



**Louie's Journey for Longevity: A Healing Manual of  
Hope and Love**

**[Louiesway.com](http://Louiesway.com)**

# Louie



**“Your dog does not know what “forever” means – but they believe you will give it to them.”**

**“You are the only part of their world. They are just one part of yours.”**

**“One day you will carry them up the stairs – because their legs can’t do it anymore.”**

**“Dogs only get a short life...because they already know how to love unconditionally.”**

**“They count the hours until you walk back through the door. Even if you are only gone for 10 minutes.”**

**“They cannot tell you when they are in pain. But they will still wag their tail for you.”**

**“You will have more than one dog in your lifetime. But they only get one you.”**

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## **Just a Friendly Note from Louie & Our Family**

Everything in this book comes from our personal journey with Louie — the choices we made, the research we did, and the things that helped us along the way.

We're not vets, and we're not here to give medical advice — just to share what we learned in hopes it helps someone else feel a little more prepared and a little less alone.

Every dog is different, so before trying any supplements, recipes, or treatments mentioned here, please check with your veterinarian or a veterinary specialist who knows your pup's unique health needs.

Louie's story is one of love, learning, and doing whatever it takes — and we hope this book brings you that same kind of strength and support. 

## Introduction

Louie, our 138-pound, Muppet-like Newfiepoo, has never met a stranger—only future best friends. As a service dog, he has always been the rock for those who need him, offering comfort, love, and his signature goofy grin. Whether it's snuggling up to someone who's having a tough day or proudly strutting into the local American Legion to hang with his veteran buddies, Louie's presence makes the world a little brighter.

Back in November 2024, our journey took an unexpected turn when we discovered a mast cell tumor on his ear flap. We were told it was listed as stage 3 and without treatment he may live 2-6 months. It was a scary moment, but if there's one thing about Louie, it's that he's got the heart of a lion (wrapped in the fluffiest fur imaginable). With Denise and me by his side, we dove headfirst into learning everything we could—nutrition, supplements, treatments—anything to give our boy the best chance at a strong, happy life.

Now, as Louie bravely takes on his six-month cancer treatment, we can say he is battling just fine! He's doing what he does best: soaking up attention, wagging his tail through every vet visit, and reminding us all what resilience looks like. The American Legion crew still showers him with love, and his magnetic personality continues to draw people in wherever he goes.

This journey has taught us so much—not just about cancer, but about strength, love, and the unbreakable bond we share with our four-legged family. No matter what, Louie remains Louie: a gentle giant, a best friend to all, and the heart of our home. We know he's got a long road ahead, but if there's one thing we're sure of—it's that Louie isn't just fighting cancer. He's showing it who's boss, one wag at a time.

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# Chapter 1: Understanding Mast Cell Cancer in Dogs

Mast cell cancer, or mast cell tumor (MCT), in dogs is a common type of skin cancer that can also affect other organs, characterized by the abnormal growth of mast cells, which are normally involved in allergic and inflammatory responses.

## What are Mast Cells?

- Mast cells are a type of immune cell that plays a role in the body's response to allergens and inflammation.
- They release substances like histamine, which can cause inflammation, itching, and other allergic reactions.

## What are Mast Cell Tumors?

- MCTs are cancerous tumors that originate from mast cells.
- They can appear as lumps or bumps on the skin, but they can also affect other organs like the spleen, liver, gastrointestinal tract, and bone marrow.
- MCTs are the most common type of skin tumor in dogs.

## Symptoms of Mast Cell Tumors in Dogs:

- Lumps or bumps on the skin that may be firm, solitary, and slow-growing
- Itchy or inflamed skin around the tumor
- Swelling and redness in the affected area
- Allergic reactions or hives
- Weakness, nausea, vomiting, or diarrhea
- Swelling of the face or limbs
- Lethargy or loss of appetite
- Enlarged lymph nodes
- Gastrointestinal issues like vomiting, diarrhea, or bloody stool
- Reduced mobility and quick breathing
- Discomfort and sensitivity

## Diagnosis and Treatment:

- **Diagnosis is typically done through fine needle aspiration or biopsy**
- **Prognostic panels may be used to determine tumor aggressiveness**
- **Treatment can include surgery, chemotherapy, radiation therapy, and supportive care**

**Prognosis:**

- **Prognosis varies depending on tumor grade and stage**
  - **Low-grade tumors often have a good prognosis**
  - **High-grade tumors may be more aggressive with a shorter life expectancy**
  - **Early detection and treatment are crucial**
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## Chapter 2: Louie's Brave Journey

Louie's Brave Journey began with a diagnosis, but it quickly turned into something much more — a mission rooted in love, resilience, and unwavering hope. When the word “cancer” was first spoken, it felt like the ground shifted beneath us. But Louie, in his usual calm and noble way, faced it with a strength that set the tone for everything that followed.

Our first step was an ultrasound to determine if the cancer had spread. Those moments in the waiting room felt like hours. Every beep of the machine echoed like a question mark in our hearts. Thankfully, the results came back clean — no signs of spread to any organs or lymph nodes. It was a moment of relief we clung to like a life raft.

The tumor, quietly hiding on the flap of his left ear, was first discovered not by a vet, but by a gentle hand at [Furvana Pet Spa](#) — Louie's regular groomer, and now, one of our unexpected heroes. Their attention to detail and genuine care likely changed the course of Louie's life. From there, we moved swiftly. Surgery was scheduled and performed with precision, and while the procedure felt terrifying at the time, it was a necessary leap forward.

When pathology results arrived, we held our breath again. The report confirmed that the margins were clear and the remaining tissue on the ear was cancer-free. It wasn't just a clean result — it was a small victory in a long and unpredictable war. And in that moment, Louie wagged his tail, as if he already knew he was going to be okay.

But this was just the beginning.

What followed was an emotional rollercoaster — frequent vet visits, bloodwork panels, and tense conversations with specialists who were kind but honest. We were introduced to the unpredictable nature of mast cell tumors — how aggressive they could be, how they sometimes returned in waves, and how no one case was exactly like the next.

We dove into research. And then deeper still.

We didn't want to just react — we wanted to fight smart. We learned about the importance of histamine blockers to manage flare-ups, anti-inflammatories to calm immune responses, and holistic support that could work in harmony with traditional treatments. We asked hard questions, sought second opinions, and cried more than we admitted to most people.

Louie, meanwhile, remained our quiet anchor.

Even with a bandaged ear and a healing incision, he greeted every day with dignity. He took his medications wrapped in cheese like it was a treat. He still looked out the window with that same serene gaze, as if reminding us: *We've got this*.

And that was when the mission became clear — Louie wasn't just fighting for his life. He was paving a path for others.

That's what Louie's Way is about. It's more than his story — it's a blueprint of compassion, persistence, and partnership between pet and human. Every decision we made for Louie came with fear and hope in equal parts. And it's that honesty we wanted to share with others walking a similar road.

This chapter may have started with a diagnosis, but it ends with purpose.

And purpose is powerful.

Post-surgery treatment included 4 to 6 months of the following:

- Weekly blood tests, physical exam and chemotherapy. Then ultrasound, blood tests and physical exam at the 6 month interval to determine if the cancer spread or not.
- Initial treatment with Vinblastine, once a week for three weeks. The first treatment had severe side effects and had to be stopped. His white blood cell count dropped so much we had to feed him water with a turkey baster. He wouldn't move and when he did, he wanted to go outside or just stare into space. It was horrible. The Oncologist said that was the lowest dose of Vinblastine and the future two doses are stronger. So, we had to stop and move on to the daily cancer chemo pill.

Switched to Paladia (toceranib phosphate), an oral chemo pill.

We were told that Louie would need this pill three days a week, and based on his size, it would cost around \$1,800 per month—just for the Paladia. Alongside it, the oncologist prescribed Prednisone for a three-week course.

Prednisone and Paladia are often used together in veterinary oncology to treat mast cell tumors (MCTs) in dogs. Prednisone, a corticosteroid, helps reduce inflammation, suppress immune flare-ups, and improve overall comfort, while Paladia is a targeted anti-cancer medication designed to inhibit tyrosine kinase receptors—proteins that often drive tumor growth.

What we didn't expect, though, were the *side effects*. And let me tell you, we were in for a ride.

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• **Drastic Increase in Appetite:**

This combo turned Louie into a bottomless pit. His appetite didn't just grow—it tripled. He was hungry all the time. One afternoon, he nudged open the pantry cabinet and helped himself to every dog snack on the bottom shelf. Another time, we left for a two-hour errand and returned to a crime scene: Louie had somehow managed to bust open and lick clean nine cans of cat food. On the living room rug, of course.

We vacuumed. We scrubbed. We learned.

Lesson: hide all the food or lock it up tight.

Thankfully, once the three weeks of Prednisone were over, his appetite calmed, and Louie returned to his normal, slightly dramatic, snack-loving self.

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• **Gastric Fume Expulsions & Loose Stool:**

Now, let's talk about the other side effect — one no one really prepares you for.

Paladia, as powerful as it is, can wreak havoc on a dog's digestive system. One of the more charming side effects? *Unscheduled gastric fume expulsions*. In simpler terms: surprise, no-warning gas attacks.

It became a part of our daily life. Louie would be lying peacefully next to us when suddenly—*pffffft*. No warning, no shame, just Louie being Louie. And let's not forget the loose stool that sometimes followed. It was frustrating and a little messy, but most of all, it was hard to watch him feel off.

We quickly realized we needed to manage this proactively. With help from our vet, we created a gentle digestive support plan that made a huge difference:

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🍄 **What Helped Louie's Gut Feel Better:**

- Plain canned pumpkin (no spices) – Helped firm up his stool and soothe inflammation
- Probiotic chews (vet-approved) – Restored good gut bacteria wiped out by meds

- **Slippery elm powder – A natural mucilage to coat and calm the digestive tract**
  - **Cerenia – A prescription anti-nausea med used as needed during flare-ups**
  - **Pepcid (famotidine) – Helped reduce stomach acid when on chemo and steroids**
  - **Feeding smaller, more frequent meals – Eased digestion and kept his system calm**
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**As with everything on this journey, it was trial and error. But slowly, with time, we found what worked for Louie. And while the random fume expulsions didn't fully go away (he likes to keep us humble), we saw fewer flare-ups, fewer tummy rumbles, and more of his goofy, tail-wagging self.**

**Every side effect we faced, every small adjustment we made—it all reinforced why we wrote this manual. Not just to tell Louie's story, but to help you be more prepared, more supported, and more confident as you walk this road with your pup.**

**Despite the ups and downs, Louie has remained upbeat and loving, continuing to brighten everyone's day. His determination and spirit have become an inspiration to all who know him.**

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## Chapter 3: Cost Considerations

- Surgery: \$4,000 to \$5,000
- Weekly vet visits: \$200 to \$300
- Travel expenses and time off work.
- Ultrasounds: \$750 each
- Blood tests: \$200 each (weekly/bi-weekly/monthly)
- Chemo pills (Paladia): \$1,800 monthly

The oncologist laid everything out at the first appointment — line by line. The diagnostics, the treatments, the medications, the follow-ups. The numbers were staggering. It didn't take long for us to realize that this was more than just a health decision — it was a financial one. One that could affect not only Louie's quality of life, but ours as a family. We left that appointment in a daze, trying to process the weight of what we had just heard.

We sat down that night, hearts heavy and heads spinning, and talked through it as a family. How far could we go? How far *should* we go? These weren't just treatment plans — they were investments in time, in hope, and in the life of someone who couldn't speak for himself but meant everything to us. When Louie's ultrasound came back clear, showing no spread to organs or lymph nodes, our decision suddenly became clear too. If he had a real shot at life, we were going to take it. *No matter what.*

One thing we were incredibly grateful for was a decision we had made years before — signing Louie up for pet insurance before he turned one. We had no idea then how crucial that would be. Getting coverage while he was still young, before any pre-existing conditions could be documented, made the process easy and the rates low. We went with [ASPCA Pet Insurance](#), which at the time averaged between \$30–\$40 per month. That small monthly cost felt like nothing — until we needed it. It helped, absolutely. But with a max coverage of \$5,000, the reality hit quickly: it wouldn't last long.

As treatment began, costs began to stack up like bricks. Bloodwork. Imaging. Consults. Specialized meds. Each item added to a growing total we weren't emotionally or financially prepared for. Within weeks, our monthly expenses ballooned to nearly \$1,800. And that didn't even include the extras — the supplements, food changes, immune boosters, and anti-inflammatory protocols we were researching day and night.

**We became obsessed with finding answers — real, affordable solutions that wouldn't compromise quality. Every spare moment was spent digging through forums, clinical trials, veterinary sites, and holistic pet wellness blogs. We were determined not just to fight, but to fight smart.**

**That's when we discovered one of the biggest game-changers of all: Paladia — the chemotherapy pills our oncologist prescribed — had a compounded version that was chemically identical but dramatically less expensive. After some digging, we found it available through [Chewy's pharmacy](#), with a prescription. It wasn't a knockoff. It was the real deal: toceranib phosphate, compounded and priced at just \$180 per month, the prescription is based on the animal's weight.**

**We held our breath when we brought it up to our oncologist. Would they approve it? Would it be as effective? To our relief, they had no issue with it and gave us the green light immediately.**

**Our monthly cost plummeted — from \$1,800 to just \$180. In just six months, that single switch saved us over \$9,720. We were stunned. Elated. And, honestly, a little angry. Angry at how hard this information was to find. Angry at how little it's talked about. Angry that the animal pharmaceutical world mirrors the human one in its pricing structures — often prioritizing profit over compassion. But more than anything, we were grateful. Grateful for the knowledge, the timing, the insurance we had put in place years ago, and the strength we found in Louie's eyes every day to keep searching, questioning, and pushing forward. Because every dog deserves a chance at life — and every family deserves the knowledge and support to make that chance real.**

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## Chapter 4: Supplemental Support for Louie

This chapter is about options — not guarantees. We were desperate for hope, and these tools gave us that hope — backed with research, intention, and love. They helped Louie live more comfortably, more joyfully, and for longer than we originally thought possible.

But it's important to be crystal clear:

We are not veterinarians. We are not licensed medical professionals. We're loving pet parents who researched tirelessly and worked closely with our veterinary team to create a plan tailored to Louie's needs.

Every dog is different. What helped Louie may not be right for your pup. That's why we strongly urge you to consult your vet or veterinary oncologist before starting any supplement, medication, or alternative treatment mentioned in this chapter. Some supplements can interact with medications or be inappropriate depending on your dog's breed, age, condition, or concurrent treatments.

We're not promising cures.

We're not offering one-size-fits-all answers.

We're simply offering what we learned, what we tried, and what gave Louie more time, more comfort, and more tail wags.

Louie's Way is not just a guide.

It's a hand to hold when you feel lost.

A reminder that you're not alone.

And that hope — even in the face of something as frightening as cancer — is never out of reach.

*“Healing doesn't always come from a prescription pad. Sometimes it comes from listening, learning, and exploring every option with an open heart.”*

When we first received Louie's diagnosis, our world tilted. We dove into traditional veterinary oncology protocols, yes — but we also knew that *if there were safe, natural ways to support Louie's healing*, we were going to find them.

This chapter is the result of countless hours of research — late nights scrolling through forums, scientific journals, veterinary wellness blogs, and stories from other dog parents fighting the same fight. Our goal was never to replace professional care, but to support Louie's body and immune system holistically, so he had every possible advantage in this battle.

We didn't go into this blind. Each supplement listed below was chosen with purpose, backed by emerging research, anecdotal success stories, and professional consultation. Every product Louie used had to meet one criteria: *could this genuinely support his fight, with minimal risk and maximum hope?*

And to be clear — we don't make a penny from sharing these links. We are not affiliates, and we're not trying to profit from anyone's pain. These links are here because when we were in your shoes, we wished someone had gathered this information for us. This is Louie's gift — sharing his journey so you don't have to start from scratch.

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### **CBG Tincture (Uniquely Me LLC)**

**What it is:** Cannabigerol (CBG) is one of the lesser-known cannabinoids in the cannabis plant, often referred to as the “mother” cannabinoid because it's the precursor to CBD and THC.

**Why we chose it:** Research has shown that CBG may play a role in inhibiting cancer cell growth and inflammation, particularly in studies related to colorectal cancer cells. We chose a tincture formulated by Jenn at Uniquely Me LLC, whose compassionate approach and deep understanding of the healing power of plants gave us immediate trust.

**How it helped:** Louie's appetite, mood, and energy levels seemed to stabilize when we introduced CBG — and while we don't credit it alone, we believe it was a key player in his overall support plan.

**Where to get it:** [Uniquely Me LLC](#)

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### **Soursop / Graviola Liquid Extract**

**What it is:** Soursop, also known as Graviola, is a fruit native to Central and South America that has been studied for its acetogenins — natural compounds that may have anti-tumor and anti-proliferative effects.

**Why we chose it:** While human studies are still limited, lab and animal models have shown promising results in Graviola's ability to inhibit the growth of certain cancer cell lines. Many holistic pet parents swore by its immune-boosting power.

**How it helped:** Louie tolerated it well when mixed with his food, and we felt confident including it as part of his daily support. It became a regular in his routine and we

believe it gave his immune system added reinforcement.

Where to get it: [Soursop / Graviola Extract](#)

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### Standard Process VF Antronex® (Veterinary Formula)

**What it is:** A glandular supplement derived from liver extracts, Antronex supports the detoxification process and histamine management, which is especially important for dogs with mast cell tumors (as these tumors release histamine into the body).

**Why we chose it:** Several veterinary practitioners recommended Standard Process for dogs undergoing cancer treatment. The liver is the body's filtration system, and we wanted Louie's to stay strong while processing medications and managing inflammation.

**How it helped:** We saw fewer flare-ups and smoother digestion when Louie was on Antronex. It was part of our "quiet the system" protocol, helping to reduce internal stress on his body.

Where to get it: [Standard Process VF Antronex® \(Veterinary Formula\)](#)

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### Panacur C (Fenbendazole Dewormer)

**What it is:** Panacur C is a dewormer made for dogs, but in recent years it has gained attention for its off-label use in cancer treatment — both in humans and animals — due to its active compound, fenbendazole.

**Why we chose it:** After reading hundreds of testimonials and even peer-reviewed articles suggesting anti-tumor properties, we approached our vet. They were open-minded and allowed us to include it in Louie's treatment plan under close observation.

**How it helped:** We used a low dose, pulsed with rest periods, in combination with his other treatments. There were no negative side effects for Louie, and while we can't make medical claims, we felt this was a powerful part of his protocol.

Where to get it: [Panacur C \(Fenbendazole Dewormer\)](#) Order based on weight of the animal but always consult with your vet before use.

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## Chapter 5: Final Thoughts

**This journey has changed us. It reminded us how powerful love can be, and how dogs like Louie show us what bravery really looks like.**

**No matter what the future holds, Louie is still our gentle giant, still strutting into the American Legion with his signature grin, still turning strangers into friends.**

**If you're reading this, you may be at the start of a similar journey. We hope this guide gives you both comfort and clarity. You are not alone. You are your dog's best advocate. And like Louie, your pup has more strength than you can imagine.**

 **With hope,**

**Louie, Alexa, Gavin, Denise and Greg**

**PS: 12 Great additional recipes are below, keep scrolling...**

# Chapter 6: Homemade Nutritional Support

## 12 Additional Dog-Friendly Cancer-Fighting Recipes

These recipes are formulated to support your pup's immune system, reduce inflammation, and add variety to their holistic diet. These recipes are thoughtfully crafted with ingredients known for their anti-cancer, antioxidant, detoxifying, and immune-boosting properties — all safe and nourishing for dogs.

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### ***Disclaimer:***

*These recipes are intended as supportive, nutritious options for dogs and are based on ingredients researched for their potential cancer-fighting, immune-boosting, and anti-inflammatory properties. However, we are not veterinarians, and every dog is different.*

*Before introducing any new ingredients, supplements, or dietary changes — especially for a dog with cancer or other health conditions — please consult your veterinarian or a certified veterinary nutritionist. They can help ensure these recipes are safe and appropriate for your pup's unique needs.*

*Our goal is to share what helped Louie, not to provide medical advice or replace professional veterinary care. ❤️*

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## Banana and Peanut Butter Chews

### ***Ingredients:***

- 2 ripe bananas (mashed)
- ½ cup natural peanut butter (xylitol-free)
- 1 ½ cups whole wheat or oat flour
- 1 tbsp coconut oil

### ***Instructions:***

1. Preheat oven to 300°F and line a baking sheet.
2. Mash bananas in a bowl.
3. Stir in peanut butter and coconut oil.

4. Mix in flour to create dough.
  5. Roll out, cut into shapes, and bake for 20-25 minutes until golden.
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### **1. Golden Turmeric Bites *Anti-inflammatory & immune boosting***

#### **Ingredients:**

- 1 cup pumpkin puree (unsweetened)
- 1 tbsp turmeric powder
- 1 tbsp coconut oil
- ¼ tsp ground black pepper (enhances turmeric absorption)
- ½ cup ground flaxseed
- ½ cup oat flour

#### **Instructions:**

1. Preheat oven to 325°F (165°C).
  2. Mix all ingredients until the dough forms.
  3. Roll into small balls or press into silicone molds.
  4. Bake for 20–25 minutes or until firm.
  5. Cool and refrigerate. Freeze extras.
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### **2. Blueberry Antioxidant Pupsicles *Great for hot days and loaded with antioxidants***

#### **Ingredients:**

- 1 cup plain Greek yogurt (unsweetened, no xylitol)
- ½ cup blueberries (fresh or frozen)
- 1 tbsp chia seeds
- 1 tbsp honey (optional and only for dogs over 1 year)

#### **Instructions:**

1. Blend all ingredients together until smooth.

2. Pour into silicone molds or ice cube trays.
  3. Freeze overnight.
  4. Serve one cube at a time.
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### 3. Green Veggie Power Mash *Fiber-rich, detoxifying, and vitamin-packed*

#### Ingredients:

- 1 cup cooked broccoli
- 1 cup cooked kale or spinach (avoid raw spinach)
- ½ cup cooked quinoa
- 1 tbsp olive oil or flaxseed oil
- ¼ cup chopped parsley

#### Instructions:

1. Lightly steam veggies until soft.
  2. Mix with cooked quinoa and oil.
  3. Allow to cool before serving.
  4. Serve as a topper to your dog's regular food or standalone side dish.
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### 4. Sardine & Sweet Potato Patties *Rich in omega-3s, protein, and antioxidants*

#### Ingredients:

- 1 can wild-caught sardines in water (no salt)
- 1 cup mashed sweet potato (plain)
- 1 egg
- 2 tbsp ground flaxseed
- 1 tbsp chopped parsley

#### Instructions:

1. Mix all ingredients in a bowl until well combined.

2. Shape into small patties.
  3. Bake at 350°F for 20–25 minutes or until firm.
  4. Cool completely before serving. Store in fridge or freezer.
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## 5. Coconut Berry Immune Boost Smoothie *Hydrating, anti-inflammatory, and easy to digest*

### Ingredients:

- ½ cup coconut water (unsweetened)
- ½ cup blueberries or blackberries
- ¼ banana
- 1 tbsp unsweetened shredded coconut
- 1 tsp spirulina powder (optional)

### Instructions:

1. Blend all ingredients until smooth.
2. Serve a small portion over food or as a treat.
3. Store extras in the fridge for up to 2 days.

## 6. Carrot & Turmeric Digestive Biscuits

*Great for digestion and reducing inflammation*

### Ingredients:

- 1 cup finely grated carrots
- 1 ½ cups oat flour
- 1 egg
- 1 tbsp ground turmeric
- 1 tbsp flaxseed meal
- 1 tbsp olive oil

### Instructions:

1. Preheat oven to 325°F.
  2. Mix all ingredients until soft dough forms.
  3. Roll out and cut into bite-sized biscuits.
  4. Place on a lined baking sheet and bake for 25–30 minutes.
  5. Cool completely before serving.
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## 7. Bone Broth Cancer-Fighter Cubes

*Rich in amino acids, gut-healing, and detoxifying*

### Ingredients:

- 2 cups homemade or low-sodium bone broth (chicken, beef, or turkey)
- 1 tbsp turmeric powder
- 1 tsp ground ginger
- Optional: 1 tsp mushroom powder (shiitake or reishi)

### Instructions:

1. Warm the broth slightly and stir in the spices until fully dissolved.
  2. Pour into silicone molds or ice cube trays.
  3. Freeze overnight.
  4. Serve 1–2 cubes per day, depending on dog size.
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## 8. Liver & Kale Super Treats

*Iron-rich, detoxifying, and a protein boost*

### Ingredients:

- ½ lb chicken liver (lightly cooked and chopped)
- 1 cup cooked kale or spinach
- 1 egg
- 1 cup oat or chickpea flour

- 1 tbsp chia seeds

**Instructions:**

1. Preheat oven to 350°F.
  2. Blend all ingredients in a food processor.
  3. Spoon into silicone molds or drop spoonfuls onto a baking sheet.
  4. Bake for 20–25 minutes until firm.
  5. Cool and refrigerate or freeze.
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### 9. Pumpkin Chia Energy Balls

*Great for digestion, energy, and fighting inflammation.*

**Ingredients:**

- 1 cup canned pumpkin (plain, unsweetened)
- ½ cup rolled oats
- 2 tbsp chia seeds
- 1 tbsp coconut flour
- 1 tsp cinnamon

**Instructions:**

1. Mix all ingredients in a bowl until a thick dough forms.
  2. Roll into small balls.
  3. Store in the fridge for up to a week or freeze for longer storage.
  4. Serve as a quick nutrient-packed treat.
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### 10. Green Tea & Coconut Icy Licks

*Antioxidant-rich and hydrating*

**Ingredients:**

- 1 cup brewed green tea (cooled, caffeine-free only!)

- **½ cup coconut milk (unsweetened)**
- **1 tbsp honey (optional and for dogs over 1 year)**
- **1 tbsp ground flaxseed**

**Instructions:**

- 1. Mix all ingredients well.**
  - 2. Pour into molds or ice cube trays.**
  - 3. Freeze for at least 4 hours.**
  - 4. Offer as a refreshing anti-cancer frozen treat on warm days.**
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## **11. Beet & Apple Gut-Healing Mash**

*Detoxifying and liver-supportive*

**Ingredients:**

- **½ cooked beet (peeled and chopped)**
- **½ apple (peeled and cored)**
- **¼ cup plain pumpkin puree**
- **1 tbsp ground flaxseed or psyllium husk**
- **1 tbsp coconut oil**

**Instructions:**

- 1. Blend all ingredients in a food processor until smooth.**
- 2. Mix a spoonful into your dog's meals as a fiber-rich, gut-supportive topper.**
- 3. Refrigerate and use it within 3 days.**