

THE HEALTHY ANIMAL UPDATE

June 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. I am so grateful that so many people are committed to having the animals in the world be as healthy as possible and the world to begin to heal as well. Each one of you is special to me, so please continue to give me feedback, requests and suggestions. Remember that you can choose at any time to be satisfied and joyful. I choose joy a lot.

WHAT DO YOU WANT TO HEAR ABOUT?

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.

If you wish me to use a different email address or to be deleted from receiving this newsletter, please email HealThyAnimals@aol.com

UPDATE on The Healthy Animal's Journal

Several people are looking at the rough draft and students at the National Center for Homeopathy Summer School gave me feedback. In a future newsletter you will see a photograph of the mock up and the table of contents. I am very excited about the potential for helping animals (and people) stay healthy as more people keep journals. I plan to customize books for orders of 1,000 or more with specially made CDs. Who do you know who could sell 1,000 or more to their group? Next month will have a survey with prize offered as a thank you for the time to fill out the survey on the book.

INDEX

- 1. Courses and lectures for 2003**
- 2. Healthy Animal Reminders**
 - a. Keep Up With Your Journal**
 - b. Mosquitoes And Heartworms – To Prevent Or Not**
 - c. Basic Diet Guidelines Reviewed**
- 3. Readers Share:**
 - a. Raw Food Product**
 - b. Nice Web Site – Earth Dogz.Com**
 - c. Healthy Foal Story**
- 4. Help the Shelters**
 - a. Brighthaven – Holistic Coaching**
 - b. Volunteer Opportunities For PGFF Rescue**
 - c. Memory Tiles To Fund Animal Sanctuary**
- 5. Humor**
 - a. The Origin of Cats and Dogs**

NEXT MONTH

- 1. Bugs and More**
 - a. Steve Blake's Crusader Excerpts - Mosquito Repellent, Flea and Tick Prevention.**
 - b. Ticks Be Gone And Stay Away**
 - c. Green Hope Farms**
- 2. Animal Advocates of Howard County sponsored well attended health seminar.**
- 3. Vacationing or moving with your animals**
- 4. Veterinary Technicians learn holistic animal care in Boston, Baltimore & Athol, Mass.**

5. Psychic healing is possible

1. Courses and Lectures for 2003

July 20 – Denver, CO – Dr. Epstein and I will lecture for 6 hours on homeopathy for the veterinarians at the AVMA annual conference.

August 1 – PANLA conference in Reading PA. I will do a workshop on Friday, then their great conference is Saturday and Sunday. <http://www.PANLA.org>

September 12, 13 – Groom Expo in Hershey, PA. I will be speaking all day the 12th and 4 lectures on the 13th. Tell your groomers and boarding kennel friends about this great expo. <http://www.Barkleigh.com>, then click on Groom Expo.

September 20-23 – American Holistic Veterinary Conference
Introductory Lecture, Raleigh N.C.

October 4 – Here in Baltimore we will support the Animal Radio Network road show. <http://www.AnimalRadioNetwork.com> for the other sites for their trip – see if they are coming to your town.

October 11 & 12 – St. Louis, MO. Lectures for the chiropractors of the city.

October 31 – November 2 – Academy of Veterinary Homeopathy Annual Conference. <http://www.theAVH.org> for details

2. Healthy Animal Reminders

a. Keep Up With Your Journal And Record Health As Well

Marlene Sandler (a wonderful communicator and healer) reminded me that because thought is creative, it is very important to record positive health symptoms and special memories in your animal's journal along with the more clinical observations.

I know most of you are good about tracking symptoms. Now you can add the tender moments as well. A reminder that by observing your animal carefully and recording information you can:

- i. Know if your animal is thriving.
- ii. Learn which foods are best for this animal. Keep experimenting.
- iii. Know if the treatment recommended by me or other practitioners is really helping.
- iv. Discover what triggers any illnesses and look for patterns.
- v. Learn to trust your intuition
- vi. Have a lifetime record of her precious, close times and the funny habits and the achievements.
- vii. Remember to schedule times to review the journal and to do a brief physical exam and see if any of the early warning signs of illness have appeared. Email me if you want a summary of how to do the physical.

b. Mosquitoes and Heartworms – To Prevent or Not

A lot of clients, especially with new puppies, have been asking about heartworm prevention. Evaluate the risk of mosquito bites and use the following to decide your plan for this year. Another tool is to ask the energy field if you have access to muscle testing (can learn yourself) or to intuitives who can assess what is best for an individual.

Heartworms (*Dirofilaria immitis*), go through several stages before they reach adulthood in a dog's heart. A mosquito bites an infected dog whose adult heartworms have put babies (microfilaria) into the blood stream. The microfilaria continue developing inside the female mosquito (and can only grow to the next stage in the mosquito). They reach the infective larval stage in about 2 - 2 ½ weeks and are in the salivary glands. If the mosquito then bites another dog, the microfilaria fall out of the mouth and enter the dog through the bite wound. The larvae migrate through the body tissues and continue developing for the next 100 days or more. Then young adult worms grow in the heart and 3 months later the microfilaria are released by the fully mature, adult female worms and the cycle begins again.

In order to mature, the larvae of heartworms must spend time inside a mosquito. Therefore, mosquitoes are absolutely necessary for the spread and development of heartworm disease. Your dog cannot reinfect itself.

The preventatives do adversely affect many dogs. Any current symptoms can become more severe. Though some people suggest this, I do not recommend giving Nux vomica routinely after the preventative (no homeopathic remedies should be given routinely).

Over the years at conferences, various veterinarians have reported problems with any of the preventatives. Most feel the preventive that has the fewest problems is the once a day, DEC, but many dogs do fine on the monthly ones as well. Observing your dog will give you clues that you need to try one of the other preventatives or use none at all. The fewer drugs the better, so use ones just for heartworms, not other worms.

When giving the preventative, daily or monthly, give it less frequently than recommended. The daily can be safely given every other day and the monthly given every 6-8 weeks. In the Maryland area I would blood test in May or June and stop by October. Stopping for at least 3 - 5 months each year will let you evaluate any impact the preventative is having on the animal. It is important to treat these as serious drugs, watch very carefully for side effects, even subtle ones, and then switch to another kind or treat the dog constitutionally. I recommend not giving the prevention to dogs who have lived 80% of their expected life span.

There is a heartworm nosode, but we do not have sufficient information to tell if it is really protective. I sometimes use it when people are not going to use any preventative.

Theoretically, a healthy dog could become infected, have a few adult worms in the heart and baby heartworms in the bloodstream, yet not be ill from the infection at all. A healthy body should tolerate a low level of parasites. Therefore, some clients choose to use no preventative and I support them in that choice and recommend blood tests twice a year. They are also treating their dogs holistically in other ways and being careful in high mosquito season to stay in or use repellent. There are alternative treatments for adult heartworms that are 75% effective, but the dog's heart could still be stressed by getting them, so prevention is probably the best bet, unless the dog shows any negative side effects, even subtle ones.

c. **Basic Diet Guidelines Reviewed**

Just a reminder that every animal has different nutritional needs. Your journal keeping will help you know what foods are the best for your animal. Equally important is that feeding be fun for you and your animal. If your recipes are too complicated for your life, or too casual for your temperament, your animal will sense that feeding time is not a happy time. This might affect their health.

The basic ingredients should be as fresh and organic as possible. Dry food, of course, is the most processed. Canned food made from high quality ingredients is still processed. Best is to feed raw meat, organ meat (liver should really be organic) like spleen, pancreas, liver, kidneys, heart, etc, bones if you feel comfortable with them or a good calcium source and a wide variety of pureed (or juiced) vegetables.

Some animals will only eat pureed foods. Some thrive on ground meat. Some thrive on processed foods. Keep experimenting with different foods. Jump out of any rut you are in with food for yourself and your animals.

Interesting articles on bone feeding are at www.thepetcenter.com. My personal opinion is that bones are fine to feed when they are part of the attached meat, other tissues and skin.

My 8 month old kittens sometimes eat whole pieces of chicken carcass (I take off the breasts and thighs and the rest is theirs) and other meats like beef. They eat a mixture of liver, cut up chicken carcass (free range, of course), pureed liver, pureed vegetables, egg shells and ground beef, that I freeze. Sometimes I give chunks of liver. They get Nu-cat liquid vitamins since they are the first 2 cats I have

ever had who did not like the chewable Nu-cats.

There are commercial, frozen, fresh food diets. See below for two. Let me know, readers, which ones are best for your animals.

3. READERS SHARE

a. **Raw food product recommended by Iris Kerman -**

www.companionnaturalpetfood.com

phone:414-372-5433

b. **Nice Web Site – EarthDogz.com**

A Reader suggested this site and I like the environmental concerns being addressed.

“Earth Dogz’ mission is to nurture the bond between people, pets, and the planet. I seek to promote health and longevity in all aspects of life by offering unique pet care products and information that cannot be found in mainstream veterinary medicine. Quality supplements, homemade treats, unique pet foods, and earth friendly cleaning products are just some of the items Earth Dogz has to offer.”

www.earthdogz.com

c. **Healthy Foal Story from Carolyn Libby.**

Yesterday a leased mare foaled here and I have never had a foal so healthy, robust, strong, with silky hair. The mare came to be in September of last year, crippled and in poor health, but pregnant. I used Dynamite Complete Feed for her and Dynamite's Mare and Foal Pak. More importantly, I believe, is, using the vibrational remedies from Healers Who Share, I was able to detox the chronic infections and vaccination residues along with metal and chemical toxicities. The mare is now very beautiful, strong, and free in her gaits. The filly was born around 11 am, stood up on the first try and stayed up and played until about 5 pm when she laid down. Her coat is very silky and she is very strong.

Purple Changes, Inc.

clibby@purplechanges.com

4. VOLUNTEER WITH THE WONDERFUL PEOPLE AT THE SHELTERS

a. **Brighthaven – Holistic Coaching**

Brighthaven gives lifetime care to cats over 16, using holistic methods. Gail Pope and her staff can help you with a lot of nursing care problems and have wonderful attitude with and about animals. Call them for help and contribute as generously as you can.

www.Brighthaven.org

(707 833 6268)

b. **Volunteer Opportunities for PGFF Rescue**

Right here in Maryland is another group committed to educating people about holistic alternative care for animals and to placing stray cats in loving homes – Prince George's Feral Friends.

We're looking for someone with some experience with web development. Some knowledge of HTML will be necessary. If you would like to learn more about our project, reply to me.

Have you been meaning to get involved with PGFF in some way, but just never got started? Maybe we didn't single you out and ask you specifically (we tend not to be too pushy). Maybe you talked with us about it at one time, but we were so busy that we didn't follow up on it. Do you see something that needs to be done that's right up your alley? Please don't be shy. Email me, come to our regular meetings, and let's talk about it. We are a small but growing organization with a clear mission and we can use the help of people who share our vision.

Thanks for helping cats!
Tim Saffell
TimSaffell@USA.Net
www.speakeasy.org/~timsaffell/

c. **Memory Tiles To Fund Animal Sanctuary**

Caring For Creatures is a great sanctuary in Virginia. They have created a "Memory Wall" to fund their new cattery, the Scratching Post. A \$100 tax-deductible donation will reserve a Memory Wall tile (4"x4") on which you can forever honor a human or animal companion who holds a special place in your heart. Lazy Day ceramics is partnering with them to create the tiles.

325 Sanctuary Lane
Palmyra, VA 22963
434-842-2404.
www.CaringforCreatures.com

5. HUMOR

And Adam said, "Lord, when I was in the garden, you walked with me everyday. Now I do not see you anymore. I am lonesome here and it is difficult for me to remember how much you love me."

And God said, "No problem! I will create a companion for you that will be with you forever and who will be a reflection of my love for you, so that you will know I love you, even when you cannot see me. Regardless of how selfish and childish and unlovable you may be, this new companion will accept you as you are and will love you as I do, in spite of yourself."

And God created a new animal to be a companion for Adam. And it was a good animal. And God was pleased.

And the new animal was pleased to be with Adam and he wagged his tail. And Adam said, "But Lord, I have already named all the animals in the Kingdom and all the good names are taken and I cannot think of a name for this new animal."

And God said, "No problem! Because I have created this new animal to be a reflection of my love for you, his name will be a reflection of my own name, and you will call him DOG."

And Dog lived with Adam and was a companion to him and loved him. And Adam was comforted. And God was pleased. And Dog was content and wagged his tail.

After a while, it came to pass that Adam's guardian angel came to the Lord and said, "Lord, Adam has become filled with pride. He struts and preens like a peacock and he believes he is worthy of adoration. Dog has indeed taught him that he is loved, but no one has taught him humility."

And the Lord said, "No problem! I will create for him a companion who will be with him forever and who will see him as he is. The companion will remind him of his limitations, so he will know that he is not worthy of adoration."

And God created CAT to be a companion to Adam. And Cat would not obey Adam.

And when Adam gazed into Cat's eyes, he was reminded that he was not the Supreme Being. And Adam learned humility.

And God was pleased. And Adam was greatly improved.

And Cat did not care one way or the other.

A big thank you to Mary Marlowe for editing this newsletter.