Dr. Helena Weil on Healthy Soup for Dogs

Tyler Collins March 24, 2016

Dr. Helena Weil of Wellness Management Consultants discusses the many health benefits of the dog â€œsuperfoodâ€ known as bone soup.

(Newswire.net -- March 24, 2016) Kensington, CA -- Recent media attention has focused on the restorative powers of superfoods for humans, but Dr. Helena Weil, Ph.D., of the Wellness Management Consultants firm near San Francisco, California knows that such superfoods can also help our four-legged companions live a healthier, longer life. The superfood Dr. Weil recommends in particular is known as “bone soup”, an inexpensive preparation made from boiling bones with vegetables and herbs. Sometimes called bone broth, it is filled with vital nutrients and trace elements that can help dogs recover from illnesses as well as to lead more active lives. “Bone soup has many benefits for dogs,” says Dr. Weil. “It is a great source of protein while it serves to detoxify the liver while protecting delicate joints.” To learn more about Dr. Weil and her background in nutrition, visit http://www.healthgrades.com/provider/helena-weil-xhhqd.

The broth Dr. Weil recommends for dog owners contains large amounts of substances like glucosamine and chondroitin, both proven to improve joint function in older patients – humans and animals alike. Hyaluronic acid found in the bone soup can stimulate the production of collagen, helping older joints and ligaments function like those of a much younger animal. The soup also promotes healthy digestion, helping to restore damaged intestinal linings and improving the appetites of dogs recovering from illnesses. The high gelatin content brings protein into the equation, allowing pet owners to reduce up to 50 percent of meat-based proteins in the animals’ diets.

Dr. Helena Weil has been practicing integrative wellness at her psychology practice in the Bay Area for over 30 years. She has been able to help thousands of patients lead healthier lives through a careful balance of nutrition, naturopathy, and Chinese medicine. She is widely regarded by her patients as compassionate and full of knowledge, helping them to live better through nutritional programs. With her vast body of experience, she has been able to add innovative treatment methods while retaining tried-and-true pain management alternatives. By addressing the whole patient, Dr. Weil can focus on integrative solutions that restore balance, improve health, and lead to happier, more satisfying lives for her patients. To learn more about Dr. Weil and her practice, visit http://www.vitals.com/doctors/Dr_Helena_Weil.html.

About Dr. Weil, Wellness Management Consultants

Specializing in integrative wellness, Dr. Helena E. Weil, Ph.D. has been helping patients for over thirty years throughout the San Francisco Bay Area. Dr. Weil is a doctoral graduate of the California Institute of Integral Studies, with undergraduate degrees from the San Francisco State University. Dr. Weil’s unique insights into nutrition have given her the ability to help patients overcome a variety of health concerns. She has a background in psychology, naturopathy, and sports nutrition.

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