

Pulsing

by Debe Gwynn

We talk a lot about "pulsing" in our Pet Wellness consultations. So let's take a look at what that means. At my house, everybody gets Sunday off of all supplements. It's just the standard, and here's why. If you are giving supplements long term, at some point the body will either stop responding or not respond as well if it doesn't get a break once in a while. So, I pick Sunday as it's usually a laid back kind of day and it's easy to remember.

Supplements are only as good as the body's ability to absorb them. That said, it needs time to reset and rest from a constant input of the same foods and supplements.

There are some dogs, for instance, on Inflapotion that just can't go a day without as the inflammation returns between doses. You can still pulse, by doing half doses.

As you pulse your pet's supplements, you can also rotate proteins and have amazing results in the long term health of your dog. Dogs... and cats, require a variety of proteins and veggies, just like we do. To make the most out of the years you have with your special fur-ends, don't be afraid to change things up. It's good for all.

