

lissa.scott

From: lissa [lissa@lissa.net]
Sent: Saturday, March 05, 2005 5:33 AM
To: EXTMAGDRL@yahoogroups.com
Subject: RE: [ExtMAGDRL] Quickie DOE Topic #14: Lactobacillus acidophilus

READ BOTTOM POST FIRST

Hi All.

I've gotten a couple of questions about acidophilus from folks off-list. Let me be perfectly clear: I am NOT prescribing treatments for ear infections, bad breath, loose stools, or an owner's saliva allergies. I am simply sharing the benefits of something that I take myself and is reputedly safe in the same dosage for dogs. As always, evaluate your own dog, do your own research, and check with your vet to see if they have a concern about adding acidophilus to the diet.

That said, the dosage I give my pups is exactly the same as I take -- one capsule of 300 mg acidophilus with each meal.

I get whatever brand of acidophilus is on sale at my local drug store -- CVS, Eckerd, Rite Aid, etc. It's in the vitamin section and usually comes in bottles of 60 or 100. Last time I got 2 - 100 capsule bottles for \$3.99.

It doesn't seem to come in chewable but the capsules do vary in size by brand. Because I rawfeed, I usually stick the capsule in a piece of meat or cheese since they aren't particularly palatable.

Regarding whether there's any benefit if you're already using a probiotic, check the label. There may already be acidophilus in your probiotic and I'm not sure of the impact of overdosing so I wouldn't add more. There are other beneficial additives in probiotic formulations, so I'd hesitate to switch to only acidophilus if you're having success with your probiotic.

Thanks all!!!!

Lissa Scott
AKC Canine Good Citizen Evaluator
MD/DC Adoption Screens & Events
Mid-Atlantic Great Dane Rescue League
<http://www.magdrl.org>

"A dog is the only thing on earth that loves you more than he loves himself." - Josh Billings

From: lissa [mailto:lissa@lissa.net]
Sent: Friday, March 04, 2005 7:36 AM
To: EXTMAGDRL@yahoogroups.com
Subject: RE: [ExtMAGDRL] Quickie DOE Topic #14: Lactobacillus acidophilus

Also forgot that mention something else I saw after I started adding acidophilus tabs with meals --

Jupiter had an ear infection that I'd been intermittently treating with Otomax and Corium washes since Thanksgiving, but it kept flaring up again. A couple of weeks after being on acidophilus, I noticed his ears were a healthy pink color and there was no more buildup, no more smell. IMHO, I believe acidophilus helped clear that up too!

Thanks again!

Lissa Scott
AKC Canine Good Citizen Evaluator
MD/DC Adoption Screens & Events

From: lissa [mailto:lissa@lissa.net]

Sent: Thursday, March 03, 2005 9:39 PM

To: EXTMAGDRL@yahoogroups.com

Subject: [ExtMAGDRL] Quickie DOE Topic #14: Lactobacillus acidophilus

Hi All,

Well, the DOE Brunch has me in a last-minute crunch, so this one will be short. It's Dog Owner Education Topic #14, and it's something I've been meaning to post about for months: Lactobacillus acidophilus.

For most of my Dane Jupiter's life, he's had a crusty chin. Being my first Dane, I figured it was puppy acne, then allergies -- one of the reasons I switched to rawfeeding. Although with the natural diet he showed improved health in many areas, Jupiter's chin just wouldn't clear up. He was always scraping and rubbing it, and my vet said it was likely an environmental allergy. In addition, I got into the habit of giving him a bath once a month in the summer because as the humidity rose, he smelled like wet tennis shoes.

Then in January my Dane girl Merlot was being treated with antibiotics, and I noticed that her breath and stools suddenly smelled very bad -- a first for her. We give yoghurt about once a week, but it occurred to me that I take acidophilus whenever I've taken antibiotics (and we all know why! LoL) I looked up dogs and acidophilus on the web and found this information here: <http://www.mooreagrisales.com/>

How do the Lactobacillus acidophilus, Bifidobacterium & Enterococcus faecium bacteria help my dog?

1. The Lactobacillus acidophilus, Bifidobacterium and Enterococcus faecium bacteria can be collectively referred to as health-promoting or beneficial bacteria for many reasons suggested by research studies. Each of these species work in both the small and large intestines. However, the L. acidophilus and E. faecium tend to be more active in the small intestine, while the Bifidobacterium are more important in the large intestine.
2. These health-promoting bacteria attach to the villi lining the small intestine to improve nutrient absorption
3. The attachment or colonization by the beneficial bacteria prevents harmful bacteria from attaching and increasing in number.
4. The health-promoting bacteria are also considered lactic acid-producing bacteria and assist in maintaining a stable digestive tract pH to restrict E. Coli and Salmonella growth.
5. The beneficial bacteria also produce bacteriocins and other metabolites to restrict E. Coli and Salmonella growth.
6. Increasing evidence suggests that the health-promoting bacteria enhance immune function. This could be the result of increased nutrient absorption to support the immune system. Another possibility is that immune receptors recognize the beneficial bacteria in the digestive tract and cause the heightened activity.

I also discovered that acidophilus is a common ingredient in expensive probiotic enzymes.

So, the long and short of this is, I had some left over lactobacillus acidophilus tablets and I started tossing one in with each of their meals. When I used them up, I bought a few bottles at a 2-fer sale at CVS. Within three weeks, Jupiter's chin was completely clear and he lost his signature odor. Merlot's breath was fresh and sweet again, and her stools were not only less smelly, but they were firmer! And Kuna's licking is much reduced -- she only stress licks (hunger & potty) instead of licking intermittently for no particular reason.

In addition, about three weeks ago an adoption applicant mentioned that she immediately broke out in hives whenever she came in contact with her dog's saliva, and I told I did too. But said I'd noticed that I no longer do and I thought it was related to the acidophilus pills mine get with each meal. She dropped me a note a few days ago thanking me -- she tried it too and she no longer has a reaction!

I can't say whether there benefits beyond what I've observed, or if there are side-effects that I haven't encountered. However I'd suggest that if your dog has been treated with antibiotics, ask your vet if they'd recommend giving acidophilus as well. It's made a definite difference with my furkids!

As always, thanks for educating yourself to benefit dogs and their owners!

Lissa Scott
AKC Canine Good Citizen Evaluator
MD/DC Adoption Screens & Events
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