

THE HEALTHY ANIMAL UPDATE

August 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

UPDATE ON *the Healthy Animal's Journal*

The contest is still open to design the cover. Liane Luini has submitted two possible covers and several are working on theirs. Whoever designs the cover I select for the final copy will receive 1% of net profits for the first 5 years. 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. An important goal of mine is to have this journal be good for the committed pet owner who has never thought of holistic, so share the sample pages with not yet holistic people and report on their reactions.

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1. **Report from the AVMA conference in July**

Yes, veterinarians are getting more interested in homeopathy! Dr. Spencer Newman, the coordinator of speakers for the holistic program at the AVMA (American Veterinary Medical Association) asked Dr. Shelly Epstein and me to lecture for 6 hours on homeopathy. There were 38-42 people (veterinarians, technicians and guests) in the room for most of the day. Others told me they had to attend other lectures and planned to read the notes in the proceedings. I received at least 10 personal emails thanking us for the presentation and indicating interest in further training. YEA!!!

2. **Healthy animal reminders**

- Focus on the whole animal. List all the symptoms present now, try a treatment, and then list all the symptoms and energy level after the treatment. The goal is for the animal to feel better overall, even if more superficial symptoms are worse.

- Focus on good, funny, sweet and joyous interactions with your animals. Write them down along with the “bad” symptoms you are tracking. Our minds are much more powerful than most of us know. We “think” our reality in many instances, so focus on what works, and on the whole animal, while tracking every symptom.
- Regularly check the list of early warning signs of ill health to know if you need treatment.
- Every person, expert or not, gives opinions that may or may not be based on fact. Just because a person is an expert (even me), make sure their suggestion makes sense to you before you follow it. Asking why is a good way to help you decide.

3. **Reminder: click to feed hungry animals**

It took me almost a year to get organized and now The Animal Rescue Site has made it easy for each of you to remember to click to feed an animal, end hunger and more. They will send you a reminder daily. The following is from their site.

"Together, in The Animal Rescue Site's first year, we've given 22.9 MILLION bowls of food to formerly abused and abandoned animals currently living in shelters or sanctuaries. You can help us give even more food and care to even more animals in our second year by telling friends about this fast, free way to help animals. It's simple: The number of animals helped depends on the number of people who click on the "Feed an Animal in Need" button. More clicks mean more food!"

When you go to their web site, they are even offering \$5 off purchases at their site. The purchases help as well. At the same site I also click to save the Rainforest and to feed people.

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

4. **What's new with Homeopathy and Science?**

Recent studies have shown evidence that there is a physical change in the molecular structure of water with homeopathic remedies. One such study's author, Swiss chemist Louis Rey, is using thermoluminescence to study the structure of solids. The technique involves bathing a chilled sample with radiation. When the sample is warmed up, the stored energy is released as light in a pattern that reflects the atomic structure of the sample. To learn more about this work go to [New Evidence Supports Science Behind Homeopathy 6/28/03](#). Holding such a heretical view famously cost one of France's top allergy researchers, Jacques Benveniste, his funding, labs and reputation after his findings were discredited in 1988. His experiments were later repeated but his reputation was still tarnished. His work in 'Water Memory effects to Digital Biology' can be found at:

www.digibio.com

5. **Vaccine and nosode information**

Vaccine and nosode web site: as many of you know there has been a wonderful list serve about vaccinating animals: Justsayno2vax. Now they have a wonderful website that is still under construction – well it was up when I first looked at it and was excellent and now it is not up, so check weekly - justsayno2vaccines.naturesfarmacy.com. Join the list serve - groups.yahoo.com/group/jstsayno2vaccs - learn lots of information about the problems with vaccines for animals and people.

Nosodes: Recently I had a conversation with someone who wanted to use nosodes instead of vaccines. There is conflicting information coming from homeopathic veterinarians, the internet, list serves and holistic veterinarians. As always, my goal is to explain things to you so it makes total sense rather than having you just take my word for something.

Nosodes are homeopathic preparations of the different diseases made from the tissues of a diseased animal or person. For instance, Dr. Heath took tuberculous sputum from a patient and prepared it homeopathically. Hahnemann took saliva from a rabid dog. Many nosodes then went through the homeopathic testing (proving) and have the full Materia Medica. These nosodes are used like any other homeopathic remedy - to cure illness when the nosode's energy pattern matches the ill animal.

Recently, nosodes have been made from animal diseases such as Parvo, distemper, EEV, and have not been tested in healthy people and therefore do not have the Materia Medica. This means we are not able to match them to animals' symptoms since we do not know the symptoms they will cause as an energetic remedy.

Some people are using these individual nosodes to prevent specific diseases, and others are using combinations of nosodes of all the diseases at once. Some are using nosodes made from vaccines, which are also untested. Different people recommend a different frequency of giving the nosodes and different opinions as to how long their protection will last. Dr. Hamilton and I did exactly this 10 years ago, or so. "Well, how often should we give them?" "I don't know. The 30c has an approximate duration of 7- 10 days, and the 200c 4-6 weeks." "Do we alternate the diseases?" "Well, we should not give more than one remedy at a time." And so we decided on a particular protocol without much information. Now we both agree that nosodes are not protective unless the energy field matches them. We prefer a proactive stance of "let's become very healthy so that even if we are exposed to a communicable disease, we will not get that ill."

The homeopathic approach of medicine is to identify the patient's unique energetic pattern by observing the current and past symptoms, then to select a remedy whose energetic pattern matches the patient and then finally to carefully monitor the patient's reaction to the remedy. Giving a nosode to a healthy animal or an animal ill with other diseases does not follow this Homeopathic approach of like cures like. The nosode has a specific energetic pattern that will interact with a patient's energetic pattern. Hahnemann says that remedies always affect the vital force. But if the patient is not ill with the disease (energetic pattern) of the nosode, there will be no major effect from the nosode. How could the nosode that is not similar to the animal give any protection from the disease? Now you can understand why giving a nosode **after** an animal has been exposed to a disease could protect the animal, but giving in nosode before exposure will probably not protect.

There is evidence for using homeopathic remedies (regular ones or nosodes) in people to protect them during an epidemic and after they have been exposed, but few doctors recommend on-going prevention, and certainly not repeated throughout the life of the person.

Dr. Blake on vaccine problems: "I recently was told that a pet owner believed that if she followed a particular vaccination program using fewer vaccines and less frequently given, they were guaranteed that their pet would be safe from any vaccine related dis-ease states. This is absolutely incorrect and should never be repeated. Anything can cause a potential health problem depending on the susceptibility of the patient. Less is always better but it by no means is a guarantee that your good friend could not have a severe health consequence due to any amount of vaccine.

If I see an animal with a history of chronic eye, ear, nose, skin discharge, I warn the client of the potential danger vaccines, drugs, chemicals etc could have to this animal. These are symptoms of chronic disease and should not be aggravated by vaccines, drugs, chemicals and/or poor diet. My advice to all of you out there is to be careful about what you put on or in your friends the animals. "For every action there is a reaction." These are words to live by. The less you put in the body the fewer chances you have for reactions."

Dr. Blake also suggests reading some heavy information about conspiracy theories of why "Flat Earth Medicine prevails in this country." Go to [The CIA and the West Nile Virus](#) and read what Leonard G. Horowitz, D.M.D., M.A, M.P.H. has uncovered in his investigative reporting on the topic of vaccinations and the West Nile Virus.

Dr Charles Loops says "Vaccinations represent a major assault on the body's immune system. Routine vaccination is known to create short term and long term multitude of symptoms." Read the comments of veterinarians who believe vaccines are damaging our pets at:

<http://www.shirleys-wellness-cafe.com/petvacc.htm>

A new book is out on this topic. Vaccine Guide for Dogs and Cats by Catherine J.M.Diodati, MA. ISBN; 1-881217-34-5 \$13.95 at www.thinktwice.com or by calling 505-983-1856. Tell them I sent you and ask for their special discount prices on this great book.

6. **Help against insects**

Dr. Blake's PetWhisperer newsletter covered the following which I read avidly since I have had black and red ants all summer. "It comes to us from David Stewart's Newsletter, which is not copyrighted, so you can share this with any one who wants to learn.

ANTS Peppermint, Spearmint.

APHIDS Cedarwood, Hyssop, Peppermint, Spearmint

BETTERLES Peppermint, Thyme

CATERPILLARS Spearmint, Peppermint

CHIGGERS Lavender, Lemongrass, Sage, Thyme

CUTWORM Thyme, Sage

FLEAS Peppermint, Lemongrass, Spearmint, Lavender

FLIES Lavender, Peppermint, Rosemary, Sage

GNATS Patchouli, Spearmint

LICE Cedarwood Peppermint Spearmint

MOSQUITOES Lavender, Lemongrass (Dr Blake uses Eucalyptus oil and Lemon oil in addition to the Lavender and Lemongrass)

MOTHS Cedarwood, Hyssop, Lavender, Peppermint, Spearmint

PLANT LICE Peppermint, Spearmint

SLUGS Cedarwood, Hyssop, Pine

SNAILS Cedarwood, Pine, Patchouli

SPIDERS Peppermint, Spearmint

TICKS Lavender, Lemongrass, Sage, Thyme

WEEVILS Cedarwood, Patchouli, Sandalwood"

Now, I tried the ant treatment and my ants walked right through the peppermint and spearmint!!!! Later, when 8 were congregating on the lip of my dishwasher, I put the oil there and they stayed away for a few days – only from that one spot.

7. **Quack Busters Lost**

A three judge California appeals court on July 9, 2003, said:

"Conclusion - Appellant National Council Against Health Fraud (NCAHF) believes that no one should be allowed to market homeopathic remedies. Congress has decided otherwise, and officially recognizes the Homeopathic Pharmacopoeia. Appellant's broad-brush approach of sweeping all homeopathic remedies into a single bag marked "undesirable" simply does not work in the courts, where each claimed instance of unfair advertising and unfair business practice must be closely scrutinized. Appellant failed to present any admissible evidence in this case that respondents are guilty of false advertising and unfair business practices with respect to any of their products."

The NCAHF lost on a SLAPP (Strategic Lawsuit Against Public Participation) Motion, which means they must pay the Defendants Attorney Fees.

For this entire article, go to my test web site, <http://www.ChristinaChambreau.com> to News Report.

8. **Wonderful animal stories**

Grace LeFever, owner of Sonnewald Natural Foods in Pennsylvania, had a wonderful animal experience last week. She was walking to the compost pile and there was a beautiful Grey Fox sitting at the corner staring at her. He stayed there all day, as others came to look. Finally the animal communicator arrived and he told her that he so loved the wonderful

energy of the place (they raise organic produce year around for the store) that he was just hanging out. The communicator said that was not wise because of the people traffic, so he went to the woods and they've not seen him since.

A number of animals have made their transition the last 2 months, so I appreciate Sananjaleen's email.

Ode to Wellington - a wire haired dachshund
(translated from the Greek)

This tombstone, stranger passing near,
Shows that a little dog lies here,
Tells how a master's loving hand
Carved these words and heaped this sand.
Smile if you please, but when you die
Will you be mourned as much as I?

Hello, I'm Bonnie (intuitive/healer) whom Veronica Thouin & Carmen Barbone know (Clients of mine). In response to your newsletter re: letters that you would like to share/what has worked for you, well, I have a client who has always said that they wanted to write an article about my work, so I contacted them about your newsletter and so here is their letter that we hope you can share with your clients (see below).

Bonnie Illies
Animal Intuitive & Healer
952.292.7478
<http://bonnieillies.angelcities.com>

Letter from Roberta & Dana:

About four years ago our dog, Keta, was very sick--not eating or willing to move. We asked our vet if she knew of anyone who was an animal psychic/healer. She gave us the number for Bonnie. While waiting for the results of tests done by our vet, we contacted Bonnie. She does her work over the phone, working with clients all over the world. All she wanted to know from us when the session started was our dog's name and age. From those two pieces of information, she was able to detect that the liver looked gray, pitted and struggling to function properly. She addressed what was going on emotionally with our animal as well. She also advised us about diet; i.e., which proteins and vegetables would be most compatible for the liver.

We decided to also have her do healings for our dog. After one healing the only noticeable difference was that Keta wagged her tail which we had not seen her do for over a week. After the second healing, Keta went for a short walk. In the meantime, our vet called with a diagnosis of hepatitis and a picture that showed the liver just as the Bonnie had described it. The vet explained that we needed to get Keta on a certain drug. We explained that Keta was improving with the healings. The vet called several times, urging us to start the drug therapy. We believed, as Bonnie had explained, that to do the drugs would tax the liver--the very organ we were trying to heal. Doing the healings and then taking drugs that would have to be filtered through the liver could be like three steps forward and six back. When the vet continued to call regarding medication, Bonnie advised we go in for a blood test. The test revealed that the liver was healing. The vet couldn't believe it saying, "This is unheard of". Yet the tests proved it as was Keta who was once again eating and gaining more energy.

Other animals we knew of who have had hepatitis all died within a year of being diagnosed and taking medication. Keta continues to thrive four years after working with

Bonnie and no drugs. Bonnie also addresses the emotional component to illnesses--often there is an emotional aspect behind an illness. Often it's an emotional issue that the animal's caretaker needs to address. Our emotional baggage is often mirrored by our animals. Bonnie helped us see what that was for us which in turn helped us grow as human beings and helped Keta.

Working with Bonnie saved our Keta! Thank you, Roberta & Dana

9. **Courses and seminars.**

André Saine from Quebec and David Reilly from Scotland are coming to speak in Farmington CT on September 26 and 27th. They are both great. It will probably be more advanced level homeopathy. Check out the link to the conference site: <http://www.cthomeopathy.com/>

AND MY LECTURE SCHEDULE IS AS FOLLOWS.

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 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).

www.ChristinaChambreau.com

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 23,24 - American Boarding Kennel Association Trade Show, Charleston, SC. I will be doing 2 lectures a day – one on nutrition and one on holistic options for healing.

<http://www.abka.com>, 719-667-1600

October 31 – November 2 – Academy of Veterinary Homeopathy Annual Conference.

Encourage your veterinarians to attend. www.theAVH.org

Winter 2004 – Sunday Seminar Series in Bowie Maryland. Great for people who cannot take time off during the week to attend the NCH courses below. And lots of other holistic classes as well. Holistic overview, nutrition, homeopathy, acupuncture and Chinese medicine, animal communication. www.pgferals.org

June 2004 – National Center for Homeopathy Summer School. Usually the last 2 weeks in June. Four day Case Studies courses for people already treating animals with homeopathy using repertories and Materia Medica. Two day Introduction and four day Intermediate Homeopathy for Animals. Lots of other courses, and fun people stay in dorms, enjoy meals and sharing and learning in Baltimore, MD. www.homeopathic.org

10. **The Hunger Project – your letters are needed**

As many of you know, I think The Hunger Project is the best organization to create the end of hunger and poverty on our planet. I attended her May testimony to the Congressional Human Rights Caucus. The women on the Caucus wrote furiously as she spoke of the role of women in ending hunger. They brightened when she spoke of how hunger CAN be sustainably ended. They have now invited Joan Holmes to brief the **Congressional Women's Caucus**, made up of all female members of the House of Representatives.

Her testimony could begin to shift the way the US government interacts with other countries related to foreign aid. It could be the beginning of a shift towards sustainable economies and a peaceful world.

Your help is needed. Hunger Project activists living in the constituencies of these representatives are organizing a campaign to fax letters encouraging caucus members to attend, once the official invitation has been released in early September. Please see if your representatives are members, and then be ready to fax a letter to them at the right time. To learn how to participate, visit www.thp.org and click on "What's New."

Make my day - let me know you have been able to help in this effort. There are no Maryland representatives, so my job is to find other people to get their representatives to the meeting.

September topics will include:

- 1. Readers share their favorite products and stores.**
- 2. Horse tips to pass on to your riding friends.**
- 3. New info on Heartworm preventative.**
- 4. Reviews of some of the best homeopathic audiotapes.**

Edited by Mary Marlow