

THE HEALTHY ANIMAL UPDATE

February 2004

The purpose of this newsletter is to empower you to keep your animals healthy - and yourselves healthy, too. Contact Dr. Christina Chambreau at 410-771-4968 or HealthyAnimals@aol.com or www.ChristinaChambreau.com

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 People are enjoying the journal and have sent in many positive reports. Barbara Davidson was able to see the pattern of her dog's illness by using the Timeline and is finding it easier to track the symptoms after treatment. Dr. Regina Schwabe said people at her dog club lecture loved the book and bought all she had. Susan Ford said the books are lovely. Do buy one if you have not yet done so and start recording all the wonderful things your animal does. **To order, go to www.HealthyAnimalsJournal.com to see the amount for book, tax and shipping, then send a check to me. Or use pay pal. Or add a journal to your order from WholeHealthNow (great book selection), PetSage (great products). Local stores carrying the journal: Chow Baby (10-235 –CHOW), Ivy Bookshop (410-377-296), Dogs and Company (410 997-5888).** If I did not list you – send me an email and I will next time. If you are not carrying the Journal – order now.

"The Greatness of a nation and its moral progress can be judged by the way its animals are treated."

Mahatma Gandhi

February's Topics

2. A great antioxidant and a success story
3. Other good newsletters
4. Dosing cats who only eat dry food & is that healthy anyway?
5. March storms roar at our animals – some help.
6. Epilepsy
7. Health for people
8. Report on Saffell's seminar series
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2. A great antioxidant and a success story

Cedar itched constantly from the day we brought her home at two almost three years ago. We've tried everything under the sun, from homeopathy (with me) to nutritional changes to topical applications to colloidal silver. Nothing worked. She still itched.

About a month ago I checked out www.nzymes.com and decided it certainly couldn't hurt, and just might help. I bought two bottles of the treats and one of the Oxy-Drops, then got a free bottle of the treats since it was my first order. They came two days later by Priority Mail. Great customer service!

Well, a month later and Cedar is no longer itching! The site said it would probably take 2-3 weeks to see any difference. The 3-wk mark came while we were in Jamaica and my son was here taking care of her (and religiously giving her the treats, which she loves). We arrived home to a dog that didn't itch, and hasn't itched since. So, I'm about to reorder some of these treats and wanted to share this experience with you.

From the label: "Nzymes are tasty treats that provide important raw food nutrition and antioxidant support for a pet's good health and longevity. The Nzymes proprietary sprout blend provides natural components used by a pet's body for the production of vital enzymes. This powerful antioxidant formula has been used by veterinarians for over 15 years to strengthen the immune system and help maintain mobility and vitality in animals of all ages. The bioflavonoids and polypeptides act as biocatalysts to help maintain an animal's normal cell functions and to help cleanse dangerous free radicals and toxins from the body."

The magic question, which I can hear in my head from all of you, is: What are the ingredients? Well, this is the weird thing....not anything at all out of the ordinary, or that she wasn't already getting, with two exceptions (which I guess are the secret). The ingredient list is: Proprietary Blend of Sprouted Soy Protein and RiceX Ricebran, Vitamin A from beta carotene, Vitamin C, Vitamin E, Selenium, Liver & Beef Flavoring. All ingredients are human-grade.

Obviously, sprouted soy protein and ricebran are not ingredients in a natural raw diet (although the site does recommend feeding a raw diet). However, in this case they appear to be something that Cedar needs in her diet, which is otherwise raw and totally grain-free (except for the occasional bank biscuit).

I'm just happy to have an itch-free dog for the first time in three years!

Sharyn & Cedar the Golden nudge

There is no one product that works for any animal. I have not spoken with Sharyn since getting her email and would also want to know if her other problems are still gone or have lessened (testiness - probably from a reaction to the Rabies), lymph node swelling, reverse sneezing, phlegmy breathing). It is very important when skin problems resolve to be sure that the animal is better in all ways.

I have had good reports from several people on the use of this product for joint problems and skin problems with their dogs.

3. Other good newsletters

- Kat Berard's has animal communication stories, what the animals teach us, Bach flower essences, natural care, spirituality and more. www.katberard.com
- Dr. Steve Blake's newsletter at www.thepetwhisperer.com (he and his wife are doing very well recovering from the fire that leveled their home)
- Dr. Ward's at www.HolisticHorseKeeping.com Remember that she has an ongoing teleclass and chat room class for keeping your horses healthy. I HIGHLY recommend it.
- Dr. Jean Hofve's at the purring website, www.LittleBigCat.com

4. Dosing cats who only eat dry food & is that healthy anyway?

Kat Berard asks: "how do you get cats to take supplements, whether a probiotic or whatever. My cat is very finicky, will only eat her dry food and occasionally some cooked fish. "

If a cat is only eating dry food you must try the many different supplements until you find the one that your cat loves to eat. This is where animal communicators can really help (Kat, can you talk to your own cat?) as they can ask the cat and the higher energy sources which supplement to try first for palatability. Keep trying different bribe foods, too. Yogurt, tuna, canned salmon, cream, tomato sauce, soy sauce, cream cheese, creamed corn are often good ones.

Now the basic diet! I have found that dry food is very unhealthy for cats. Read Anitra Frazier's The New Natural Cat and other books on this. Which is best for a person – Ensure or a variety of fresh, organic foods? Cats should eat raw meat and fish, bones, pureed vegetables and as much variety as they will tolerate. There are several possible reasons a cat is addicted to dry food: 1. They are over fed, so will not try new foods. 2. The owner is a softy. 3. The cat is ill at an energetic level and needs homeopathic or other energetic healing to have a normal appetite. 4. The cat is an unusual one and dry food is really best for it (I have never seen this, though I have seen some cats not be adversely affected by dry food). Maybe readers can send in their successful transition stories. Remember that the Brighthaven cats who are over 16 when they arrive are successfully switched (most of them), so age is not an excuse. Never fast a cat more than 12 hours when trying to change the diet. If many of you wish, I will do a teleclass on changing the diet and maybe get some experts to join us.

5. March storms roar at our animals – some help.

1. My first choice is Rescue because it is so available and safe. It works for some and not others.
2. Melatonin is another - 1mg for dogs under 30 pounds, 3 mg if more than 30 pounds and up to 6mg for Giant breeds given one hour prior to thunderstorms. One veterinarian is using Thorne's melatonin, others use various brands. It could be given before a guardian leaves for work but may not work as well.
3. Peppermint and/or lavender oil can be put on dogs' paw pads. One veterinarian writes: "I had never heard of it--and was actually rather skeptical--until I took a friend's 11 year old Belgian Tervuren to our National Specialty. The owner is also a DVM and sent it with me with instructions to apply it to his paw pads for storms. Our first night there we had a doozy of a thunderstorm--I didn't bother with peppermint oil as I thought it was silly. Wylie jumped on my back all night every time there was a thunderclap. The next night--another storm--I used the peppermint oil and he went off to sleep under the sink.

6. Epilepsy

Sheryl Kaminski writes: "Thank you so much for your recent newsletter. I have Australian Shepherds. Our breed is seeing a large incidence of epilepsy lately. I am on a list where the overwhelming feeling is that epilepsy is genetic. A few of us try to post information regarding diet and vaccines but we are met w/ridicule. What is your feeling on this? Is epilepsy strictly inherited or is it a result of the toxins we impose on our pets via vaccines, diet, flea medicines, heartworm medicines, etc? I'd love to see an article on your experience w/this horrible disease.

You are right Sheryl – epilepsy is more a result of diet, vaccines, toxins and lowered health than genetic. There does seem to be a genetic weakness to develop one disease over another. Maintaining health by keeping a journal to track the symptoms, getting a vet check every year and an energetic check several times a year can help build the health so that genetic tendency never is expressed.

Not everyone is ready to hear what they can do that is different. The best approach is to compare diet to people – "Would you think it most healthy to eat Ensure and nothing else every day?" (Actually some people think it is better!) Then describe the physiology of the dog and cat – ripping and tearing teeth, bone crunching teeth, small muscular stomach, high acidity and a very short digestive tract. What are they designed for? Do they pull out matches to cook their prey or knives to de bone them? "do you get vaccines every year of your life until you die?" Send them copies of the AVMA, AAHA, Am Fel. Prac. Ass, and vet school web sites – all saying to be careful how and how often you vaccinate.

If this does not work – wait a month and say it again. New people may hear you. You can educate a person, then they need to make their choices. There are no right choices. Some dogs do better on processed food – yes, really (though not many). Individualize everything.

One reason we know that epilepsy is related to vaccinations is that many of the remedies that cure epilepsy are those known to counteract the harmful effects of vaccines. Nux is often helpful with epilepsy and it is a major remedy for problems from drugs or toxins.

7. Health for people

I have just returned from a conference of the Brain Garden, a company committed to providing the nutritional support needed for health. The number of miracle stories touched me deeply. I am much healthier eating Pulse, so please check out this delicious, convenient, affordable food at <http://www.pulseparty.com/132195>

8. Report on Saffell's seminar series

Will someone send me a report on the classes you took this winter in the Sunday Seminar series? Tim and Linda Saffell are incredible educators – they are teaching people how to solve the problem of stray cats proliferating in their neighborhood by neutering and establishing colonies. They teach how to use natural approaches for cats. They also have sponsored classes taught by me in the past and this winter scheduled the wonderful Winter Seminar Series on holistic health, homeopathy, nutrition and acupuncture. I am so impressed with the work they do and if you want to learn any holistic methods, email Tim and register for next year's classes (if enough ask he may be willing to do all this work again). TimSaffell@usa.net

9. Book tour and upcoming courses

March 20 – Princeton NJ (Call 410-428-9974) for location of the Pet Patisserie

March 21 – New York City – The wonderful holistic pet store – Whiskers – 235 East 9th St

April 18 – Chow, Baby – Baltimore, MD 3531 Chestnut Avenue 410-235 -CHOW

April 2 – Animal Kinship Alliance – Baltimore, MD – Basic holistic health

May 14-16 – Barkleigh productions – Natural Grooming Expo – Leababnon, PA

June 5 – Anne Arundal Community College, MD – 3 hour class on holistic health.

June 2004 – National Center for Homeopathy Summer School. If you have been before, send me some juicy testimonials so more people can benefit from these classes.

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

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Parts of this newsletter may be shared with other publications or chat rooms or list serves as long as the following is included:

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