

THE HEALTHY ANIMAL UPDATE

December 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 IN 2004?

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. **Are you there? I hear from 2 or 3 people only each month. Let me know what you want to learn about.**

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*

The book is out and many of you have ordered it and have reported back favorably. Please let me know of any way for it to be improved for the next edition. You can order by going to www.HealthyAnimalsJournal.com (better for me to follow directions to send me a check, but pay pal is available if needed).

Help improve health in the world – find people to sell this book! Let me know of any leads. Thank you for your caring for the health of animals in the world.

STEVE BLAKE UPDATE

Many people have prayed, sent books and money so that by Thanksgiving Steve and Chareen were in a house and his practice was working. He says: "A Big thank you to all for paying it forward and for sharing your time with me and the animals. Make today a great day." To read issues of his newsletter, hear updates of their recovery from the fire and learn many wonderful healing techniques, go to <http://www.thepetwhisperer.com>

December's topics:

1. Great Recoveries
2. Who is your primary veterinarian – your local one or your holistic one?
3. Holiday stressors
4. What are titers and how do they relate to vaccines?
5. Cocoa mulch toxicity
6. Book to help our children
7. Christina's year end musings

1. Great recoveries

Betty Haskell writes:

"One of my new students runs her own little wildlife rescue and rehab. She handles the minor problems herself, but takes serious ones down to the Cape Cod Wildlife organization. A couple of weeks ago an hysterical neighbor called her frantically about a very sick mouse on her garage floor. Jana went down to find a tiny little field mouse baby. It was cold, shaking and obviously about to die. The neighbor was nearly in tears, begging her to help it.

She had only been to the first 2 classes, but remembered Aconite for Fear of one's own Death. She put a bit in the baby's mouth and put him on a soft cloth in the little cage expecting to find him gone in a few minutes. When she went back, he was sitting up. She gave him some water then a bit of something to eat, and released him back into the wild, a happy frisky baby, the very next day! She didn't think of Arnica, she was so new into all this, but obviously she still did the right thing!!

Another student owns "Champs", a kitty rescue. She had two 4 week old kittens brought in a few weeks ago that had been pulled out of a washing machine that had a lot of bleach in the hot water. They were both badly burned. Her Vet suggested euthanasia, but she felt so badly about them, that she called me. They were bright red, terribly sore to the point she couldn't touch their little bodies. We agreed on making a calendula lotion and putting it on with a spray bottle, several times that day, plus Cantharis by mouth. The next a.m. she could handle them and put calendula cream on them and continued with another dose of Cantharis. Continued treatment for 3 days, at which time they were much better, eating, drinking, peeping and pooping just fine. Skin became normal, healing nicely, and one was ready for adoption in 10 days. The other took a bit longer but now has a nice home.

Such blessings are ours, thanks to the gift of Homeopathy!

2. Who is your primary veterinarian – your local one or your holistic one?

People are often confused when they have several veterinarians or other health care providers working with them. Often they first call the local, conventional veterinarian and follow her advice until it does not work and then they call the holistic provider.

Remember that "holistic" is an approach to thinking about health that focuses on the whole animal rather than a "disease." Think of an artist's palette with many different colors of paint as this holistic approach. The palette is the approach of focusing on the whole animal and paying attention to the response to each treatment. Each different color of paint is a type of treatment—conventional drugs, conventional surgery, conventional lab work, classical homeopathy, combination homeopathy, needle acupuncture, laser acupuncture, traditional Chinese medicine, chiropractic, network chiropractic, herbs, flower essences, massage and more. Your animal's life is the painting. Some paintings need only one color and others need many different colors to be beautiful. Conventional treatments, or homeopathy, or herbs or another may be the only approach needed to maintain health, or many different treatment approaches may be essential.

Thinking of this palette of choices may help you remember to first call a person who practices from the holistic paradigm unless there is an emergency. Then you and that practitioner can determine what diagnostic and treatment approaches make sense.

You are responsible for choosing the health approaches for your animal (until they learn to drive and talk on the phone) so you want to have a strategy in place before your animal becomes ill. Think about who you will call, how long you will wait, what back up you will have, etc.

Since you have been keeping a journal, when you review the wonderful memories of the year or of the past few months, notice what approaches have been the most helpful and use these responses to strategize for emergencies (or illnesses). I do encourage the use of animal intuitives (communicators) to help make decisions as to type of approach needed. Continue tracking symptoms after treatment is begun so you can make sure you did make the best choice.

3. Holiday stressors and effective treatments.

2003 was much less stressful for a number of my friends and clients. They shopped less, played more and enjoyed their family and animals.

This is the best treatment for holiday stressors: to ease off the pressure and have more fun. Spend time with your animals and they will certainly be healthy.

Spread out the food treats. If there are a lot of leftovers you want to feed to your animals, package them up in small portions and freeze for later use.

Use Rescue Remedy or other flower essences in the water and in the air or directly in the mouth to "distress".

Use essential oils in the house (lavender is good for soothing). The Brain Garden has great values of super high quality oils (<http://www.pulseparty.com/132195>)

Spend time to look at photo albums, journals, letters, cards and share what is special about each person and animal in your life. This is especially important if you have lost a person or animal this year as sadness may arise. Remember that they have passed on to a different life and are contributing what they learned with you to the great energetic universe.

New or visiting animals in the home can be a major stressor. Plan ahead, make time, keep them separate, use flower essences and essential oils, do not vaccinate right away and use an animal communicator if there are problems.

4. What are titers and how do they relate to vaccines?

Many people who are trying to reduce vaccination are interested in using "titers" as a test to measure whether or not their dog is still immune to a disease. They often speak of titers as showing "high" or "low" immunity, or of "having to" re-vaccinate when a titer is low.

A "titer" is a measurement of how much antibody to a certain virus (or other antigen) is circulating in the blood at that moment. They can be different each time they are tested. Titers are usually expressed in a ratio, which is how many times they could dilute the blood until they couldn't find antibodies anymore. So let's say they could dilute it two times only and then they didn't find anymore, that would be a titer of 1:2. If they could dilute it a thousand times before they couldn't find any antibody, then that would be a titer of 1:1000.

A titer test does not and cannot measure immunity, for it is a result of the energetic susceptibility and overall non-specific immunity – the ability to heal. Physiologically, immunity to specific viruses is reliant on memory cells, which we have no way to measure. Memory cells are what prompt the immune system to create antibodies and dispatch them to an infection caused by the virus it "remembers." Memory cells don't need "reminders" in the form of re-vaccination to keep producing antibodies. (Science, 1999; "Immune system's memory does not need reminders.") If

the animal recently encountered the virus, their level of antibody might be quite high, but that doesn't mean they are more immune than an animal with a lower titer.

Dr. Donald Hamilton, a holistic veterinarian and author of *Homeopathic Care for Cats and Dogs*, compares antibodies to fire engines. Just because the fire engines aren't racing all over town all the time, and the fire fighters are back in the firehouse, sleeping, eating or playing cards, doesn't mean they aren't ready to jump in their trucks and head to the fire when the alarm sounds.

A high titer is strongly correlated with either recent infection or good immunity, but the opposite isn't true. You can use a titer test about two weeks after vaccination to determine if the vaccination was effective in stimulating an immune response, but testing that same animal's titer years down the road doesn't really tell you anything new.

The main use for titer tests is to provide documentation for legal purposes such as travel, or licensing in areas that accept rabies titers in lieu of rabies vaccination, to satisfy curiosity, or to provide some misguided peace of mind.

Specifically regarding rabies, you might be reassured to know that with the single exception of one dog in Texas, the federal Centers for Disease Control report that no dog or cat who has had two vaccines for rabies has ever gotten rabies. ("In a nationwide study of rabies among dogs and cats in 1988, only one dog and two cats that were vaccinated contracted rabies. All three of these animals had received only single doses of vaccine; no documented vaccine failures occurred among dogs or cats that had received two vaccinations." Recommendations of the Immunization Practices Advisory Committee (ACIP), March 22, 1991/Vol. 40/No. RR-3.) When I lectured at the University of Georgia, a faculty member said that Rabies vaccination, being viral, gives life time immunity.

5. Chocolate and Cocoa mulch toxicity

The quality of chocolate determines the toxicity. More importantly, the susceptibility of the individual animal determines the bad reaction. A friend of mine came home to find only shreds left of a one pound fund raising chocolate bar left - her 5 pound poodle had eaten the chocolate, foil and paper! The dog was never sick and passed all the foil - now we know those FR bars are not very high quality chocolate.

Milk chocolate: 44 - 60 mgs/ounce

Unsweetened baking chocolate: 450 mg/oz Cacao meal: 300 - 900 mg/oz

Cacao beans: 300 - 1200 mg/oz (1-4% theobromine)

Hot chocolate: 13 mg/oz

How does your garden grow? Not with cocoa bean mulch, please. A retrospective study just released by the ASPCA Animal Poison Control Center (APCC) confirms that this commonly used fertilizer may deter slugs and snails, but it also attracts companion canines, who can be poisoned by eating it.

Made from spent cocoa beans used in the production of chocolate, cocoa bean mulch contains caffeine and theobromine, both of which are toxic to dogs, cats and even horses. The relative theobromine content per ounce for various products is:

Cocoa bean shell mulch may contain up to 0.19%-2.98% theobromine

Most dogs will not eat the mulch, but this is something to watch for during the winter and early spring when there are not a lot of greens to munch on.

If a dog acts very agitated hours after eating chocolate - racing around, frantic - give Rescue Remedy in water and give a lot of water to flush the system. Everyone should have either Rescue Remedy (readily available in most stores), or Animal Emergency Trauma Solution (from www.greenhopeessences.com - get when you get Flee Free to combat fleas non toxically), or from anaflora.com or perelandra-ltd.com or other flower essence companies. Totally safe and nontoxic, these "rescue drops" will help most situations, sometimes dramatically. Induce vomiting if you know that your dog ate a lot of high quality chocolate within the last 2 hours.

As always, homeopathic or Chinese medicine treatments are available and usually successful if symptoms do appear.

6. Book to help our children

Absolute must read (even though I do not agree with every word in it) is Robert Shaw's *Epidemic*. The rot of American culture, absentee and permissive parenting, and the resultant plague of Joyless, Selfish Children. For our planet's sake, for our animals' sake, read this book and have everyone you know read this book. Bob is our daughter's Godfather and we love, respect and learn from him. Isbn 0-06-001183-1

7. Christina's year end musings

Another year has passed. My daughter is driving and flying by herself to visit a boyfriend at college, my two new kittens have grown into wonderful adults, my book is printed and selling well, I have shifted how I think about money (there is plenty and creative ways to have money flow through me to help the world are abundant), the world has been at war, great strides have been made for women through the work of The Hunger Project, many projects of Search for Common Ground have been successful and I am grateful for every breath I take. Good and bad. Births and deaths. Meetings and partings. Joy and anger and sadness. This is life and we get to choose how we want our world to be.

Christina's impromptu guidelines for 2004. (I know many of you have even better ones, so share them if you wish - I'll try to put them on my www.ChristinaChambreau.com website which has been slightly ignored lately.)

1. Be grateful with every breath you take. If something triggers anger or upset, take a breath and be grateful for something, then look at your emotions again. The peace we create within ourselves radiates to the world.
2. Daily, plan to do something good. This can be as easy as clicking at <http://www.theanimalrescuesite.com>, giving money, smiling at people, tipping generously. It may be a stretch for you like scheduling time to visit a shelter, hospice, prison or scheduling time to tutor or be a big sister or...
3. Nightly, review what you did that was wonderful - acknowledge yourself for all the good you do.
4. Remember to breathe, especially when you are tense or stressed. If you feel you do not breathe freely, treat yourself to rebirthing sessions.
5. Ask for what you need. The other day I called a friend to ask what to bring for a potluck at her house and I listed what was in my fridge as I cleaned it out (she reluctantly listened and it made me feel great that she was willing to help me by listening to a litany of different foods - I made sushi for the party). Ask for peace for the world and nice treatment for all animals and other things you may think are impossible.

6. Pray, meditate or somehow stay in touch with the universal energy source. This can be done as part of your daily life or you can set aside sacred time.
7. Have fun, laugh, take risks, live fully, be still, do what works for you.
8. Help the environment. Recycling is just not it. I need to find out how to counteract the flying I do to teach by planting trees or something. Use cloth bags – I mean it – now – stop with the paper and plastic. Save water. Stop buying things and when you buy – buy local, buy Fair Trade, buy what is good for the environment.
<http://www.Naturalhome.com> has a quiz you can take to rate your impact on the planet. Because of lying I was not very good. A New Orleans park uses burlap bags instead of plastic for its trash cans and empties them and puts them back in the cans – lets do more of that. Support local family farms in converting to free range and organic. We can make a difference, one by one.
9. Pay your bills or let people know by when you will pay them. Affirm that you have all the money coming in to pay them. Prospering you will prosper them. Ask for money that is due you and pray for their prosperity. Tithe generously.

I want each of you to know that I cherish you, that I am honored you want to listen to me and to what others have to say in this forum, that I learn daily from the wonderful ways you care for your animals and for the world.

Happy New Year. Be Grateful. Invest money in The Hunger Project, Brighthaven, Prince Georges Feral Friends or other organizations making the world a better place. Reduce what you spend, increase what you earn and give it away!!! My goal is to gift 90% of my income. I'm only at 15% so far and it is growing.