

THE HEALTHY ANIMAL UPDATE
April 2003

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 and wonderful stories about your animal family.

INDEX

1. **Attend and help promote the NCH courses!**
2. **“My Healthy Animal’s Journal”. Join in my book team – make a difference in animals lives and make money.**
3. **“One Minute Millionaire”**
4. **How healthy are your animals? Reminders to maximize your animal’s health.**
5. **My new kittens.**
6. **Herbal expertise**
7. **Animal humor**
8. **Wellness Report**
9. **Daily web clicks help animals**
10. **Excerpts from Steve Blake’s newsletter.**

NEXT MONTH – fleas, ticks, rescue associations, any stories you send to me, and more.

1. Courses

You already know that you are the key to helping your animals stay healthy. Keeping track of symptoms in your animal’s journal and understanding the four different possible outcomes of treatment help you decide if it is time to change modalities or practitioners.

The more you understand the process of health and becoming ill, the better you can help your animal’s veterinarian. I love teaching and every class is different. I promise you lots of fun and learning what you need to have your animal stay (or become) really healthy.

Join people from all over the world who come to Baltimore Maryland for the National Center of Homeopathy’s summer school. What ever you were animals problems every your own problems you will leave summer school excitedly ready to improve your animals health.

June 21 and 22 will be the introduction to homeopathy for animals. This class is for any person who lives with, works with, or treats animals. No experience is needed. Even if you know a lot you will learn more. All basic areas of holistic health will be covered from a homeopathic perspective. You will learn about nutrition, the need for fewer vaccines, how to evaluate your animals health, early warning signs of illness in addition to a basic introduction to homeopathy. This class is so great and most people to take it read about it that I strongly encourage you to sign up now. Really!! Rearrange your schedule for the weekend and join us for a fact filled, fun filled, animal filled weekend. Talk to your friends. Invite your neighbors. Talk to everyone in the next two weeks and let’s have 30 people take this introduction to homeopathy for animals. Ask your veterinarian to attend – and the technicians, pet sitters, doggie beauticians – in short EVERY PERSON who has an animal companion.

“I’ve been your client for years I know that already.” What can I learn next? Block off Monday to Thursday, June 23 to 26 and join me for the intermediate [Homeopathy For Animals](#) class at Notre Dame. Really learn how homeopathy works and how to use it with your animal for better health. This class will help the veterinarian who has been holistic and now wants to do more homeopathy; this class will help the individual animal guardian who wishes their animal to live the longest possible and healthiest possible life. People who rescue wildlife or live with horses, dogs, cats, sheep, birds and other animals will all benefit from the intermediate class.

The case studies in animal homeopathy is for those individuals already using the Repertory, Materia Medica and other tools to prescribe homeopathically for chronic cases in animals. Students bring cases that they have been treating successfully or unsuccessfully, cases as a springboard to teach advanced principles and techniques. This course is open to veterinarians, technicians, anyone who is treating animals and even those whom are owned by their animals or vice versa.

FOR MORE INFORMATION go to www.homeopathic.org or call 703-548-7790. Register now so I will not berate myself for not getting the word out sooner. Let's fill these courses!

I wish to thank Tim Saffell for nicely spreading the word about holistic health and these courses.

Next I will be lecturing at the American Veterinary Medical Association annual conference and it's in Denver this year.

The PANLA (Pennsylvania natural living association) conference is lots of fun for a weekend and consulting in and I will be giving a workshop on Friday, August 1 at that conference.

Next is lecturing on an introduction to homeopathy for the American Holistic Veterinary Medical association on September 20 in Raleigh Durham.

There is still lots of room in the schedule for me to come lecture or run a workshop in your own city.

2. "My Healthy Animal's Journal". Join in my book team – make a difference in animals lives and make money.

Excited? Yes I am excited. This book is becoming a reality and I wonder help and feedback. Many of you have already given me ideas and said you will buy the book as soon as it is out – one for each of your animals.

I'm sharing the profits with people who make this book a success. Design a cover, get the book printed, market the book and help sell the book. Email or call me if you can help.

Feedback: let me know if you would like to review the rough copy of the journal and give me your feedback.

3. "One Minute Millionaire"

Mark Hansen & Bob Allen are committed to having the planet be a healthier and happier place, just as I am. My goal is that everyone in the world hear about the holistic paradigm for animals and people. Various is to empower 1 million people to become millionaires in this decade.

Their four month teleconferencing training course is designed to do just that. I am taking the infopreneuring module. I would love to have anybody working on the book with me to also take the course. The course is offered for real estate investing and internet as well. If you want to have money to be able to give away and do good with, contact me about this course.

4. How healthy are your animals? Reminders to maximize your animal's health.

Recently I've had calls from several clients for problems that began several months ago, or even up to a year ago. Because their animals had been so healthy in their original illnesses had been cured, changes in the thirst, appetite, activity level or behavior were ignored until they became serious.

Remember that the energy field of the body is dynamic and ever changing. It responds to many environmental stresses and even emotional changes in the family. The earlier we notice the energy imbalance, the easier it is to restore the animal to health. Remember that the holistic approaches stimulate the body to heal itself in become more resilient to future changes. A client yesterday commented that in the past when her cat developed diarrhea it would take a month of careful feeding before the stools were reliably formed and after the homeopathic treatment the current bout of diarrhea lasted only one week. When the cat is truly healthy the diarrhea should last no more than 24 hours.

Steps we can all take to maximize health and keep the energy field healthy.

- a. Enhance our ability to perceive energetic imbalances in our animals and ourselves.

- b. Keep an ongoing journal that tracks past symptoms and especially records in a new symptoms or treatments.
- c. Using the list of early warning signs of illness do with a regular physical examination and record any of these subtle hints of energy imbalance. The age and health of your animal will determine how frequently you do this evaluation. Every six months is sufficient for young the animals, while older animals should be reevaluated weekly to monthly. You can't do this one too often.
- d. And here's something new that most of you haven't heard before. Marlene Sandler reminded me that since thought is creative, we want to focus on the healthy things about our animals not the early illness symptoms. We do need to record the hints of illness and at the same time record something wonderful about our animal for every "ill" symptom. Right down how wonderful it feels when he snuggles against your face how cute she is when she rolls on her back and how hard to you laughed when the two of them were chasing the flies around the room. Now you will have the journal with one list of symptoms and a matching list of wonderful behaviors and fun, caring, loving memories.
- e. When you notice new symptoms appearing or old ones returning, evaluate your current health care practices. Are you feeding the best diet for this animal? Are you giving supplements? Have there been new environmental or emotional stresses?
- f. Begin treatment yourself if the problem is not too severe. Change the diet, add supplements, use flower essences, energy healing such as Reiki, EFT, healing touch for others. If your animal does not respond call me or another holistic healthcare practitioner and continue to track changes in your animals' health as you or others are treating them.
- g. You may also want to schedule regular intuitive body scans by the many psychic and intuitive healers for animals. Previous newsletters have reported that on different practitioners. Please send me any stories you have about problems that were identified in your animals or healing that was done by intuitive healers.

5. My new kittens

As many of you know, Beasley died last spring at 16 (Which I thought was way too young) and this Thanksgiving I adopted two wonderful kittens from a litter of five. A client of mine had adopted a female among many other cats she had rescued who seem to always get fat and looked pregnant. The local veterinarian would examine the cat and say he thought she'd been spayed and that she just seems fat. Two years later Ruth again became suspicious and this time a pregnancy was confirmed. There was one large male kitten and four tiny females. My daughter selected the mail and one of the kittens from this great email photographs, and we named them Ed and Molly from the bowling alley lawyer show.

I really enjoy watching these kittens playing and exploring and learning and growing - they make me laugh. Molly has a problem with her sinuses. I have tried homeopathic remedies and now Nirado Sloan is doing psychic surgery. Molly is not affected by her sinus obstruction runs and plays and feels great. She just makes this snarfling noise so I know she's not completely healthy at this point. She is making the noise less and less frequently, so Nirado is helping.

6. Herbal expertise

In April I was able to reconnect with an old friend, Matthew Wood, arguably one of the top 10 herbalists in the country when he visited Spoutwood Farm in Glen Rock, PA (Baltimore and York County people – they have a great CSA – community supported agriculture). He has written a number of classics in the medicinal herb field, including Plants as Healers, which gives many insights into health and healing (not so much what to give for particular conditions). The Book of Herbal Wisdom is a text consulted by many herbalists. Matt travels a lot doing workshops all over the world, so if you hear of a workshop given by him – be sure to go. He and his herbs live on their farm in Minnetrista, Minnesota.

Greg Tilford, my most favorite herbalist, also lectures around the country, most recently at my favorite animal rescue shelter, Brighthaven. I have reported before on Greg's wonderful

book full of photographs of herbs and lots of information on herbs for specific conditions entitled Herbs For Pets. I highly recommend their Animal Apawthecary herbs in glycerin preparations so even cats do not usually mind the taste.

7. And now some humor

Thank you to Barbara Hanley for sending in this joke

How Many Dogs Does It Take To Change A Light Bulb?

Golden retriever: the sun is shining. The day is young. We have our whole lives ahead of the us and you're inside worrying about the stupid burned out bulb?

Border collie: just one. And then I'll replace any wiring that's not up to code.

Dachshund: You know I can not reach that stupid lamp.

Rottweiler: make me!!

Labrador: Oh me, me, me!!!! Pleeeeeze let me change the light bulb. Can I? Can I? Can I? Huh? Huh? Can I?

German shepherd: I'll change it as soon as I've led these people from the dark, checked to make sure I haven't missed any, and make just one more perimeter patrol to see that no one has tried to take advantage of the situation.

Tibetan terrier: Let the Border Collie do it. You can feed me while he's busy.

Jack Russell terrier: I will just pop it in while I am bouncing off the walls and furniture.

Poodle: I will just blow in the border collie's ear and The he'll do it. By the time he finishes rewiring the house my nails will be dry.

Cocker spaniel: why change it? I can still be on the carpet in the dark.

Doberman: While its dark I'm going to sleep on the couch.

Boxer: who cares? I can still play with my squeaky toys in the dark.

Chihuahua: Yo quiero Taco Bulb.

Irish wolfhound: Can somebody else do it? I got this hang over.

Pointer: I see it, there it is, there it is, right there.

Greyhound: it isn't moving. Who cares?

Australian shepherd: First I'll put all the light bulbs in a little circle.

Old English sheepdog: light bulb? I'm sorry but I don't see a light bulb.

Hound dog: ZZZZZZZZZzzzzz..zz....z.....Z....Z

Dalmatian: I am too stupid. Let Mojo do it.

Cat: dogs do not change light bulbs. People change light bulbs. So the question is how long will it be before I can expect light? All of which proves once again than while dogs have masters, cats have staff.

And Kate Charles sent in this great farce:

How To Give A Cat A Pill

Aren't you glad you use homeopathy?

If you have ever tried to give a cat a pill you know how difficult it is. The following instructions are fool proof!

1. Pick up the cat and cradle it in the crook of your left arm as if holding a baby. Position right forefinger and thumb on either side of cat's mouth and gently apply pressure to cheeks while holding pill in right hand. As cat opens mouth, pop pill into mouth. Allow cat to close mouth and swallow.
2. Retrieve pill from floor and cat from under chair. Cradle cat in left arm and repeat process.
3. Retrieve cat from bedroom and throw soggy pill away.
4. Take a new pill from foil wrap. Cradle cat in left arm holding rear paws tightly with left hand. Force jaws open and push pill to back of mouth with right forefinger. Hold mouth shut for a count of ten.
5. Retrieve pill from goldfish bowl and cat from top of wardrobe. Call spouse in from garden.
6. Kneel on floor with cat wedged firmly between the knees. Holding front and rear paws, ignore low growls emitted by cat. Get spouse to hold cat's head firmly with one hand while forcing wooden ruler into mouth. Drop pill down ruler and rub cat's throat vigorously.
7. Retrieve cat from curtain rail, get another pill from foil wrap.
Make a note to buy a new ruler and repair curtains. Carefully sweep shattered figurines from hearth and set aside for gluing later.
8. Wrap cat in large towel and get spouse to lie on cat with it's head just visible from beneath spouse's armpit. Put pill in end of drinking straw, force cat's mouth open with pencil and blow down straw.
9. Check label to make sure that pill is not harmful to humans. Drink glass of water to take taste away. Apply band-aid to spouse's forearm and remove blood from carpet with cold water and soap.
10. Retrieve cat from neighbor's shed. Get another pill. Place cat in cupboard and close door onto neck to leave head showing. Force mouth open with spoon, flick pill down throat with elastic band.
11. Fetch screwdriver from garage and put door back on hinges. Apply cold compress to cheek and check records for last tetanus shot. Throw t-shirt away and fetch new one from bedroom.
12. Call the fire department to retrieve cat from tree across the road. Apologize to neighbor who crashed into fence while swerving to avoid cat. Take last pill from foil wrap
13. Tie cat's front paws to rear paws with garden twine and bind lightly to leg of dining room table. Find heavy duty pruning gloves from garage. Force cat's mouth open with small trowel. Push pill into mouth followed by large piece of fillet steak. Hold head vertically and pour 1/2 pint of water down throat to wash pill down. (Now this is getting too gross for me.)
14. Get spouse to drive you to emergency room. Sit quietly while doctor stitches finger and forearm and removes pill remnants from right eye. Stop by furniture store on the way home to order a new table.
15. Arrange for vet to make housecall.

8. Wellness Report

Just got a wonderful call from a client saying that everyone was healthy at her home and that was why I had not heard from her. Nice to know. "I am pretty happy to have a wellness report to give!, MK Rassmussin"

9. Daily clicks at web site help animals

The Animal Rescue Site is having trouble getting enough people to click daily to meet their quota. The corporate sponsors/advertisers for this site use the number of daily visits (clicks) to donate food to abandoned/neglected animals in exchange for advertising.

Here's the site. Please pass it along to people you know. Just cut and paste this site into your

browser.

<http://www.theanimalrescuesite.com>

From me and from those who cannot speak, I thank you!

March 2003 Crusader Newsletter

Our animal friends are the best teachers we have to learn from. They are unconditionally loving teachers, who never give up on us, no matter how poorly we perform as their students.

If a cat or dog wanted to leave us, they have the ability to escape at any time they please. How many times have you heard or seen of animals staying in a household which are in severe distress? If they didn't care about us, they would have abandoned us eons ago.

The responsibility we have to them goes beyond loving, feeding and housing them. We must be aware of the effect our actions have on them. I often refer to them as sponges. They try to sponge up our problems and take them upon themselves.

This simply means we must be more aware of our own behavior and how we take care of ourselves in our daily lives. They have one goal and that is to help us find inner peace. [Without inner Peace there will never be World Peace.](#)

As you all know I cannot say enough about how **Bovine Colostrum** [The Pet Whisperer](#) can help support the animal's immune systems and neurotransmitters (help to balance the hormones necessary for a sense of well being). I recommend 480 mg per 25 pounds of body weight per day. You can mix this in their food, milk or feed free choice depending on their individual needs.

I discovered another great vaccine information site that I recommend you all visit and share with others. [ThinkTwice Global Vaccine Institute: Avoid Vaccine Reactions](#) . For those of you who are new to my newsletter, I always recommend going to [justsayno2vaccines](#) which is also an excellent site to learn about the truth about vaccines and the possible dangers in their use. Never vaccinate an animal when it is stressed or ill. Always consider the risk of the vaccine toxicity against the risk of contracting that which you are vaccinating for. If you are not comfortable not vaccinating at all, I would only recommend Parvo and Distemper two shots of each 4 weeks apart starting at 10 to 12 weeks of age. For cats I would only recommend Feline Distemper if you feel the need to vaccinate. Rabies is a vaccine required by law. Each state has its own set rules as to frequency and type of vaccine. Here is a recent article about over vaccination in dogs that I found at [Dr. Mercola's Top Rated Free Weekly Health Newsletter. Natural Approaches for a](#) . The link is [Annual Dog Vaccines May Not be Necessary 4/2/03](#) . Please read and play it forward to at least three more people

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