

THE HEALTHY ANIMAL UPDATE
July 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 love printing letters from you. Keep sending what has worked for you, what you have done that did not work as well, questions 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 a HealthyAnimals@aol.com or visit a www.ChristinaChambreau.com.

UPDATE on the Healthy Animal's Journal

Many veterinarians are thrilled to have their clients tracking symptoms and focusing on the positive, wonderful, and special activities of the animals in their lives.

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

Healing is often a matter of choice...Choosing in each moment to be happy, content...

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1. Healthy Animal Reminders

Feed the best food and vaccinate the least. Veterinarian Jan Bergeron remembers that the cats of his childhood lived to at least 20, and one was 27 or 28 years old when it died in its sleep. His mother bought fresh beef kidneys and fresh beef liver and cut them into small cubes, and that was all the cats got to eat. Our cats were vaccinated as kittens and neutered (spayed or castrated) at about six months of age. That was probably the last time they ever visited a veterinarian. Today we all know of animals living very long lives and most are being reared in

a holistic manner, which includes fewer vaccines, fewer toxins, better food, more love, and a cleaner environment. Since every animal is different, some do well on crappy food and some do not.

Jill Kadish was perplexed when a friend's Great Danes were living to 12 when fed commercial food, vaccinated yearly and treated conventionally. I thought that 12 was great, until I recently learned from Theda Askew that Danes in Europe are living to 18.

What makes more sense: fresh or processed food? Fewer or more vaccines? How many do you get in your life?

Are you building up the energy field or merely stopping each symptom? Maybe this will free you

from the worry that you are not doing it the "right" way. Each animal is different and will respond to different approaches. If your animals are doing great, even with those little things like goo in the corner of the eyes or doggy odor, you are doing fine. When they are less energetic, happy and playful (and aging is not an excuse), or have subtle signs of illness or specific problems, try something different.

2. Research and updates

Evaluation of environmental, nutritional, and host factors in cats with hyperthyroidism. (11/24J Vet Intern Med 1999 Jul-Aug;13(4):323-9 Kass PH, Peterson ME, Levy J, James K, Becker DV, Cowgill LD Department of Population Health and Reproduction, School of Veterinary Medicine, University of California, Davis 95616-8746, USA) phkass@ucdavis.edu

The researchers undertook a case-control study to search for potential risk factors for hyperthyroidism. Owners of 379 hyperthyroid and 351 control cats were questioned about their cats' exposure to potential risk factors, including breed, demographic factors, medical history, indoor environment, chemicals applied to the cat and environment, and diet. Two genetically related cat breeds (i.e., Siamese and Himalayan) were found to have diminished risk of developing hyperthyroidism. Higher risks came from use of litter, topical ectoparasite preparations, and commercially prepared canned food (a two-fold increase).

Further study of these four variables (breed, use of cat litter, consumption of canned cat food, and use of topical ectoparasite preparations) showed a persistent protective effect of breed (i.e., Siamese or Himalayan), a two- to three-fold increase in risk in cats eating a diet composed mostly of canned cat food, and a three-fold increase in risk among those using cat litter. In contrast, the use of commercial flea products did not demonstrate a strong association. The effect of vaccines, which I feel are strongly implicated in hyperthyroidism, was not studied.

3. Readers Respond and Request

A. Appetite stimulant

Catnip may stimulate appetite for cats. One owner reports that when her cat is not interested in food, putting catnip on the food starts the cat eating.

B. Geriatric problems

Siriol Evans would be very interested to read about herbal or homeopathic (or dietary) solutions for canine cognitive disorder and geriatric arthritis in dogs, because her 16-year-old Chihuahua mix would appreciate it! The best treatment is to rebalance the energy field so it no longer needs to produce those symptoms. This is best done with Chinese medicine, homeopathy, or energy healing.

Many products can provide comfort; however, you must understand that they are not deeply healing the animals, merely helping them feel better. Use the supportive means while you are treating the deep energetic level, because quality of life is as important as living forever.

One of the easiest and most effective products for general age-related problems is the <http://www.merrittnaturals.com/tilford.html> Animals' Apawthecary/a>; it has herbs that help the heart, kidney, nerves (oatstraw and ginkgo), liver, and digestive tract. Their products are in glycerin, so most animals do not object. Their alfalfa/yucca blend would be good for stiffness and arthritis.

<http://www.vetriscience.com/index.php> Vetriscience/a> has excellent products for arthritis. Their DMG supports the overall immune system, so it is good for glucose metabolism and proper nerve and brain functions. Co-Q-10 is well-known for increasing cellular energy to help the heart. (It's good for people, too).

C. <http://www.bugband.net/> BugBand/a>, natural bug repellent

We are very much in bug season, and Gwen Moore writes that she has come across a natural bug repellent that seems to work really well for people, pets and livestock. The material on the web site is intriguing. The main ingredient is geraniol, the chief part of oil of rose and palmarosa oil; it also occurs in appreciable quantities in geranium, citronella, lemon, thyme, monarda, and many other oils. It is found both in a free state and in the form of esters. Many books and people have extolled the powers of these plants to repel bugs. Efficacy charts comparing against Deet, citronella and others show geraniol to be the most effective by far. Research was done at the University of Florida, so I am checking with Dr. Lynn Peck, who works there, for her opinion. Has anyone else tried this product?

D. And more bugs and fleas

Tim Saffell of Prince Georges Feral Friends (PGFF) writes: "The first defense [against fleas] is to keep [your animals] healthy. Get them on a good raw diet. Best and cheapest is to pick up some chicken necks and backs from the butcher at the supermarket. These will sometimes be as low as 29 cents a pound. Stock up and freeze them when you can get them on sale. (I always prefer feeding organic, especially locally range-reared. If money is a problem, supermarket fresh is certainly better than processed-- canned or dry-- made with that or lower-quality meat.) Feed a small amount (about 10%-25%) veggies that are on sale. Add some garlic (not onion) to the diet. We use Clitheroe's from a

<http://www.dropinbucket.com/>>"A Drop In The Bucket"/a>. We have not seen a flea in three or four years. If you are going to groom them anyway, just keep a jar of soapy water next to you. If you find any fleas, just drop them in. Be sure that you have a FLEA comb, not just an ordinary grooming comb.

E. And even more bugs and more cicada info

Valerie Hoff writes that the problem with animals' eating cicadas is the mercury the bugs contain. Here are a few <http://www.cincypost.com/2004/05/29/cicadas052904.html>>excerpts/a> from the Cincinnati Post on May 29, 2004:

"That cicada you're about to chow down on -- you might want to reconsider. While some local folks have lately been sampling various forms of cicada cuisine, two professors in the University of Cincinnati College of Engineering have found significant levels of mercury in some of the winged, red-eyed insects they've collected in three local communities. "People should be cautious," said Tim Keener of UC's department of civil and environmental engineering. He and Soon-Jai Khang of the university's department of chemical and materials engineering have found surprising levels of mercury in the insects. The two began measuring mercury in cicadas as part of a more general study on the levels of the element, especially around power plants. Khang was stern in his warning: 'Anything staying underground for 17 years and taking in all the heavy metals -- don't eat it.'"

Now, eating even two months' worth of cicadas every 17 years will probably not give your animals as much mercury as they are getting in any fish you serve them. <http://mercola.com/2004/>>Dr. Mercola/a> says that it is unsafe to eat any fish and that omega oils should come from processed fish oils that remove the heavy metals. For the sake of space, I will not discuss more on toxic foods as my perspective is to eat everything in moderation, track symptoms in a journal, and get energy scans (and maybe hair analysis) regularly to see if anything you are eating, drinking, or living near is harming you or your animals. It is wise to only feed your animals those food ingredients you feel are safe, so read away on the many Internet sites out there. Susan Ford reports that one of her dogs ate cicadas and got sick, vomited and had diarrhea, and was restless and lethargic.

F. And more bugs and mosquitoes are out!

Susan Dickensen reports a tip given at a recent gardening forum: put some water in a white dinner plate and add a couple of drops of Lemon Fresh Joy dish detergent. Set the dish on your porch, patio, or other outdoor area. It's unclear what attracts bugs: the lemon smell, the white plate color, or what, but mosquitoes flock to it and drop dead shortly after drinking the Lemon Fresh Joy/water mixture, usually within about ten feet of the plate. Check this out---it works just super!

G. Request for information about pet sitters

Do you have favorites or hints for finding the best one, wherever you live? I strongly recommend not using kennels unless they are lots of fun for your dog (very rarely will a cat like a kennel) and only if they will accept whatever vaccine decision you have made. Kennels are wonderful for many things, such as grooming and day care. Your familiar home is usually best when you are away if you can get a house sitter to stay there.

4. Resources

Let all your friends, contacts and organizations know about a [the Veterinary Advice Line/a](http://www.vetadviceline.com/)>. I know that my clients always refer people to me. Sometimes Chinese medicine and acupuncture or chiropractic may be better for an animal than homeopathy. Some people would prefer to have a local holistic practitioner. When you call 866-4-VET NOW, you are connected to a holistic veterinarian who coaches you on possible treatments for your ill pet. We may give immediate treatments and we always refer to the best veterinarian for your pet and you.

5. Helping the world

A. Feeding animals in shelters

Have you been remembering to click on a [the Animal Rescue Site/a](http://www.theanimalrescuesite.com/cgi-bin/WebObjects/CTDSites.woa)> daily to feed animals in shelters? You can do even more by becoming a Friend of The Animal Rescue Site. When you join for \$30, they'll double your daily click for a year! Paying more adds a certain number of bowls per year. Buying products from the sponsors will also give more food to the animals. In 2003, visitor clicks funded 23,968,850 bowls of food for animals sheltering in sanctuaries, and visitors who shopped at The Animal Rescue Site store funded an additional 2,106,319 bowls of food. I signed up for a daily email reminder to click there.

B. Animal Kinship Alliance (AKA) 50-50 Raffle

There is a fundraising raffle to develop their first large scale program - Kindred Kids and Kindred Teens. The drawing is on September 10. The deadline for sales is the day after Labor Day. The cost is \$1 per ticket, or \$5 for six tickets. To purchase a ticket or to offer to sell tickets for this good cause, contact a [terri@petspeak.com/a](mailto:terri@petspeak.com)>. AKA will keep half of the money, and the winner will get the other half.

C. The Hunger Project

November 6 is the Fall Event for a [The Hunger Project/a](http://www.thp.org/)> and will be focused on the girl child. Girls, and women, desperately need to be empowered if we are to end hunger. The cycle of malnutrition in India, for example, begins with such a dislike of girl babies that, if they are not killed, they are only allowed to nurse for a few weeks so the mother can get pregnant, hopefully with a male child. They are fed less and work harder than the boys. They are married before menarche and have children when too young to provide good prenatal nutrition to the fetus. The Hunger Project is making huge strides to change this cycle. Come to learn, be inspired and invest in saving our planet, one person at a time.

6. Courses, Events, Lectures

A. Christina Chambreau

I will be lecturing at a [the American Holistic Veterinary Medical Association/a](http://www.ahvma.org/)> (AHVMA) conference in Kansas City, September 9-14. I will be signing books at the AKA event in New Windsor, Maryland, on October 10. (See below.) I may be teaching a course in Michigan or Connecticut

and possibly signing books at a wonderful fair in Fonda, New York. Details will follow. If you want to host me in your area, send an email to a [href="mailto:HealthyAnimals@aol.com">HealThyAnimals@aol.com/a>](mailto:HealthyAnimals@aol.com).

B. Miranda Castro

Well-known practitioner, writer and speaker Miranda Castro will be in Berkeley Springs at Washington Homeopathic Products from August 20 through August 26. During that time she will give a class for the study group and friends. (You qualify.) Miranda has written several books and if you have one (or three), she'll be glad to sign it/them for you. Click to see Miranda's books. Email a [href="mailto:info@homeopathyworks.com">Info@HomeopathyWorks.com/a>](mailto:info@homeopathyworks.com) for the date and location.

C. Animal Kinship Alliance

THE 1st ANNUAL KINDRED SPIRIT DAY at HorseNet Horse Rescue in New Windsor will be on October 10 from noon to 4 p.m. Admission will be \$5 per person; kids under 18 are free. There will be a blessing of the animals, educational talks, contests, a petting zoo, etc. There will be a white elephant table with animal-related products. To be a vendor, email a [href="mailto:joysunbow@msn.com">Joy Forbes/a>](mailto:joysunbow@msn.com), or call her at 410-833-4047; for directions, contact a [href="mailto:terri@petspeak.com">Terri@PetSpeak.com/a>](mailto:terri@petspeak.com). To contribute to the white elephant table, email a [href="mailto:Beth.B.Porter@constellation.com">Beth Porter/a>](mailto:Beth.B.Porter@constellation.com), or call her in the evening at 410-687-7538. To volunteer time, equipment, or supplies contact Terri Diener at a [href="mailto:terri@petspeak.com">Terri@PetSpeak.com/a>](mailto:terri@petspeak.com). In addition to the October event, AKA will have 2 other gatherings this fall-- one on Saturday, September 25, and another on Sunday, November 14.

D. Herbal lecture

Greg Tilford, world-renowned herbalist and great speaker, will be lecturing in Connecticut. Info will follow.

Dr. Christina Chambreau, Homeopathic Veterinarian and Educator:
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For help with health and wealth, go to my website, Health for people, too, with delicious, convenient (delivered to your door), primary nutrition (vegetables, seeds, nuts, grains, snacks, foods) - a [href="http://www.pulseparty.com/132195">www.pulseparty.com/132195/a>](http://www.pulseparty.com/132195)

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To get help to find the best health care for your animals, call the Veterinary Advice Line, 866-4-VET NOW