

## **THE HEALTHY ANIMAL UPDATE**

### **August 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](mailto:HealThyAnimals@aol.com) or visit [www.ChristinaChambreau.com](http://www.ChristinaChambreau.com).

### **UPDATE on the Healthy Animal's Journal**

Thank you to everyone who has been using the Journal and giving me feedback. Many people have loved writing down the sweet, wonderful and happy things their animals are doing. Others have found that keeping track of symptoms is very easy when they use the Master Symptom list bookmark in the journal pages. Many love the pages to separately list the treatments given. They were able to know which homeopathic remedies were given last November, or when they started using Larch flower essence, etc. Since I guarantee that your animal will be healthier and/or you will be happier about your pet when you actually use the journal, buy one and have lots of fun using it creatively. Veterinarians at the Academy of Veterinary Homoeopathy and at the American Holistic Veterinary Medical Association annual conferences were excited about using it.

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## 1. Healthy Animal Reminders

### A. Toenail trim

Make sure you trim toenails, as long nails can actually cause lameness because animals walk differently when their nails are long. Anitra Frazier has the best description of cat nail trimming in *The New Natural Cat*. If your animal is not great with trims, try a flower essence like Rescue Remedy, Animal Emergency, or Calming Essence (the last two are from Green Hope Farm) for yourself and your animal before beginning. Take the time to get your pet used to your playing with his feet and toenails; visualize calm, serenity, and his not moving his feet. Of course, there is no need to panic if you cut a nail too short and it bleeds. You will need to apologize to your friend, since it will be painful.

## 2. Articles, News, and Research

### A. Kaopectate may be toxic to cats

Kaopectate reformulation could be dangerous to cats, says an article at [the American Veterinary Medical Association site](#). Kaopectate, the over-the-counter diarrhea treatment for humans, has been reformulated to contain an aspirin derivative that is toxic (in high doses) to cats. The range of recommended aspirin-derivative dosages that have been published for cats is 10 mg/kg every other day to 25 mg/kg every day. A tablespoon of reformulated children's or regular-strength Kaopectate contains 130 mg aspirin equivalent, and extra-strength Kaopectate contains 230 mg aspirin equivalent. A tablespoon of extra-strength Kaopectate given to a 5-pound cat would yield 120 mg/kg aspirin. Previously, the product contained attapulgite, an inert clay aluminum. According to a Pfizer Animal Health spokesman, the new formulation of all liquid forms of Kaopectate began shipping in December 2002. For more information on managing poisons and poison prevention, visit the ASPCA's Poison Control Center Web site.

### **Report any drug reactions in your pets to the FDA!**

You can report any reactions to medications you have used on your pets, such as flea and tick products, vaccinations, drugs, etc. By doing this, you will help

alert the public to the inherent dangers of these products. Do your part and make a difference.

Send reports to:

Dr. Andrew J. Beaulieu  
Acting Director  
Office of New Animal Drug Evaluation  
Center for Veterinary Medicine  
United States Food and Drug Administration  
Room 387  
7519 Standish Place  
Rockville, MD 20855  
[abeaulie@cvm.fda.gov](mailto:abeaulie@cvm.fda.gov)  
(301) 827-1796

### **3. Readers Respond and Request**

#### **A. Grapefruit Seed Extract -- ears, skin, digestive system aid**

My dog Julie (a ten-year-old Cocker Spaniel/Basset Hound mix) has benefited from Grapefruit Seed Extract (GSE) on many occasions. Like most dogs with drooping ears, Julie is prone to ear infections. By cleaning her ears once a month with a very dilute solution of GSE (two or three drops-- no more-- thoroughly mixed into one ounce of water, vegetable glycerin, or aloe concentrate), we have been able to avoid ear infections and their telltale odor.

When Julie and I take our daily hike in the woods, she often gets wet. Her reward is a "doggy odor". That odor results more from bacteria and fungi growing on the skin and fur than from the natural odor of a dog. I spray her with a three-percent solution of GSE in water, making sure to keep it away from her eyes. Within minutes Julie is presentable enough to pay her respects to my patients.

But sometimes, as a result of digestive upset, her foul breath makes them cringe. It's time to empty two or three GSE capsules into her food. After a few days, the improvement is dramatic- she's practically kissable! Sometimes Julie decides to dine out on an old animal carcass; vomiting and diarrhea may ensue, so I give her three capsules of GSE (directly down her throat) and drinking water (no food). Depending on the severity of symptoms, I may repeat the dosage in two or three hours. She responds remarkably well to this treatment, and since I can't trust Julie to learn from her mistakes, I always keep a bottle of GSE capsules nearby.

*Dr. Chambreau: GSE can often be an excellent help, as it has been for Julie. Every animal is an individual, so keep track of the symptoms and if the overall energy level and emotional health are not improving along with the illness, try*

*something else.*

## **B. Anxiety Wrap and thunderstorms**

We spoke in March about treating fear of thunderstorms in different ways. Here is one more way that can help with a multitude of fears. Roberta shares: "I just wanted to share our experience with the Anxiety Wrap idea to help during thunderstorms. We have been having daily thunderstorms here in the Denver Metro Area and the thunder has been quite loud. So I tried doing the anxiety wrap-- using an Ace bandage-- with Cody; we have done it during the last four storms. For Cody, it has made an amazing difference, from the first time I did it-- he did not pace, pant or try to dig up the floor. He was actually able to concentrate on playing with his toys, and during the last two storms he was actually able to lie on his bed and sleep. He doesn't mind having the Ace bandage wrapped around him at all. So, it works for him, but I'm sure each dog is different-- so I would encourage people to try it, using an Ace bandage-- much less expensive than the actual wrap that you can buy, and if it doesn't work, you aren't out any money."

Laura speaks of other products and uses: "I know of someone who purchased an Anxiety Wrap & had good success with it, though it was for more generalized anxiety, not just storms." A psychologist developed a cape with metal in it; you can purchase it at [the Storm Defender site](#) with a money back guarantee. The inventor says at the web site, "A relatively new theory has been proposed that dogs sense the static charge buildup before a thunderstorm. This is the same charge that, if it gets big enough, produces lightning. It makes sense to be afraid and to seek shelter. It is an "early warning" system for lightning. Excessive fear, however, like that of a phobia, is more of a nuisance than a help. Some dogs respond with extreme excitement and fear bordering on panic. They are difficult or impossible to console. This cape has a metallic lining that discharges the dog's fur and shields him from this static charge buildup. It reduces his sensitivity to this charge."

You may have noticed that thunderstorm-phobic dogs seek shelter in the basement, around the toilet, shower, or tub, or near pipes or wires that are electrically grounded. They try to hide or get under something. Favorite spots are the bathtub (if made of porcelain-coated cast iron) or the car. This certainly may explain some animals' behavior in a storm. Each individual may have specific reasons, instinctive or otherwise, to seek grounding areas. I have had only 30% success with homeopathy if the animal has no other symptoms, so the Anxiety Wraps and the cape are excellent choices to try, while working towards a cure.

## **C. Carts for paralyzed dogs**

One reader wrote about carts made with plastic, rather than with heavier metals.

I did some research and found that <http://www.handicappedpets.com> has a section that evaluates many different carts, including ones you can make yourself. Each is slightly different and they are made of a variety of materials. The one that caught my eye was The DogMobile from England because it allows a dog to lie down and recover to standing at her own will. Maybe other carts do this as well, but no other cart discussed this feature. Carts are a wonderful choice for some animals who have lost the use of front or back limbs. I will never forget the creativity and agility of a toy poodle patient at University of Georgia Veterinary College-- she would walk the length of the clinic (very, very long) on her front legs with her paralyzed rear hoisted up into the air, then plop down happily at your feet.

#### **D. An attitude of gratitude to our lives and our pets**

Although this was sent to me out of appreciation for our animals, it so matches on living lightly on this planet.

I grew up in the fifties with practical parents-- my mother, God love her, washed aluminum foil after she cooked in it, then reused it. She was the original recycle queen, before they had a name for it. My father was happier getting old shoes fixed than buying new ones. Their marriage was good, their dreams focused. Their best friends lived barely a wave away. I can see them now, Dad in trousers, tee shirt and a hat and Mom in a house dress, lawn mower in one hand, dishtowel in the other. It was a time for fixing things-- a curtain rod, the kitchen radio, the screen door, the oven door, the hem in a dress. Things we keep. It was a way of life, and sometimes it made me crazy. All that re-fixing, reheating, renewing. I wanted just once to be wasteful. Waste meant affluence. Throwing things away meant you knew there'd always be more.

But then my Dad died, and on that clear summer's night, in the warmth of the hospital room, I was struck with the pain of learning that sometimes there isn't any "more". Sometimes, what we care about most gets all used up and goes away...never to return. So...while we have it...we do the best we can....we love it...and care for it...and fix it when it's broken...and heal it when it's sick. This is true... for marriages...and old cars...and children with bad report cards...and dogs with bad hips...and aging parents...and grandparents. We keep them because they are worth it, because we are worth it. Some things we keep. Like a best friend who moved away, or a classmate we grew up with. There are just some things that make life important and worthwhile, like people and pets we know who are special...and so, we keep them close.

#### **E. Prevent damage from mandatory vaccines**

Joyce Cross writes: "This is in response to your plea to hear from us out here! I have read Don Hamilton's section on vaccinations. Sometimes we are forced to vaccinate our horses in boarding facilities. What can be done

homeopathically/herbally/holistically to help the horse before and after vaccination?"

*What is our goal in life for ourselves, and our animals, and our planet? We want to live a happy, full life in a clean environment. Since each of our animals (and ourselves) is unique, there are some things that harm us beyond repair and some that don't affect one but damage another. The holistic perspective is to strive to improve the overall health of the animal in every choice we make. None of us is infallible. Read the "Early Warning Signs of Illness" at [www.ChristinaChambreau.com](http://www.ChristinaChambreau.com) and record any signs you notice at each re-evaluation. When you have built up great health in a person or animal, she can easily withstand the onslaught of multiple foreign antigens being infected past her natural defenses.*

*When you must give a vaccine, do everything before and after to improve the immune system-- vitamins, the best diet, T-Touch, thumping the thymus, and casting out fear of vaccines from your mind, for your animal, right now. My favorite is Reiki or a theolyte machine. I have encouraged each of you to become trained in Reiki. (It is often done in a one-weekend workshop). Hold the syringe in your hand and "Reiki the 'bad' out." After the injection, Reiki the animal, or if not trained yourself, have a Reiki practitioner in your area repeat until the animal is cleared.*

*While some homeopathic or holistic veterinarians give homeopathic remedies after a vaccine, or before and after, this does not fit the definition of homeopathy- - treat like with like (find the remedy that matches the illness). When you give any remedy to "protect" against the future, you are not prescribing according to the Organon.*

## **F. Home needed**

Cristina Rolls needs to find a new home for her pet. Her email address is: [tinygata@yahoo.com](mailto:tinygata@yahoo.com). She writes, "My husband and I purchased an English Bulldog two years ago. It's a female, very well-behaved, housebroken, and she gets along with any other animals, dogs, cats, and even birds. She is great with kids and a great companion dog. The issue is that I just got separated from my husband and I am expecting a baby, so I can't take care of Dorothy anymore.

## **4. Resources**

### **A. Holistic pet stores**

No merchants have sent me information about their stores this month.

## **5. Helping the World**

The Hunger Project's Fall Event in New York City on November 6<sup>th</sup> will powerfully

communicate the plight of the world's children. Please join me at the Baltimore table (one of over 140 tables at the NY Hilton) to celebrate the strides being taken to change the position of women and children as a key strategy to end hunger. Check out the web site for lots of information ([www.thp.org](http://www.thp.org)) or call me at 410-771-4968 (remember that you can press # to by-pass the regular message).

## **6. Courses, Events, and Speakers**

### **A. The Eighth annual Linthicum Health Fest**

...will be held on Saturday, November 6, 2004, from 11 a.m. to 3 p.m. The goal of the Health Fest is to increase public awareness of many health and service options available in and near our community. The presentations include both traditional and alternative health care providers. In addition, Harbor Hospital will be providing, FREE on-site health tests, screenings, and information. There is no fee for the public to attend. There will be clowns, face painting, and children's exhibits, as well as those for the adults. Many community groups will be selling food and drinks. It will be a fun-filled and informative day for all. Call 410-684-2546 or 410-636-3870 for directions, or more information.

### **B. Animal Kinship Alliance Fair**

...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. More was in the July issue. Contact [Terri](#).

## **7. Health for People, Too**

"Many of the chronic health conditions we experience as we age come from disuse rather than aging, and exercise can retard the onset of many of those conditions," says Colin Milner, head of the International Council on Active Aging, a trade association of more than 3,500 organizations that specializes in senior fitness. Need proof? Consider this: Starting at age 50, people begin to lose 12 percent of their muscle strength and 6 percent of their muscle mass every decade. But weight training can reverse these effects in a big way. Two to three months of weight training three times a week can increase muscle strength and mass by one-third, making up for three decades of loss of muscle strength and muscle mass, said University of Maryland kinesiologist Ben Hurley.

A big thanks to Steve Cornman for making the formatting and clarity of this newsletter the best possible.

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