

THE HEALTHY ANIMAL UPDATE
January, 2003

Happy and joyful New Year to everyone. Relax, love yourself and others around you. Dalai Lama says: "a loving atmosphere in your home is the foundation for your life." (And for the health of you and your animals – Dr. C.)

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

On a personal level I wanted my clients to know that my father was released from his years of battling cancer this December. If I missed an appointment with you, or did not mail something, please accept my apologies and get back to me. I have this feeling that I missed several appointments that were lost in my calendar. My phone was not functioning properly and even my email had problems the few weeks around his death. I am back in full swing and Tracie and I are doing fine, though death is always a process that has unexpected surprises through the years.

1. Raw food in Baltimore
2. Other uses of Glucosamine sulfate
3. Anti-ox for allergies, connective tissue problems, infections
4. German Shepherd breeder improves health through holistic methods.
5. Classes on health for animals.

1. Raw Food Last month I spoke about a Baltimore source of a premixed raw food. Here are the details: K-9 Kraving Dog Food (and Cat). 2322 Belair Rd, MD 410-675-1071. The owner is Bob Barrett.

2. More uses for Glucosamine The best health is to have only transient symptoms. The goal of homeopathy is to have the energy field balanced enough that the animal or person is not stiff, has no digestive problems, and quickly recovers from any illness. However we do not always succeed in this way and supplements can help an animal feel better. Most of you know about the beneficial effects in some animals of glucosamine sulfate for joint problems. It is all recommended for any muscosal problems (chronic diarrhea, upper respiratory or urinary tract problems). Deficiency of N-acetylglucosamine leads to intestinal damage and it is lost when there is diarrhea, causing a downward spiral. IF your animal is having a mild episode of diarrhea, sneezing or bladder problems, try this for a week or so. Or work with me or your holistic veterinarian to use it as support for other, curative modalities. PetFoodDirect.com carries several brands with glucosamine. NaturVet Glucosamine, Vetri-Science Glucosamine, Acetylator.

3. Antiox (Veteriscience) Antiox is made from flavonoids; a group of plant pigments which provide a broad range of protection against free radical damage and are therefore one of nature's most potent antioxidants. This is in contrast to the more limited activity of many more commonly used "free radical scavengers" such as superoxide dismutase (SOD). Flavonoids have anti-inflammatory, anti-allergic, antiviral, and anti-carcinogenic effects. Different flavonoids have different preferences for specific tissues, e.g. proanthocyanidins from grape seeds works best in connective tissues, and quercetin from tree bark works best in mast cells (allergy cells) and the gastrointestinal tract. Grape seed extract is a potent flavonoid with a special affinity for connective tissue. Grape-seed extract is extremely useful in the treatment of arthritic conditions as well as various immune phenomena such as allergy. Pycnogenol is a similar but less potent product

derived from pine tree bark. Cats and small dogs need Antiox-10; medium dogs, Antiox-50; and large breeds, Antiox-100.

4. German Shepherd breeder improves health through holistic methods.

ALTERNATIVE VS. CONVENTIONAL MEDICINE

by Carlene Wheeler

Carlene started raising German Shepherds in 1968 and the goal was to raise a dysplasia free line with the best German Bloodlines she could find. What happened was so disappointing that she almost gave up many times. Over and over again Carlene would purchase a beautiful puppy from good lines and guaranteed hips. At about 6 months of age she would take it to the vet and have its' hips x-rayed because of course she would not wish to put time and effort into the pup (for breeding purposes) if it were to have hip dysplasia. Guess what? Every puppy out of the hundreds that devastated Carlene brought to the vets had hip dysplasia! She started pondering the factors involved.

Carlene was in the habit of treating her animals with normal allopathic methods (conventional medicine). This meant she gave regular vaccines, took the animals to the vets regularly, fed the foods recommended by the veterinarians (most of whom were her friends), gave antibiotics and wormers regularly and spent no less than \$450 per month on her kennel of between 8 and 12 Shepherds! In 1988 a veterinary friend made a statement to Carlene. He and Carlene were talking about immune systems and he said this, "you know Carlene, when a dog receives a 4 or 5 way vaccine, it sends the immune system into 4 or 5 different directions." Carlene started thinking about something at about that time that was to change the course of her life. She remembered that when she purchased a cute little German Shepherd puppy, that it could at the age of 8 weeks scamper across the linoleum floor, hop and jump, lay spread eagle on the floor, and get up with a bound. She observed and thought about the fact that by the age of three months not one of those abilities were still with the little puppy. The puppy would be afraid of the slippery floor; he/she would no longer be balanced on his feet and would cry if he happened to slip so that his hind legs spread apart! Carlene thought to her self "what is the only common factor with each of the many puppies that she had to find pet homes for because they could never be bred due to their hips being bad?

About that time Carlene somehow got hold of a copy of the book "Natural Health for Dogs and Cats" by Richard Pitcairn. She consumed the book. In the book, Dr. Pitcairn stated that vaccines are a primary cause of immune breakdown. Carlene then had a brain storm (not that this was a real event...it just kept growing in her mind.) What if the vaccines given to all her puppies had broken the immune system down and therefore caused the hips not to form properly. Meadow Ridge German Shepherds were destined for a very big change and a very big miracle. Carlene decided to start working with alternative veterinarians. These Vets gave homeopathic remedies to antidote the bad effects of vaccines and medicines and Carlene started feeding a natural diet without chemicals, she stopped vaccinating (except when she absolutely had to i.e. the rabies vaccination), and she stopped using antibiotics and conventional medicines.

THE RESULTS!!!! 10 years later Meadow Ridge German Shepherds were free of hip dysplasia, free of German Shepherd Stomach, free of skin disease, free of poor temperament, etc., etc., etc., Carlene gives all the credit to Jesus Christ whom she believes directed the above revelation to her. The other wonderful thing about the story above is that it not only changed the way Carlene takes care of her dogs but it also changed her personal health as well because of course if it works for animals it works for people.

Today Carlene, Karl, and the Meadow Ridge German Shepherds as well as many clients are returning to better health through Natural Methods. They own and operate Meadow Ridge Kennels and K&C Ministries which is dedicated to helping people and their dogs.

Meadow Ridge Kennels and K&C Ministries
Box 108 Sullivan, N.H. 03445 603-847-9728
meadowridge@surfbest.net www.meadow-ridge-kennel.bigstep.com

Tiara Black Standard Poodles (See birth pictures www.tiarapoodles.com)
La Jolla, CA

5. Classes on health for animals.

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

Jan 31 – Feb 2 – **Pet Expo** – several lectures on holistic health. Terri Deiner will also lecture on Animal communication. Timonium, MD. www.petexpo.com

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

March 1 – National Capitol Kennel Club, Gaithersburg, MD. **Holistic Health tips** 1 – 5 PM.

March 12,13 – **Integrative Veterinary Conference**, Boston, MA 312-780-0700

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. How to look up the symptoms in the Repertory. How to choose the best fitting remedy and the best potency. Most importantly, how to evaluate the result of the treatment - cure, palliation, suppression, etc.

These courses are for professionals and animal guardians alike.

Case studies in Animal Homeopathy Workshop for practitioners – Mid June 2003. This course is for people (lay and professional) who are prescribing remedies for animals. You bring the cases, cured and not cured, and Dr. Chambreau will guide the class through an understanding of why it worked, what is missing, or how to select the better remedy or manage the case differently.

www.homeopathic.org will have information on the courses. 703-548-7790