

Bailey's 21-Day Food Check Summary

AT A GLANCE

Much better

By the final check-in, Bailey was much better than at the start. There were also changes or slips along the way, so keep them in mind when looking at the pattern.

OPTIONS FROM HERE

Keep things steady

If things are going well, continue the current routine and observe.

Talk with your veterinarian

Bring this 21-day summary and the Vetica results if symptoms persist, return, or you want a broader review.

Try another focused change

If you want to look at something else, start a new Food Check and change one thing at a time.

QUESTIONS YOU MAY WANT TO ASK

Questions to discuss with your veterinarian.

- How should we interpret Bailey's 21-day pattern alongside the Vetica results and symptoms?
- Would a longer food trial or a careful reintroduction or challenge make sense from here?
- Are there other tests or evaluations worth considering based on this pattern — for example stool testing, blood work, or imaging?
- Could food, treats, medicines, supplements, or other exposures still be contributing?
- What changes or symptoms would make you want to see Bailey again sooner?

STARTING POINT

Start date	Mar 3, 2026
Main symptom or concern	Loose stool or diarrhea
Food at start	Original chicken-based food
Starting Vetica test	
Inflammation Check — Inflammation-related signal found · Mar 3, 2026	
Gluten Response — No gluten-related signal found · Mar 3, 2026	

WHAT YOU CHANGED

Removed chicken — switched to a single-protein fish food

WHAT HAPPENED

Day 7	Better
Day 14	Better than when we started
Day 21 — final	Much better

CHANGES & SLIPS

Mar 3, 2026 — Removed an ingredient: Chicken *“Swapped to a single-protein fish food only.”*

Mar 3, 2026 — Removed a treat or chew: Dental sticks *“Told everyone at home: no extras.”*

Mar 5, 2026 — Switched food brand: Harborline (fish & potato)

Mar 12, 2026 — Put something back: A treat from a visitor *“Not planned. Loose stool the next morning.”*

HOW CONSISTENTLY THE PLAN WAS FOLLOWED

Overall (Day 21)	Mostly
Day 7	Yes
Day 14	Mostly

VETICA TESTS DURING THIS FOOD CHECK

Starting test — Inflammation Check — Inflammation-related signal found · Mar 3, 2026

Starting test — Gluten Response — No gluten-related signal found · Mar 3, 2026

Day 14 — Inflammation Check — No inflammation-related signal found · Mar 16, 2026

Day 21 — Inflammation Check — Inflammation-related signal found · Mar 23, 2026