

THE HEALTHY ANIMAL UPDATE

November 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.

HOLIDAY SPECIAL for the HEALTHY ANIMAL'S JOURNAL

My goal is to guide you to have your special animals be healthier.

I know you want this for all your friends' animals as well. The following is my Gift to you, my friends in having animals, people and the planet be a happy, peaceful, healthy place.

Now you can save money and help many animals be healthier.

Buy 3 autographed Journals for the price of 2.

When you order by December 20 you pay 35.90 and \$7.95 for priority shipping and handling. Please add \$1.80 sales tax if you live in Maryland. Mail checks to 908 Cold Bottom Road or go to <http://www.HealthyAnimalsJournal.com> to use pay pal and a credit card.

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1. Healthy Animal Reminders

a. Christmas Not Best Time for Adopting New Animals

“The holidays are not the best time to adopt a pet [or get a new puppy, kitten, hamster or bird]. There is so much commotion, visitors coming and going, decorations which could be harmful to pets, etc. Sometimes behaviors develop which are difficult to eliminate later on.

A better alternative to giving a pet to a person who may not be ready for the responsibility is to give a gift certificate which states ‘Good for the pet of your choice after the New Year.’ Give a book on responsible pet care as a gift.” From Best Friends Sanctuary

Give a gift in your friend’s name to Best Friend’s Sanctuary, BrightHaven, Prince Georges Feral Friends, Dog Ears and Paws, Tails of Hope Sanctuary, Rikki’s Refuge, Horsenet, Inc, SPCA or to one of the many other wonderful organizations helping animals (or people or the environment).

b. Tracking Symptoms May Extend Lifespan

How can you know if your animals are as healthy as possible? My 2 cats seems healthy, they eat well, they play and run and chase the birds on the other side of the window. However, their coats are not quite as soft and shiny as the best I have seen and Ed urinated on my bed 3 times and once on Mort’s bed (Ed was sleeping on my side, then got up and peed on Mort’s bed and feet! No reason given to the communicators or me.

By recording these little symptoms, then trying something new (Sea Cure is the latest supplement), then re-evaluating the same symptoms I can tell if they are becoming healthier.

While there are many ways of doing this, my journal guarantees it will be easy and you will have helpful insights to the health of each animal in your life. You will also have the wonderful memories and fun times recorded to share with friends and relatives.

2. Readers Share and Ask

a. Itchy Dog

I have an itchy little dog, and I need to know what vitamin/mineral supplement I can give her that won't add to this problem. Have tried Nupro, and vet told me it had something that caused itching; think it was brewers yeast; tried Missing Link and told that has flaxseed oil which causes itching. I am not giving her any supplements now. She is on a raw diet - only beef now, for Vet says lamb and chicken are "warm" foods that itching dogs shouldn't consume. I add Prozyme to the food, salmon oil and vitamin E. Is there any information on what I am doing wrong? Or can you put something in the Newsletter about my questions?

First it is important to keep skin problems in perspective. When the energy field of the body is trying to heal itself, we would rather see external problems than internal organ problems or mental problems, right? A healthier energy field will keep the “dis-ease” on the outside of the body. Itching with no skin problems is

the healthier, followed by itching with bumps, then raw spots localized in one or two area, then raw spots and lots of bald spots all over, then warts and tumors or autoimmune problems of the skin. This makes sense. This is why it is important to gently treat skin problems while trying to rebalance the energy field with homeopathy, Chinese medicine, reiki or other energy treatments.

One cat had been licking herself raw for 8 of her 9 years. Steroid shots would help temporarily, finally being given every few weeks. She was never ill in any other way. Is this a healthier or less healthy cat? She is more likely to be cured because she kept putting the energy imbalance to the skin rather than becoming more ill over the years. One cat had been licking belly raw and the owners were happy when the steroid shot quickly stopped the itching and it did not return. Two years later she developed asthma, then hyperthyroidism. While this may have happened in spite of treatments to the energy field, there would have been a good chance of healing at the deeper level and that would be our goal.

My advice for treating this cat's skin problem is to find a holistic veterinarian who is concerned with treating her energy field imbalance with homeopathy, acupuncture or other energy methods. There is no one supplement that works for every cat or dog. I know cats whose skin improved with missing link, Nupro, nutritional yeast, salmon oil even though yours did not improve. Many people have success with Pawier vitamins, Vetriscience Antiox, Animal's Apawthecary Skin Detox, Reiki or Healing Touch or T-Touch they learn to do themselves, Wysong's C-Biotic and more.

3. Media Coverage

a. Polls About Animals

These are interesting responses to polls done several years ago by an unknown source. Of 842 people responding, 78% of people read the ingredients list on foods. At the Westminster Dog Show, 50% of people said dogs should not have their ears cropped and 26% said yes and allow both to compete.

b. Dolphins Shield Swimmers From Shark

Tues Nov 23, 2004 WELLINGTON, New Zealand - A pod of dolphins saved a group of swimmers from a predatory 10-foot great white shark off the northern New Zealand coast, a newspaper reported Tuesday. The unusual incident occurred Oct. 30 when lifeguard Rob Howes took his 15-year-old daughter Nicky and two of her friends swimming near the town of Whangarei, The Northern Advocate said.

The dolphins, "started to herd us up, they pushed all four of us together by doing tight circles around us," Howes told the newspaper. When Howes tried to break away from the protective group, two of the bigger dolphins herded him back, he said. Howes then spotted what he described as a 10-foot great white shark cruising toward them, but the man-eater was apparently repelled by the ring of dolphins and swam away. "It was only about six feet away from me, the water was crystal clear and it was as clear as the nose on my face," he said. Howes realized what the dolphins were doing: "They had corralled us up to protect us." Another lifeguard, Matt Fleet, on patrol in a lifeboat, saw the dolphins circling the swimmers and slapping their tails on the water to keep them in place. Fleet told the newspaper he also had a clear sighting of the shark. "Some of the people later on the beach tried to tell me it was just another dolphin but I knew what I saw," he said.

Ingrid Visser, who has been studying marine mammals for 14 years, told the newspaper that there have been reports from around the world of dolphins protecting swimmers. She said that in this case the dolphins probably sensed the humans were in danger and took action to protect them. Visser, of the group Orca Research, said dolphins will attack sharks to protect themselves and their young.

4. Health and Wealth for People

- a. **The Brain Garden Company** is a great company with potential for the passive residual income necessary to become financially independent. You already have heard about the incredible health benefits from the food and oils.
Looking for Holiday gifts?
They have wonderful HOLIDAY SPECIALS you can still order – foods, essential oils, personal and house care products in nice gift packages.
Order NOW at www.PulseParty.com/132195 – Products – New Order – Christmas specials.
- b. **Invitation** to three days of powerful people speaking on multiple ways to become really wealthy and healthy. The Enlightened Millionaire Institute retreat is in Orlando January 7,8,9 and you can be my guest for free. Learn how to buy houses with no money of your own. See the possibilities of options in the stock market. Be inspired to write a book, produce a video or a tape. Hear how you can easily, and with the mentors they provide, develop a web site that makes money for you as you sleep. Be energized with thousands of other people who are positive, upbeat, successful, tithing their money for good works. If Orlando is out – go to the \$ page on my web site and order the One Minute Millionaire book and tapes and read about a lot of the above.
- c. **Landmark Education Corporation** (www.landmarkeducation.com)
“Helping people realize not only the possibility of success, but of fulfillment and greatness.” A friend of mine took the beginning long weekend workshop, called his father for the first time in years and his father flew up the next day to be with his son at the first evening workshop. Miracles like that can certainly happen. My life has been profoundly impacted by their programs over the years.

5. Pet stores

Baron's K-9 Country Store

Stacy Martin-Duffy and Lisa Cook own a great new store in Bel Air. I have known Stacy because she has taken my courses and she is a wonderful resource for you because she has seen it all as a pet sitter. Stacy says, “We've been open since June 2004. Our store is in a Cape Cod house that we remodeled into a country store. So it is very quaint and our customers like shopping in that environment. We carry natural dry and canned pet food and lots of healthy treats. We sell raw diets too. You'll find lots of supplements and some remedies along with unique fine gift items for dogs and cats and the people that love them. We carry natural cat litter, Halo products, flower essences and natural shampoo.

We have events like pictures with Santa and a Halloween dress up contest to raise money for animal charities. We do not sell animals but we have cats available for adoption from the Humane Society and the ones that were left on our property to find homes for.

We are dedicated to providing personalized service that includes nutrition consulting. We love talking with our customers and watching how well the animals do with our products.

Baron's K-9 Country Store
525 Pritt Lane, Bel Air, MD 21014.
410-838-MEOW (6369). Website: <http://www.baronsk9.com/>

Come to Baron's on January 16 to have ALL your health questions answered by Dr. Chambreau. Contact store for details.

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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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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

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>