

# THE HEALTHY ANIMAL UPDATE

*September 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*

Liane Luini is editing the text of the journal and formatting it so it will be the most readable, referencable and useful introduction to having healthy animals. More people have asked about competing for the cover. By next newsletter I will have a publication date.

## SEPTEMBER INDEX

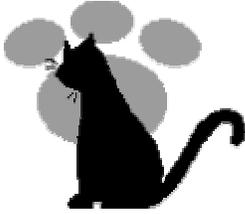
1. Baltimore Holistic Health Class – October 5 – tell your friends
2. Readers share their favorite products, books and stores.
3. Shelter information
4. Wonderful animal stories
5. Horse tips to pass on to your riding friends.
6. Facts about Heartworms.
7. Reviews of some of the best homeopathic audiotapes. [this has to go to oct, do we need to apologize or just put it in upcoming?]
8. People health
9. Courses for animal healing

**Reminder!** Each and every time you give Rescue Remedy (or Animal Emergency Essence or other emergency flower relief) be sure to take some yourself.

1. Copy what you think needed is needed from this flyer and add graphics

**DON'T WAIT !!**

**LEARN THE BEST WAY TO  
HELP YOUR ANIMALS BE HEALTHIER & LIVE LONGER  
USING UNITY PRINCIPLES AND THE HOLISTIC APPROACH**



- **Track symptoms so you know what you need to do next to keep improving your animal's health and longevity.**
- How to select the best veterinarian to be your partner in healthy pet care.
- **How to have no more fleas and ticks to drive you crazy.**
- **Discover if your animal is eating the best diet for a long and healthy life.**
- Vaccinate less to improve health and lifespan.
- **How you can help your own animal be happier and ease minor pains.**
- Solve those annoying behavioral problems that bother you and your family.

*Pat Brown will do a blessing of the animals. Bring pictures of your animals.*

**SUNDAY OCTOBER 12**  
**1 – 4 PM**  
**UNITY CENTER OF BALTIMORE**  
222 N Charles Street  
410-243-4282

**\$20 love offering per person**  
**FREE SPECIAL REPORT** to every person attending



Dr. Christina Chambreau has helped thousands of people improve the health and happiness of their animals. You can count on this homeopathic veterinarian to present an entertaining, interactive course so your animal can live longer.

To speak with her, call 410-771-4968 or email [HealThyAnimals@aol.com](mailto:HealThyAnimals@aol.com)

## **2. Readers share their favorite products, books and stores.**

Animal's Apawthecary has products that are new to me and since their products are always wonderful, I highly recommend them. Fidodent - Designed as a safe and effective antibacterial remedy against feline and canine gingivitis and other infections of the mouth. Swab directly onto the affected areas of the gums. Ginger Mint - Use as an aid with digestion. Helps relieve stomach upset that may be due to indigestion, excess gas and nervous stomach or travel sickness. Freshens breath, helps fight harmful bacteria in the mouth and digestive tract, plus it tastes great! Hawthorn plus - Certified organic or ethically wildcrafted hawthorn, Ginkgo biloba,

and garlic; vegetable glycerin USP, distilled water. Alcohol free. For circulatory support in dogs and cats that may benefit from the antioxidant and strengthening activities of these three time-honored herbs. Licorice - An ancient medicine with a multitude of modern applications: anti-inflammatory, liver benefits, immune system, stomach upset, ulcers to name a few. Licorice also has a sweet flavor so your pets will like the taste. Wormwood Complex - A safe, balanced blend of antiparasitic herbs found to be especially active against tapeworms and may also help with roundworms, wire worms, whip worms and Giardina infections. Additionally, the fennel seed component in this formula should help relieve gas and other digestive discomforts often associated with worm infestation. In cases where GI inflammation appears to be an issue, our Phytomucil formula may be used shortly after Wormwood Complex is applied (allowing the Wormwood Complex to reach affected area first). Order at [www.animalesentials.com](http://www.animalesentials.com)

Maureen writes: "I am also a distributor for a wholly owned and operated fresh raw frozen dog food company that is totally Canadian. [mtate@ns.sympatico.ca](mailto:mtate@ns.sympatico.ca)"

Another source for organic meat (and inspiration): Source for organic meat (and inspiration) Janet Brunner says: "My husband Wayne and I, along with our children own and operate an Organic Dairy Farm here in West Central Wisconsin. We sell raw milk, dairy products and meats directly from the farm. Our daughter, her husband and their children (our grandchildren) live on the farm too - we're a true family farm. <http://www.midvalleyvu.com>

Since [I was ill several years ago] we (as a family) have taken it upon ourselves to teach those interested in the natural health care available, which includes foods (raw and organic) as well as avoiding vaccinations which basically are the root of all health problems today.

About our fur babies - I have four Pomeranians; Shasta-8, Buddie-8, Annie-4 and Cubbie-1. All but Cubbie have been vaccinated in the past, but we quit vaccinations when Shasta reacted severely to her Rabies vaccine 3 years ago (caused seizures) and since then we have stopped all vaccinations for all.

Susan has a houseful of healthy cats and sometimes that means a bit of urine in the wrong places. She writes, "Here's the info on "Microbe-Clean, Multipurpose Cleaner Odor Eliminator". Of all the enzyme odor 'eliminators' I've tried, including 'Nature's Miracle", this one works the best on my cats' urine. It has a mild medicinal smell, which I prefer to the flowery scents, and it eventually fades. [For Baltimoreans], The Pet Depot in Timonium sells it." Or: Georgetown Environmental Group; Post Office Box 3777; Washington, DC 20007; Phone: 202-333-7030

A product that I have really come to like is Pet Peeve, from Topical Solutions, 128 Montgomery Street, Bloomfield, NJ 07003. Their phone number is 973-429-0005. It is made up of essential oils in an alcohol solution and comes in a 4 ounce bottle.

Natures Menu is recommended by Iris Kerman. 262-248-9256, 866-333-3729  
Lake Geneva, WI 53147

More help for ticks: Martha, a holistic veterinarian, asked all clients to get Cloud 9 herbal spray. Some people needed to spray it on their dog weekly and some daily. The feedback was an improvement in numbers brought into the house dependent upon how often it is sprayed on.

Andrea Brin suggests: "wonderful energy collars for fleas and ticks. The man who makes them has other good energy products. <http://holisticfamilyandpets.com/mall/ProductPagedog.htm>  
Johathan Rudinger's new book is great - Pet Massage: Energy Work For Dogs, Accessing the Magnificent Body Language and Body Wisdom of the Dog.

Moe books: Good source for most books: <http://www.dogwise.com/>

Newest on vaccines: Catherine Diodati "VACCINE GUIDE FOR DOGS AND CATS: WHAT EVERY PET OWNER SHOULD KNOW". Email me to order or [www.newatleanpress.com](http://www.newatleanpress.com)

A raw diet is really quite simple and easy. One easy book is Sue Johnson's Switching to Raw.

### **3. Shelter information**

Finally!!! Tim Saffell has done it again. The founder of the PGFF has created an online discussion list for people interested in Holistic Animal Rescue. There is already great activity on the list serve. Let anyone you know about it. A description of the list and how to join is at [http://www.topica.com/lists/Holistic\\_Rescue/](http://www.topica.com/lists/Holistic_Rescue/)

### **4. Wonderful animal stories**

[Kleenex alert!]

A MESSAGE FROM MAX:

My name is Max and I have a little something I'd like to whisper in your ear. I know you humans lead busy lives. Some have to work, some have children to raise. It always seems like you are running here and there, often much too fast, often never noticing the truly grand things in life.

Look down at me now, while you sit there at your computer. See the way my dark brown eyes look at yours? They are lightly cloudy now, that comes with age. The grey hairs are beginning to ring my soft muzzle. You smile at me; I see love in your eyes. What do you see in mine?

Do you see a spirit, a soul inside who loves you as no other could in the world? A spirit that would forgive all trespasses of prior wrong doing for just a simple moment of your time?

That is all I ask. To slow down if even for a few minutes to be with me. So many times you have been saddened by the words you read on that screen, of others of my kind, passing. Sometimes we die young and oh so quickly, sometimes so suddenly it wrenches your heart out of your throat.

Sometimes we age so slowly before your eyes that you do not even seem to know, until the very end, when we look at you with grizzled muzzles and cataract clouded eyes. Still the love is always there, even when we take that long sleep, to run free in distant lands.

I may not be here tomorrow; I may not be here next week. Someday you will shed the waters from your eyes that humans have when deep grief fills their souls, and you will be angry at yourself that you did not have just "One more day" with me.

Because I love you so, your sorrow touches my spirit and grieves me. We have now, together. So come, sit down here next to me on the floor. And look deep into my eyes. What do you see? If you look hard and deep enough we will talk, you and I, heart to heart. Come to me not as "alpha" or as a "trainer" or even a "Mom or Dad", come to me as a living soul and stroke my fur and let us look deep into one another's eyes, and talk. I may tell you something about the fun of chasing a tennis ball, or I may tell you something profound about myself or even life in general. You decided to have me in your life (I hope) because you wanted a soul to share just such things with.

Someone very different from you, and here I am. I am a dog, but I am alive. I feel emotion, I feel physical senses, and I can revel in the differences of our spirits and souls. I do not think of you as a "Dog on two feet"---I know what you are. You are human, in all your quirkiness, and I love you.

Now, come sit with me, on the floor. Enter my world, and let time slow down if even for only 15 minutes. Look deep in my eyes, and whisper to my ears. Speak with your heart, with your joy and I will know your true self. We may not have tomorrow, and life is oh so very short.

Love, Max (on behalf of all canines everywhere)

May be reposted and shared freely as long as this credit appears with the post, J.D.Ellis 2001

**Eulogy** \*\*\*Mary – not correct word here – epitaph not it either \*\*\*\*

Randi is the founder and publisher of **The Natural Horse** and she writes lovingly about her horse's passing. "P-pot's last day on Earth was yesterday, Monday Aug 18.

I gave him homeopathic remedies, one of which, according to Kathy [a communicator], he said would help him for a dizziness he had had for a few days. Kathy verified that it really helped him. But his hind end just couldn't get him up anymore. We gave him water and food which he had an appetite for, but his intake was limited.

I (and Sweetie the cat) slept beside him out in his field that night, and he tried several times to get up but just couldn't. By morning he was much weaker yet still eagerly eating small amounts. I believed that by then his attitude would surely be more accepting of me 'helping' him with euthanasia so we did. He did not seem to object and died peacefully. I'm happy for him. (And think of all our other buddies he can buddy up with :-)) He had 47 great years here on Earth. It was a privilege to have been his caretaker for 23 of them.

## **5. Horse tips to pass on to your riding friends.**

**Dr. Ward** is an incredible holistic horse practitioner and a long time friend. She is also a great educator and has created just what you and your friends with horses need to have healthy horses – a course! Read what Dr. Ward says at her site, [www. Holistichorsekeeping.com](http://www.Holistichorsekeeping.com) "*What does your horse really want?*" It was with this question in mind that the Healthy, Happy Horse study course was created. Your horse wants his interests and feelings considered when he is being handled and when you are making decisions which effect him. He wants to know you are getting your information from people who know and care about horses.

We are a group of horse professionals—a [dentist](#), [farrier](#), [veterinarian](#) and [horsemanship clinician](#), and we are each are dedicated to improving the lives of horses. We have much information to share and we want to reach the people who are looking for the in depth knowledge that can only come from experience." She offers several ways to take this course. [Option 1. Course notes.](#) [Option 2. Course notes](#) plus access to **first 6 calls** and participation in **monthly teleconference calls for one year.** [Option 3. Course notes](#) plus **membership in yahoo message board for one year.** [Option 4. Entire course. Notes, teleconference calls, and yahoo message board for one year.](#)

[Mary – can you rework this – I' m late]Remember that horses need few vaccines, if any. (See July newsletter about West Nile vaccine problems) The best food for them is as close to nature. Rotating pasture will keep down the parasite load, even eliminate it completely if you have chickens following the horses for a few days to eat the eggs and larvae in the manure. Rotating pastures daily or every few days takes time, but remember that in nature, horses never had to eat grass they had defecated upon recently. Organic hay, good grass hay, fresh oats, organic if possible. Keep a journal about your horses. Provide good water. Dr. Ward has several articles on water quality at her site, [holistichorsekeeping.com](http://www.holistichorsekeeping.com). She does not recommend *disinfecting* water buckets unless they have been seriously contaminated by the horse defecating into the bucket or by a dead rodent or bird in the bucket. Pasture troughs should also be cleaned but do not require daily cleaning. Small amounts of algae growth in troughs does not affect water quality, but debris such as leaves and silt do.

[Remember that people bathe too often and get rid of our "good bacteria", so same is true for horses water!] If you want to keep down mosquito larvae in pasture

troughs, consider putting a few goldfish in the tank. Horses generally leave the fish alone, but some mules (no names mentioned) may bob for them and try to pitch them out. [What a stitch – I love this suggestion] One great solution to improve water quality is to collect rainwater. Most horse farms are far enough out of town to miss the worst of the city pollution, and horses really enjoy drinking rainwater. Collecting your rainwater will also decrease mud around the barn. Rain water must be stored in a light-proof tank to prevent too much algae growth. Many people treat well water destined for human use but leave the barn water in its raw state. [I think it is very easy to put a filter system on your barn faucet and do recommend this.]

## **6. Facts about Heartworms**

Spring is usually the time we speak about heartworm preventative, but many conventional veterinarians are pushing you to give the preventative month after month, year around. I used to say (in my previous lifetime as a solely conventional veterinarian) that of course you could see mosquitoes in a winter warm spell. Here are facts to put you at ease for not giving preventative in the winter. Wait until you have seen mosquitoes for 1 month before testing and starting, if you are electing to give preventative at all. Dr. Blake sends us the following: Heartworm facts to make you sleep better at night: The adult heartworm produces live young (microfilaria) ...it cannot develop any further unless the blood is taken by a mosquito where the microfilaria can develop. How long it takes to develop depends on the ambient temperature. It MUST remain between 72-80F for 15-17 days...it must be constant...When it drops to less than 58F growth/development is inhibited and will take even months to develop in that mosquito. Here's the clincher.....A temperature of no less than 65F must be maintained continually day AND night for 28 days before the microfilaria can become ineffective.

People are asking me about the every 6 month heartworm preventative, ProHeart 6. Go to <http://www.concernedvet.net/firms.com/> for a wonderful expose.

If they do get heartworms, there are many holistic treatments. The dogs need to be monitored carefully so heart disease does not progress, but I have had 100% success treating positive dogs. Laura writes of using a product, Paratox to treat heartworms. Thomas is an outside dog who was close to being put down with heartworms so she brought him home to keep her older Lab company. I believe she treated and tested for a month or two. Thomas didn't like the taste at first but after a week or so, she didn't have to fight him to take it. She had his blood checked a couple of times during treatment and at the end, he was heartworm negative.

## **8. People health**

On my personal journey to health and wealth I have tried many approaches. Homeopathy and rolfing had been the best. I still needed more healing. This year I have worked with energy healer Wanda Lasseter. She is awesome. [www.Lasseter-Lundy.com](http://www.Lasseter-Lundy.com).

## **9. Courses for animal healing**

*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](http://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](http://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](http://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 Medicas. 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](http://www.homeopathic.org)

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

1. AHVMA conference review
2. Reviews of some of the best homeopathic audiotapes.

**Oct** - How to make grooming a pleasant experience.

**OCT – anal glands.** Anal glands – hot pack, scooting

OCT – now that we are at the end of flea season in most areas, tapeworms may be seen. There are many ways to eliminate tapeworms.

3.

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