



# FASTING UNLEASHED

*The Forgotten Healing Power  
for Pets*

Dr. Odette Suter, DVM



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## **Fasting Unleashed**

Publisher & Author  
Dr. Odette Suter, DVM

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ABOUT

# DR. ODETTE SUTER

DMV, CVA, CVSMT,  
COT, MA

Dr. Odette Suter graduated from veterinary school in Switzerland in 1994.

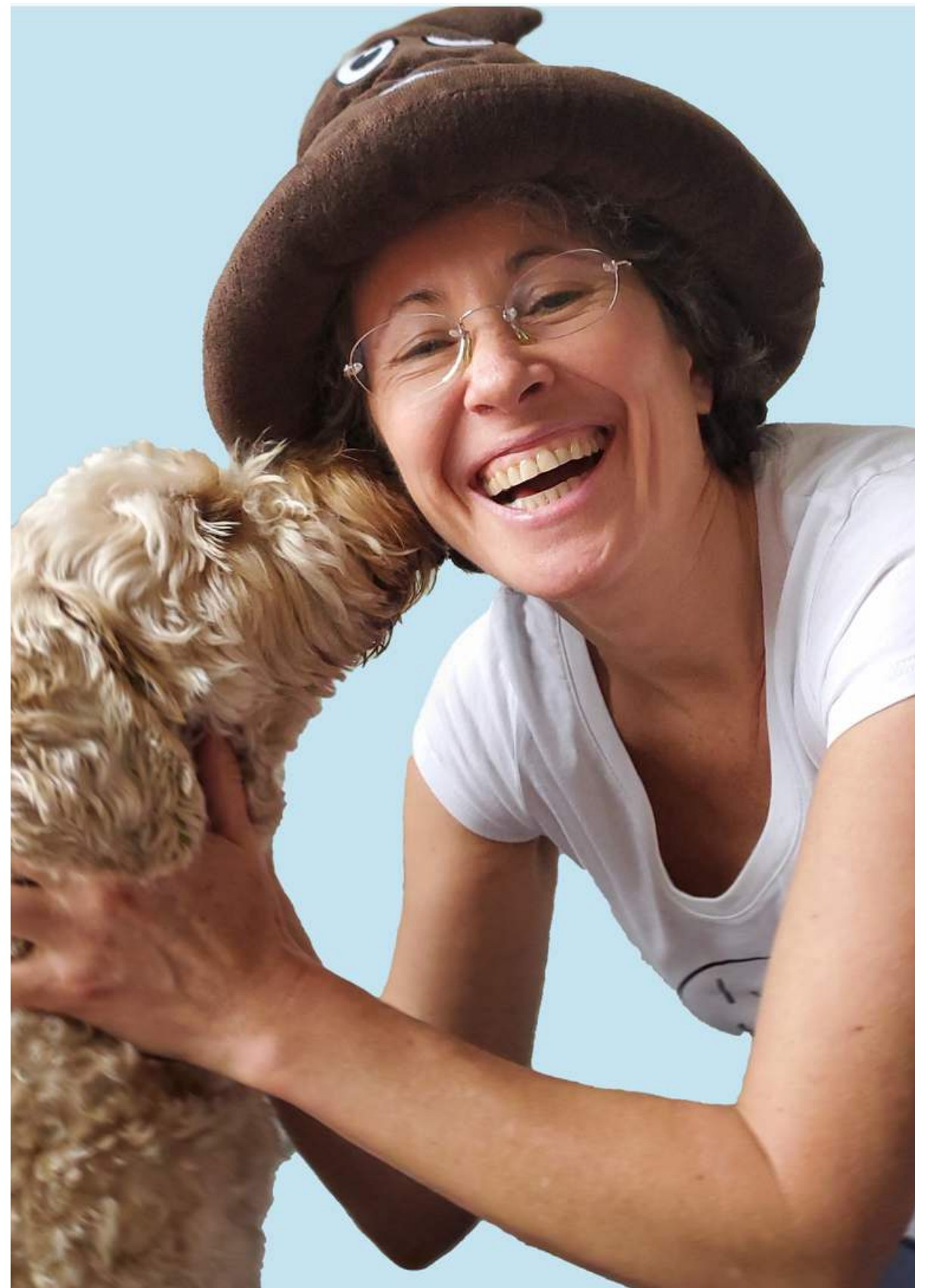
Early on, she recognized the limitations of conventional medicine and questioned its role in true healing.

Her unconventional upbringing combined with her own healing journey has led her to explore many holistic avenues to uncover and treat the underlying cause of disease of her animal patients.

Dr Suter, also lovingly known as “Dr. Poop Lady”, is an award winning international best-selling author of “What Your Vet Never Told You – Secrets to Supporting Peak Health for Your Animal” and “The Inside Effects: How the Body Heals Itself”.

As a truly holistic vet, she is passionate about education and is a sought-after speaker and teacher.

She developed her own training and mentorship program for pet parents and professionals alike to empower them to think like a holistic vet and maximize their animals’ health.



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# WHY FASTING **MATTERS**

Though dogs and cats have become domesticated, their body still **operates based on their wild biology** —just like ours.

In nature, animals eat when food is available. That might mean daily... or not. They feast when they find something and fast when they don't.

**Fasting isn't about deprivation.**

It's about **restoration.**

When food is withheld temporarily, the body gets a break from digestion and shifts into repair mode. This allows the gut, liver, and immune system finally get a chance to clean house, rebalance, and heal.

This natural rhythm of **feasting and fasting** is wired into all living beings. But constant, clockwork or especially free-feeding disrupts this flow—contributing to gut issues, inflammation, and metabolic dysfunction.

When we return to nature's rhythm, we unlock the body's built-in **greatest potential for health.**



# THE **SCIENCE** BEHIND FASTING

- ✓ **Autophagy** – This is the body’s cellular recycling system. When fasting, cells begin breaking down and removing damaged components, making room for regeneration and healthier function.
- ✓ **Hormesis** – Mild stressors like fasting trigger adaptive responses that make the body stronger and more resilient over time.
- ✓ **Improved insulin sensitivity** – Fasting helps regulate blood sugar and insulin levels, reducing systemic inflammation and metabolic dysfunction.
- ✓ **Microbiome modulation** – Gut microbes thrive on balance, not constant food. Fasting helps shift the microbial population toward more beneficial species while reducing overgrowths of harmful bacteria and yeast.
- ✓ **Enhanced immune regulation** – With less digestive work, the immune system can focus on clearing inflammation and restoring tolerance (critical in autoimmune and allergic conditions).



# BENEFITS OF FASTING

In both pets and humans, fasting has been associated with improvement in metabolic syndrome, allergies, autoimmune disease, neuroinflammation, and cancer prevention.

**It's a powerful, biologically intelligent tool that most modern beings have forgotten to use.**

✓ Reverse allergies – Fasting reduces gut permeability and immune confusion, which are major drivers of skin and environmental allergies.

✓ Autoimmune recovery – Calming inflammation and enhancing immune regulation, manage autoimmune diseases like “IBD”, lupus, and thyroiditis – check out my story below!

✓ Behavioral improvement – A balanced gut-brain axis often leads to less anxiety, reactivity, and hyperactivity.

✓ Cancer risk reduction – Fasting starves and removes damaged cells and may suppress tumor formation.

✓ Aids in weight loss and joint health – Carrying excess weight stresses the body and joints. Fasting improves metabolism and helps shed unhealthy pounds.

✓ Balances hormones – Including insulin and cortisol, which play key roles in chronic disease, energy, and resilience.

✓ Strengthens immunity – Pets who fast strategically tend to recover faster from infections, parasites, and chronic inflammation.



# FROM **ROCK BOTTOM** TO **CURE**: MY OWN STORY

Years ago, I was living with a **painful autoimmune condition** triggered by medications I took after a pony stepped on my shoulders.

What started as excruciating pain down my arms quickly turned into an immune system gone rogue.

I did everything I knew—nutrition, detox, lifestyle changes, holistic protocols—but **nothing worked**.

I was stuck on high-dose steroids just to function. For two years, I survived on them, desperate for relief and healing with only my sofa as my best friend.

Then, a friend suggested I try fasting. Three days. That's all. And it changed everything.

**That fast became the turning point.**

My inflammation began to calm, my body started to repair itself, and I was able to taper off the steroids.

It's now been over a decade—CURED, no flare-ups, no medications, and no sign of autoimmune disease on my labs.

Fasting **gave me my life back**. And it's one of the most powerful tools I now teach to pet parents who are ready to heal from the root up.



# BENEFITS OF FASTING

**Please consult with your vet to make sure fasting is safe for your pet. NEVER restrict your dog's water!**

## 1. Intermittent Fasting (Time-Restricted Feeding)

- What it is: Feeding during a defined window (e.g., 8am-4pm)
- Great for: Both dogs and cats
- Why it works: overnight gut rest and circadian rhythm support

## 2. Short-Term Fasts (24 Hours)

- What it is: No food for one full day
- Great for: Healthy adult dogs
- Why it works: Gives the body a chance to detox and reset
- **Note: Cats should NOT be fasted for more than 12 - 24 hours. Can be FATAL!**

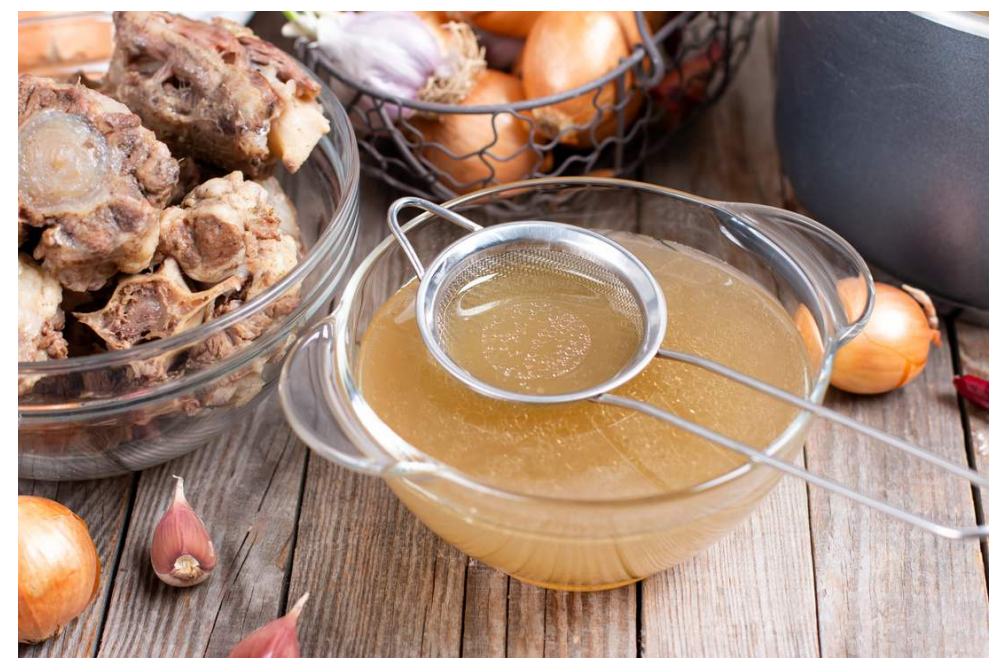
## 3. Skip a Meal (1 meal/day)

- What it is: only feed one meal per day
- Great for: dogs and cats
- Why it works: Helps reset the metabolism

## 3. Modified Fasts

- What it is: Broth-only days or meals with reduced calories
- Great for: Pets who can't handle full fasting or need extra support
- Why it works: Still provides gut rest and healing with minimal stress

**Fasting also includes withholding of treats.**



# WHO SHOULD **NOT** FAST?

**Please consult with your vet to make sure fasting is safe for your pet.**

- ✗ Kittens and puppies
- ✗ Pregnant and nursing dogs and cats
- ✗ Senior or frail pets
- ✗ Underweight or emaciated animals
- ✗ Cats with a history of hepatic lipidosis
- ✗ Pets who vomit bile when fasting or have blood sugar issues

**My rule of thumb is to always observe your pet. Start slowly and increase fasting time based on what they show you**



## HOW TO **START**

1. Skip one meal per week to begin training the metabolism.
2. Feed within a 6-8 hour window each day.
3. Provide bone broth or hydration support during fasts.
4. Observe your pet closely for energy, mood, and stool changes.
5. Increase frequency gradually if tolerated well.

**Start small, stay observant, and always honor your animal's unique needs.**

# DEALING WITH **GUILT** (FOR HUMANS 🙄)

It's completely normal to feel conflicted when withholding food—especially when those puppy eyes (or feline death stares) come out. For many pet parents, feeding equals love. But here's the truth: sometimes love means doing what's right, not what's easy.

## Instead of feeding, try:

- Taking your pet for a walk or some playtime
- Offering extra affection or grooming
- Leaving the house during typical feeding times to avoid temptation
- **Remembering the long-term goal:** a healthier, happier pet with a thriving gut and immune system
- Your pet will adjust—and so will you.



DREAM BIG

SET GOALS

TAKE ACTION



# Work with Dr. Suter

**You don't need to go this journey alone.** I'm here for you to guide you so you can breathe a sigh of relief and finally have the help you so desperately hoped to find.

I help you avoid lengthy and costly detours that may shave years off your pets' lives and decrease their quality of life if you decide to take my hand.

Your pets deserve the **fast track** to greater health and you deserve to enjoy a life of peace, joy and adventure with your beloved companions.

**With my *Pet Health Accelerator Program* I support pet parents like you all over the world. I help you maximize your pets' gut and overall health. Click the button below to find out if my program is a good fit for you.**

[SCHEDULE A  
CONSULTATION](#)

To learn more:



[www.odettesuterdvm.com](http://www.odettesuterdvm.com)



[vet@odettesuterdvm.com](mailto:vet@odettesuterdvm.com)

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