

THE HIDDEN TOXINS MAKING YOUR PET SICK

Your
step-by-step
guide to
detoxing
your pet



HOW DO I KNOW IF MY PET HAS BEEN EXPOSED TO TOXINS?!

Here's the thing, we (both humans and our pets!) are surrounded by so many toxins in today's world.

From the **cleaning products we use in our homes** (unless they're truly 100% natural) to **heavy metals in seafood...** to **glyphosate sprayed on corn and grains...** even our **shampoos and cosmetics** are full of stuff we don't want in or on our bodies.

And let's not forget about **microplastics**, we can absorb those just by wearing synthetic clothes, snuggling up in certain blankets, or using everyday kitchen tools made from non-natural materials.

Oh, and then there's **mold exposure**. And **EMFs!** (yes the invisible electromagnetic field emitted by power lines, cell phones, and wifi signals)

Basically, living a modern lifestyle, whether you walk on two legs or four, means we're all constantly surrounded by toxins. It's kind of wild when you really think about it, right?

BUT DON'T DESPAIR THERE IS SO MUCH WE CAN DO TO LIMMIT EXPOSURE AND TO HELP OUR PETS DETOX.



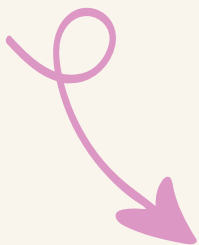
So what's the big deal about toxins anyway...



TOXIN BUILD UP HAS BEEN LINKED TO CONDITIONS LIKE **CHRONIC ITCHINESS, CHRONIC VOMITING AND DIARRHEA, RESPIRATORY ISSUES, AND EVEN CANCER.**



If your pet is dealing with any of these symptoms they might have toxin build up



- Sluggish
- Bad breath
- Increased thirst or dilute urine
- Puffy skin
- Recurrent infections
- Lumps
- Chronic itchy skin, hot spots, or dull coat
- Loose stools
- Bloating or smelly gas
- Coughing, wheezing or labored breathing
- Toxin build up has been linked to cancer too (and it's never too late to detox even if they're currently going through cancer treatment)

MEET MIA

If Mia can heal, your pet can too 💜

When I first met Mia, she was struggling with **coughing and wheezing**. Every walk was a challenge, she could only walk half a block before she needed to stop to catch her breath.

This is Mia 🐶



Mia's mom had tried everything. But when we tested Mia's **glyphosate levels** (glyphosate is the active ingredient in the herbicide Roundup, and yes, it's everywhere), we were shocked: Mia's levels were **sky-high at 42**.

For reference, in an ideal world, we should have zero glyphosate in our pets' bodies. Anything above 11 is what I consider seriously toxic.

So, we put together a **detox plan**.

We started Mia on **microbiome therapy** (a series of fecal transplants using my **sedation-free method BiomeBalance**) to help rebalance her gut.

We did **acupuncture** and **ozone therapy** to stimulate her body's natural healing processes and oxygenate her tissues.

We supported her liver and lymphatic system with **lymphatic drainage massage, laser therapy, and targeted supplements**.

And as a result **Mia's glyphosate levels dropped from 42 to 0.58**.

Today, **Mia is running down the block**, playing like a puppy again. No more coughing, no more struggling to keep up. Just pure joy.

This story isn't just about Mia, it's a reminder that our pets live in the same modern world we do, breathing the same air, drinking the same water, and eating food that might not be as safe as we think.

But that when we have the right information and support we can always help get them back on track.



If you want to know
how to limit your
pets toxin exposure
and detox them
gently, keep reading...

START YOUR PET ON A FRESH FOOD DIET

Unfortunately a lot of highly processed commercial pet foods contain grains and corn which could potentially be contaminated with glyphosate. You also want to be very mindful of seafood as much as possible, especially fish like salmon, due to their heavy metal load.

You really want to choose the freshest, **human-grade**, and ideally organic **non-GMO food** you can for your pets.

- If you're looking for a brand of ready made food but not sure which brands are really the highest quality then check out Susan Thixton's "[Truth About Pet Food](#)" list. It's a fantastic guide!
- And if you're interested in home cooking for your pet and especially if you're on a budget check out [The Doggy Dish](#). It's a database that contains tons of resources for at home recipes and fresh cooking ideas.



WATER

Tap water in the U.S. is often contaminated with lead, arsenic, mercury, chloroform, pesticides, herbicides, forever chemicals, and brace yourself...other people's medications. Yikes!

So, to make good-quality water just a little easier, here's a simple place to start.

Go to this website and type in your zip code to find out what contaminants are in your tap water 📌

[What's in my water?](#)

You might be horrified by what you see...I know I was.

Once you know what contaminants are in your water, you can look for a filter that removes the biggest ones in your area.

[lonfaucet.com](#) could have some good solutions.

Another option is ordering spring water like Mountain Valley Spring Water (preferably in glass bottles), just being mindful that plastic water bottles often sit in warehouses for months, allowing plastic to leach into the water.

Another option I personally love is the Kangen Water Filter. We offer it at our clinic, pets in our detox program can take home as much as they like.



LOW-TOX ENVIRONMENT

HERE ARE A FEW WAYS TO KEEP YOUR PETS TOXIN EXPOSURE TO A MINIMUM.

- Avoid using any **chemical pesticides** and **herbicides** in your garden.
- If you MUST treat your yard, look into natural alternatives like diatomaceous earth or beneficial nematodes. Consider [Wondercide](#) for outdoor parasite control.
- Only use natural cleaning liquids to wash your floor (remember that's where their little paws touch).
- Only use natural shampoos on your pets. [Dogs Naturally](#) has a brilliant article on everything you want to avoid. Our go to brand with only the good stuff in is [4 Leggers!](#)
- Choose bedding, towels, clothing with natural fabric (organic cotton would be great)
- Wash their laundry with natural fabric softeners and liquids.
- Wipe your pet's paws with a gentle wash made with minimal chemical ingredients after visits to places like shopping malls (no need to wipe after a romp in the dirt—that's the good kind of bacteria we want!)

STEP 4

DO THE TESTS

Here is our list of tests we recommend you do if you have are concerned your pet has toxin build up or just want to check to be safe.

- ☐ Microbiome Test (both gut and skin)
- ☐ Mycotoxin Test (mold)
- ☐ Minerals and Heavy Metal Test (mercury and other toxic metals)
- ☐ Glyphosate Toxin Test

BOOK TESTS



Live outside of Los Angeles? No problem! We can send you a kit to easily collect the samples we need to run these tests for you. Skin Culture and Vitamin test requires skin and blood samples and should be done by your vet and sent to VDI labs. If you live internationally [VDI Labs](#) can still run a microbiome test for you.

AT HOME DETOX

HERE ARE A FEW WAYS TO SUPPORT YOUR PETS WITH DETOXIFICATION

- Add a sprinkle of **milk thistle extract** or **dandelion greens** to meals for liver support.
- Use **Epsom salt foot soaks** (yes, even for pets!) for gentle detox via the skin. Aim for 3 tablespoons for a bath tub full of water.
- Offer a daily **fresh green veggie** snack like cucumbers or parsley for natural chlorophyll and fiber.
- **Fermented foods** as toppers are great! [Green Juju](#), [Solutions Pet Products](#), and [Gussy's Gut](#) offer some wonderful options.
- **Include berries** in the diet. Berries are great antioxidants and are wonderful for detox. If your pet isn't used to a fresh food diet start with one and build it up.
- Encourage **movement**: short walks, playtime, or a gentle massage to get the lymph flowing.
- **Brush your pet daily** to stimulate the skin and lymphatic system.

REMEMBER—DETOX ISN'T ABOUT QUICK FIXES. IT'S A LIFESTYLE. AND FOR PETS WITH CHRONIC ISSUES OR CANCER, THEY MOST LIKELY NEED MORE SUPPORT. YOU'LL WANT TO LOOK INTO MODALITIES LIKE...

IF YOUR PET IS DEALING WITH A HEALTH ISSUE LIKE CHRONIC ITCHY SKIN, CHRONIC VOMITING AND DIAHREA OR CANCER WE RECOMMEND LOOKING INTO THESE THERAPIES 📌

Microbiome Therapy (aka Fecal transplants)

Fecal transplants are such a powerful way to restore your pet's microbiome by transplanting donor material (aka 🦠) from a healthy donor dog or cat. And Dr. Lily has developed a sedation free technique called BiomeBalance™ that allows you to stay with your pet for this quick and painless procedure.

Acupuncture

For some pets, we recommend regular acupuncture.

Acupuncture reduces inflammation and itchiness and helps regulate the immune system.

Nanolight acupuncture is a great option for pets who don't like needles.



Ozone Therapy

Ozone therapy is our go-to treatment for pets with toxin build up,

Blood ozone therapy (where blood is taken from your pet and ozonated and then gently put back into their body) is highly effective for pets with inflammation in the body.



Lymphatic Massage

Lymphatic drainage for pets is a gentle, hands-on therapy designed to support the body's natural detox system—specifically, the lymphatic system, which helps clear out waste, toxins, and inflammation.

Laser Therapy

Laser therapy is a safe, non-invasive way to treat many conditions, including pain, infection, and inflammation.

The therapy can be tailored to treat acute stages of the disease or used as a healing protocol for chronic issues such as nerve and muscle diseases.

Using a specific combination of frequency and time, we determine the best treatment protocol for your pet depending on the condition presented.

Many pets are relaxed by laser therapy, and it provides your pet with a fast, safe, and drug-free recovery from specific conditions.



Supplements

Every pet's supplement needs are so individual depending on what their health issues are and what kind of toxin build up they have. But a few good general supportive supplements you can use. Here are some *general ones we reach for in Detox:

1. Glutathione
2. Detox herbal formula
3. Milk Thistle
4. Quercetin
5. Whole Food Fiber

*By no means an exclusive list, please consult with your veterinarian for the best ones for your pet.



AND IF YOU WANT TO TAKE ALL THE GUESS WORK OUT OF IT YOU CAN SIGN UP FOR OUR **MONTH LONG DETOX PACKAGE** AT OUR WELLNESS CENTER IN LOS ANGELES

What's Included:

- 1 Vet Exam Before The Detox Begins & 1 Check-In At The End With Integrative Dr. Lily Chen
- 1 Microbiome Therapy Session using Dr. Lily's Sedation Free Fecal Transplant Method
- 1 Major Autohemotherapy (MAHT) (Blood Ozone Therapy)
- 4 Acupuncture Sessions (You Can Opt For Nano-Light Acupuncture If Your Pet Prefers No Needles)
- 4 Lymphatic Massage Or Acupressure Sessions
- **Unlimited:**
 - Laser Therapy
 - Subcutaneous Ozone (Ozone Therapy Given Via An IV)
 - Rectal Ozone (As Tolerated)
 - Electrolyzed Reduced Water Refills (Kanga Water)

BONUSES

- One-time Tech Consult: Learn about detox meals, supplements, and healing water
- DIY Detox Bath Recipe

Treatments can be done all on one day or spread out during the week to fit your schedule and your pet's needs.

Send us an email if you have any questions or want to book

BOOK NOW



But do I have to get those tests done before signing up for the detox package?

Nope! It's actually a smart idea to support your pet with a gentle detox like this at least 4 times a year—even if you haven't done any testing to confirm toxin buildup. With the way we live today, every pet can benefit from this kind of support.

It's all about preventing issues later on!

That said, if you're wondering whether toxins might be at the root of your pet's health challenges, I highly recommend doing the testing. Then we can create a completely custom detox plan that's tailored specifically to what your pet needs. And we'll test after one month to see if they need any further detoxing.



This is NO ordinary vet practice

**The Integrative Pet Wellness Center is
basically a functional medicine center
for pets.**

**This is the veterinary medicine of the
future.**



Hi, I'm Dr. Lily, the founder of the Integrative Pet Wellness Center 🧘♀️

I've built an integrative wellness center for pets that feels like a home. I've created a space where pet parents can bring their fur babies and place them on soft pillows instead of cold tables. Our rooms smell of incense, not surgical spirits, and every pet is seen as an individual.

If your furbaby doesn't want to sit still, we'll give them delicious treats to keep them busy. Do they need acupuncture but don't like needles? No problem, we'll use nanolight acupuncture 🪄🐶

Oh, and you get to stay with them the entire time—even if they're having an IV treatment. Just sit down on the couch next to them and enjoy our WIFI 🌐

My vet team at the practice and I create a unique approach for every individual pet using a variety of integrative modalities, from ozone therapy to acupuncture to laser to thermal imaging to microbiome therapy to energetic medicine, to Chinese herbs, and many more!

That's why I call myself the Unicorn Vet. I'm all about pioneering new spaces and new solutions for pets and their people 🦄

Click [here](#) to find out more about booking an appointment or to chat about whether the detox package is right for your pet.

With love,

Dr. Lily