

Bone Broth for IBD

Bone broth should be considered an essential component in your IBD dog's diet. An alternative is hydrolyzed collagen powder. Another alternative is L-glutamine. Some use a combination of these. Why is bone broth (collagen) so important in IBD?

Not only does bone broth pack a nutritional punch for dogs with malabsorption from IBD, it helps hydrate dogs with vomiting or diarrhea. Most importantly, the collagen it contains literally repairs the intestinal mucosa. Collagen is 11% L-glutamine, an amino acid essential in this process.

Dr. Axe addresses the benefits of L-glutamine in "plain English:" <https://draxe.com/l-glutamine-benefits-side-effects-dosage/> From the article:

New research is now showing that L-glutamine benefits the body in the following ways:

- Improves gastrointestinal health because it is a vital nutrient for the intestines to rebuild and repair (1)
- Helps heal ulcers and leaky gut by acting as a Band-Aid for protection from further damage (2)
- Is an essential neurotransmitter in the brain and helps with memory, focus and concentration (3)
- Improves IBS and diarrhea by balancing mucus production, which results in healthy bowel movements (4)
- Promotes muscle growth and decreases muscle wasting (5)
- Improves athletic performance and recovery from endurance exercise (6)
- Improves metabolism and cellular detoxification (7)
- Curbs cravings for sugar and alcohol (8)
- Fights cancer (9)
- Improves diabetes and blood sugar (10)

For the references, please click on the link to the article

Repairing the mucosa is imperative in IBD. This will help address malabsorption, enable the regrowth of healthy bacterial populations that help manage the inflammation, and it reduces the permeability of the tight junctions – leaky gut – that contributes to food intolerances and sensitivities.

“Leaky gut” is caused by the inflammation from intestinal dysbiosis. That is, the disruption to the gut microbiome causes the inflammation that is IBD. According to “Dysbiosis in the Pathogenesis of Pediatric Inflammatory Bowel Diseases,” (Comito and Romano, 2012, International Journal of Inflammation),

A condition of “dysbiosis”, with alterations of the gut microbial composition, is regarded as the basis of IBD pathogenesis. The human gastrointestinal (GI) microbial population is a complex, dynamic ecosystem and consists of up to one thousand different bacterial species. In healthy individuals, intestinal microbiota have a symbiotic relationship with the host organism and carry out important metabolic, “barrier,” and immune functions. Microbial dysbiosis in IBD with lack of beneficial bacteria, together with genetic predisposition, is [sic] the most relevant conditions in the pathogenesis of the pediatric IBD.

Bone broth / collagen have a central role in helping to resolve the damage caused by the gut dysbiosis. Healing this damage also enables us to help our dogs restore a healthier microbiome.

To make your own bone broth (the only bone broth we recommend you use):

A “How To” article and video recipe by Dr. Karen Becker of the Healthy Pets blog (Mercola):
<http://healthypets.mercola.com/sites/healthypets/archive/2013/12/02/pet-bone-broth.aspx>

The same instructions in text (PDF) versus video format:
<http://mercola.fileburst.com/PDF/HealthyPets/DrBecker-BoneBroth.pdf>

If you want instructions for other than using chicken to make the bone broth, this is another article on the benefits of bone broth with instructions, this one written by Susan Thixton (of Truth About Pet Food):

<http://www.theorganicview.com/recipes-health/cook-your-pet-a-healthy-broth/>

Raw feeding for IBD Dogs

For Collagen Hydrolysate, we recommend the brand Great Lakes, available on amazon or iHerb (for non-U.S. residents). This is produced from grass-fed cows and we have not yet seen it trigger animals with a beef allergy.

[Great Lakes Collagen Hydrolysate on amazon](#)

[Great Lakes Collagen Hydrolysate on iHerb](#) (you can change the currency. Click to choose your country on the option at the top of the screen next to the iHerb logo).



L-Glutamine:

[Bulk Supplements L-glutamine powder on amazon](#)

[Bluebonnet L-glutamine powder on amazon](#)

[Bluebonnet L-Glutamine powder on iHerb](#)

References

Comito , D and Romano C. 2012. *Dysbiosis in the Pathogenesis of Pediatric Inflammatory Bowel Diseases*, Intl. Jour of Inflammation Vol 2012, Article ID 687143, 7 pages.

<http://www.hindawi.com/journals/iji/2012/687143/>