

THE HEALTHY ANIMAL UPDATE

March 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. Keep sending 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* I have been interviewed by the Patriot Cable TV Community show in the Princeton, NJ area. I will air on April 14. Whiskers hosted a book signing in NYC and every time someone new walked in they announced me loudly to the whole store. Great job. People had all sorts of interesting questions for me and loved the idea of a journal. And I signed books out side a wonderful little store that bakes their own "cookies." 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). 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

March Topics

1. Mineral needs in a fresh food diet
2. Heartworm prevention
3. Book tour and upcoming courses

1. Mineral needs in a fresh food diet

The most important supplement is calcium. If you are feeding muscle meat and organs and no bones, you must supplement with calcium. Schoen and Wynn, in *Complementary and Alternative Veterinary Medicine*, list the problems from too little calcium and too much phosphorus (which is high in muscle meat): Lameness, stiffness, reluctance to move, constipation, bone and ligament problems, spontaneous fractures, limb deviations, anorexia, dehydration, loose teeth and more. Just giving a lot of calcium is not the answer because the proper balance is important. Higher levels of some nutrients can reduce absorption of other nutrients. Now, the problem as Dr. Randy Wysong states, is that no one really knows what is needed. The ratio of calcium to phosphorus for cats is given as 1:1 by one source and 1.3:1 by another. For dogs – 1.1:1 to 1.4:1.

There is also debate over the source of the calcium – bones, egg shells, algae. No one has yet convinced me that any of those three are unable to be absorbed. Some people say that vegetable calcium cannot be absorbed, others include it. Milk or other dairy products may not provide the absorbable calcium. Aaaaah – sounds like variety may be what we want.

So, be sure your animals are getting calcium supplements if they are not eating bones. Feed a varied diet. Track overall health and energy level so we can fine tune the diet if needed.

2. Heartworm prevention

Dianne McCleery asks: Dr. Chambreau, could you address in one of your newsletter protocols for heartworm? I've given my dog the monthly pill for heartworm until last Sept. when I was trying to deal with her itchy skin. Now that mosquito season is here, I'm reluctant to start up again. The last dog I had (a Dalmatian that lived to age 15), I never fed the heartworm medicine too and she never had skin problems.

There is a lot of controversy about heartworm preventative. The drugs adversely affect some dogs. Any symptoms can become worse. Since many dogs have no problem with the preventatives it is your choice.

Over the years at conferences, various veterinarians have reported problems with any of the preventatives. Most feel the fewest problems is the once a day DEC, but many dogs do fine on the monthly ones as well. Observing your dog will give you clues that you need to try one of the other preventatives or use none at all. This is another example of the need to keep a Health Journal. The fewer drugs the better, so use ones just for heartworms, not other worms. If your dog has more problems, or is less active after a dose of heartworm preventative, then do not use or change to a different chemical.

When giving the preventative, daily or monthly, give it less frequently than recommended. The Daily can be safely given every other day and the Monthly given every 6 weeks. Stopping for at least 3 - 5 months each year will let you evaluate any impact the preventative is having on the animal. It is important to treat these as serious drugs, watch very carefully for side effects, even subtle ones, and then switch to another kind or treat the dog holistically with homeopathy or Chinese medicine.

The use of herbs like black walnut must be approached cautiously since there can be poisoning side effects. Even safe ones have too few numbers of users to determine efficacy.

The use of homeopathic nosodes has the same caution as some swear by it and others have had ill effects (rare) or infection by heartworms. It should not be used along with constitutional homeopathic treatment.

Theoretically, a healthy dog could become infected, have a few adult worms in the heart and baby heartworms in the bloodstream, yet not be ill from the infection at all. A healthy body should tolerate a low level of parasites. Therefore, some clients choose to use no preventative and I support them in that choice and recommend blood tests twice a year. They are also treating their dogs holistically in other ways and being careful in high mosquito season to stay in or use repellent. There are alternative treatments for adult heartworms that are 75% effective, but the dog's heart could still be stressed by getting them, so prevention is probably the best bet, unless the dog shows any negative side effects, even subtle. I would personally not use prevention as I am confident that some form of holistic or conventional medicine will be successful.

3. Book tour and upcoming courses

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

April 21 – Princeton HS Alumnae Association and another NJ talk show.

May 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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