

THE HEALTHY ANIMAL UPDATE

June 2004

The purpose of this newsletter is to empower you to keep your animals healthy - and yourselves healthy, too. I am very grateful that so many people are committed to having the animals in the world be as healthy as possible, and to helping the world to begin to heal, as well. Each one of you is special to me, so please continue to give me feedback, requests and suggestions. Remember that you can choose at any time to be satisfied and joyful.

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 stop receiving this newsletter, please email HealThyAnimals@aol.com or <http://www.ChristinaChambreau.com>

UPDATE on the Healthy Animal's Journal

Since I guarantee that your animal will be healthier and/or you will be happier about your pet – buy a journal and have lots of fun using it creatively.

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1. Healthy Animal Reminders

- a. **Fleas and Ticks – What Can You Do?** Okay, I finally did it--created "Para Outta Site" for animals with fleas or other parasites.
<http://www.spiritessence.com/index.php?action=formulas>
- b. **Make Vaccine Decisions – do some reading.**
Dr. Blake, of the *Pet Whisperer* newsletter often quoted here, relates information on vaccine immunity. "Here is a site Critter Fixer Pet Hospital, Inc.™ Duration of

Immunity, which is an excellent site for learning more about vaccine research that Ronald D. Schultz, Professor and Chair Department of Patho-biological Sciences School of Veterinary Medicine, University of Wisconsin-Madison has compiled.”

c. Raw Food Ingredients

Springfield Farm is just around the corner from me, so stop and visit if you are going there. It is also a few doors down from the community supported agriculture (CSA) at Calvert's Gift Farm. Go to www.ourspringfieldfarm.com for information and directions. Not listed on their price list yet are the animal products.

Ground organs – beef, pork and lamb. Pork and lamb Liver 30%, heart and tongue (15%). \$1.50 per pound in about 2# packages.

Chicken hearts or chicken feet: 1.50 per pound.

If you want mixed bones & meat scraps call 410-471-0738 or email mail@ourspringfieldfarm.com and ask for trimmings – ground or whole. They will try to provide whatever people want.

Also not on their price list is a new and wonderful product line from a Pennsylvania farm who can legally sell raw milk products. You can get great raw milk ice cream and any other products you may want. Remember that many people allergic to milk products are not allergic to raw milk. It is the cooking and homogenizing that makes it allergenic.

2. Readers Share

a. Is Lack of Calcium the Culprit?

“My big Maltese boy has suffered bone loss in his jaw and subsequent tooth loss. The hateful dentist we went to said it was because I did not feed Science Diet! Big ordeal last December; I was so traumatized by everything that I went to "no mail" on my dog nutrition and vaccination lists.” -Vicky, Bailey Boo and Beanie T. Bear

www.baileyandbeanie.com cotonmalt@comcast.net

I certainly disagree with the dentist. Many veterinary dentists agree that the best teeth they see are in animals on a meat and bones diet. Be sure to supplement with calcium if bones are not ingested (see April/May 2004).

b. Creative Cure for Litter Box Problem

Tigger has been having BMs all over house since the new cat came. The problem was resolved by putting her in the bathroom with a litter box after breakfast, closing the door, and waiting; within 15 minutes she is done and scratching to be let out. And you better not walk in before she's done - she gets upset; doesn't want an audience, I guess. We used to have to carry her in; now she trots in there by herself, grumbling the whole time.

-Heidi Schmeck (She moderates a wonderful Cushings disease listserve on Yahoo Groups, with a true holistic approach. using conventional drugs where needed, homeopathy, nutrition, flower essences, herbs and more. She has many wonderful experts in their fields and super caring and experienced people.)

c. Safety of Essential Oils for Cats

Quote from a PIA-Certified Aroma therapist, and member of the National Association for Holistic Aromatherapy regarding cats and essential oils: "Cats cannot efficiently metabolize the oils, and they can build up in their bodies, and can eventually lead to toxic levels causing death, or symptoms of toxicity."

In simple terms, this means that you could use essential oils for some time with no symptoms of toxicity in your pets, as happens with heavy-metal (such as lead and zinc) buildup in the soft tissues and organs. If you use essential oils in your home for burning or just for the aroma, cats are probably fine, as long as a door is open so they can go to another room.

http://www.moggies.co.uk/html/alt_parasites.html

d. Herbs for Horses

Joyce Cross writes: "This is in response to your plea to hear from us out here. I am also learning about herbs for horses. I have Hilary Page Self's *Modern Horse Herbal*. I also have *Healing your Horse (Alternative Therapies)* by Meredith Snader et al. Do you have any other recommendations for reading or thoughts to share? My horse *loves* herbs. I am looking for practical information on using herbs, not just to treat an untunement, but to promote better health."

Good for you, Joyce, for looking for ways your horses can naturally prevent illness. Juliette de Bairacli's *Levy's Herbal Handbook for Farm and Stable* is excellent for reading about animals as natural herbalists. She walked the talk, living to over 100, and raising and treating all types of animals. I feel she is the real Dr. Dolittle. (Her book for dogs and cats is great, too. Read about burying a sheep carcass if you are short of refrigerator space.)

Greg and Mary Tilford are my favorite herbalists and their book, [All you Ever Wanted to Know about Herbs for Pets](http://www.christinachambreau.com/index_products.html) (to order go to http://www.christinachambreau.com/index_products.html and click on Animal Essentials link. Their book is a wonderful guide to herbs for all animals. Their herbal combinations are available at that link as well.

Matthew Woods books on herbs are wonderful, in depth studies that teach you how to be a true healer with herbs.

Advanced Biological Concepts carries many herbal products along with their mineral supplements and other products. The owners of this company are very committed to the quality of their products. Go to <http://www.a-b-c-plus.com> and let them know I sent you. They also carry wonderful soil and gardening supplements.

Other good sites are <http://www.horseherbs.com> & <http://horseherbs.bigstep.com>

e. Safe Cleaning Supplies

The article on the possible toxicity of Swiffer products generated several responses. Iris Kerman writes, "From what I have read, PEG (propylene glycol) is very definitely a toxin, and I will not buy any products that contain it. I use cleaning products from Bio-Kleen. Check them out at www.biokleen.com." The products are described as "Biodegradable Safe Non-Toxic". They do not list the ingredients, and when I called them, they said that the ingredients are proprietary and cannot be listed on the Internet, although they will answer any questions about specific products. They have a wide range of cleaners for everything from

laundry to counters to floors to rugs. There are many companies, such as Shaklee, Amway, and others, that make fairly safe products.

I suggest a paradigm shift in household cleaning. How few cleaning supplies can you use? What are common non-toxic products you have in your house anyway? Then you would not have to pay environmentally for a factory to make many different cleaners for different uses, with the accompanying packaging and shipping. Your health and your animal's health may depend on eliminating toxins from the environment. This will help our planet's health as well. Several books are good guides for using household products, for example *Clean and Green* by Annie Berthold-Bond. Annie is considered the Green Heloise and has a newsletter. Several web sites that have her information and more on living naturally and toxin-free include www.care2.com, www.betterbasics.com, and www.simpleliving.net. Linda C. Cobb has great books about using a variety of common products, such as ketchup, for household cleaning. *Talking Dirty* and *Talking Dirty Laundry* are among them. I think many of the sources listed above still use more products than you really need.

Water is an incredible cleaner. The board at our church was thinking about replacing a stained carpet. One woman sat down with a terry towel and a bowl of water, and 30 minutes later the carpet was clean! I mentioned the ACT cleaning cloths in the last newsletter. You can get them from www.euronetusa.com (use my code, C 102262). I have used these for years. One cloth has lasted me for five years. (I lost a second cloth.) I tried a laundry ball and discovered (when forgetting to put it in one load) that just water works great, other than on heavy soil and whites. I use various non-toxic brands of laundry soap. Remember that your animals are sleeping on cloths and blankets, so even your soap needs to be non-toxic for them.

Once I learned about Brain Garden (www.pulseparty.com/132195), I was able to stop buying laundry soap, spot removers, and dish soap. The "Cleaner" is totally non-toxic and does it all. Sometimes adding essential oils can help the cleaning effect. Always remember to be cautious about essential oils if you have cats and small dogs in the house. The Cleaner's ingredients are: "Surfactant, water conditioners and degreasers from coconut, grapefruit seed and pulp extract, orange peel extract and linear sulfonate, filtered spring water". There are no Glycol ether, chlorine, ammonia, or petrochemicals. Some ways people use it follow: Few drops in a spray bottle with water; Tiny bit straight to wash hands or dishes, (not in the dishwasher); Great to clean tub; Pet shampoo; Laundry liquid and stain remover; Sandy with big dogs and cream-colored carpet uses no other cleaner and says her dogs have *big* muddy feet; windows; Beau adds tea tree oil to the diluted cleaner and mold in the shower is gone; Jay had big glass doors covered with a mildew that nothing seemed to clean until he put ten drops of lemon oil in cleanser and water and quickly cleaned them all; with the grape seed, it is a great disinfectant for your chopping boards and areas where you worry about feeding the raw meat.

Soon I will only have six cleaning products in our home: ACT cloths, Ecover dishwasher soap, Brain Garden House Cleaner, Earth Friendly Products (www.ecos.com) brand of drain opener enzymes and cat urine enzymes (though the Brain garden may take care of that, too).

One last environmental plug in this newsletter is Donella Meadows' books, including *Beyond Limits to Growth*. Her work reflects on our relationship with our animals as well. Her incredible books, using computer modeling to foresee the future of the planet, concern sufficiency and scarcity. A fundamental law of the earth is the law of "enough". Nature says we have just so much and no more.

Just so much soil, water, sunshine and air. Everything of the earth grows to its appropriate size and then stops. Things on the planet do not get bigger, they get better. Organisms learn, mature, diversify, evolve, and create amazing beauty and novelty and complexity, but live within absolute limits. Therefore we need to limit the toxins we add to the environment and the packaging we buy, and try for the most local and environmentally healthy products in our home. One example of her thesis is our animals. They live to their appropriate age, then die. Within that time we can deepen our relationships, discover and create the best environment for them to maximize their lives and accept the absolute limits of their lives. We can learn to communicate, and to evaluate their energy fields. We can observe them and bring their perspectives into our own lives. They are fully in the present and they never think their lives

f. Eating Cicadas was OK

I am not always as thoughtful about things I read as you, my readers are. I totally agree with Teresa Kramer that healthy dogs and cats should have been able to eat cicadas. She says, "I enjoyed the latest issue of your email newsletter, and I have a comment on dogs and cicadas. Our Sally (rescue dog, Border Collie and terrier mix, 2 yrs old) has been out eating cicadas every day. She takes advantage of every opportunity to do so, and I was trying to limit her noshing, but found that she seems to digest them very well. She is picky about which ones, appearing to prefer live ones. She also liked the ones that were just coming out of the ground last month. She has not had digestive disturbances, nor constipation, and I have let her eat her fill in the last couple of weeks, since they did not appear to harm her.

As to the indigestibility of the outsides, it seems to me that dogs should be able to digest them if they have sufficient stomach acid. When I lived in Africa, I learned to eat a large part of chicken and pork bones as my African family did, to get calcium presumably and also the nutrients in the cartilage, I guess. We also ate little fish, fried crisp, from head to tail. (I did not manage the heads but am still good at eating tails of fried fish and shrimp.) And I learned that when a woman has a baby, in century-, perhaps millennia-old Malagasy tradition, she is given gifts of little whole dried shrimp that are made into a broth and served to encourage her milk production. And in another African country we watched kids gather and eat locusts under the street lights (on the few paved streets in Kigali). They ate them raw and cooked. So it seems to me that dogs should be able to digest the whole of cicadas.

At the NCH conference in Portland OR, we had a wonderful day-long seminar with a homeopathic vet, Bob Ulbricht, and he said something that makes me think that reduced stomach acid is a sign of the Rabies Miasm." Tapes are available from NCH – www.homeopathic.org.

3. Focus on Great Holistic Stores for Animals

- a. UNIQUE PETIQUE in Hagerstown is owned by two wonderful women, Leeray and Cindy. The co-owners are "Gold" and "Wyatt" (Dobies), "Kayla" and "Abby" (Shelties).

While I have not been to the "quaint" pet lover's gift shop in an 1800's "old Country store", I have been very impressed by the commitment these women have to improve the health of all animals. They hosted a course on holistic health for animals for me to teach and most of the people filling the room, including veterinarians and technicians, had already purchased the Healthy Animal's

Journal. This always makes an author's heart sing. Most of the people had been purchasing great food and supplements as well as gifts and toys from Unique Petique and were already well on the path to true health for their animals. Bravo to Leeray and Cindy for educating animal guardians.

The following is from a newspaper article about their store, much in their words.

Our store offers gifts for people and their pets. We strive to find new and exciting gift items and products to offer our customers, their dogs and cats. Most of our products, such as our collars, leashes, harnesses, car restraints, shampoos and conditioners are rated as the best out there!

We carry complete lines of holistic products for your pets and all of our foods, treats and supplements are of the highest quality. Our newest dog food comes to us from the Fromm Family and is a special, gourmet-quality product. It is called Four-Star Nutritionals and offers the highest levels of fresh meat, fruit and vegetables of any dog food currently on the market. The fresh ingredients are NEVER dried or pre-processed so retain more naturally-occurring vitamins and minerals. They use only butcher shop meat and fish ingredients.

9720 Country Store Lane
Hagerstown, MD 21740
(240)420-6800

b. More store reports in the future

If you have a store, and I know there are many wonderful ones I refer people to all the time, please send me your information. If you visit a store or a great on-line store and want them featured, please send in what you like about them.

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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>

A big thank you to Stephen Cornman for editing this newsletter.