

# THE HEALTHY ANIMAL UPDATE

*July 2003*

The purpose of this newsletter is to empower you to keep your animals healthy - and yourselves healthy, too.

## **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 not receive attachments, please email [HealthyAnimals@aol.com](mailto:HealthyAnimals@aol.com)

## **UPDATE ON the Healthy Animal's Journal**

The contest is still open to design the cover. Whoever designs the cover I select for the final copy will receive 1% of net profits. Do you know someone who is an artist or does graphics? In a future newsletter you will see a photograph of the mock up and the table of contents. Writing this book has expanded my thinking about keeping a journal for health and I know it will help you have even healthier animals. Think about who you would like to have this system of health record keeping. Anyone know Oprah? Who do you know who could sell 1,000 or more to their group?

## **HELP THE PLANET AND THE ANIMALS**

Go to the animal rescue site.com and sign up for their daily reminder to click to help problems of hunger, the rainforest, breast cancer, child health and feed shelter animals. This is such an easy way to help. [www.animalrescuesite.com](http://www.animalrescuesite.com)

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## 1. Seminars

Two wonderful seminars are coming up in Southern California. If there is any way to attend, I would strongly suggest going. Think hard, and urge everyone you know in Southern California to attend both seminars. I personally know a number of the speakers - they are not only informative, but also really fun to be around and listen to. If you would have to travel far, I would suggest the 2-day herbal intensive.

For more information, go to <http://www.animalessentials.org/events.html.org> or call Animal Essentials at (888) 551-0416.

The first event is **Pet Holistic Health Seminar & Animal Communication** Sunday Aug. 17, 2003 in Burbank, CA. There is a price break for registration before August 1!

A stellar number of speakers will include

- **Dr. Stephen Blake** whom you know from this newsletter
- **Dr. Megan Bamford**, great holistic veterinarian
- **Miss Linda Blair**, actress and president of Pacific Coast Dog Rescue in Burbank [www.pcdogrescue.org](http://www.pcdogrescue.org)
- **Mr. Michael Bell**, a director of The Animal Legislative Action Network & founder of Citizens For A Humane Los Angeles
- **Mr. Bob Ferber**, attorney for the Los Angeles Animal Protection Unit
- **Mr. Paul Owens, aka "The Dog Whisperer"**
- **Miss Colette Hajjar**, pet psychic, animal communicator & Reiki master

The second seminar is a 2-Day intensive entitled **Western Herbal Medicines in Veterinary Use**. The date is October 18-19, 2003; the place is Carlsbad, CA; and the presenter is **Gregory L. Tilford, Herbalist**. This seminar is also sponsored by Animal Essentials. I frequently recommend Greg's products, the Animal's Apawthecary line, and I often read from and suggest you buy his beautiful book, *Herbs for Pets*.

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AND MY LECTURE SCHEDULE IS AS FOLLOWS.

**August 1** – PANLA conference in Reading PA. I will do a workshop on Friday, then their great conference is Saturday and Sunday.  
570-603-1147.

<http://www.PANLA.org>

**September 12, 13** – Groom Expo in Hershey, PA. I will be speaking all day the 12<sup>th</sup> and 4 lectures on the 13<sup>th</sup>. Tell your groomers and boarding kennel friends about this great expo. <http://www.Barkleigh.com/>, then click on Groom Expo or call (717) 691-3388.

**September 20-23** – American Holistic Veterinary Conference Introductory Lecture, Raleigh N.C.  
<http://www.AHVMA.org>  
410-569-0795

**October 4** – Animal Radio Network road show will be at PetCo from 11-4. Others and I will be speaking there in person. For details go to  
<http://www.AnimalRadioNetwork.com/>

and also look for the other sites for their trip – see if they are coming to your town.

**October 5** – Unity Center, Baltimore at 29th and Charles Streets. 1-4PM. Afternoon lecture on holistic health for animals and how Unity principles of thought can help your animals heal. Call 410-243-4282 (Unity) or 410-771-4968 (Dr.C).

**October 11 & 12** – St. Louis, MO. Lectures for the chiropractors of the city.  
If you know of a chiropractor in St. Louis, call or email me.

**October 31** – November 2 – Academy of Veterinary Homeopathy Annual Conference.  
Encourage your veterinarians to attend.

<http://www.theAVH.org> or call 866-652-1590.

## 2. Bugs and More

### a. **An incredibly funny and informative book about flea prevention.**

I just received and quickly read this incredible book and roared with laughter. Flea Control: A Holistic And Humorous Approach. The first few chapters are about Frances and Freddie the fleas, their life and love affair. They tell us what fleas like (poor, weak, immunosuppressed blood to eat) and what made Freddie leave his host house (dog was, YUK, fed fresh food and supplements so his blood became too healthy to eat). You will want to give this book to all your friends for Christmas. How to order – go to my new test web site, [www.ChristinaChambreau.com](http://www.ChristinaChambreau.com) and click on his book.

### b. **Green Hope Farms Flea Free.**

You have probably heard me speak before of Molly of Green Hope Farms. Molly has been guided to grow plants and make flower essences. Molly has created combinations for many of the typical problems that animals have and she is also a great resource for helping with different emotional problems.

Molly's **Flea Free** is a combination of different flower essences, "For situations in which an animal is under attack; for improved electrical vitality so that boundaries strengthen and animal can rebuff negativity or pests." I have had extremely good success using **Flea Free** on my cats. Ed, one of my wonderful kittens, was getting ten to twenty ticks a day around his mouth, eyes, and ears. When I finally ordered the **Flea Free**, the ticks disappeared – well, now I find one or two every few days. With cats in the past it has worked equally well for fleas – even better, since there would be zero fleas after putting a few drops on the cat and in the mouth. To order go to <http://www.greenhopeessences.com/> or call 603-469-3662.

### c. Many holistic catalogs carry great flea products. Whiskers – 1-800-WHISKERS; Pet Sage – 800-738-4584; AVJ Natural cat 610-326-0177; and many more)

### d. **Steve Blake's Crusader Paraphrased Natural Flea/Tick and Mosquito Control excerpted from Dr. Stephen Blake's web site: <http://www.thepetwhisperer.com/>**

Healthy animals repel parasites, so work on promoting health, first by supporting immunity:

- feed a natural diet
- no vaccinations
- constitutional homeopathic care
- Bovine Colostrum
- Herbal wormer for tapeworm

And secondly, by working on the environment:

- minimize discord at home, as conflict effects immunity
- try using Bach Flower Remedies to detox a negative environment
- use a natural shampoo to kill fleas, or even a mild dish soap will work
- steam clean carpets, followed by 1:3 borax/salt treatment after it dries
- use a light suspended above a plate of soapy water as a flea trap

Good luck and remember "No wolf ever went to a chemical plant for a flea/tick or mosquito repellent!"

Dr Stephen Blake

e. **Nematode Products for Reducing Fleas outdoors.**

Beneficial nematodes can be used to naturally control flea activity in the yard. These nematodes are harmless to humans and pets, and also help control other nuisance insects. Here are a few suppliers:

<http://www.goodbug-shop.com/noflea.htm>

[http://www.growquest.com/soil\\_pest\\_rx\\_page.htm](http://www.growquest.com/soil_pest_rx_page.htm)

<http://www.spalding-labs.com/?content=202>

<http://www.extremelygreen.com/nematodeguide.cfm>

<http://www.naturescontrol.com/flea.html>

3. **Animal Advocates of Howard County sponsored well-attended health seminar.**

Give huge congratulations to the wonderful organizers and volunteers who ran the Healthy Animal Afternoon in Colombia April 27 and had over a hundred people attending. Many of the people were new to the holistic approach and enjoyed learning about pesticides from the Rachel Carson foundation, possible causes of cancer from a local oncologist, and an overview of holistic health from me. Stay tuned for future workshops.

4. **Vacationing or moving with your animals**

Training is one step to teach your animals to love travel with you. Start with just putting them in the car and sitting with them a few minutes. Then try driving down your block. If they are still having fun, drive to a park or place they would enjoy. Even cats on harnesses like to sniff out a new area. Follow a set routine if your animals are nervous or anxious. Do not feed for a few hours before traveling until you know your animal is not nauseous.

Before starting on a vacation trip be sure to have:

- good ID tags on the animals
- harnesses, or collars and leashes, as exercise is very important
- first aid kit & phone numbers of your holistic veterinarians.

Flower essences can help with travel problems. Even with animals who love to travel, bring along **Rescue Remedy or Animal Emergency Care**. You never know what emergencies might arise and these resources will often help both you and your animals recover from injury, fright, illness or general travel fatigue and irritation. Put a drop in your water bottle and in their water. If you feel they need “rescuing”, rub a drop on their ear or put a drop on the towel in their crate or carrier. Your animals may need other flower essences for specific problems. The nice thing about the flower essences is that they cannot harm, and can be used along with any conventional medical your animal needs on the trip. The Bach essences are available in most health food store, or plan ahead and order from Green Hope Farms. Reading [The Bach Flower Remedies, Step by Step](#), or Molly’s catalog, can help you be even more accurate in your selection.

There is a wide range of wonderful producers of flower essences, and your animal may respond more to one of them. A few include Anafloa, Perelandra, Alaska, FES.

**Abandonment and Abuse** (Green Hope) would be good if you have the sense that when left in the hotel room they are fearful and worried.

**Anxiety** (Green Hope) would be good to try for any anxious behaviors – barking, whining, yowling, pacing, cringing, hiding, etc.

**New Beginnings** (Green Hope) can really help if you will stay weeks to months in your vacation home. Your animal may feel they’ve permanently moved.

**Separation** (Green Hope) would be essential if you were leaving your animals with a house sitter, and may be needed if you’re leaving them in a kennel for a day, or in the hotel room while you sightsee.

**Aspen** (Bach) is useful for any condition arising from fear of the unknown. Aspen can be useful when they are nervous, apprehensive, cowering, panting, shaking or otherwise showing anxiety. It would be good for a cat or dog who is usually great in the car who freaks out in a different person’s car. Aspen can even help the carsickness (nausea, salivating, vomiting, diarrhea) that occurs after showing the above fear states.

**Chestnut Bud** (Bach) would be useful for those animals who are having trouble behaving in the hotel or at the friend's house – barking, not using the litter box, not responding to commands.

**Chicory** would be good (maybe along with Aspen) for animals who are super clingy and protective while traveling. Sometimes they can be so possessive, or needy of attention, that they cannot be left alone in the room or house.

**Crab Apple** is good for any distress from food or water change, for skin or hair coat problems like matting, or getting dirty or toxic (poisoned, pesticide on grass at rest areas...). If you feel that diarrhea or vomiting or being slightly off their food could have one of the above causes, try Crab Apple.

**Holly** is good for angry animals, and traveling can certainly bring out the grumpy in any of us. They may be bad tempered, or protective, or just grouchy.

**Honeysuckle** will help any animal adjust to new circumstances. This could be the beach house for the summer or your in-laws for Thanksgiving. Or, your older child, who the cat loves the most, may be staying at home with a summer job – while the rest of the family, including the cat, travel. The cat may pine for the missing person. Honeysuckle could be used with Crab Apple and Rescue Remedy for animals that are losing their hair or having skin problems on the trip.

**Mimulus** is for fear of known things. "I know I am afraid to get into that car!" Animals needing Mimulus are usually hyperactive and nervous, rather than Aspen's timid fearfulness, but it is not always clear, so many people always give both Mimulus and Aspen together.

**Vervain** is great for those over enthusiastic animals who love to travel so much that no one else can enjoy the trip. They are running all over the car, barking, licking, chewing, and playing roughly. Vervain can help a cat who constantly paces back and forth, or even from seat to seat, without stopping.

**Vine** would be used along with Crab Apple if the animal is being territorial and protective, or even angry. Vine and Crab Apple together can often help the constipation that can occur when litter box or walk patterns are changed.

**Walnut** and Rescue Remedy should be given for a week before, during and a week after any change in location or family is made. It protects against many of the outside influences that happen on trips away from home.

Take along several jugs of the water you drink at home for a short trip. If staying a long time, use the bottles to slowly transition to the new water.

When over anxious animals will not settle down to sleep for the night in their new or transient surroundings, first try Rescue Remedy or Emergency Animal Care. If that does not help, or for the next night, try **Animals' Apawthecary's Tranquility Blend** or **World Herbs' Pet Calm** or **Ark Naturals' Happy Traveler**. Any of these can also be used during the day in the vehicle to calm, or even slightly sedate, the animals. Go to one of the following sites to read more about each of these products:

<http://www.animalessentials.com/>

<http://www.petsage.com/>

. If you are anticipating a long trip, do work for several months in advance to find which combination of remedies will be the best and to get your animal used to the routine of traveling. Use only one of the herbal blends mentioned above at a time. Any one of the above can be combined with the flower essences.

Be sure to bring foods and supplements that your animal is used to. If on a fresh food diet, you can purchase on the road but remember that liver must be organic or just do not feed it. Have a few back up cans of processed foods for emergencies.

Most importantly, bring a large bottle of good attitude. Be ready to learn from any "negative" situation. If there are problems with your animals – calm and peaceful thoughts projected to them will help in any situation. Have fun traveling.

## **5. Veterinarians and Veterinary Technicians learn holistic animal care in Boston, Baltimore & Athol, Mass.**

The word is spreading and professionals want to learn homeopathy and holistic medicine. In April, I lectured for two classes to the veterinary technician college here in Baltimore, and had five veterinarians attend classes at the National Center for Homeopathy summer school. Doctors

Walter Jaworski and Karen Komisar Integrate Holistic medicine classes into the veterinary technician curriculum that they're in charge of in Boston and Athol. Keep telling your veterinarian about the holistic approach, and about your desire for them to learn it.

## **6. Homeopathic and holistic successes.**

**Homeopathy:** Amy's 6 year old cat had been frequently having loose stools that nearly drove them out of the house with the bad odor. Three years of TLC and homeopathy and flower essences had helped Shanti become much less fearful and averse to handling. "She has come a long way. She adores me and follows me everywhere. I can finally comb her back, although still not her rear." However, the stool smell was still very bad. A note said "After one dose of the remedy, the foul odor that always came from Shanti's litter box stopped! Another amazing homeopathic story!"

**Supplements:** Nancy Dunn of Connecticut reports a success. "My horse was recently diagnosed with high ringbone. She is really doing awesome. Each day I start with massage and a session of Reiki. (her groin muscles on the affected side were very tight, but are much looser). I next do about 20 minutes of gentle ground work, twice a day I give her a large quantity of fresh dandelion greens. I also soak her foot in Epsom salts after exercise - then apply and massage a mixture of olive oil, arnica, St. John's Wort, and wintergreen to the leg - and lastly pack it with cold mud. For her diet, I have switched her from commercial food to a prepared diet of oat, barley, millet, wheat berries, sunflower, flax, kelp, alfalfa, dolomite, garlic, willow, yucca, parsley, cat's claw, apple vinegar, molasses, apples and carrots. Her swelling is almost non-existent, and she is almost sound. She was previously almost three-legged. A few of my friends and a conventional vet are also amazed at her recovery, as they told me there was nothing to do but put her on bute. Oh, I forgot, she's also on glucosamine, MSM, Vit. C. Now I hope to de-calcify the bone if possible. I'm researching to find what will help best"

**Homeopathic:** Savannah was vaccinated in September when she was about 2 years old. By November, she was coughing and sneezing and treated with antibiotics and steroids for a few weeks. After several recurrences, Theophylline was prescribed, yet every time Rhonda stopped, the coughing and sneezing would recur, especially when it rained. Her diagnosis at the cardiologist was moderately severe asthma, right heart enlargement, and difficulty taking breaths in or out. After giving a dose of Phosphorus 30c, Rhonda was able to slowly decrease the Theophylline with no recurrence of sneezing and coughing, and to discontinue the medications within 2 months. Savannah acts very healthy at this point.

**Psychic:** Alice has been working with several homeopathic veterinarians, including me, for a painful ear problem in her middle aged cat, Mittens. While we have had some improvement, we also have had some set backs, and at one point, Mittens was feeling very ill. Alice worked with Nirado Sloan <http://www.interdimensionalhealing.com/> and reported the following. "Nirado was great today and I really feel hopeful. How I love this energy healing work. I have to tell you an amazing story. Last night [after the energy session] out of the blue mittens came running across the room and bounded up on the couch next to me and sat on back of couch. She slept in my lap for quite a while as the family watched a movie. Then out of the blue she bounded down and ran across the room up 2 steps and went into the kitchen. Oh, my gosh!!!! We all just giggled. Then today when Nirado and I were talking I was watching mittens outside and all of a sudden she tried to climb a tree but only got 2 feet up and then fell back off balance. Again, what a shock! I asked Nirado how she explains the energy surge and she said the frequency was already in progress. I tell you this work brings me to tears."

**Psychic:** Nirado's work was amazing with my own kitten who was making a snarfling noise (chronic sinusitis) 70% of the time, but with no pattern and nothing that seemed to make it better or worse (modalities). Five months of remedies had made no impact, though she was healthier in many other ways. Nirado did weekly energetic work and within a month, even with the stress of surgery, Molly was snarfling free and my ears were very grateful.

## **7. West Nile Virus deaths in foals**

Fear is a very strong motivator to do whatever you are told to do. Many horse owners have called me after they vaccinated their horse for West Nile virus because they were scared

not to. Check out this web site and educate yourself before vaccinating, especially breeding stock. <http://lost-foals-group.4t.com>

If you have had any problem at all after the vaccine, even off food, or slightly lame, or unusual behavior, please report it to the USDA's Adverse Effects Report Centers Hot Line. 800-752-6255.

**Looking forward to next month's topics:**

- 1. Progress of the Healthy Animal Journal**
- 2. Report from the AVMA conference in July.**
- 3. Helping the shelters**
- 4. What's new with Homeopathy and Science?**
- 5. Nosode research**
- 6. Help against insects**