

THE HEALTHY ANIMAL UPDATE
November,2002

The purpose of this newsletter is to empower you to keep your animals healthy - and yourselves, too. As part of me keeping myself healthy, this newsletter is issued only sporadically. If you wish me to use a different email address or to be deleted, please send an email to HealThyAnimals@aol.com

I would love to print letters that you would like to share with other holistically oriented animal partners. Send what has worked for you, what you have done that did not work as well as fun and wonderful stories about your animal family.

Thank you to everyone who contributed to The Hunger Project for the Raul Julia bike ride I did.

Dalai Lama says: *When you lose, don't lose the lesson.*

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Preventing diseases of old age

I am hearing from a number of clients with ill older animals who worked with me for a "problem" when their animals were young to middle aged. When an animal or person is truly "cured" they should stay healthy until they are really ready to die at a ripe old age. We should not see diabetes and hyperthyroidism and Cushings disease and renal disease and arthritis and degenerative myelopathy and those types of deep endocrine diseases in our geriatric animals.

With the best of treatment, some animals will develop these problems, but by understanding the mechanism of the progression of disease we will have better luck keeping them healthy once we have initially cured their early life problems.

Each animal is unique: Cheryl Schwartz, in Four Paws, Five Directions, says "...in TCM, each individual is viewed in a multidimensional way. An Animal's constitutional nature will make her susceptible to different imbalances. This individuality affects the type of treatment that will best bring the body into balance. This is what makes the system unique." Each animal can be made ill by different conditions and cured in different ways and health maintained in different ways. The key is evaluating each animal's response to treatment.

The body heals itself: for true healing, the healing energy of the body must be activated and then continually nurtured in the way that animal needs. Albert Schweitzer said that the good doctor simply awakens the physician within the patient. Michael Fox, in the foreword to Natural Health for Dogs and Cats (be sure to read the chapter on holistic modalities) says "...both the good veterinarian and the pet owner can help awaken and support the natural processes within the animal to help prevent illness and combat stress and disease.... [Stimulation] of the parasympathetic nervous system [is] part of the healing or tonic effect of gentle vocal or physical contact...When the parasympathetic nervous system is stimulated, the digestive system is stimulated." This can nourish the cells appropriately and clean toxins out of the body.

Getting rid of one symptom may allow deeper disease: Dr. Pitcairn says "We don't want to use a method of treatment that might mask a symptom or control a certain physiological process

[giving glucosamine, soloxine, slippery elm]. If we did that, we might suppress an underlying weakness at the same time, and that weakness would be sure to surface eventually in one form or another.” Certainly treating only the current problem is a common approach, even when we are using holistic methods. We are all happy when the current symptoms are gone and the animal seems better in general. Critically important is to continue to vigilantly watch for future hints of ill health (I’ve re-printed that list of symptoms at the end of this newsletter), recurrence of the original problem or general decrease in health. For those of you who are my clients, do not go to your local conventional veterinarian, EVER, without calling me at the same time if not before. Remember that symptoms are not the disease, but part of the healing. If you use conventional methods (i.e. diet changes for the diabetes, or surgery for the teeth or knee, or soloxine for the hyperthyroid) without also using an energetic modality to cure the underlying imbalance that caused the problem, you may be allowing a more serious disease to appear. Don Hamilton, in Homeopathic Care for Cats and Dogs (I strongly recommend buying this book and reading all the philosophical sections at the beginning) remembers a puppy with Parvovirus diarrhea and vomiting. He had improved and could eat without vomiting but still had diarrhea so Dr. Hamilton gave Lomotil to stop the diarrhea. “...within a couple of hours his condition worsened dramatically. [Though the diarrhea stopped] As I watched his decline, I realized that I had interfered with his ability to discharge the excess bacterial growth and the resultant toxins from his intestines.”

Stopping external or minor symptoms can cause deeper disease: The vital force seems to be smart enough to attempt to push its imbalance to the outside (skin and ear and coat problems) where they are less life threatening. It also tries to localize the symptom (a lump, or a hot spot or one eye). Hahnemann says that “...no external malady (except those that arise from particular external damages) can arise without internal causes, can persist in its place or even grow worse, without the cooperation of the entire (consequently sick) organism....Therefore no eruption on the lips, no whitlow occurs without a previous and simultaneous internal indisposition.” (O 189) If one chooses the correct remedy, the external problem slowly resolves and the animal is happier and more energetic overall. It must resolve in a similar pace as the disorder occurred. If a kitten starts sneezing for a few days and is not eating, you would expect a response to the remedy within a few hours to days. If a dog has been itching and has thickened, black, hairless skin you would expect the body to need months to resolve the problem.

By treating internally, Hahnemann says “The general disease state and the local suffering are cured at the same time...” (O193) There will be less chance of further ailments when this approach is followed. Hahnemann goes on to say that if you remove the local lesion (skin problem, ear problem, bladder stones, etc), the vital force is no healthier and may become more ill. “If the local symptom has been annihilated by a caustic or dessicative external treatment or by surgery then the case becomes far more difficult. This is because the symptoms that remain are too indefinite and inconstant, and the external main symptom has been withdrawn from our observation.” (O 199) and “...nature makes for this [removal of the external symptom] by awakening the internal suffering and the rest of the symptoms that already existed and are lying dormant along with the local malady; that is, nature makes up for this by heightening the disease. [Although the animal’s current problem is gone.] In these cases, one tends to say, incorrectly, that by external means, the local malady has been driven back into the body or upon the nerves.” This is heard frequently in the homeopathic community – treat too superficially and the disease is driven deeper. It is more accurate to say that the disease worsens. This takes a shift in thinking since we tend to think there are multiple diseases (one for each set of symptoms). There is only one disease that expresses itself in many different ways. “Every external treatment...have become the most prevalent source of all the countless named and unnamed chronic sufferings...”

Disease progression: First there is an *energetic* imbalance – “I know my horse is sick but I can’t tell you any symptoms. I just know he is.” Then there is a *functional* imbalance – “My dog itches but his skin looks normal. My cat goes to the litter box every few minutes, but there is no straining and the urinalysis is normal.” Behavior problems are often functional. As the illness progresses, there is *inflammation* – redness, heat, pain, swelling, white blood cells, immune system response, fever, bleeding. “My dog’s skin is red and she has a hot spot. My cat is going to the box a lot and crying and the urine is bloody and the urinalysis shows red and white blood cells. My horse has a fever and is coughing and has swollen lymph nodes.” Now the body is

responding to heal the underlying energy imbalance that was there all the time. The symptoms are HEALING the animal. If the illness continues unchecked, *tissue damage or pathology* occurs. The skin turns thick and blackened. The bladder develops stones or gets a thick wall. The horse's lungs become scarred and hardened. As Don Hamilton says, "the symptoms themselves are not the disease...the malfunction we see as disease originates on a prephysical level." Samuel Hahnemann says in the Organon "...it is initially only this spirit-like, autonomic life force (life principle), everywhere present in the organism, that is mistuned through the dynamic influence of a morbid agent inimical to life. Only the life principle, mistuned to such abnormality, can impart to the organism the adverse sensations and induce in the organism the irregular functions that we call disease. The life principle ...is only discernible by its effects on the organism. (11). It is the disease-tuned life force alone that brings forth diseases. (12). Don Hamilton goes on to paraphrase my original progression of disease: Disorder of the vital force, or spiritual essence, thus constitutes disease at its most basic level. From the vital force [energetic imbalance] the disease may progress into the mental/emotional plane [functional] and finally into the material body [inflammation and pathology].

How does all this theory help us keep our animals healthier and living longer?

1. Remember that every animal needs different treatment, food, lifestyle, etc, so **keep a journal** to track responses to different treatments and environments.
2. Since symptoms are the body's attempt to heal, **be patient**. Allowing the body time to slowly resolve the symptoms, unless life threatening, is always the best path. Sometimes this is so frustrating for the animal and the owner that we do a treatment that may eliminate specific symptoms and then try to build up the vital force enough to overcome the suppression.
3. Watch for **any new symptoms** (see the list of Early warning signs of ill health at end of newsletter or from you client handouts).
4. When you see anything that persists for awhile, even little problems, call me or your homeopathic veterinarian or other holistic veterinarian. Even if you feel the need to go to your conventional veterinarian for a diagnosis or emergency treatment, **call your holistic practitioner immediately**. Doing conventional treatment for months could be masking the very symptoms that could help cure. It could be allowing the underlying disease to progress to pathology which is harder to treat.
5. Use any venue to keep your animals in tiptop shape and to **discover any problems early on**. Monthly physicals (or more frequently if very ill) by you will help with early detection. This may be an animal communicator or learning to communicate yourself. Massage, Tellington touch, Reiki, Hands on Healing, Healing Touch, flower essences, applied kinesiology can all help you get clues as to overall health and to improve the energy field in general. Good food and no vaccines (or very few) are of course basic necessities for health.
6. **Heal yourself** to be better able to help your animals. One client may tell us in future newsletters about her journey into Christian Science. She has been able to change her perspective on life and health for her animals and herself, which helped her be calm while treating some critically ill cats and more easily move through her grief at losing them when they died.
7. Remember that **your animals have their own journeys** and while you must tend them and try to discover the best treatment, they may need to transition to fully heal. They may need to be ill with serious disease in this life. Do your best and then accept the outcome. **You are not in control of their process**.

Please call or email if you have questions and do read the philosophy in the homeopathic and holistic animal books.

My Classes and Talks

World of Pets Expo in Timonium, Maryland on January 31-February 2, 2003. This was excellent last year. I may send a separate email if they send me one, but till then mark your calendars and go to www.worldofpets.org to check out the event. Mostly conventional, of course, but a number of better foods and raw diets, Terri Diener, a communicator and me (I speak twice). This is a good

place to bring people very new to holistic to have them hear me for 1 hour in a "normal" setting and for you to have questions answered.

Jan 11, 2003 – Humane League of Lancaster, PA. Holistic Health for animals - live longer and happier. Diet, vaccines, overview of holistic modalities will be covered. Contact Megan at mclark@humaneleague.com

Jan 18, 2003 – Introduction to Homeopathy, Leesburg, VA. Jan@intrepid.net

Jan 24, 2003 – Introduction to Homeopathy, Humane League of Lancaster, PA. Contact Megan at mclark@humaneleague.com mclark@humaneleague.com

Feb 20-23 – Midwest Veterinary Conference, 3 hours Complementary Veterinary care and 6 hours Homeopathic Introduction for Veterinarians. www.mvcinfo.org

March 15, Holistic care for animals, Anne Arundal CC, Maryland 410-777-2807

National Center for Homeopathy Summer School - Baltimore MD. Introduction to homeopathy for animals – late June 2003. This will cover the history of homeopathy, the basic principles from Hahnemann's Organon, how remedies are made and administered, the overall holistic approach and obstacles to cure which includes vaccinations and inferior nutrition. Treatment of acute problems such of injuries, abscesses, vomiting, diarrhea, bleeding will be covered along with potency selection for acute problems.

Intermediate Homeopathy for Animals is late June 2003. This will be an introduction to every step of the homeopathic process. How to take a case in an animal.

Cats need homes

A wonderful client of mine, Vickie Jensen, sent this request for homes. Vickie, be sure to post on Tim Saffell's list serve as well.

Hi all, (and pardon me for interrupting today)

BUT.....after MUCH deliberation/contemplation/noggin thrashin', I have decided I would TRY to find RESPONSIBLE/LOVING homes for some of the cats I have rescued. As all of you know, they are VERY spoiled just by living with me, i.e., raw food/very high quality canned/dry(when I get lazy) (dry/canned Felidae, but any HIGH QUALITY will do, this one smells less coming out the other end!!!) and non-clay based litters. The semi-ferals are UTD on shots, but since they are inside ONLY furballs, they do NOT need them. Also, only one of them is declawed (4-pawed) and the rest are NOT, and I would like it to remain that way!! PUUUULEEEZZZZ! use scratching posts, they do!

Here is the story....Honey aka Fluffy Butt (FB), came to me in May 01, along with Buffy (which I am keeping). Their 'human' had gone over the bridge and the family told their 'human' that they would keep and care for them. Of course, they just told her that. I decided to have the cats shipped to me, as they were going to be PTS (put to sleep). When I first got FB, he was thrilled to be there, loved being brushed, petted, stroked, loves his belly scratched and will roll over for you, you name it, he LOVED it!! This cat needs MAJOR amounts of loving and time, which is one reason I want to find him a RESPONSIBLE/LOVING home of his own. The other is, one of my original cats HATES him (and that's an understatement) and is constantly at him. Sometimes not allowing him into the litter area, which is why he has his own litter box in another area! He uses Litter Pearls and will use World's Best Cat Litter. Due to the 4-paw declaw he is VERY picky about his litter box! Which he requires to be scooped religiously. But he is one of the most

loving cats I have ever seen.

He also came to me with major urinary problems and possible IBD (inflammatory bowel disease), which means he was using the litter box inappropriately. His problems are now fixed and with the raw/high quality diet, should never relapse. Also, due to the quality of the food I feed him, there is rarely a need to brush him, as he almost NEVER gets tangles in his long beautiful red/white hair. I'm not sure, but believe he is full blooded Maincoone. When I first got him he was eating Meow Mix, his coat was full of tangles and looked awful.

The other three I would like to find homes for are semi-feral, meaning they 'had' never been touched by human hands as of a year ago this month. I rescued them, along with 2 others, one died and I NTR (trap/neuter/released) the mother, as she was extremely wild. The kits are about 1 1/2 years old now. I am keeping the one that has grown attached to me, but feel the others would do better in homes of their own. I do not have the time to give them to make them more at ease with people, which was my original plan. They are still a little skittish, are NOT lap cats (but may one day be YOUR lap cat), but do love to lay with you in bed. I can pet them (especially when feeding them) and when I really work with them, they come around, but that time is very little, so when I slack off, so do they. These babies will need some time to adjust, probably lots of time, but I think in time they will become a loving part of your life. I would require that you do NOT declaw these furballs, I do NOT believe in it and it is cruel and inhumane!!!

These babies are on the same diet/litter box filler as the others, it is not a requirement. Although it would be a great benefit to them, it is what they are used to and they are NOT picky eaters/litter box users. It is for their health that I do this.

I want everyone to know that if I do not find them RESPONSIBLE/LOVING homes, they still have a home with me. I just think it would be fair to them that they have a home and 'human' of their own, instead of sharing me with the other 'kings' of the house. (well there is really only one king, Bailey!)

Please feel free to contact me at any time. I can answer any questions you have and am ready willing and able to work with the integration of any cat into your home. I am also willing to take the cat back if the match doesn't fit, I just ask that you give it a reasonable time.

I also think it best that the semi-feral cats go to homes with no children. I also want you to know that I am not trying to find homes for these cats due to any problems with them, i.e. FB and his litter problems, he has gotten over them and is doing fine (I think once he finds his OWN home he will do just as well) or the fact that the others are semi-feral, the one I am keeping is still semi-feral, he just likes MY attention, while the others might like YOUR attention. All cat lovers know that cats pick YOU, you don't pick the cat and Murphy chose to live with me, the others just exist in the house.

SO, if you think you could have the time and heart to work with one of these furballs, I would really like to find these babies homes of their own.

Please forward to your cat loving friends.

As an end note, I also have 3 semi-ferals that live in the pen in my back yard, I would like to find barn homes for them if possible. They have been fed the same quality diet. Also, if worked with, I think one of them could possibly become a lap cat, as he is very loving, but has only lived outside all his life. He loves to be petted and have his head and whole body scratched. I have attempted to pick him up, he wasn't real opposed to it, but didn't really like it.

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Maryland raw meat diet source

PetFoodDirect.com news, problems and solutions

Several of you have reported finding your product out of stock. For items you use regularly, you can set up a special AUTOSHIP account. You decide when you will need the products (Nu-Cat vitamins every 6 weeks). Because they know ahead of time, they are sure to have enough of the product so you always get it on time.

We have added a new product from Vetriscience, Rapid Response. This is for sudden diarrheas and flare-ups of chronic colitis. Their Acetylator is still a very good product to give long term.

Let me know if the item you order is back ordered so I can ask that they keep extras of those products that "my" special people often need.

Halo Spot Stew has a new cat flavor – clams.

Fleas fight back: resistance on the rise

Although flea season is waning in many parts of the country, we need to plan for next year. If you are still using advantage and other chemical flea treatments – read on. I did not note which publication had this information, so my apologies. I am only quoting a small part of the article.

“An alarming evolutionary arms race is underway between insecticide producers and fleas—as companies develop more effective flea control methods, fleas develop ways to resist them and survive.

It's not a new war. The first case of cat flea resistance was reported in 1952. Dr. Byron Blagburn, a professor from Auburn University, explained why resistance is growing and how it can be combated.

Cat fleas have demonstrated resistance to more than 21 compounds representing four chemical classes.

According to Dr. Blagburn, there are two prevalent theories for resistance. One asserts that insecticide use is "expediting" the evolution of resistant fleas, by killing off all the fleas that are susceptible to chemicals, leaving only resistant fleas to reproduce. The other theory is that resistant varieties of fleas are evolving independently.

Either way the evolution of resistance is a concern because it's becoming harder for insecticide companies to develop new flea products. He acknowledged that non-chemical methods, such as combing animals and washing carpeting and bedding, are simple solutions to the problem of resistance.

The water theory of how homeopathy works – Benveniste work.

In 1988 Benveniste managed to get an account of his work published in Nature, speculating that the water used in his experiments must have retained a "memory" of the original dissolved immunoglobulins. Although challenged at the time, 10 years later Dr. Ennis tried to again disprove his work. So, more than a decade after Benveniste's excommunication from the scientific mainstream, she (Ennis) jumped at the chance to join a large pan-European research team, hoping finally to lay the Benveniste "heresy" to rest. But she was in for a shock: for the team's latest results controversially now suggest that Benveniste might have been right all along.

Email me if you would like a copy of this article or go to
From "The Guardian", March 15th, 2001
[<http://www.guardian.co.uk/Archive/Article/0,4273,4152521,00.html>].

Healing classes and practitioners

M.K. Rasmussen does Reiki Natural Healing and gives training on a regular basis at Ruscomb Mansion in Baltimore. For those of you from out of town, she does long distance Reiki healing as well. She is a Certified Usui Traditional Teaching Reiki Master. ReikiAndThenReiki@yahoo.com 410-435-6176 She is a long time friend and client of mine.

Alice Yeager, founder of American Healing Arts Alliance, teaches classes on Hands Healing for Pets. She treats animals and people with Hands Healing. Phone consultations are also available. I do not personally know her, but her brochure seems very good. 410-956-4252.

Muscle problems and exercise intolerance

I've heard but not tried this one. Co-Q-10 and magnesium help exercise intolerance, myositis (inflammation of the muscles) and stiff muscles.

Diarrhea

Several veterinarians on the complimentary vet med list suggested "Sea-Cure", a pre-digested white fish as good for leaky gut syndrome (diarrhea) for people, horses, dogs and probably cats 800-247-5656. www.propernutrition.com (Remember from above that you can use this to temporarily help a flare up of diarrhea (like the Rapid Response from Vetriscience) but not keep using it for a long time unless also addressing the deeper problems.

Diets for cancer

One of my colleagues is Bob Ulbrich, a homeopathic veterinarian in Oregon. He has put together guidelines on diets for patients and the rationale for those recommendations. While I wished that following all the above guidelines will prevent cancer in our animals, many animals and people still get cancer. I have excerpted a few highlights. If you want to read more about this subject, email me and I will send his entire article (it is a rough draft).

Cancer cells prefer to utilize simple sugars and are unable to utilize more complex molecules, especially omega-3 fatty acids. As cancer cells metabolize sugars, they generate lactic acid, which costs the rest of the body energy to metabolize. This is why we often see "cancer cachexia" - the sugars in the diet just feed the tumor and suck energy away from the rest of the body. In general, we want to feed a diet high in protein, fiber and fatty acids, and low in carbohydrates. Most processed foods generally have carbohydrates, e.g. corn meal, soybean meal, rice, etc., as their primary and/or secondary ingredients. In addition to a general diet of raw food, there are specific foods that are important to emphasize. Cruciferous vegetables (broccoli, cabbage, cauliflower and brussels sprouts) contain indoles.

Flaxseed contains lignans. . Garlic, onions, scallions, shallots, leeks and chives are good sources for allicin, Grapes (especially the skin of grapes) contain resveratrol, Soy products (tofu, soy milk, miso, tempeh, etc.) contain genistein and other cancer-fighting isoflavones. Sweet potatoes, carrots, apricots, cantaloupe, squash, peaches, tomatoes, spinach and kale are good sources of carotenoids Tomatoes contain another carotenoid called lycopene, which gives them their red color.

Rainforest Herbs

A friend and colleague of mine, Dr. Mitch Fleisher, in VA has found these herbs to be very useful. *Organic, spagyrically processed Rainforest herbs are a rich source of bio-available anti-oxidants, enzymes and minerals. For information about Amazon Rainforest herbal products contact Rosemarie Nadelen at 1-800-258-3920 <http://www.rainforestbio.com/rconnect/>*

Symptoms that indicate early ill health

SKIN: doggy smell; attracts fleas a lot; dry, oily, lack-luster coat; excessive shedding; not grooming, ear problems - waxy, oily, itchy, recurrent mites; eye discharge, tearing, or matter in corner of eyes; raised third eyelid; spots appearing on iris; "freckles" appearing on face; whiskers falling out; fragile, thickened, distorted claws that are painful or sensitive to trim.

BEHAVIOR: Fears (of loud noises, thunder, wind, people, animals, life); too timid; too rough or aggressive (even at play); too hard to train; barks too much and too long; suspicious nature; biting when petted too long; hysteria when restrained; clumsy; indolent; licking or sucking things or people too much; not using litter box or not covering stool.

DIGESTIVE: Bad breath; tartar accumulation; loss of teeth; poor appetite; craving weird things (rubber bands, plastic, dirt, cat litter, paper, dogs eating dog or cat stools, rocks, sticks...); sensitivity to milk; thirst - a super healthy cat on non dry food will drink at most once a week; red gum line; vomiting often, even hairballs more than a few times a year; mucous on stools; tendency to diarrhea with least change of diet; obesity; anal gland problems; recurrent worms.

STIFFNESS when getting up, early hip dysplasia; tires easily in hot or cold weather; can no longer jump up on counters, or go up or down steps.

TEMPERATURE: Low grade fevers - Normal for healthy cats and dogs is 100-101.5.

AGE & REPRODUCTION: Should live a long life (Shepherds 17 years, Danes 12, cats 24). should be able to conceive easily, deliver normally, and not pass on "genetic breed" problems.

SIGNS OF UNDERLYING ENERGY IMBALANCE IN HORSES AND OTHER SPECIES
Are available upon request.