

THE HEALTHY ANIMAL UPDATE

October-November 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

FABULOUS UPDATE ON *the Healthy Animal's Journal*

Hooray! The book is almost ready to go to the printers. Liane Luine, Catalina Smith, Wendy Pachter and others have edited, and selected graphics and discussed content and we are pushing hard right now to have the print ready copy within a week.

I will know soon the availability date and how to order, so check your email daily for the next few days (till Wed 11/12) for the final announcement. If not then, I will send an email announcement when I return on Tuesday Nov 25.

SAD NEWS

Many of you have read selections from Dr. Steve Blake's newsletters here. Maybe you have gone to his web site – thePetWhisperer.com to order products. He lives north of San Diego and his house was completely burned down in the recent fires. They had 10 minutes to evacuate and only were able to save some photographs. They are living with their children but must rebuild both their personal effects and his professional books, medicines, computers, etc. Greg and Mary Tilford went through this 4 years ago and have already started a fund to help the Blakes. Go to www.animalessentials.com to make a financial contribution or to list what holistic books, remedies that he may want.

CHALLENGING NEWS.

I just received my Center for Veterinary Public Health Newsletter (2003-Vol II, Issue I, www.edcp.org/html/vet_med.html) and actually read it! BARF and raw meat feeders have a challenge. Basically the article said dogs who have been fed raw meat are unsafe around immunocompromised persons because of contaminants in the mouth, saliva, on their toys and shedding in the feces. They said that "Pets on a BARF diet should not participate in any Pets on Wheels programs, or any other visitation program to nursing homes, long-term care facilities, children's hospitals, or facilities that may have immunocompromised populations." Web sites mentioned: www.fda.gov/cvm/index/fdavet/fdavettoc.html; www.cdc.gov/healthypets; edcp.org. I know some of you will get to work on this issue.

Out of town: For those in my practice I will be out of town again. November 12-15 and 23,24 I will be checking phone and email messages regularly. Nov 13-night of 22 I will be on a gratitude cruise and not available. Dr. Ramelmeier will be covering during that time.

OCTOBER – NOVEMBER INDEX

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1. AHVMA (American Holistic Veterinary Medical Association) Conference review

Excitement! Tension! Decisions! Would Isabelle let us have our conference scheduled for Durham, NC? She passed through on Thursday and some hotels were without electricity until Friday night. Our conference center was fine and most people made their way through the interstate detours and plane delays to arrive and enjoy a stellar conference. The Botanical Society had a Fri and Sat workshop. The Academy of Veterinary Homeopathy led an advanced workshop on Saturday. The AHVMA Advanced Session on Chinese Medicine and the AHVMA Introductory Sessions happened on Saturday. The main conference Sunday to Tuesday was full with concurrent sessions, great speakers, exhibitors and food. I highly recommend purchasing the tapes for many of the lecturers. They will be available at some point on the AHVMA.org web site. They are not there as of October 20 (Ooops – told you I am late with this issue.)

We had a wonderful coverage of vaccination issues from Ron Schultz and Jean Dodds. Dr. Dodds had a great preventative suggestion. Send blood to her for Thyroid panels (Profile 7200 - \$70) every year, starting when they are young, especially in dogs at high risk. This way corrective energy treatment can be started before they become so ill that they show symptoms of low thyroid. She listed some recent vaccine reactions and spoke of the need for adequate nutrition to have a healthy immune system. Many dogs with behavior problems or even seizures had underlying thyroid problems. She emphasized that vaccine protocols need to be individualized.

Dr. Schultz was, as always full of the current information about duration of immunity, new vaccines planned for introduction soon, the efficacy of different vaccines and more. He updated us on the Purevax Rabies vaccine that will soon be approved for 3 year use. It is one of the least reactive of vaccines. (Made by Meriel)

The Elders made newcomers and jaded practitioners laugh and play while they learned about the most healing colors and styles to wear in the clinic. They then addressed the issues of prosperity in an open forum format where we each learned new perspectives about healers making (or not making) money.

Lynn Peck and Carol Bennett introduced a wonderful modality, the Bowen Technique. I have been hearing wonderful stories about this gentle hands-on therapy that uses wave motions on the muscles to treat problems ranging from asthma, gastrointestinal problems, behavior, ear infections, seizures TMJ problems, any muscle or bone problems and more.

Margo Roman spoke on a topic dear to my heart – Having a holistic green and balanced veterinary clinic. I am so pleased to have environmental issues covered now.

As always, people were friendly, every speaker was approachable at any time, the exhibitors had great products and taught us a lot.

Before the conference I was blessed to visit some of the healers you may have worked with at times or still are – Nirado Sloan, Lori Tapp, Linda East, Charlie Looks and Jane Morse.

2. Reviews of some of the best homeopathic audiotapes.

National Center for Homeopathy (NCH) tapes can be ordered at Conference Recording Service 510-527-3600. <http://www.conferencerecording.com>

From San Diego, 1998 are 3 great tapes.

My all time favorite that was acted out in costume by Castro and Nossaman is *The Search for the Holy Grail: Hunting High and Low for the Simillimum*. Listen carefully for all the humor and learn how the interaction we have with each other and with our animals may do as much or more healing than the remedies themselves. A monk is in search of this substance that is known to cure any disease, to cure all that ever happened in the past, and yes....even, it is told.....can... cure every future ailment.

Using the Method of Sherlock Holmes to Find the Remedy. Have you ever thought that homeopathic case taking was like a detective story? Have you wondered if your practitioner and yourself could find the needed clues? Well, Dr. Tim Dooley and one of his sons would agree with you. Though an introductory lecture, even advanced prescribers will learn much from this tape.

Luc de Schepper, the leading teacher about the use of LM potencies teaches a lot about their use (I prescribe them slightly differently, so do not get upset) in *Treating Hypersensitive People Gently with LM Potencies*

Editor of *The Homeopathy Today*, Julian Winston, traveled up from New Zealand where he moved when he married. His lecture, *Boenninghausen, and Kent: Myths and Stories of the Repertory*, sounds a bit boring. I was enthralled as he was looking at the original texts and had learned about some of the original provings that are not as accurated they could be. We certainly cure a lot of animals, though not all.

Homeopathy for Animals lectures and workshops happen at many NCH conferences. I did a great one in Chicago, 1994 – *Translating the Prescribing Skills You Use with Humans to treat animals*. Dr. Shaeffer and I spoke in Baltimore, 1997 about *Homeopathic Care for the Whole Animal*. Don Hamilton spoke in San Francisco, 1996 on *Pros and Cons of Veterinary Vaccination*. One of my favorites is when Dr. Arthur Young and I spoke in 1999 in Ft. Lauderdale. *From Ants to Zebras* was a real hit. Dr. Young used incredible humor and great slides of exotic animal treated with homeopathy.

3. How to make grooming a pleasant experience - Use Flower Essences

While I am focusing on those that may be needed in a grooming situation, this material, of course, applies to the individual so will be good in any situation causing emotional problems. You will also want to become calm and centered when drop off your animal, while you are grooming or if it is done in your home. Ask the groomery to spray some diluted flower essences if your animal seems stressed at all.

I find the *Bach essences* the easiest to prescribe since there are only 38 to learn. Other companies are producing hundreds of different essences that can much more closely match the behavior you need to help.

Once Molly of *Green Hope Farms* developed her Animal Wellness Collection with essences combined for specific animal problems they became equally easy to suggest. Her Flee Free is very good for fleas and ticks. Reading her catalog is a wonderful meditation and you may be drawn to individual essences for your family. *Green Hope Farms* -greenhopeessences.com 603-469-3662

Another favorite of mine are *Spirit Essences*. Spirit Essences are one of the newer lines of essences and are particularly good for animals because they are currently the only ones developed by a veterinarian, Dr. Hofve. www.littlebigcat.com 303-386-3148. Dr. Hofve will also consult on their use and general health and nutritional counseling for individual animals.

California Flower Essences (1970) were the next to be developed and tested after the original Bach remedies and there are over 200 of them from which to select. Richard Katz and Patricia Kaminski also present a lot of educational material about essences and direct the Flower Essence Society. www.floweressence.com 800-548-0075

Since then many more companies developed their own lines. Information, classes and essences are available from each of them.

Perelandra at Perelandra-ltd.com 703-937-2153 I love her perspective on our planet and how to live and run our businesses in partnership with Nature.

Sananda Ascension Essences are produced by a Sananjaleen who also has great books channeling what dolphins want to tell us. 540-364-1282 sananda@erols.com

Delta Garden Essences – Dr. Jensen (an excellent veterinarian using essences) really likes these. Deltagardens.com (978) 463-3344

Pegasus Products have over 1200 essences. PegasusProducts.com 800-527-6104

Anaflora flower essences and flower essence formulas made just for animals are produced by Sharon Callahan who is an animal communicator and leading pioneer in the use of flower essences in the treatment of animals.

Flower Vision Research (does not have their own line, but provides educational workshops, books and sells other companies essences. www.flowervr.com

Australian Bush Flower Essences developed by Ian White. ausflowers.com.au

Alaskan Flower Essences developed by Steve Johnson alaskanessences.com

Desert.alchemy.com

Alohafloweressences.com

Ladyslipper.com – Georgia

Masteressences.com

Featherhawk.com

Earthfriends.home.mindspring.com

Kachina.net

How to administer flower essences

Flower Essences are very easy to use! They can be given by mouth, added to food or water, applied topically, or used in a spray bottle to infuse a problem area (the car they are nervous about riding in).

Different practitioners have different ideas of administration and dilutions. Because flower essences are so safe, innovative ways of giving the essences are fine. The standard recommendation from the original Bach company is to put 2 drops of each chosen flower remedy in a 1 oz bottle of good water (spring). Narrowing down to 2 or 3 is best, but up to 5 can be mixed. If Rescue Remedy is used, it is considered to be 1 of

your choices even though it contains a mixture of 5 flower remedies. Four drops of Rescue is put into a mixture. Then 4 drops of the mixture are given at least 4 times a day. A few drops can be put into the water and it is all right if the other animals also drink it. It can be rubbed into the ear or any other area with less fur. It can be put in the food. It can be sprayed on the animal or misted in the air.

Sometimes the animals will decide how much is needed. I learned to slowly increase the strength put in the water bowl by the following case. One 16-year-old cat who was a patient of mine had suddenly become exhausted from her kidney disease. The owner made a mixture of Olive, Elm, Crab Apple and Hornbeam. She put 4 drops in the cat's water bowl. The cat walked over and swatted at the bowl till it spilled. She had never done anything like this before. The owner emptied the bowl and put in 2 drops and the cat stalked by the bowl giving it a "nasty" look. Again, the owner emptied and cleaned the bowl. She refilled it with only one drop of the mixture and the cat come over immediately and drank. She continued to drink it regularly and her mental state improved. The owner was also giving a few drops directly in the cat's mouth four times a day. Listen to your animals. Spray bottles can also be prepared and the remedy misted on the animal or around the house.

Molly, of Green Hope Farms, gives more general and intuitive ways to administer the flower essences. " Possible ways to use these remedies include...in the eater dish...directly in the mouth, on the pad of a foot or on the outside of an...ear....flower Essences work when they are introduced into an animal's electrical field."

General relief to an anxious situation – Rescue Remedy (Animal Emergency Care, other brands of rescue solutions). Each company's variation may work better for some animals than others. If ever a person or animal is ill or upset in any way give rescue remedy. This combination of flower essences is used any time and animal or person needs "rescuing". If the animal is nervous or angry while being transported, put some straight rescue remedy on a small cloth and put in the crate or carrier or on the seat beside the animal. Rescue Remedy can do no harm and may miraculously help an animal recover from any problem. It can be used along with conventional medication. I have seen great results with injuries, shock, seizures, wounds, poisoning, bladder problems, severe diarrhea, bleeding,

One cat patient of mine screamed and hollered when riding in the car yet the owner insisted that I see the cat. With rescue remedy the cat slept for the 45 minute car ride, needing extra doses every fifteen minutes. Another patient was given rescue remedy for car anxiousness with no result at all. With and dog who had been hit by a car and stopped breathing was given rescue remedy and began to breathe, sat up and slowly recovered. One dog who had half hour tremor types of seizures would stop in two minutes after getting rescue remedy. It is a good idea to take whatever flower essence, especially in emergencies, which you give your animal. Remember flower essences can never harm so nothing is lost by trying them.

Fleas and Ticks: Green Hope Farms Flee Free is my personal favorite combination flower essence because I have had such good luck on my own cats. As with all flower essences, there are many ways to use this essence. Molly's essences are in vinegar so most animals will tolerate them orally. Give a few drops internally &/or put a few drops on your hands and rub them over the energy field of the animal saying "no more fleas here" &/or dilute and spray on after the grooming and daily or before going out &/or mist

around house and yard. My cats still get ticks, but 50-75% fewer when I remember to give some orally and rub some on their aura. After one treatment in the spring I never have seen any fleas. Clients in my practice have about a 70 percent success rate with Flee Free. If your business is in an area that has fleas and ticks this will be super bestseller.

Anaflora.com has Be Gone to do the same with fleas and ticks. Dr. Hofve is developing a flea essence. Keep checking her web site. Imagine if you could prevent fleas with gentle, non-toxic flower essences on even 50% of the animals you see. That would be well worth the time spent trying the different brands.

4. Anal glands – hot pack, scooting

Several patients had anal gland problems last month, so here are a few hints.

Hot compress the anus area (the glands are at 5:00 and 7:00 positions of the anus) for 5 – 10 minutes, keeping the cloth hot. You can use a sitz bath if you feel it would be easier. Put a few drops of Rescue Remedy or other “rescuers”. Then put a cloth over the rectum and gently but firmly squeeze. The anals should empty easily.

5. Tapeworms

Now that we are at the end of flea season in most areas, tapeworms may be seen. There are many ways to eliminate tapeworms. Of the two commonly used chemical treatments, a few vets prefer the Cestex over the Droncit. I have seen no difference. Since most animals do not become very ill with the tapeworms and they cannot transmit them to your family or other mammals, you have time to try some holistic treatments.

If you have a source of Standard Process supplements, the following has been the most popular.

Zymex II (Standard Process)	1 caps/day (under 20#)	1cap twice a day (over 20#)
Wheat Germ Perles	1 perle/day	1 perle twice a day
Ground pumpkin seed	1/4 teaspoon twice daily	1 teaspoon twice a day

Use coffee grinder for seeds and then keep in freezer. Give mixed with meals (puncture caps) for 1 month. If needed, it can be given longer.

Dr. Steve Blake (buy his book, ThePetWhisperer and subscribe to his newsletter of the same name. Guess the name of his web site?) said in his last newsletter that these “little guys can be difficult to get rid of. One product that I have heard has cleared many of my patients is (Parastat 1-800-370-3447) herbal wormer for all internal parasites. “

Looking forward to December’s topics:

- 1. Who is your primary veterinarian – your local one or your holistic one?**
- 2. Holiday stressors**
- 3. What are titers and how do they relate to vaccines?**
- 4. Holiday gifts – essential oils, gifts to charities and more.**
- 5. Cocoa mulch toxicity
and more**

Happy Thanksgiving. Be Grateful. Invest money in The Hunger Project as gifts.