his food but I still like to give him some as a healthy treat.
- ❖ Problem is he doesn't like celery sticks.
- ❖ Sooo, add a smear of nut butter and he scarfs it up.
- ❖ Be sure the nut butter does not contain xylitol - (**xylitol is toxic to our pups!**)

APPLESAUCE AND BLUEBERRIES

- ❖ One single serve applesauce cups (100% apples only).
- ❖ A handful of fresh blueberries.
- ❖ Combine in a bowl for a quick healthy snack.

APPLES

Apples are great, especially with the skin on (no seeds or stems) But apples turn brown once cut, So... dip the apple slices in orange juice to slow down the browning.

FROZEN APPLESAUCE AND BLUEBERRIES

- ❖ One single serve applesauce cups (100% apples only).
- ❖ A handful of fresh blueberries.
- ❖ Freeze the applesauce and blueberries together in bite size portions (I use ice trays) or larger if you want to keep them busy licking.

FROZEN APPLES

- ❖ Apples are great, especially with the skin on (no seeds or stems) But apples turn brown once cut
- ❖ Sooo... freeze the apple slices!!
- ❖ Pup will love a frozen apple slice on those hot summer days.
- ❖ Or dip the apple slices in orange juice to slow down the browning.

FROZEN YOGURT AND BERRIES

- ❖ In an ice tray or silicone mold.
- ❖ Add a small amount of coconut oil to the bottom.
- ❖ Next add fresh whole blueberries, blackberries and raspberries in the middle.
- ❖ Then top with yogurt.
- ❖ Pop into freezer for frozen treats (ice trays or silicone molds both work great).

TWO SCRUMPTIOUS BREAKFASTS



EGG, SPINACH AND VEAL SCRAMBLE

INGREDIENTS

- ❖ 6 Eggs
 - ❖ ½ cup frozen chopped spinach, thawed and drained spinach
 - ❖ 1 tbs Dried maitake mushrooms
 - ❖ 1 lb cooked thin sliced veal steaks – cubed
 - ❖ 1/8 cup shredded cheese
 - ❖ 1/8 cup of seaweed
-

INSTRUCTIONS

- ❖ Scramble all ingredients together in a bowl
 - ❖ Add a little extra virgin olive oil to a skillet and heat
 - ❖ Pour the scramble into the skillet
 - ❖ Cook until eggs are done and is cheese melted
 - ❖ Allow to cool before feeding to pup
-

EGG, SPINACH AND SALMON SCRAMBLE

INGREDIENTS

- ❖ 1 tsp extra virgin olive oil
 - ❖ ½ cup frozen chopped spinach, thawed and drained spinach
 - ❖ 12 oz fresh salmon
 - ❖ ¼ cup purée butternut squash
 - ❖ ¼ cup purée asparagus
 - ❖ 1/3 cup quinoa
 - ❖ 3 eggs
-

INSTRUCTIONS

- ❖ Scramble all ingredients except salmon in bowl
 - ❖ Add a little extra virgin olive oil to a skillet and heat
 - ❖ Pour the scramble into the skillet
 - ❖ Cook until eggs are done and is cheese melted
 - ❖ While scramble is cooking gently steam salmon
 - ❖ When scramble and salmon are done gently fold together
 - ❖ Allow to cool before feeding to pup
-

THE WORLD OF MEDICINAL MUSHROOMS



MUSHROOMS, MUSHROOMS AND MORE MUSHROOMS

Medicinal Mushrooms - Immune support, Full of antioxidants, Anti-inflammatory, Helps to manage blood sugar, Support brain health and cognition, Support the nervous system, Increase energy and stamina.

LION'S MANE MUSHROOM

Is rich in a multitude of important compounds: beta-glucans, which are responsible for antitumor growth, immuno-modulating antioxidants and neuro-protective chemicals

REISHI MUSHROOM

Much of the polysaccharides in reishi mushroom are associated with immune functions, and if taken over time can significantly support the immune system. It is also known to improve sleep, reduce stress and fatigue

CORDYCEPS MUSHROOM

Is an incredible energy-boosting fungi because of its ability to increase ATP production through pre-cursor compounds like adenosine and cordycepin. ATP is the compound that gives our cells energy. This is why Cordyceps is recommended when it comes to physical performance. In TCM, Cordyceps is also used for lung-related issues like asthma or even seasonal allergies.

CHAGA MUSHROOM

Is rich in antioxidants, and supports immune function, liver health, brain health and increases longevity.

TURKEY TAIL MUSHROOM

Improves immune function by stimulating cytokine production, increasing natural killer cells and other immune-boosting functions.

SHIITAKE MUSHROOM

Is great for immunity, liver function, and supports the cardiovascular system.

MAITAKE MUSHROOM

Are known to help regulate our immune systems by stimulating the immune system's lymphocytes such as natural killer cells and t-helper cells.

HOW TO CHOOSE A MUSHROOM SUPPLEMENT

(THEY ARE NOT ALL CREATED EQUAL!!)

- ❖ Should be made from Fruiting Bodies.
- ❖ Should list Beta Glucan Levels on the bottle.
- ❖ Check extraction process (should not be ground mushrooms!).
Check concentration per capsule (or serving if powder) this will let you know how much you will have to give your pup.
- ❖ You can buy capsules which can be added to their food, or wrapped in a treat.
- ❖ Or powders which can be added to their food.

DOSING

- ❖ Always check with your vet as they may increase/decrease dosage, but a rule of thumb is 100 mg per 1 kg (2.2lbs) of your pets body weight split into two doses with morning and evening meals.
- ❖ So Roscoe is approx. 55 lbs, he gets 1 gram of turkey tail with breakfast, 500 mg of lions mane with lunch and 1 gram of Reishi with supper for a total of 2.5 grams or 2,500 mg per day.

TIP

- ❖ I gave Roscoe Real Mushrooms 5 Defenders (Chaga, Shiitake, Maitake, Turkey Tail, & Reishi).
- ❖ With the additional boost of the specific mushroom(s) for prostate cancer – Turkey Tail.
- ❖ I then added Reishi when he got a spot on his lung in Aug 2021.

COOKING WITH MUSHROOM POWDERS

MEDICINAL MUSHROOM POWDERS ARE MOST BENEFICIAL WHEN GIVEN AS SUPPLEMENTS, BUT YOU CAN ALWAYS ADD A LITTLE BOOST BY ADDING THEM TO A SNACK.



BUTTERNUT SQUASH SOUP

INGREDIENTS

- ❖ 1 tbs extra virgin olive oil
- ❖ 3 cups chopped butternut squash (can use frozen cubes)
- ❖ 1 clove garlic finely chopped
- ❖ 2 cups bone broth (be sure to get a bone broth that is unsalted and safe for dogs)
- ❖ 1/4 tsp ground cinnamon
- ❖ 1/4 tsp ground thyme
- ❖ 1/2 tsp turmeric (optional)
- ❖ 1/3 cup unsweetened coconut milk
- ❖ 1 tsp Real Mushrooms Turkey Tail mushroom powder
- ❖ 1/4 cup chopped apple

INSTRUCTIONS

- ❖ In a large sauté pan, add olive oil and butternut squash.
- ❖ Sauté on medium-high heat for 6-8 minutes or until squash is slightly tender.
- ❖ Add garlic continue to sauté for 3 minutes.
- ❖ Add bone broth, cinnamon, thyme, turmeric, apple and Turkey Tail mushroom powder.
- ❖ Bring to a simmer and cook for 15-20 minutes or until butternut squash is tender and soft.
- ❖ Let the mix cool for 10-15 minutes.
- ❖ With a blender (immersion or stand), blend until the soup is smooth.
- ❖ Once blended, add your coconut milk and blend until thoroughly combined.
- ❖ Allow to cool before giving to pups.

NOTE:

- ❖ Can be used as a "liquid" snack, topper for food, or frozen for treats.
- ❖ Store in fridge for up to 5 days, frozen for up to 2-3 months.

Serving Size for Pups - It's a little rich because of the coconut milk so I only give the kids one snack, topper, or treat once a day at most

CUCUMBER, BANANA, AND PINEAPPLE SMOOTHIE

INGREDIENTS

- ❖ 2 small cucumbers (cut off ends but keep skin, wash well)
- ❖ 1 small banana
- ❖ Approx. 10 Oz of pineapple cubes with juice (100% pineapple, no sugar added)
- ❖ Approx. 1/2 cup coconut water (unsweetened)
- ❖ Approx. 1/2 cup filtered water
- ❖ 1/4 teaspoon Turkey Tail mushroom powder (you can use other mushrooms based on preferences)

INSTRUCTIONS

- ❖ Slice/cube cucumber and banana.
- ❖ Add cucumber, banana, pineapple and pineapple juice, mushroom powder, coconut water and water to blender and blend well. Add additional water as needed.
- ❖ The smoothies should be thick and soupy not watery.

NOTE: Great as a refrigerated snack or pour into freezer molds for frozen treats.

PUP FUDGESICLE

INGREDIENTS

Prep Time: 10 minutes

- ❖ 2 ripe bananas
- ❖ 1/2 cup 100% natural organic almond butter
- ❖ 1 tsp mushroom powder
- ❖ 1 1/2 teaspoon 100% organic carob powder
- ❖ 2 tablespoons coconut oil
- ❖ 1/4 cup or more of water (more for blending if needed)
- ❖ optional: 1 tsp Honey

INSTRUCTIONS

- ❖ Put peeled bananas into a blender.
- ❖ Add the rest of the ingredients.
- ❖ Blend and adjust flavor to taste – remember the fudgesicle will be less sweet after being frozen but it's for your pup so not too sweet is good.
- ❖ Scoop the chocolate batter into your freezer molds and freeze for at least 6 hours or until solid.

NOTES:

- ❖ To help remove the fudgesicles from the mold, you can run water over the bottom of the molds for about 15 seconds to help loosen.
- ❖ Store any uneaten fudgesicles in an airtight container in the freezer.

KETO STUFFED MUSHROOMS

INGREDIENTS

Prep Time: 10 minutes

Cook Time: 35 minutes

- ❖ 1 lb small to medium cremini mushrooms, also called "baby bellas"
 - ❖ 1 TB avocado or olive oil
 - ❖ 1 lb ground turkey
 - ❖ 4 oz shredded mild cheddar cheese
 - ❖ Power booster - Add 1 tsp of mushroom powder
 - ❖ Fresh chopped parsley for serving
-

INSTRUCTIONS

Preheat the oven to 350°F

- ❖ Line a baking tray with parchment paper, set aside.
- ❖ Rinse mushroom caps, pat dry, and remove the stems.
- ❖ Chop up mushroom stems and set aside.
- ❖ Heat 1 tbs olive oil on medium heat in a skillet.
- ❖ Add the chopped mushroom stems and sauté for a few minutes.
- ❖ Add the ground turkey to the same skillet and cook until the turkey is no longer pink. About 7 minutes
- ❖ Add the optional power boost mushroom powder.
- ❖ Stir until everything is mixed.
- ❖ Add cheese to the skillet and cover for 1-2 minutes.
- ❖ Remove the cover and stir until the cheese is completely melted and combined with the turkey.
- ❖ Remove from heat and set aside.
- ❖ Fill each mushroom cap with the turkey mixture and place them on the lined baking tray.
- ❖ Place the pan in the pre-heated oven and roast until the mushrooms are slightly browned around the edges.
- ❖ This should take around 10-12 minutes.
- ❖ Remove from the oven and serve with a sprinkle of fresh chopped parsley.

Serving Size for Pups – one a day, or less depending on size of pup, as they are rich because of the cheese.

NOTE: Depending on the size of your mushroom caps, you might have leftover turkey mixture that you can make into Turkey Meatballs that the pups will love.

MAKE TAKING SUPPLEMENTS A TREAT

(BAKING WITH TCVM HERBS AND MUSHROOM POWDERS)



HERBAL MEATBALL

- ❖ You can use this for TCVM herbs and/or mushroom powder and do meatball, doggie cupcakes, frozen yogurt/broth, anything you feel like making that your pup will eat.

- ❖ I did turkey meatballs
 - 1 lb ground turkey
 - 2 eggs
 - 1/8 cup flax seed in 1/4 cup water
 - 1/4 cup almond flour
 - 1/4 cup oat flour
 - You can use any combo of ingredients you want!!
- ❖ I put the separated meatballs in ramekins
 - Then dumped the correct amount of each herb and/or mushroom powder and mix well (add more meatball mix as needed to keep it more of a meatball than an herb ball).
 - (Be sure to check with your TCVM vet on the correct amount to add as it's often a bit more, most of them know about herbal cupcakes and meatballs).
 - Bake in the ramekin (remember this is one meatball for one dose of herbs in Roscoe's case 12 capsules in one meatball for breakfast and 12 capsules in one meatball for supper).

Hopefully this will help a few get key supplements in their bellies where they belong.

CARROT/PUMPKIN HERBAL CUPCAKES

(THIS ONE COMES DIRECTLY FROM OUR WONDERFUL TCVM VET)

INGREDIENTS

1 pkg Betty Crocker Carrot Cake Mix (no raisins) Ingredients from box

- 2/3 cup vegetable oil
- 3 large eggs
- Do Not add the Water!

Plus

- 15 oz can of 100% pumpkin puree
 - Up to 400 grams of supplement per mix (add 20% over regular dose)
-

INSTRUCTIONS

- Add the herbal(s) you want, based on your dog's dose, to the dry cake mix ingredients.
- Once dry ingredients are all mixed, add the wet and mix well.
- Add a bit of water if the mix is still too dry to get the correct consistency.
- Spoon batter into the cupcake liners and bake according to directions.
- Top with Greek yogurt mixed with almond butter if desired.

NOTE: The box says 3 tbs per cupcake (for the 24 cupcakes) or 1.5 tbs per mini cupcake (for the 48 cupcakes). So you could use any doggie cake/cupcake mix as long you can get the same number of cupcakes @3 tbs/1.5 tbs each.

- The box says you can make 24 regular cupcakes or 48 mini-cupcakes so add the amount of herbal/mushroom powder based on how many cupcakes you want to give per dose.
- For example, if you have a 60 lb dog and you want to make the regular cupcakes to give one cupcake per dose, you take the dose (plus 20% to make up for the leftovers that will be in the bowl, on the spoon, etc).
- So, if the herbal dose is .5 gm/10 lb body weight, you would need 3 grams per cupcake (plus 20%) which is 3.6 grams per cupcake.
- The whole recipe needs 24 x 3.6 grams or 86.4 grams for the batch.
- For mini cupcakes the calculation is the same but times 48, so 48 x 3.6 grams or 172.8 grams.
- Each TCVM herb has a different amount in a scoop so check your bottles, you can round up on the # of grams to make up for the amount in the scoop.
- If you have capsules you can open those and measure based on amount in capsule.
- Use the same measuring for mushroom powders.

CBD OIL AND HERBS



CBD OIL

- ❖ Just like mushrooms, not all CBD is created equal!
- ❖ Look for a full spectrum CBD oil
 - The carrier oil should be hemp oil, which not only provides phytocannabinoids like CBD, but the hemp seed is also extremely rich in Omega-3 and Omegs-6.
 - It should not contain flavorings or essential oils.
 - Full-spectrum hemp extracts contain high amounts of CBD, as well as 100's of other beneficial plant compounds, such as terpenes, which are naturally found in the hemp plant, and also contains a trace amount (<0.3% THC).
- ❖ Make sure the product has been tested by a third party that can certify cannabinoid potency, heavy metal, microbes, pesticides and residual solvents.
- ❖ Join the [CBD Oil for Pets Facebook Group](#)

NOTE - Please consult with your vet before giving your pup CBD Oil.

CURCUMIN

- ❖ Curcumin is the principal curcuminoid of turmeric.
- ❖ Look for a high quality supplement that contains a healthy fatty oil (like coconut oil) and piperine (the bioactive compound in black pepper) these two are key for absorption of the curcumin by the body.
- ❖ Examples Of Curcumin's Power:
 - Alters DNA methylation
 - Anti-angiogenic properties
 - Antioxidant properties
 - Antitumor properties
 - Boosts the immune system
 - Decreases cell growth
 - Decreases metastasis
 - Induces cancer cell Apoptosis
 - Inhibits cancer cell division and growth
 - Inhibits enzymes that aid in the spread of cancer
- ❖ Golden paste contains curcumin but a curcumin supplement can have more concentrated curcumin.

NOTE - Please consult with your vet before giving your pup curcumin.

BOSWELLIA

- ❖ Boswellia serrata may reduce chronic inflammation caused by diseases like cancer, asthma, and colitis. This herb may reduce brain swelling for canine cancer, causing less pain when brain tumors are present. Boswellia is rarely suggested for benefitting these more severe conditions, but it's an added benefit that many dog parents don't realize.
- ❖ Main Components - The four major boswellic acids found in frankincense are responsible for the inhibition of pro-inflammatory enzymes :
 - * β -boswellic acid (BA)
 - * acetyl- β -boswellic acid (ABA)
 - * 11-keto- β -boswellic acid (KBA)
 - * 3-O-acetyl-11-keto- β -boswellic acid (AKBA)
 - KBA is the most potent anti-inflammatory component of the resin and selectively blocks leukotriene biosynthesis by inhibiting 5-lipoxygenase activity.
 - AKBA has shown the potential against a large number of inflammatory diseases such as arthritis, bronchial asthma, chronic colitis, ulcerative colitis (UC), Crohn's disease (CD), and cancer.
 - Besides boswellic acids, additional triterpene acids (i.e., tircuallic, lupeolic, and roburic acids) isolated from frankincense have the anti-inflammatory potential
 - High-quality Boswellia
 - Is purified, with BBA reduced to less than 5 percent for optimal effectiveness.
- ❖ Also, the product should be standardized to at least 10 percent AKBA; unstandardized Boswellia can have as little as 1 percent of this very important compound.
- ❖ Choose a manufacturer with a good reputation for quality and effectiveness.

NOTE - Please consult your vet before giving your pet Boswellia.

BONE BROTHS



BONE BROTHS

Bone broth is recommended for dogs with cancer due to all the health benefits associated with it. In addition to providing a dog with cancer with additional nutrients, it also commonly entices your dog to eat if he or she is struggling with their appetite.

- ❖ Benefits of Bone Broth
 - Immune system boost
 - Improved gut health
 - Improved joint health
 - Liver detox
 - A delicious snack/add-on for dogs who refuse to eat or are not eating a sufficient amount of food
 - Easily digested
 - Broths are key for hydration, nutrients (like magnesium, calcium, phosphorus, collagen, and gelatin), etc.
- ❖ Bone (beef and/or chicken) and mushroom broths - Store bought or homemade.

MARROW SOUP BROTH

- ❖ 1 organic chicken, cooked w/meat removed
- ❖ In a large crock pot
 - Crack long bones, cover with water, add 1 tbs apple cider & small amt of sea salt
 - Add veggies (beets, carrots, celery, root crops, parsley)
 - Add a slice or two of fresh ginger and 1 tsp fresh chopped garlic to "cut" the heaviness
 - Simmer slowly 4 hours, up to 12 hours
- ❖ Remove bones and veggies.
- ❖ Serve to cancer patients, geriatrics, debilitated pets, anorexic pets.
- ❖ Can freeze in ice cube trays for daily use or Ziploc bags.

MUSHROOM BROTH

- ❖ The Ottawa Valley Dog Whisperer has many, many holistic tips on her blog, here is a recipe for mushroom broth
- ❖ <https://ottawavalleydogwhisperer.blogspot.com/2018/02/mushroom-broth-recipe-for-dogs-cats.html?m=1>

CHICKEN AND MUSHROOM BONE BROTH

INGREDIENTS

- ❖ 24 cups filtered water
 - ❖ 3 pounds chicken necks and backs and feet (for extra gelatin)
 - ❖ 2 celery stalks, in pieces
 - ❖ 3 shiitake mushrooms, dried or fresh
 - ❖ 1 slice of fresh ginger
 - ❖ Handful fresh parsley, flat or curly
 - ❖ Other fresh herbs to taste – e.g. thyme, oregano, basil
-

INSTRUCTIONS

- ❖ Put all ingredients in a large crock pot.
- ❖ Simmer on low for 24 hours.
- ❖ Cool in refrigerator.
- ❖ When cool skim off the fat, remove the meat and vegetables, strain the stock into storage containers and freeze.
- ❖ This will give you a nutrient-dense broth to add to any recipe, including treats, or as a topper for regular meals.

BEEF BONE BROTH

INGREDIENTS

- ❖ about 2-3 lbs of marrow/joint bones
 - ❖ 2-3 stalks of celery cut in pieces (keep the leafy tops)
 - ❖ Peeled and quartered beet
 - ❖ 1 – 2 carrots cut in pieces
 - ❖ Small bunch of parsley
 - ❖ 3-4 dried shiitake and/or maitake mushrooms
 - ❖ 3-4 tbs of apple cider vinegar
 - ❖ About an inch of peeled fresh ginger root
 - ❖ Small palm full of fresh or dried basil, thyme and oregano
 - ❖ Filtered or distilled water to cover it all (best if a couple of inches over).
-

INSTRUCTIONS

- ❖ Crock pot on high for first 4-6 hours then low for the remaining for 24 hours.
- ❖ When done drain broth into a different container and put in fridge (this lets the fat solidify on the top and you can toss that).
- ❖ Pick out the bones and parsley and then use the meat with the veggies for a very nourishing food topper.
- ❖ The bone broth and the "topper" can be frozen, so keep out what you can use in 5-7 days, freeze the rest and thaw as needed.

TIPS LEARNED ALONG ROSCOE'S JOURNEY



GRAINS

Brown Rice and Steel Cut Oats - Both are complex carbohydrates that break down slowly, and their polysaccharides have been shown to fight cancer.

❖ Cooking Rice

- Rice is hard for our pups to digest if not cooked down enough - do you see rice in your pups poo?
- How I cook rice for pups – start with 3 cups rice with 8 cups water in a 4 quart pan, turn burner to lowest heat, cover and simmer. After 30 – 40 mins, stir and add another cup of water and simmer for another 30 – 40 mins. Repeat adding water and simmering until the rice is thick and creamy and the kernels are plump and fat, you're basically making rice porridge.

❖ Wild Rice

- Is rich in fiber and antioxidants.
- My TCVM vet recommended wild rice for Roscoe's upset tummy a while back. When I looked it up it looked like a great addition to his cancer diet.
- I give a combo of brown and wild rice (2 cups brown to 1 cup wild) now. They love it!! You can also add in cancer fighting dried mushrooms for an even better more tasty meal.
- Wild rice — Best fed to dogs in its whole cooked form, with no added spices or seasonings, wild rice is rich in fiber and antioxidants. Your dog may also find this form of rice to be delicious with its nutty taste.

❖ Quinoa

- Is an ancient grain that is actually a seed.
- It is considered a complete protein because it contains all nine amino acids, it is also rich in fiber and minerals like iron, magnesium and calcium, plus phytonutrients like quercetin.
- It does have a higher carb% so I just gave Roscoe about ½ cup cooked quinoa each day to help the benefits build up in his system.

CRUCIFEROUS VEGETABLES

- ❖ The cancer-fighting properties in cruciferous veggies are attributed to compounds called glucosinolates, which are found in all cruciferous vegetables.
- ❖ More recent research suggests that the compounds found in cruciferous vegetables "turn on" genes that suppress tumors, slowing tumor growth, and stimulate self-destruction of cancer cells (apoptosis). In addition, glucosinolates may stimulate enzymes that deactivate carcinogens and decrease cancer cells' ability to spread.
- ❖ For hormone-linked cancers, some research has shown that glucosinolates may shift active estrogen to a weaker form and may have added benefits with some chemo drugs.
- ❖ Animal studies reinforce these findings, showing that diets high in cruciferous vegetables slow cancer growth in animals.
- ❖ Certain enzymes in cruciferous veggies may help protect cell DNA from damage, and others may have antioxidant properties.
- ❖ Always purée your pups veggies (and berries), especially if feeding them raw, this helps their systems digest them easier, closer to how they get their "pre-digested" veggies from their kill in the wild
- ❖ Roscoe always got a variety of puréed cruciferous veggies and greens in his food.

BERRIES

- ❖ **Blueberries** - are among the most powerful sources of antioxidants. The cancer fighting phytochemicals found specifically in blueberries include anthocyanosides (one of the most potent antioxidants) and resveratrol
- ❖ **Strawberries** - are also good sources of antioxidants and folic acid, and are excellent sources of Vitamin C, which has shown to decrease risk for esophageal cancer. One cup of strawberries provides 100% of your daily recommendation of Vitamin C. In fact, strawberries are a richer source of Vitamin C than oranges!
- ❖ **Raspberries** - dark red color comes from flavonoids. These compounds work with fiber to promote health and disease prevention. Ellagic acid, found in raspberries (and in other berries) is being studied for anti-estrogen properties, especially beneficial for fighting certain breast cancers.
- ❖ **Blackberries** – like blueberries, are a great source of anthocyanosides. The other phytochemicals, vitamins and minerals found in blackberries help to strengthen the immune system in order to deactivate free radicals and reduce cancer risk.
- ❖ **Cranberries** - Are a good source of Vitamin C, Manganese, Vitamin E, Vitamin K1 (phylloquinone), they are also high in Fiber, Anthocyanins, Quercetin, Proanthocyanidins (polyphenols that help with urinary and gut health, heart disease, cancer) and D-mannose which is important in managing urinary tract infections. Cranberries are hard when raw, which can be hard for pups to digest, but if you freeze them and then thaw you can “pop” them for easier eating and digestion!
- ❖ Adding in fresh berries is always better than supplements alone, and puréeing them makes them even easier to digest (food topper or with treats).

Rx NSAIDS

- ❖ Common side effects are vomiting, loss of appetite, depression and diarrhea.
- ❖ Severe side effects include stomach or intestinal ulcers, liver failure, kidney failure, and even death
- ❖ **Don't let these possible side effects prevent you from starting Rx NSAIDs**, however do monitor your pup for them.
- ❖ Also make sure you have a probiotic or some other stomach protectant when you start them.
- ❖ I did blood work each month for Roscoe so I could catch any problems early. It ended up being the loss of appetite and stomach/intestinal ulcers that caused me to take him off Rx NSAIDs, he gave me 7 ½ additional months with all natural treatments.

ASPARAGUS

- ❖ **ASPARAGUS**
 - Is a rich source of glutathione, a detoxifying compound that helps break down carcinogens and other harmful compounds like free radicals.
 - This is why eating asparagus may help protect against, and fight, certain forms of cancer.
 - Is also a natural diuretic which can help flush out toxins in kidneys and prevent kidney stones which helps with kidney health.
 - Roscoe always got asparagus puréed with his veggie mix.
 - NOTE: NSAIDs, and other medications/treatments can be harsh on their kidneys ...adding asparagus may help.

CELERY

- ❖ Celery contains a flavonoid called luteolin, which may help prevent the spread of cancer cells and induce cell death.
- ❖ Roscoe always got both celery puréed with his veggie mix.
- ❖ He never had a problem with his kidneys.

PUMPKIN

- ❖ Canned 100% pumpkin (not pumpkin pie filling) is a great boost to their nutrition.
- ❖ It's also great for digestion due to its high soluble fiber content.
- ❖ Also the high soluble fiber helps with those pesky poops, both diarrhea and constipation, although you may need stronger Rx meds at some point.
- ❖ Can be added to food bowl, cooked in treats, added to frozen treats, etc.
- ❖ Roscoe got his after dinner bone stuffed with canned pumpkin each day (about 2 tablespoons) and in treats.

GROUND FLAX SEED

- ❖ Flax seed provides healthful fat, antioxidants and fiber
- ❖ It's classified as an Omega-3
- ❖ May reduce tumor growth in breast and prostate cancer
- ❖ Roscoe got flax seed in all his treats
- ❖ I didn't add to his food because I didn't want too much fiber which can cause problems

OREGANO

- ❖ Who knew oregano is both an antibacterial and an antiviral??
- ❖ I've been giving Roscoe his cranberry supplement but have also been adding about 1/2 tbs of dried oregano to his meat (7-10 lbs) when I crockpot it.
- ❖ I'm not sure if it was the cranberry supplement, dried oregano, or the combination, but Roscoe did not have another a UTI after I started this (12+ months)
- ❖ Here is a description of the benefits of oregano:
 - Fresh oregano is a great antibacterial agent.
 - It has phytonutrients (thymol and carvacrol), which fight infections such as staph.
 - It's loaded with antioxidants that help prevent cell damage, and it's an excellent source of fiber, vitamin K, manganese, iron, vitamin E, tryptophan and calcium.
 - Dried oregano is also healthful (with similar benefits to fresh), but it needs to be handled carefully.
 - Store it in a clean, dry, glass container and chuck it after six months.
 - Old oregano, like most spices, loses its flavor and benefits over time.

NUT BUTTERS

- ❖ **TIP**- always use 100% nut butters, this will ensure you won't accidentally give your pup something harmful to them. Also, dogs can digest almond butter, but some are sensitive and may get an upset tummy. If you are worried, use peanut butter instead!
- ❖ In Traditional Chinese Veterinary Medicine (TCVM) almonds are one of the foods that help fight cancer.

ORGANS – LIKE FOR LIKE

- ❖ Beef/Chicken heart helps your pup's heart
- ❖ Beef/chicken liver helps your pup's liver
- ❖ Beef lung (dried) helps your pup's lungs
- ❖ My TCVM vet guided me on how much and when to feed these
- ❖ PLEASE work with a vet (holistic/TCVM) before starting or increasing organ meat as too much can be bad for your pup!

PROTECT THE TUMMY

- ❖ NSAIDs along with other treatments and diet can be hard on their little tummies. So pre/pro biotic are key from the beginning. Goats milk kefir is a good natural one, also powdered ones sold by your vet, etc.

PAPER PLATES

- ❖ If your pup is getting picky with his food use a paper plate that you toss after each feeding.
- ❖ Glass, plastic, metal, etc. will all retain some smell even if thoroughly washed and may cause our pups to not want what is in the bowl!!!
- ❖ When Roscoe started not wanting to eat I put a small pile of canned green beans, canned pumpkin, cooked quinoa and cooked turkey on a paper plate (all separate since I usually mix together) and put the paper plate down.
- ❖ He scarfed the green beans, then decided to eat the pumpkin, then the turkey and finally the quinoa. He even ate two extra scoops (about 1 tbs) of turkey!
- ❖ All this after not wanting to eat for a day and ½

MAKING "PILLING" EASIER

- ❖ Tip for "Pilling" your pup - stuffing a pill down his throat if he won't take it any other way ..
 - If you have to give your dog pills, meds, supplements, etc. and hide in food they may start to associate the food with the pills.
 - If this starts to happen give him his pills with a little butter.
 - It helps the pills go down easier (slippery) and they won't associate them with their food.
 - To clarify - don't use a stick, or even a slice of butter, just rub the pill over the stick to get it a bit slippery and then down the back of the throat without getting stuck.
- ❖ However, if your pup figures out the butter trick (my Roscoe did and I was finding pills here and there throughout the house) use a small syringe with a small amount of water (you don't want to choke them so small amount is key) and after the pill has been deposited at the back of the throat squirt a little water in their mouth and ... they swallow the pill with the water.

FOODS TO KEEP ON HAND FOR THOSE "NO APPETITE" DAYS

- ❖ For dogs with cancer/kidney failure on days when they have no appetite. Some items are easy to find. some are hard, but I wanted to share in hopes it may help some entice pup to eat.
 - Raw goat milk
 - Bone broth - 1 beef and 1 chicken
 - Wild canned sardines in water no salt
 - Freeze-dried green tripe
 - Freeze-dried lung
 - Almond butter
 - Pumpkin

QUICK SHORT-TERM DIET FOR UPSET TUMMY

A quick and easy recipe from my wonderful TCVM vet to help my Roscoe's tummy after a month of antibiotics for a UTI.

- ❖ Plain mushrooms (I used dried shiitake and maitake) chopped up with some plain white or wild rice, some cooked yams, and some cooked turkey (I used boiled ground turkey).
- ❖ That would be easy on his GI track and help protect his stomach. After a few days if doing better can add in smashed boiled egg.
- ❖ **NOTE** - Not for long term use! I used for about a week then we went back to regular diet.

TCVM (TRADITIONAL CHINESE MEDICINE)

Herbal Medicine utilizes herbal ingredients in particular combinations or formulas to treat particular disease patterns. Herbal formulas are administered orally and are typically given in powder, tea pill or capsule to dogs.

TCVM (Chinese) Herbs can help fight your pup's cancer, improve his quality of life, and in some cases may help extend his life. Roscoe was on TCVM herbs for his prostate cancer, and his arthritis, and towards the end for lung cancer when his prostate cancer started to spread.

Acupuncture is a treatment that involves the stimulation of points, typically achieved through the insertion of specialized needles into the body. It helps stimulate the immune system, and can help with nausea, digestion, arthritis, etc.

Roscoe loved his acupuncture sessions; LSU Integrated Medicine even did a [video](#) with him to demonstrate how acupuncture works.

Tui-na is a form of Chinese medical massage in which different manipulations are applied to acupoints and Meridians to promote the circulation of Qi and correct imbalances within the organ systems.

A TCVM tip we used for Roscoe to help tummy problems - Tui-fa (rubbing) from the bottom of his stifle (knee) to his hock (ankle) on the cranial (front) aspect of his hind limbs and then rub a counterclockwise circle on his abdomen with the umbilicus (belly button) as the center of the circle.

Food Therapy is the use of diet to treat and prevent imbalance within the body. It utilizes knowledge of the energetics of food ingredients to tailor diets for individual animals. Examples we used for Roscoe were the "Quick short-term diet and Tip for Upset Tummy" and the "Organs – like for like".

FINAL THOUGHTS

**TREATMENT - IT'S NOT JUST RX MEDICATIONS,
CHEMOTHERAPY, AND/OR RADIATION**



❖ IT'S DIET

- Cruciferous Vegetables!!!
- Mushrooms!!!
- Herbal Supplements !!!
- Chinese Herb Supplements!!
- Acupuncture
- Research, etc.

❖ IT'S A TEAM OF VETERINARIANS

- Who are willing to work together
- And who will not get "offended" when you question a treatment or change your mind.

❖ IT'S INTEGRATED MEDICINE

- **Find a holistic vet and/or a TCVM vet** to help with herbs, acupuncture, diet, etc.
- Online groups are great support, but I do recommend that you do have vet to consult with.
- Find an holistic vet here → <https://www.ahvma.org/find-a-holistic-veterinarian/> and/or a TCVM vet here → <https://www.tcvn.net/>.

❖ For much more detailed information on helping deal with your pup's cancer diagnosis I recommend the Dog Cancer Survival Guide (also available on Amazon) and joining the Dog Cancer Support Group on Facebook.

❖ Each dog and each cancer is different; my Roscoe had SRT Radiation early in his journey but no chemo... I took him off all Rx meds a year after diagnosis. He was thriving on holistic for the last 8 months; his cancer was starting a very slow progression, but still considered stable.

**BE UPBEAT – ALWAYS KEEP YOUR HOPE
AND LOVE YOUR PUP ALL THE TIME**

