

## **THE HEALTHY ANIMAL UPDATE** **September - October 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.

You can read the newsletters on the web at <http://www.ChristinaChambreau.com>.  
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).

### **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.

## **THEY WHO LAUGH, LAST**

### **INDEX**

#### **1. Healthy Animal Reminders**

- a. Click DAILY at Feed the Animals
- b. Research Heartworm Prevention
- c. Reporting Adverse Reactions

#### **2. Readers Share and Ask:**

- a. Arthritis in Dogs
- b. Bach Flower Remedies for Horses
- c. Essential Oils for Gifts and a Caution

#### **3. Media Coverage:**

- a. Susan and Bob Goldstein's newsletter, For the Love of Animals
- b. The Animal Corner Radio Show
- c. Rabies Vaccination in Maine

#### **4. Focus on Great Holistic Stores for Animals**

- a. Unique Petique
- b. Naturally Pets

\*\*\*\*\*

## 1. Healthy Animal Reminders

- a. Remember to click on [www.theanimalrescuesite.com](http://www.theanimalrescuesite.com) to feed animals, people and help save rainforest acreage.
- b. **Research Heartworm Prevention** during the winter. Many people are afraid because of a fear of the treatment if their dogs do become infected. While many holistic people realize that a healthy dog is unlikely to become infected (the dog's natural immune system will kill the larvae during their several month migration to the heart) they still worry, "What if?" Many holistic practitioners are successful at treating dogs who are heartworm positive. Dr. Will Falconer, a homeopathic veterinarian, is doing a study on one such treatment. If you know of a person with a heartworm positive dog who wants some options for treatment, send them to his web site, [www.Alt4Animals.com](http://www.Alt4Animals.com). He will be treating heartworm positive dogs with immune modulation solely (well, improving nutrition, too), studying an R&D form of Transfer Factor that looks extremely promising.
- c. **Report any drug reactions in your pets to the FDA!** Your close observations of your animal's reactions to any treatment with conventional drugs or chemicals can improve safety for all animals and maybe shift the tide away from chemical treatment. Report any reactions to medications you have used on your pets such as; flea and tick products; vaccinations; drugs; etc. By doing this we will be able to alert the public to the inherent dangers of these products.

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

## 2. Readers Share and Ask

- a. Brandy writes that she is always interested on hearing anything on **arthritis in dogs**. She has an 8 year & a 16 month old, both with arthritis. She has tried Adequan, Glucosamine/Chondroitin sulfate, MSM, Vitamin C, Glyco-Flex, Salmon oil, Alfalfa, Yucca, Traumeel, and more she could not think of at the moment. She says, "Its quite depressing to be able to not relieve them of the pain."

Her plight underscores what I speak about in the holistic section of my book – some animals respond to your first type of treatment and others need many different modalities. Brandy has been using supplements and western herbs of many different kinds. My suggestion would be to try one or two of the above for a few months and if no improvement is noted, try a different modality.

Though my book explains a few of the different modalities, we could do an entire teleclass on different approaches to arthritis and pain when moving. If you are interested in being on a one hour **Arthritis Teleclass** for \$25.00, email me and one will happen.

If stiffness is the main complaint I would suggest beginning with chiropractic or acupuncture. If there are many other problems or the stiffness occurs only at certain times or conditions wet weather only, 5-7 AM only, etc) then homeopathy

could be the best approach. Working with an animal intuitive or communicator can help determine which approach would be best. Sometimes X-rays can localize the problem and reveal bone problems that would respond to one treatment over another. Progressive lameness can certainly be caused by bone cancer, so that needs to be considered in long term problems.

Sometime the pain is a secondary problem from stiff and unused muscles that persists once the actual arthritis is resolved. To prevent or even resolve this type of pain, swimming and physical therapy can be very useful. Is the animal getting Calcium in the diet? Does the animal need to lose weight? Is more exercise (or less) needed for this specific dog? These questions and more could help Brandy's dogs.

- b. Joyce Cross asks for comments on the use of **Bach Flower Remedies for horses**. "I have the book on Bach Flower Remedies for Animals by Graham and Vlamis, but don't find it particularly useful. Perhaps I need to work my way through Mechthild Scheffer's book and try to find the right remedies. Specifically, my horse experiences separation anxiety and I'm trying to find the right combination of training and remedies that will help him."

Since I did not know of a book I call Dr. Ward, a great holistic veterinarian who runs the Holistic Horse Keeping Course. She also does not know about any specific books for flower essence therapy for horses. Then I went to the search engine and typed in "Flower essences for Horses" which produced 37 references. What is important is to learn how to find the material you need. Since no one has the "right" answers for your horse, you would try something and evaluate your horse's overall health including the anxiety. The remedies I would try that have been useful for dogs range from Green Hope Farms Separation Anxiety combination; to Bach's Aspen, Mimulus, Larch and any other that fit this horse; Dr. Jean Hofve's anxiety remedies or others. I may suggest a call to an animal intuitive could help the process or attending a class to learn to ask your horse what would help the most.

Flower essences are wonderful because they either help or do nothing – they do not cause harm as herbs or homeopathy or Chinese herbs can do. Learning T-Touch, Healing Touch (Komitar Method), massage, Reiki or other energy techniques can help as well. I am still learning to communicate frequently with my cats when I am away. When I forget to speak to them several times a day they do not fare as well when I am traveling.

- c. Sue writes with information about **essential oils** which would make great holiday presents. **Essential Oils – great gifts and a caution**  
The effectiveness of essential oils relate to their frequency. This is certainly true for homeopathic remedies as well as flower essences, sound and color therapy and probably every treatment including conventional. Frequency is the measurable rate of electrical energy flow that is constant between any two points. Everything has a frequency. Dr. Robert O. Becker in his book *The Body Electric* establishes that the animal or human body has an electrical frequency and that much about a person's health can be determined by it's frequency.

In the early 1900s the ground breaker, Dr. Royal R. Rife, showed that every disease has a frequency. He found that substances with higher frequency will destroy diseases of a lower frequency. Bruce Tainio (1992) built a machine that measures frequencies and he has determined that the average frequency of the healthy human body during the daytime is 62-68 Hz. What is the frequency of the food you feed your animals and yourselves? What is the frequency of the

environment around you? According to Tainio, processed/canned foods have a frequency of zero, fresh produce has up to 15 Hz, dry herbs from 12 to 22 Hz, and fresh herbs from 20 to 27 Hz. Essential oils start at 52 Hz and go as high as 320 Hz, which is the frequency of Rose oil. Clinical research shows that essential oils have the highest frequency of any natural substance known to man, creating an environment in which disease, bacteria, virus, fungus, etc., cannot live.

Remember our discussions about not using essential oils around cats except with great caution. Because of their sense of smell, cats are more likely to become ill or retreat from certain oils. Here is another area to consult with a communicator and to watch your cat very carefully as the aromas of the holiday season often come from essential oils

### 3. Media Coverage

- a. **Susan and Bob Goldstein's newsletter, For the Love of Animals** (that many of you read) interviewed me about how to keep a journal and the importance of using the Healthy Animal's Journal. Their wonderful article will help many animals become healthier and I appreciate their complete coverage. They also carry it the book their store which is at [www.earthanimal.com](http://www.earthanimal.com) (you can sign up there for the newsletter, if you like, for even more great information at that website). Their store also carries my book and many other great products
- b. **The Animal Corner**, a great radio show sponsored and run by Kat Barnard, recently interviewed me. The show first aired on Thursday, October 7 at 9am Pacific time on <http://www.healthylife.net/> and is now archived until the beginning of 2005. To listen to the show through the archives, have go to [www.healthylife.net/RadioShow/archiveAC.htm](http://www.healthylife.net/RadioShow/archiveAC.htm)

#### c. Rabies Vaccination in Maine

New Bill Would Require Veterinarians to Disclose Vaccination Pros and Cons

One family can make a difference. The Christine family in Alna Maine first began looking into the issue of frequency of Rabies vaccination required when their Labrador retriever developed a cancerous tumor on the site of a recent rabies immunization. Their efforts have led Robert Gholson, DVM, Maine state public health veterinarian, to change the licensing rule. The existing rule had been in place since 1981 and required a Rabies immunization within the previous two years to ensure that vaccines would be active through the next year. The rule has now been changed to read that immunization has to be valid the day that an owner presents for licensing, Gholson said. The change was announced after a public hearing on Aug. 31, 2004.

A holistic veterinarian in St. Louis, MO was also able to change his state's requirement to 3 years by writing letters and speaking with the State Health Service.

The Maine legislature also may consider passing a law that would require veterinarians to disclose vaccine risk information to clients about all vaccines, similar to prescription consent forms and some immunizations in human health, Gholson said.

Sen. Chris Hall (D-Maine) said he plans to introduce a bill in November that would require veterinarians to educate clients about the risks of vaccinating versus not

vaccinating pets. He has been approached by colleagues who want to cosponsor the bill and expects it to be heard in February or March 2005. "I have had more email, calls and letters on animal vaccinations than any other subject except human healthcare," Hall said. "Like most jurisdictions, Maine does not collect data on pet mortality or morbidity, so it is hard to form impartial judgments on the possible side effects of vaccination or over-vaccination, and of course, the veterinary community is divided on these issues. My concern, in the light of great popular interest, is not to require arbitrary rules governing vaccination, but to better inform the public."

Chris Hall also spoke about frequency of all vaccines like Distemper and Parvovirus in an op-ed piece published in the Portland Press Herald on July 16, 2004. He agreed that there are vets who have adopted the less-frequent standard of every 3 years recommended by the national veterinary organizations, but notes that there are still those who continue to recommend an annual DHLPP-PV shot. He goes on to say that a more informed public could make better decisions for pets, thus his advocacy of a disclosure statement by veterinarians about "the risks, potential side effects and nationally recommended frequency of booster shots," in the same manner pharmacists are required to give out such information for prescription drugs.

More information is available at [www.petfest2004.com/KrisChristine.html](http://www.petfest2004.com/KrisChristine.html) and [www.vaccines.bizland.com/animalvax.html](http://www.vaccines.bizland.com/animalvax.html)

### 3. Focus on Great Holistic Stores for Animals

- a. **AVJ NATURAL CAT** Nancy Learning, husband Bob and daughter Shiena are celebrating the 10<sup>th</sup> anniversary of their store. Nancy has attended my classes and has a deep commitment to health for animals. She writes "Currently along with a raw food diet, (the one thing we don't ship) we carry several high end processed foods and treats. We stock some of the best supplements and remedies available and have our shop filled with unique gifts for cats and their people. Of course we carry Dr. Chambreau's book, *Healthy Animal's Journal*. We have natural cat litter, flower essences, homeopathic remedies, herbal tinctures, cleaning products and more. No chemicals here!

We know nearly all our customers (web or in the store) by name. We talk to new customers and listen to their needs. We advise, encourage and suggest products for their pets. We NEVER sell anything we feel they don't need. Many times we actually won't sell a customer the product they initially came in to purchase. We start with nutrition. If they are feeding junk there is no point selling them supplements.

We are big supporters of area no-kill shelters. We donate food, gifts, money, whatever we can to help. Although we do not sell (and never will) live animals we have had quite a few kittens here who needed forever homes and have been adopted rather quickly. I admit a few of the older guys now live at my house."

6 S Hanover St, Pottstown PA 19464. 610-326-0177 fax 610-326-3897  
<http://www.naturalcat.com>.

- b. **Naturally Pets** Margie Diegelman sells frozen raw, premium natural dry and canned and treats. They also sell herbs, some homeopathy and vitamins. "We have been open for almost 5 years in a small town outside of Pittsburgh. Our shop is small and cozy and Daisy the 13 yr. old Basset is the greeter. Healthy

Food Rocks!! P.S. Thanks for the newsletter. Good stuff! ” Naturally Pets, Irwin Pa. 724-864-7387 (PETS). [margied1958@yahoo.com](mailto:margied1958@yahoo.com)

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.

\*\*\*\*\*

© 2004 Christina Chambreau, DVM

Parts of this newsletter may be shared with other publications or chat rooms or list serves as long as the following is included:

Dr. Christina Chambreau, Homeopathic veterinarian, author and educator 410-771-4968

Subscribe to the Healthy Animal Update – [HealthyAnimals@aol.com](mailto:HealthyAnimals@aol.com)

Order the Healthy Animal's Journal so your animal will live a **longer and healthier life** at <http://www.healthyanimalsjournal.com/>

Be healthy yourself - eat great primary nutrition - [www.pulseparty.com/132195](http://www.pulseparty.com/132195)

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.*