



## Workshop Pet Health – Checklist for Dogs

### Avoid Poisoning!

- NO industrialized food (very few exceptions possible)
- Replace plastic and metal bowls with ceramic, clay or glass bowls
- NO water from plastic bottles
- Dispose of toys made in China
- Dispose of contaminated baskets / blankets
- Avoid walks along polluted areas
- Switch cosmetics and creams
- Nail polish / nail polish remover
- Replace conventional dishwasher powder & rinse aid (recipe suggestions attached)
- Replace conventional laundry detergent & fabric softener (recipe suggestions attached)
- Switch cleaning products (e.g. to Effective Microorganisms)
- Avoid regular spot-ons / deworming / vaccinations
- ...

### Optimize Nutrition

- Use an appropriate water filter, good-quality water from glass bottles (e.g. Lauretana, ...)
- Natural food as unprocessed as possible
- Make your own treats (e.g. dried meat cubes, ...)
- Basic nutritional support possible with:
  - Daily
  - Proanthensols
  - EPA Plus / OmeGold

## Support Detoxification

- Optimize gut health, e.g. with:
  - Aloe Vera Caps
  - MSM Plus
  - TVM Plus
  - EPA Plus
  - Proanthlenols
  - Discovery
  - ...
- Support detoxification through suitable substances:
  - general: Daily
  - in treatment cycles (at least 2x/year): Cogelin, Parabalance, MSM Plus, (Solis Green Medley), Xtra Antioxidants
  - ...

## Targeted Support of Organ Systems (in addition to basic supply, if needed):

- Joints
  - EPA Plus / OmeGold
  - Proanthlenols
  - Joint Formula
  - MSM Plus
  - Lyprinex
  - Somazyme
  - Skin Formula
  - ...
- Heart
  - EPA Plus / OmeGold
  - Proanthlenols
  - Heart Formula
  - Circulation Formula
  - Somazyme
  - ...

## **Individually Adapted Exercise Program (physical and mental)**

### **Housing:**

- Does my housing situation suit the breed?

### **Equipment Check:**

- Proper harness / collar

### **Exercise Program**

- Does it suit the breed?
- Does it suit the age?
- Does it suit the health condition?
- Does the activity meet individual needs / preferences?
- ...

### **Mental Stimulation:**

- Does it suit the breed?
- Does it suit the age?
- Does it suit the health condition?
- Does the activity meet individual needs / preferences?
- ...

## **Dealing with Personal Issues / Challenges**

- Am I aware of my own issues?
- How do I deal with them?
  - Self-Love
  - Self-Forgiveness
  - Responsibility
  - ...
- Do I take responsibility for myself and my issues?
- Do I set healthy boundaries?
- Am I willing to grow and seek help if necessary?

**Personal Notes:**

## Active Week 2025

# Workshop Pet Health – Checklist Horse

## Avoid Poisoning

- Reduce industrially processed feed to the most natural components possible (hay cobs, alfalfa cobs, oats, ...)
- Use food-safe plastic buckets
- Have water quality tested if necessary
- Avoid added sugar / rapidly digestible carbohydrates
- Avoid riding along polluted areas
- Switch mane/tail sprays, fly sprays, creams
- Nail polish / nail polish remover
- Replace conventional laundry detergent & fabric softener (recipe suggestions attached)
- Switch cleaning products (e.g. to Effective Microorganisms)
- Avoid regular spot-ons / deworming / vaccinations
- ...

## Optimize Nutrition

- Ensure good water quality
- Natural food, as unprocessed as possible
- Grass (reseed pastures if necessary with plants/sorts of grass that are suitable for horses)
- Pay attention to hay quality!
- Use supplemental feeds without additives and sugar
- Basic nutritional support possible with
  - Daily
  - Proanthensols
  - Vegan OmeGold

## Support Detoxification

- Optimize gut health, e.g. with:
  - Aloe Vera Caps
  - MSM Plus, Daily or TVM Plus und Cogelin
  - Vegan OmeGold
  - Proanthlenols
  - ...
- Support detoxification through suitable substances:
  - General: Daily
  - In treatment cycles (at least 2x/year): Cogelin, Parabalance, MSM Plus, Solis Green Medley, Xtra Antioxidants, ...)

## Targeted Support of Organ Systems (in addition to basic supply, if needed):

- Joints
  - EPA Plus / OmeGold
  - Proanthlenols
  - Joint Formula
  - MSM Plus
  - Lyprinex
  - Somazyme
  - Skin Formula
  - ...
- Heart
  - EPA Plus / OmeGold
  - Proanthlenols
  - Heart Formula
  - Circulation Formula
  - Somazyme
  - ...

## Individually Adapted Exercise Program (physical and mental)

### Housing

- Stall size
- Bedding (type, quality)

- Paddock?!
- Access to pasture / large turnout

### **Equipment Check**

- Saddle, saddle pad, bridle
- *Hoof care*

### **Exercise Program**

- Does it suit the breed?
- Does it suit the age?
- Does it suit the health condition?
- Does the activity meet individual needs / preferences?
- ...

### **Mental Stimulation:**

- Does it suit the breed?
- Does it suit the age?
- Does it suit the health condition?
- Does the activity meet individual needs / preferences?
- ...

### **Dealing with Personal Issues / Challenges**

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- How do I deal with them?
  - Self-Love
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  - Responsibility
  - ...
- Do I take responsibility for myself and my issues?
- Do I set healthy boundaries?
- Am I willing to grow and seek help if necessary?

**Personal Notes:**



**Active Week 2025**

## **Workshop Pet Health – Checklist Cat**

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- Replace conventional dishwasher powder & rinse aid (recipe suggestions attached)
- Replace conventional laundry detergent & fabric softener (recipe suggestions attached)
- Switch cleaning products (e.g. to Effective Microorganisms)
- Avoid regular spot-ons / deworming / vaccinations
- ...

### **Optimize Nutrition**

- Use an appropriate water filter, good-quality water from glass bottles (e.g. Lauretana,...)
- Natural food, as unprocessed as possible
- Make your own treats (e.g. dried chicken heart cubes, ...)
- Basic nutritional support possible with:
  - Daily
  - Proanthensols
  - EPA Plus

## Support Detoxification

- Optimize gut health, e.g. with:
  - Aloe Vera Caps
  - MSM Plus
  - TVM Plus
  - EPA Plus
  - Proanthlenols
  - Discovery
  - ...
- Support detoxification through suitable substances
  - general: Daily
  - in treatment cycles (at least 2x/year): Cogelin, (Parabalance), MSM Plus, Xtra Antioxidants
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## Targeted Support of Organ Systems (in addition to basic supply, if needed):

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  - Skin Formula
  - ...
- Heart
  - EPA Plus / OmeGold
  - Proanthlenols
  - Heart Formula
  - Circulation Formula
  - Somazyme
  - ...

## **Individually Adapted Exercise Program (physical and mental)**

### **Housing**

- Does my housing situation suit the breed / individual need?

### **Equipment Check**

- Cat litter free from harmful substances?

### **Exercise Program**

- Does it suit the breed?
- Does it suit the age?
- Does it suit the health condition?
- Does the activity meet individual needs / preferences?
- ...

### **Mental Stimulation:**

- Does it suit the breed?
- Does it suit the age?
- Does it suit the health condition?
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## **Dealing with Personal Issues / Challenges**

- Am I aware of my own issues?
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- Am I willing to grow and seek help if necessary?

## **Useful Vital Substance Home Pharmacy for Pets**

- Colloidal Silver
- Somazyme
- Joint Formula
- Proanthensols
- Lyprinex
- Cogelin
- Biotic Blast
- ...

## **Personal Notes:**

ACTIVE WEEK 2025

## RECIPES FOR WASHING MASHINES

### WASHING MACHINE POWDER

coloured laundry:

- 15 ml Sodala Wasch-Soda
- 7,5 ml Tiptopp Natron

white laundry additionally:

- 20 ml Picobello Sauerstoffbleiche
- 20 ml Blitzblank Kalklöser

### FABRIC SOFTENER

- 50 ml EM-Mikrorein

ACTIVE WEEK 2025

## RECIPES FOR DISHWASHER

### DISHWASHER-POWDER

- 125 g Blitzblank Kalklöser
- 175 g Picobello Sauerstoffbleiche
- 100 g Sodala Waschsoda
- 125 g Tiptopp Natron

### DISHWASHER RINSE AID

- 2 TSP Blitzblank Kalklöser
- 50 ml EM-Mikrorein
- 50 ml klarer Schnaps
- 1 Hub EM-Spüli

Per rinse cycle: 1 TSP of the above mixture  
+ 1-2 Hubs EM-Spüli

For individual consultations with Dr. Manuela Günther, you can book an appointment here:

[https://calendly.com/dr-manuelaguenter/beratungsgespraech\\_1\\_h](https://calendly.com/dr-manuelaguenter/beratungsgespraech_1_h)

When registering, please make sure to include your Lifeplus team, so I know who referred you or which team you belong to. Of course, **no one will ever be reassigned from their existing team!**