

# Holistic guide: Vaccinations



## **VACCINE PROTOCOLS**

A guide to understand holistic  
veterinarian vaccine protocols



# meet the Authors



## HEY YOU!

Welcome to your **safe space** to learn about pet vaccinations. This guide is a gift to you by Dr. Judy Morgan, a world recognized best-selling author and Veterinarian with over 30 years of experience, and Rachel Fusaro, a Pet Health Expert and Nutritionist. Both dedicated to the wellbeing & longevity of your pet. Fun fact, we chose **BLUE** as the accent color because it is one of the only colors dogs can discern!

This guide is for informational purposes to share with your local Veterinarian, not intended to treat, diagnose, recommend or prescribe vaccines or protocols for your pet. This represents how we personally vaccinate our pets. Thank you for everything you do for your pet, it's making a difference.



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# Vaccine schedule

This is the vaccine protocol Dr. Morgan and Rachel Fusaro follows for their personal pets. Please work with your veterinarian regarding the best protocol for your pet and region. We also recommend consulting your holistic or integrative veterinarian about detox options after vaccinating. To find a holistic veterinarian, [CLICK HERE!](#)

Age Range	Vaccines/Titer	Notes
*9-10 weeks	Initial core DAP vaccines (distemper, adenovirus, parvovirus)	If maternal immunity is unknown and the puppy is in a high-risk environment
*14-16 weeks	Second round of core DAP vaccines	Some puppies require a 3rd round at ~18-20 weeks based on environmental risks
4 weeks after second round of core vaccines	Titer to verify immunized, not just vaccinated	Titers are an antibody test to help determine immunity
6-12 months	Rabies	As required by law
1 year	Titer to verify immunized, and only vaccinate if needed	Before automatically revaccinating, we titer first. Continue rabies as required by law

*\*Consult your primary care vet on the best vaccination protocol for your pet.*

*\*If puppies were kept in a safe environment and had good maternal protection (based on having a mother with good titers before breeding), our preference for our personal pets is to wait until 16 to 18 weeks to give the parvovirus vaccine, then distemper and adenovirus 2-3 weeks after that.*

# Note on vaccinations

To be clear, we are not anti-vaccines, rather, we are opposed to "over-vaccinating" our pets. This guide represents our personal approach to vaccinating and protecting our own pets, and is intended to be a guide to share with your primary care veterinarian to decide on the best protocol based on your local environment and risks. This is a free resource to help you make a decision you feel confident about.

## Vaccination does NOT = immunization

In order to understand vaccines, it's important to note that immunization and vaccines are not the same thing. In order to truly "protect" our pets, immunization should be the goal (not simply re-vaccinating every year) since vaccines do not automatically mean immunization (aka protection). A vaccinated pet (while fairly rare) is still able to contract disease.

We titer test (ie antibody test to determine immunity) before automatically re-vaccinating because many dogs will maintain immunity from their previous vaccine, meaning, there's likely no benefit to re-vaccinate. In fact, it's widely known that there are risks associated with vaccines, so any chance we can reduce the amount is ideal in our experience.

## Non-core vaccines

Regarding non-core vaccines (eg bordetella, Lyme, leptospirosis and canine influenza), we personally avoid these unless there is a life-threatening risk involved, or potential exposure to the disease based on lifestyle. Again, consult your local veterinarian to determine the best vaccine protocol for your individual pet.

# Titer tests

A titer test can help determine antibody levels from a blood draw at your vet clinic. Specifically, this test can help assess a dog's protection from diseases (eg distemper, adenovirus), by verifying if the dog has been immunized - not just vaccinated.

For pet owners worried about over-vaccinating, titer tests can be a great resource to assess risk. That said, like most things in life, nothing is 100% - including vaccines and titer tests. This means that your veterinarian may still recommend a vaccine, even if your dog's titer test shows antibodies. That said, just because your dog is vaccinated, does not automatically mean they are at zero risk for diseases.

According to AAHA (American Animal Hospital Association): *"Measuring antibody levels (quantitative or qualitative) provides a reasonable assessment of protective immunity against CDV, CPV, and CAV2."* Additionally, titer tests can help when owners do not know a dog's vaccination history.

## Affordable titer tests:

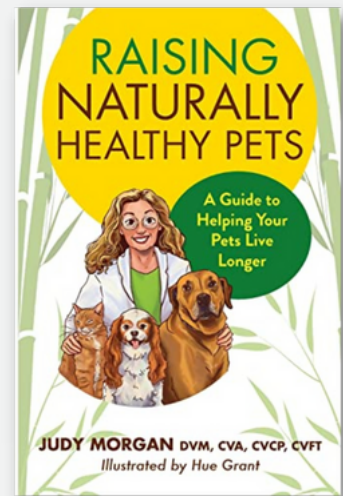
- [Titer Test \(Code: FUSARO\)](#)
- [Hemopet](#)
- [Protect the Pets](#)



# Vaccination resources

Looking to learn more? Want to ensure you're making the best decision for your pet? We have compiled a list of resources for you below, from affordable titer test options to articles referenced in this guide. We share these to help you advocate for your pet. We also encourage you to share this with your local veterinarian! Click below to learn!

- [Titer Test \(Code: Fusaro\)](#)
- [Find a Vet](#)
- [Dr. Judy Morgan Book \(deep dive\)](#)
- [Video Deep Dive](#)
- [Protect the Pets](#)
- [Science/studies](#)
- [Dr. Robb Video](#)
- [AAHA lifestyle recommendations](#)
- [Veterinarian's Oath](#)



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