

THE HEALTHY ANIMAL UPDATE  
April - May 2004

The purpose of this newsletter is to empower you to keep your animals healthy - and yourselves healthy, too. Contact me at 410-771-4968, [HealthyAnimals@aol.com](mailto:HealthyAnimals@aol.com), [www.ChristinaChambreau.com](http://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](mailto:HealthyAnimals@aol.com)

**UPDATE ON *the Healthy Animal's Journal*** Stores and practitioners are now ordering for the second time, so I know that people are benefiting from using the journal. I was on another NJ TV show in April and sold books (and Pulse food for people's health) at a wonderful Natural Horse expo run by the Natural Horse Magazine for a Horse Rescue group. If you have horses be sure to subscribe – [www.naturalhorse.com](http://www.naturalhorse.com) and at the Barkleigh Natural Groom Expo.

Do buy one if you have not yet done so and start recording all the wonderful things your animal does. Remember that focusing on what you want in life produces better results. ***To order, go to [www.HealthyAnimalsJournal.com](http://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 & free homeopathic teleclasses on human health.) Locally you can get the book at Dogs And Company, Columbia 410-997-588 & Chow, Baby in Hamden 410-235 –CHOW.***

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## 1. COURSES

You already know that you are the key to helping your animals stay healthy. Keeping track of symptoms in your animal's journal and understanding the four different possible outcomes of treatment help you decide if it is time to change modalities or practitioners.

The more you understand the process of health and becoming ill, the better you can help your animal's veterinarian. I love teaching and every class is different. I promise you lots of fun and learning what you need to have your animal stay (or become) really healthy.

Getting your friends to the courses will give you partners in having healthy animals.

**1. June 5** - Holistic Health for animals - 9:30 to 12:30 at the Anne Arundel Community College. Call 410-647-7100 for details and to enroll. I will be covering the very basic holistic approach so this is a great course to bring your friends to who wonder why your animals are so healthy or why you could possibly think it safe to feed raw meat and raw bones to your animals

**2.** Join people from all over the world who come to **Baltimore Maryland for the National Center of Homeopathy's summer school**. Whatever problems you and/or your animal have, you will leave summer school excitedly ready to improve health.

**June 19 and 20** will be the **Introduction to Homeopathy for Animals**. This class is for any person who lives with, works with, or treats animals. No experience is needed. Even if you know a lot you will learn more. All basic areas of holistic health will be covered from a homeopathic perspective. You will learn about nutrition, the need for fewer vaccines, how to evaluate your animals health, early warning signs of illness in addition to a basic introduction to homeopathy. This class is so great and most people to take it read about it that I strongly encourage you to sign up now. Really!! Rearrange your schedule for the weekend and join us for a fact filled, fun filled, animal filled weekend. Talk to your friends. Invite your neighbors. Talk to everyone in the next two weeks and let's have 30 people take this introduction to homeopathy for animals. Ask your veterinarian to attend – and the technicians, pet sitters, doggie beauticians – in short EVERY PERSON who has an animal companion.

"I've been your client for years I know that already." What can I learn next? Block off Monday to Thursday, June 21 to 24 and join me for the **Intermediate Homeopathy for Animals** class at Notre Dame. Really learn how homeopathy works and how to use it with your animal for better health. This class will help the veterinarian who has been holistic and now wants to do more homeopathy; this class will help the individual animal guardian who wishes their animal to live the longest possible and healthiest possible life. People who rescue wildlife or live with horses, dogs, cats, sheep, birds and other animals will all benefit from the intermediate class.

The **Case Studies In Animal Homeopathy** is for those individuals already using the Repertory, Materia Medica and other tools to prescribe homeopathically for chronic cases in animals. Students bring cases that they have been treating successfully or unsuccessfully, cases as a springboard to teach advanced principles and techniques. June 14-17

FOR MORE INFORMATION go to [www.homeopathic.org](http://www.homeopathic.org) or call 703-548-7790. Register now so I will not berate myself for not getting the word out sooner. Let's fill these courses!

**A testimonial from 2003 NCH summer school:** "Christina's knowledge & love of her subject is obvious. She makes the class fun, yet ensures you get through all the needed material. If you have animals, come learn the correct way to administer homeopathic remedies from Dr. Chambreau. You'll be able to handle traumas and emergencies for your pet until you get veterinary help. And your pets can be healthier and live longer. Wellness is possible - get the knowledge from Dr. Chambreau, do your homework, and become part of the NCH network. Your animals will thank you for it! Christina really did a super job of giving us useful information & extra information (like additions to repertory). I loved getting all of the resources, and also really appreciate Christina's recommendations on resources (not just listing them).

## 3. Healing Touch for Animals

Learn how to heal your pets yourself. The best way to have your animals stay healthy for a long life is to try different approaches and track (in the Healthy Animal's Journal) how effective they are for this particular animal. There are many different hands on and energetic therapies you can learn, including Reiki, massage, T-Touch, prayer healing and Healing Touch. The following

is from the Healing Touch for Animals website - [www.healingtouchforanimals.com](http://www.healingtouchforanimals.com). "Learn biofield energy therapies that bridge holistic animal healthcare with traditional veterinary medicine. At the forefront of energy medicine for animals, Healing Touch for Animals™ (HTA) and the Komitor Healing Method (KHM) offer a unique way to improve your animal's health through complementary energy therapies.

Dynamic weekend workshops – offered throughout the United States and Canada – teach you to assist your animal in its healing from injuries, stress, and behavioral problems. The workshops are open to veterinarians, animal healthcare practitioners, owners or trainers, and simply anyone with an affinity for animals. These holistic energy medicine techniques are for all animals, large or small -- horses, dogs, cats and other mammals, plus reptiles, birds and fish. The following is the schedule of the first level of the classes.

San Diego, Ca	May 14-16, 2004,	Oklahoma City, Ok	May 14-16, 2004
Calgary, Ab	June 4-6, 2004,	Vallejo/Benicia, Ca	June 5-6, 2004
Schenectady, Ny	July 16-18, 2004	Olympia, Wa	July 30-Aug 1, 2004
Sebastopol, Ca	Aug 7-8, 2004	Indianapolis, In	Sept 17-19, 2004
Quakertown, Pa	Oct 15-17, 2004	Fayetteville, Nc	Oct 22-24, 2004
Portland, Or	Oct 22-24, 2004	Denver, Co	Nov 5-7, 2004
Sebastopol, Ca	Nov 6-7, 2004	Baltimore, Md	Nov 12-14, 2004
Tucson, Az	To Be Announced	Houston, Tx	To Be Announced

## 2. 17 YEAR WARNING

Are you enjoying the cicadas? It is very noisy at our house and I have been amazed at watching the hatching and life styles of these amazing, prehistoric looking creatures. My cats are having a great time chasing the cicadas around the yard and even up trees. They have shown no interest in eating them.

Randall Lockwood,

Humane Society vice president and animal behaviorist says that a yard full of 17-year cicadas will look like a yard full of chicken nuggets to pets. Lockwood says the insects are protein-rich but their exoskeletons are indigestible, so eating too many could cause vomiting and constipation. The Washington-based Humane Society advises keeping pets indoors, securing screens and holding tight to dog leashes outdoors.

## 3. READERS SHARE

1. **Soothing color:** From the magazine, First for Women, May 2004 – Use warm brown shades for your pets' beds since brown triggers the release of serotonin, a calming brain hormone
2. **Call of the Wild**, by Wysong (order at favorite products – [www.ChristinaChambreau.com](http://www.ChristinaChambreau.com).) is a powder designed to "balance" a fresh meat (raw or cooked) diet or the Wysong all meat canned food. I like all of the Wysong products. The following was from Ruth Critcher, who has over 10 cats. "I just wanted to say that I think the Call of the Wild powder is making a difference in the overall cat picture here. Anna's eyes have cleared up. Osha's right eye was running off and on and even that has cleared up (she still has swollen glands so I'll need to schedule an appointment at some point). Anyway, my point is that it was a great thing to have me add to their food. Helps me to feel more secure that they're getting the right supplements too. Thanks! Locally, lots of supplements like these, food and great advice can be found at Dogs and Company, Columbia, 410-997-5888
3. Barbara Davidson, student in the PGFF Homeopathy series writes: "Here is the info on the **Canine Cooler bed** I mentioned in class. It's a bed I had for Samson that absorbs heat from the dog's body and radiates it back to the air providing a lasting cooling effect and at the same time, offers the support and cushioning that the hard floor doesn't. For more info see [www.soothsoft.com](http://www.soothsoft.com) or call 1.888-244-5569."

4. Vicky writes that her Coton de Tulear “is prone to tearstain. Eye Envy works well but he seems to be sensitive to some ingredient as he scratches his cheek at night when I have used it that day. Now I am using **Pure Eye Drops** from Heel and am very well pleased. I get them from [www.elixirs.com](http://www.elixirs.com). I have had many good reports from Halo eye drops over the years.
5. **Senior Blend** - A whole body, mind, and spirit tonic for older dogs and cats. Alfalfa as a nutrient and anti-arthritis, Dandelion as a liver tonic to help eliminate systemic excess and aid digestion, Milk Thistle for liver support, Ginkgo as a vascular/brain tonic, Hawthorn for the heart and arteries, Oatstraw for nervous system support, Garlic as a blood purifier and nutritive aid, and Marshmallow to soothe and protect the digestive tract. I put many older animals on this.
6. The **PDG** from Wysong suggested by Dr. Chambreau has made the difference in my cat. She is putting on weight and eating much better because of the PDG used on her food as a seasoning.
7. “You missed one of my favorite stores in the area – **Dogs and Company**, 8895-C Centre Park Drive, Columbia 410-997-5888. Terri Lewis is a fount of information and has helped me find the products to keep my animals very healthy. She carries the Healthy Animal’s Journal, too.” Her web site, [www.DogsandCompany.com](http://www.DogsandCompany.com), is wonderful and makes me laugh every time I go to it – watching the antics of the cartoon dogs in the bath. You can order products by mail from her. She carries Wysong supplements, Seameal, Nupro, Hilton herbs, essential oils, the wonderful Baltimore’s Bakery dog biscuits and many more products. The food brands she carries include California Natural, Canidea/Felidea, Flint River Ranch, Innova, Precise, Solid Gold, Spot’s Stew, Wysong, and Home made 4 Life fresh frozen raw lamb, chicken, beef dog and cat food. **Self serve dog bathing, too!**

#### 4. BASIC DIET GUIDELINES REVIEWED

Just a reminder that every animal has different nutritional needs. Your journal keeping will help you know what foods are the best for your animal. Equally important is that feeding be fun for you and your animal. If recipes are too complicated for your life, or too casual for your temperament, your animal will sense that feeding time is not a happy time. This might affect their health.

The basic ingredients should be as fresh and organic as possible. Dry food, of course, is the most processed. Canned food made from high quality ingredients is still processed. Best is to feed chunks of raw meat with the bones (cooked is better for some animals), organ meat (liver must be organic) like spleen, pancreas, liver, kidneys, heart, etc. and a wide variety of vegetables pureed in the food processor, blender or juicer.

Some animals will only eat pureed foods. Some thrive on ground meat. Some thrive on processed foods. Keep experimenting with different foods. Jump out of any rut you are in with food for yourself and your animals.

Dr. Russell Swift has a homeopathic practice in Florida and is very knowledgeable about animal nutrition. His views make sense, to me. He has a new calcium supplement that is not yet on his web site so I will report next month on that. If I forget, remind me. He has a good, simple formula for feeding at [www.mypetsfriend.com](http://www.mypetsfriend.com). Dr. Jean Hofve has done a lot of research on processed foods as well as raw. Check out her information at [www.LittleBigCat.com](http://www.LittleBigCat.com) (good newsletter, too).

There are commercial, frozen, fresh food diets. When lecturing at the American Holistic Veterinary Medical Association (AHVMA) conference I asked each of the producers of these diets for the source of their meats. The first one said it is impossible to get free range, organic meat – the predators eat them so man can’t raise them that way. The next producer said the free ranging chickens, sheep, turkeys, cows and goats are so near to her that she sees one or more of the farms when she drives on errands – and yes, they are really free ranging (within fences, of course) in the open air and are happy while they live.

**1. Mineral needs** are often debated. The best is to feed the whole animal, even on different days or different meals – muscles, bones, organs, stomach contents, skin and hair – or your best approximation of it. This will provide the proper minerals. If not feeding raw meaty bones you need to use a mineral supplement. Some practitioners recommend additional calcium, others feel the natural raw meaty bones are sufficient. Remember to keep a journal. Next month we will hear from one person who was told her dog’s problems were from the diet – turned out not to be so.

The critical mineral is **calcium** if you are not feeding meaty bones. Some say bone meal, some say egg shells, some say sea algae calcium. Each will argue why one is better than the other. The concerns range from bone marrow contamination in bone meal (you often do not know the source of the bones), to poor calcium absorption from calcium carbonate, egg shells or vegetable forms of calcium. Contact Dr. Russell Swift, [www.mypetsfriend.com](http://www.mypetsfriend.com), as he has developed a new product he feels is excellent. Send an email asking about the product as if it is not on the site when you check (I know – some of you read this in a day and others may not read it for months). Merritt Naturals at [www.animalesentials.com](http://www.animalesentials.com) carries a calcium supplement that is a natural seaweed product harvested from the seabed off the southwest coast of Ireland that I use if not using raw meaty bones. “Here amongst the cleanest and purest waters found anywhere is the world, grows the small red seaweed Lithothamnium which is composed of a wide variety of body essential nutrients, including calcium, phosphorus, magnesium, boron, and zinc.” They have the mineral analysis on the website.

At this time I think it VERY important to make sure each animal is getting calcium and other minerals. I am not convinced that one form is better than another. I would stay away from more synthetic products of various brand names made of calcium carbonate as it is likely to be the least complete and the processing may be more detrimental to the planet. As my experts (you, my readers often find expert information in many areas including your own experience) report in with more information about what diets work and concerns about calcium and mineral sources, I will continue on this topic.

## 5. ANIMALS NEED HOMES

1. Wonderful success update – My husband found a great home for my “garage” cat. Thank you to all who responded to me about her. She is very happy.
2. A friend of mine struggling with personal healthy challenges is very sad to have to part with her dog and writes: “My name is Jake. I am a 6-year-old Shepherd/Golden. My mom has to move because of her health. She has spent 3 months looking for a place where she could keep me, but has to take a home where I am not allowed. I like to play, go for long walks or runs, ride in cars, and work with people. I especially love the outdoors. I am healthy. If you would like to adopt me, please call Cindi Callanan at 410 771-4259”.
3. A wonderful homeopathic veterinarian in NYC writes: My friend's friend is looking for a good and loving home for their 3 year old female, spayed Pyrenees Dog. The family lives in NYC. Lola (the dog) weighs approx. 100 pounds. Therefore I suggest someone with a big home or back yard consider adopting her. Probably best to not be around small children. Please contact the owners at [jonesee@optonline.net](mailto:jonesee@optonline.net) if you are interested in finding out more information about adopting Lola. They have digital photos.

## 6. HEALTH FOR PEOPLE, TOO

1. I have learned of a very good **classical homeopath** for people in Annapolis – Robbie Ward Gegorek, 410-224-7558. She studied with Luc De Shepard.
2. People continue to become healthier and lose weight when eating the wonderful **Forever Green food** like I do. Some people are slowly (or quickly) building their passive income as well. Check it out by calling me or going to [www.myForeverGreen.org/132195](http://www.myForeverGreen.org/132195)

## 7. YOUR ANIMALS’ STORIES CAN BE IN PRINT

Chicken Soup for the Cat Lover’s Soul and Chicken Soup for the Dog Lover’s Soul is currently collecting stories about cats and dogs for another two volumes in this special series. They are due to be released in August 2005. Persons who have their stories selected will be paid upon publication US\$200 per original story for one-time rights, and \$50 as the first contributor of a previously published item. The book will be divided into these topic chapters:

1. ON LOVE: This chapter contains stories that emphasize acts of love and kindness; the healing power of love; acts of tenderness and compassion; acts of generosity; and events that underscore the love between dogs and humans or dogs and other animals.
2. OUR INCREDIBLE BOND: Stories that describe the benefits of the human-animal bond on all levels.
3. A FAMILY AFFAIR: Stories about dogs as members of the family (both human and furry family members) as comforters, confidants, comedians, matchmakers, nannies and heroes.
4. A FURRY RX: Dogs as Healers: Stories of dogs bringing physical or emotional healing to people or other animals in need.
5. DOGS AS TEACHERS: Stories of life lessons learned from dogs.
6. RESCUE ME: Stories of dogs rescuing people (or other animals) or people rescuing dogs.
7. MORE THAN A FRIEND: Dogs in Service: Stories about guide dogs, search and rescue dogs, disability assistance dogs and more.
8. FAREWELL, MY LOVE: Stories of humans coping with the death of a dog or of a dog coping with the death of a human companion or other animal friend.
9. DOG-GONE WONDERFUL: A chapter on miscellaneous dog-related topics.

What a Chicken Soup story is . . .

1. It is an inspirational and uplifting true story about ordinary pets and/or people doing extraordinary things -- a story that opens the heart and rekindles the spirit. A Chicken Soup story touches the soul of the readers and helps them discover basic principles and truths about their own lives.
2. Chicken Soup stories are usually built around a central incident and have a single climactic moment.
3. Chicken Soup stories are personal. They are filled with vivid images created using the five senses -- re-creating the incident rather than just telling about it. In some stories, the reader feels that he or she is actually "there" in the scene with the people involved.
4. Chicken Soup stories have heart, but also something extra: that element that makes us feel more hopeful, more connected, more thankful, more passionate, and better about life in general.
5. Chicken Soup stories create emotion rather than simply describing it.
6. Chicken Soup stories are felt physiologically. They should leave the reader with uplifted feelings such as: Amazement -- "Oh wow!"; An expanded heart; Tears of joy or overflowing emotion; Chills up the spine or goosebumps; A lump in the throat; A more exalted reason for being alive; An "a-ha!" moment of greater understanding.
7. A Chicken Soup story can make the reader laugh out loud.
8. Chicken Soup stories showcase the many benefits -- physical, emotional and spiritual -- that we gain from living life in the company of dogs and cats.

What a Chicken Soup story isn't . . .

1. It isn't a memoir, a sermon, a eulogy, philosophical piece or a reminiscence. It isn't "My Dog (or Cat) Just Died, I Want to Tell You What a Wonderful Pet She Was" (Those who knew your dog or cat know that she was a wonderful pet, but they're looking for universal principles... something everyone can relate to.) The same applies to tributes and journalistic reports.
2. A Chicken Soup story is not an essay, term paper, classroom assignment, thesis, letter or journal entry. It isn't about politics or ultra-controversial issues.
3. A Chicken Soup story is not tragic, though they can be poignant.

You can submit more than one story if you'd like, and if you don't have a personal story of your own, but have a pre-published favorite or a story written by someone else, these stories are welcomed as well. Please be sure to include the author, title and source of the publication. If you have a great story but aren't a great writer, don't worry. They have professional writers that can make your story shine! Send in your idea and it's possible that a writer would interview you on the phone and help you with your story.

Due to the large volume of stories received, you will be notified ONLY if your story is chosen for inclusion.

The deadline for submissions for Chicken Soup for the Dog Lover's Soul is October 15, 2004. Email a story to [submit@yourpetstory.com](mailto:submit@yourpetstory.com) "CS Dog Lover" in the "subject" line. Online submissions must be double-spaced 12-point Times New Roman type. Be sure to include your name, address, phone number and email address. Also include a bio -- a short paragraph (of about 50 words or less)

If you do feel like writing, please write for the National Center for Homeopathy's magazine as we want animal cases in every month.

## 8. THE SWIFFER SCARE

I have received several emails about the Swiffer mop. Dr. Jean Hofve addresses this issue in her newsletter at [www.LittleBigCat.com](http://www.LittleBigCat.com). "Recently a rumor has made the Internet rounds about the Procter & Gamble product, the Swiffer mop. The writer claims that her 2 dogs died of liver failure from ingesting Swiffer cleaner that they licked off their paws after walking on the cleaned floor. The letter further claims that there is a warning on the package in tiny letters that it is hazardous to animals because of the propylene glycol it contains.

This is a hoax, similar to the Febreze scare a few years ago. There is no such warning on the package, and no documented cases of toxicity. Propylene glycol, used as a "safe" antifreeze, is not toxic to dogs; in fact it is a common preservative in soft-moist dog foods like Kibbles N Bits. Cats can become anemic if they ingest enough of it, and it is not allowed in cat food. Perhaps the writer was confusing it with ethylene glycol, conventional antifreeze, which is indeed deadly, even in very small amounts.

It is likely that this rumor was started to harass Procter & Gamble (P&G), which is notorious for its animal testing policies. Many people do boycott P&G because of its cruel policies, but not because its products aren't safe. P&G makes Iams and Eukanuba pet foods as well as Swiffer and many other household products."

This is another reason to use the EuronetUSA.com cleaning cloths because you will only have cloth and water in your house for cleaning. And some vinegar, baking soda, club soda for the rare impossible stain that water and the ACT cloths will not clean. When you order, try using my code – C 102262 – and let me know that you order so I can see if their bookkeeping department is functioning well.

**"If you don't know what your passion is, realize that one reason for your existence on Earth is to find it." Oprah When I am at a party, I ask people what they are passionate about rather than what they do or who they know. Or I ask how happy they are, so I love her quote.**

## 9. THUNDER STORMS

A reader reports success with storm anxiety. "The anxiety wrap made a world of difference. There are two ways of wrapping the dog...one includes wrapping around the middle and the back legs which apparently gives the dog a "totally secure" feeling. Initially, I totally wrapped Maggie, but she has now improved to the point where I just wrap her around the middle. Thanks so much for offering this fantastic product...I would recommend it to anyone who has a storm phobic dog." They can be purchased from [www.Midastouchgoldens.com](http://www.Midastouchgoldens.com) as can my book and a lot of wonderful products. Jo works with golden rescue and is a caring, experienced person if you need help selecting food or products.

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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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To get help to find the best health care for your animals or get a second opinion, call the **Veterinary Advice Line**, 866-4-VET NOW <http://www.vetadvice.com>