

THE HEALTHY ANIMAL UPDATE

January 2004

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. **Thank you for the responses from the December newsletter.**

If you wish me to use a different email address or cannot 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. Those of you who love the book – send me testimonials. I was part of the audience for an infomercial and the interviewer rescues wild and domestic animals. She now has the journal and wants to try the holistic approach. You can order by going to www.HealthyAnimalsJournal.com. 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.

Humor: Have fun at this site: <http://www.laughingdogpress.com/breeds>

January's Topics:

1. Care for elderly animals
2. Symptomatic versus curative treatment
3. Winter Woes
4. Christmas kittens and ear mites
5. Courses

1. Care for elderly animals

Alice Tanita asked to hear about care for elderly cats, particularly, in order to help her Copper who is 19 yrs.

Congratulations, Copper, for choosing a family where you have been able to live such a long life, and for having the genes to live so long and longer. The best coaching for help with elderly cats is the wonderful rescue group, Brighthaven. They only adopt cats who have reached the wise age of 16 (a few others do sneak in). A wonderful memorial to any of your aged cats who have passed on is to financially adopt one of Bright haven's cats. Go to www.Brighthaven.org and click on their Chronicles for articles about the cats and about health care for the elderly.

Keeping elderly cats healthy is the same as keeping kittens healthy - keep a journal to know what modalities help the most. Once a cat is elderly, you should have a good idea of what they need. Indulge the elderly cat even more, if possible. If she loves to sit in the sun, make sure there is ramp up to the sunny window ledge if she can no longer jump up.

1. Temperature: Often elderly cats and small dogs are chillier, so try one of the new

naturally heated beds. www.catwarmer.com is a very safe electric pad, but since some feel that electric pads cause illness or disrupt healing, try the self warming cat bed (petsmart.com, J Foster Bros) or hot water bottles.

2. Diet: Some otherwise healthy elderly cats and dogs develop a picky appetite and often need more frequent, smaller feedings. Remember to continue to try new foods as now the more smelly foods, or the less spicy foods are wanted. Wysong (go to ChristinaChambreau.com for a link) has many great products for the elderly. If they are thin - try PDG to increase the calories and protein in a palatable supplement. If they are having any stool difficulties, try the F-biotic (C-biotic for dogs) for a broad spectrum of probiotics and digestive enzymes.

3. Exercise: Often people think the older animal needs less exercise because they tire sooner. They need the exercise, just in small bouts. If they are becoming less playful and alert you need to be doing something more to boost their energy field.

4. Some cats vomit more hairballs (remember if this happens it can indicate lower health) in the winter (maybe because of all the static electricity) and most hair ball products are harmful for the cats. A good one is Vetbasis (The petroleum free alternative hairball product)...www.vetbasis.com

2. Symptomatic versus curative treatment

Alice Tanita writes about a specific problem of Copper, her 19 year old. "He also has a large cyst which dangles from the side of his neck and we have it tapped regularly. He has an arrhythmia so we cannot have surgery. I have read about a homeopathic remedy for this type of cyst. Does it work? I would love to know but plan to try it anyway to help him."

And Joyce Cross writes, "I am pretty new to homeopathy, so I have a lot to learn and perhaps some of these topics you have covered before I became interested. I have one horse; I've been his caretaker/owner for about ten years; I've learned the conventional approach to health care, but Presto has some health issues that conventional care failed to address successfully. So I turned to homeopathy and have witnessed startling results in the last 18 months; that got me very interested in homeopathy both on his behalf and for myself and my family.

I have used the services of Dr. Joyce Harman and Dr. Stephen Dill (acupuncture/chiropractor) with good results. But most of my experience is gained from a fellow boarder, who is from Germany and has been guiding me on a daily basis. In Germany apparently things are done differently -- in this case meaning frequent use of combination remedies in addition to single remedies. These appear to work quite well. I am a member of NCH and attended my first Summer School in 2003 -- Homeopathy 101. I plan to go to 102 and to the vet classes. I am learning two systems in my current environment: classical homeopathy thru NCH and my American colleagues and what I perceive to be something quite different from my German friend.

My questions refer specifically to horses because that's what I have; I realize homeopathic principles apply to all of us. Can you elucidate on the German (or perhaps it is European) approach to homeopathic care vs. the classical approach and the suitability of the different approaches? Are these two approaches simply classical homeopathy vs. use of combination remedies, or is there more to it?

These questions prompt me to review our approaches to treating any problem. There are homeopathic remedies and Chinese herbs and western herbs and acupressure points and conventional drugs for specific problems. Most of them actually treat the many imbalances in the body and have often had success with a particular problem. You can choose to give a treatment for one particular problem or you can find the treatment that fits this individual with that problem. Which is more likely to be effective? Which is easier to do?

Even if you choose to select a treatment for the problem rather than the individual, the whole animal is being affected, so the whole animal's response to the treatment needs to be evaluated along with changes in the specific problem being treated. Alice, it is fine to give a remedy known to treat "cysts" knowing that it may not work since it is not individualized and may stir up other symptoms. This can happen, as many of you know,

even with an individualized remedy. Joyce says that the use of the combination or drainage remedies “appear to work quite well.” We need to know what quite well means. Whatever approach is taken – giving a remedy intended to treat a specific problem (cyst), or giving remedies following a prescribed formula (if it is a liver problem, you first give this remedy, then that remedy, then these combination remedies, etc) or giving an individually matching remedy (classical approach) – the following must be done for best results.

First, make a list of any other current problems. Check the list of early warning signs of illness and add those to the master symptom list. Measure the cyst or quantify other symptoms before treatment and describe them as precisely as possible. After treatment, monitor energy level, appetite and changes in all symptoms on the master symptom list. The *Healthy Animal's Journal* makes this easy to do.

Using these “before and after” notes, decide if you are taking the best approach to healing. If the cyst gets smaller, but Cooper is not as happy or energetic, a different treatment is needed. If Presto is happier overall, tolerates his work and environment, has improvement in all symptoms and no deeper or more serious symptoms appearing, the “German approach” is working for him. Too many people say the treatment is good if the current symptoms resolve, even if they return or the animal is sick in other ways. Keep trying different approaches, or different practitioners, or different homeopathic remedies until your animal is improving on a deep level.

To learn more about all aspects of health for horses and be part of a great support group moderated and guided by the super holistic equine veterinarian Madelyn Ward, go to www.holistichorsekeeping.com. You can also merely subscribe to her newsletter there, but I strongly recommend the course, which has horse owners experienced in the holistic approach, Dr. Ward and 3 other great instructors.

European homeopathy is not different than American or Indian homeopathy. In every country, there are people who choose to follow Dr. Hahnemann’s original teachings and some who feel that times have changed and we need different approaches. Reading the homeopathy journals for people and animals you will see frequent debates on these topics. In my experience, the best healing is when you can find the one remedy that matches all of the symptoms, current and past, of the individual. However, often we cannot seem to find that remedy and so other methods are tried. These can include combination remedies, sequential remedies, organ drainage remedies, asking an intuitive what remedy to give, using pendulums or applied kinesiology, NAET or many other approaches. (See my comments about the holistic palette of paints in the book.) While I am open to different treatment approaches, I am adamant that the evaluation of the response be done very carefully and the best is to follow the homeopathic guidelines for this, especially as taught by Dr. Pitcairn. A good book for reference to this is Don Hamilton’s *Homeopathic Care for Cats and Dogs*. I cover it in brief in the *Healthy Animal's Journal*.

3. Winter Woes

Winter Woes: Alice Tanita writes about having trouble keeping her Himalayans groomed, especially in winter when dry air turns their fur into cotton balls. Often the dryness in our homes makes us and our animals more susceptible to many problems - dry noses, upper respiratory infections, dandruff, itchy skin, hair texture changes, dry throats and more.

1. Use a humidifier. There are many good ones that both humidify and purify the air.
2. Add more skin conditioners to the diet. A few are Halo Dream Coat, Merritt Natural's EFAs, Wysong, Ark Naturals, Azmira.
3. Spray or wipe the coat with water with a few drops of Rescue Remedy or Green Hope Farms Healthy Coat before beginning grooming.

4. Christmas kittens with ear mites

Many people adopt kittens or stray cats who may have ear mites. Gail Pope also sees ear mites frequently in the 16 year old and older cats she adopts. She treats them with liquid vitamin E, or almond oil: massage, shake out, clean, flush. If that does not do it, a homeopathic remedy is needed. She says that caring for over 70 cats, and a dozen other species is very draining and hard work but the animals have so much to give, and there is so much to learn that it is like a drug and you just have to keep accepting what they give you, and being energized by the animals. Her prescription for happy healthy animals who live a long time is Sunshine, Fresh air, Grass, Peace and Keep things simple and natural. I would add that Gail and her volunteers add the other critical ingredient – unconditional love and acceptance.

5. Courses

Homeopathy Classes NOW: For those who wanted to take the 4 day intermediate course with the National Center for Homeopathy in June and can not miss work for the M-Th classes, Prince George's Feral Friends is sponsoring Intermediate Homeopathy for 4 Sundays in a row. They have other classes as well with excellent instructors.

I will give a free teleclass (\$27 value) to anyone registering for 2 or more classes.

The classes are held in Prince Georges County, Maryland (just east of D.C. beltway) but are worth the drive, even if you are an hour or two away. They will all be on Sundays. Each seminar is 9 am - 5 pm.

Feb 1	Introduction to Homeopathy Dr. Chambreau
Feb 15,22,29, March 7	Intermediate Homeopathy for Animals
March 28	Practical Chinese Medicine for Pets – Dr. Scott Sanderson
March 21	Basic Animal Communication – Terri Deiner
April 18	Advanced Animal Communication – Terri Deiner
TBA	Holistic Health Overview (for people who missed it earlier)

Register by emailing timsaffell@usa.net, or check out details at <http://www.pgferals.org/files/PGFerals/HolisticSeries2004Flier5Page.pdf>

Pet Expo, Timonium, MD – Have fun, learn and make a difference. The World of Pets Expo is full of rescue groups, vendors of wonderful to tacky products, demonstrations and ME! Terri Deiner (great animal communicator and founder of the Animal Kinship Alliance) and I will have booths next to each other and be speaking repeatedly throughout the weekend. Go to www.worldofpets.org for more information. It is from 10-7 Saturday Feb 7 and 10-5 Sunday Feb 8 at the Timonium Fairgrounds.

West Nile Virus Treatment classes. Sue Mowatt writes: "I took Shirley Casey's West Nile virus class yesterday – it was AWESOME!!! They've done so much work on the

genus epidemicus of WNV and had great slides with incredible pix thanks to the digital camera age! She gave us lots of homeopathy homework in the fever/neurological symptoms. If you know of any wildlife people wanting to take the class, they're doing one in Colorado and one in Ohio in the next couple months. People can check out their website <http://www.ewildagain.com/Training/trngschedule.htm>

June 2004 – National Center for Homeopathy Summer School.

June 14-17: Four day Case Studies courses for people already treating animals with homeopathy using repertories and Materia Medicas.

June 19,20: Two day Introduction in using homeopathy for animals.

June 21-24: Intermediate Homeopathy for Animals.

There are lots of other courses, and fun people stay in dorms, enjoy meals and sharing and learning in Baltimore, MD. www.homeopathic.org