

THE HEALTHY ANIMAL UPDATE

December 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.

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. **SEND ME YOUR HEALTH GOALS FOR 2004** (for whole family)? You can read the newsletters on the web at <http://www.ChristinaChambreau.com> if you've missed one. If you wish me to use a different email address, or to stop receiving this newsletter, please email HealThyAnimals@aol.com.

SET HEALTH GOALS FOR THE NEW YEAR FOR YOU AND YOUR ANIMALS

The **HEALTHY ANIMAL'S JOURNAL** is your best tool to achieve those goals.

Go to <http://www.HealthyAnimalsJournal.com> to order one for each of your animals.

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1. Healthy Animal Reminders

a. Diet – are you feeding the best?

One goal for the New Year could be to improve your diet and that of your animals. Read about your diet in the People health section. Check list for animals' diets.

- a. Variety & as much fresh as possible
- b. Calcium adequate
- c. Organic, free range, wild whenever possible.
- d. Healthy water
- e. Track the early warning signs of illness to see if coat is getting dull (take pictures every year), eye discharge, digestive problems, etc.
- f. Rotate supplements

Natura is a good brand of food and their web site has an awesome tool to study different diets. Go to www.naturapet.com, click on "tools" and choose up to 4 foods you would like to compare. An ingredient list is given for each and when you click on the specific ingredient, a pop-up tells you more details about that ingredient and how Natura uses it in their food.

Keep letting me know how your animals respond to different foods. On Science Diet my kitten's litter box smell was just horrible, and now she is on Artemis cat food and I can't smell her litter box at all.

b. Which Treatment Is the Best – Chiropractic Helps Bowel Disease?

We spoke last month about tracking symptoms to tell if your animal is as healthy as possible. Tracking the response to treatment will help you know if should try a different modality. Any disease state (well almost any) can be treated by most of the modalities we speak about in this newsletter.

Maybe you have heard about friends who have had success with treating inflammatory bowel disease with prednisone like your veterinarian suggests but you want to try something different. You think that homeopathy and Chinese Medicine are best for internal diseases, and acupuncture and chiropractic better for musculoskeletal problems. You try homeopathy and it does not work, or you love your chiropractor but do not think to ask her help for this problem. Most people do not think first of Chiropractic as a treatment for digestive problems. Dr. Neal Sivula, in the Journal of the American Holistic Veterinary Medical Association Oct 2004, says that chiropractic could help any diarrhea if there were subluxations in areas where the spinal nerves affected the motility of the intestines. It can also help the immune system dysfunction that causes the true inflammatory bowel disease by improving the autonomic nervous system. Not every veterinarian is trained in using chiropractic at this level, so you need to ask any in your area, or contact the Veterinary Advice Line (866-4-VET NOW) to locate one.

2. Readers Share and Ask

- a. No comments to share this month.

3. Media Coverage

a. Organic Dairy Policy

Continuing to educate ourselves about labeling and true quality of our ingredients will help our animals, and ourselves, stay healthy. The Northeast Organic Dairy Producers Alliance (www.nodpa.com) comments on the ambiguous language in

the Organic Rule. They have asked organic dairy processors to endorse their policy of having dairy cows on pasture. Until the USDA changes its wording we must encourage voluntary compliance. You, the consumer, can help. Encourage the company behind your favorite brand to adopt the Pasture Policy. Also contact Bob Pooler (bob.pooler@usda.gov) and Arthur Neal (Arthur.Neal@usda.gov) at the National Organic Program to express your support for requiring cows to be on pasture to be certified organic.

Try to buy most of your ingredients locally or directly from the farm. Put together a food coop and one person a month drives whatever distance needed to buy meat and dairy products for everyone from a farm where you can see that the livestock is on pasture and you can speak with the farmers directly.

b. Graze, a newspaper supporting pasture reared stock

"Most of the writers for Graze are working farmers who make their living by grazing their stock. There are many ways to graze that work well for different people on different farms. We offer articles on a range of grazing approaches, so you can see what makes sense for you. A regular feature is "Organic Forum," with advice from organic dairy graziers on specific topics."

Encourage your suppliers to subscribe. Try to convert some small family farms (or big ones) near you to better land and livestock management. Read a few issues to learn how to judge the health of the food you buy.

www.GrazeOnLine.com PO Box 48, Belleville, WI 53508

c. No Summer School for NCH in 2005

The web site of the National Center for Homeopathy says that "In 2005, we will not be holding a full summer school. Instead, we are offering a "mini-session" of summer school in the days preceding our annual conference in Orlando. Two courses will be offered: *Homeopathy 101: Foundations in Homeopathy* (April 7-8, 2005) and *Midwifery & Homeopathy I* (April 6-8, 2005). We plan to resume normal summer school classes in 2006." If you love the summer school or have been just waiting for the right time to attend, now is the time for you to enroll friends in NCH and get commitments from friends to attend the June 2006 summer school.

Prince Georges Feral Friends (ardent summer school supporter, Tim Saffell) will be hosting all the animal classes normally offered at summer school and a bonus animal behavior class. See Courses for more information on this.

d. Nutritional Management of Canine Aging

DVM Magazine is now making recommendations that support the diets we have been suggesting in this newsletter and that many of you have found so helpful to your animal's health. In the June 2004 issue, Drs. Landsberg and Roudebush described a condition called canine cognitive dysfunction (CDS) that affects 68% of dogs 15-16. They said it may be progressive, seeing increased impairments within 12 – 18 months of the first behavioral changes. They list symptoms such as new onset of separations anxiety, confusion, decreased activity, aggression to people, anxiety, phobias, house soiling, night waking, barking. They say that aging may be related to an increase in reactive oxygen species and decreased mitochondrial function causing more oxidative damage. There was significant improvement when feeding enriched foods. The [processed] foods were supplemented with Vitamins E and C, a mixture of fruits and vegetables rich in carotenoids and flavonoids and mitochondrial cofactors (L-carnitine, dl-alpha lipoic acid).

In my experience, most people feeding fresh food diets with supplements to their aging animals have reported improved energy and behaviors, and many dogs who have been raised holistically do not seem to have the same aging problems as described above.

4. Health and Wealth for People

a. Try all you've learned about health for animals for yourself as well

One client called me, asking if I knew of any healers who could help her husband the same way her animals had been helped. Often the same people treat people and animals. Judy Stoltz and Linda Clark are veterinarians who went to Naturopathic College and treat both people and animals holistically. Maryland licensed acupuncturists can take further training and legally treat animals. Almost every way of treating animals works for you, too. Keeping yourself healthy helps your animals stay well. The basic health principles for animals apply to you – **Eat the best food** (local, pastured, variety or The Brain Garden food – www.MyForeverGreen.org/132195), **vaccinate the least** (Do you really need the flu shot? Does your 1 day old infant need Hep B?), **keep a journal** so you can track symptoms and which treatments make the biggest difference, try different modalities until you are as healthy as possible, **provide the best environment** (least toxic – euronetusa.com cloths, Brain Garden's Household Cleaner, vinegar, water) including the right amount of **exercise**.

b. Sharing your wealth - people helping in Asia

My main reason for developing wealth is another way to make a difference. The head of a great animal sanctuary makes no money and relies on people to bring her food. She makes an awesome difference. Wealthy people have given millions of dollars each to help relieve suffering in South East Asia. The local The Hunger Project team in Tamil Nadu went into immediate action to support both immediate relief and long-term rehabilitation efforts. They are mobilizing their own staff and others within India in a campaign known as "Turn the Tide." Our Tamil Nadu state chair Dr. Palanithurai and his team have identified 14 panchayats in one of the most devastated districts where they will empower the process of reconstruction. Contribute at www.thp.org or to your favorite organization helping bring positive healing to each person and animal remaining.

Gail Pope from Brighthaven writes: I have had quite a few emails this week from people asking for advice as to how to donate to help animals in Asia - and so I am sending out this link for you to go to for up to date information <http://www.animalsasia.org/index.php?module=6&menupos=4&lg=en> Also, United Animal Nations is accepting donations for the animals caught in the tsunami. You can check them out at <http://www.uan.org/>.

Thank you for all your prayers for the people and animals affected by the Tsunami- keep praying. Masaru Emoto says: "Prayers can limit the secondary disaster. To everyone in the world, let us offer a prayer of love to the Indian Ocean rim countries!!"

5. Pet stores

Submit your favorite store or updates from stores previously reported on. Web stores are great, too.

6. Courses

- a. **Four hours with Dr. Chambreau in Bel Air, MD** Jan 16
Stacy Duffy of Baron's K-9 Country Store will be hosting me Sunday afternoon.
525 Pritt Lane, Bel Air, MD 21014.
410-838-MEOW (6369). Website: <http://www.baronsk9.com/>
- b. **Homeopathy for Animals Summer School, MD** June
Tentatively scheduled for the last 2 weeks in June, Tim and Linda Saffell of PGFF are hosting Animal Homeopathy Seminar Series
 1. Case Studies in Animal Homeopathy (Advanced)
 2. Introduction to Homeopathy for Animals
 3. Intermediate Homeopathy for Animals (Case Taking, Repertorization, Case Analysis, Remedy and Potency Selection, Evaluation of Response
 4. Homeopathic treatment of Behavioral ProblemsEmail timSaffell@usa.net to be notified of the schedule and details.
- c. **Send your vet to Florida – North American Veterinarian Conference** Jan 12
Or let them know that holistic lectures happen at most regular conferences.
- d. **Pet Expo – Timonium Fair Grounds, MD** Jan 29, 30
www.worldofpets.org/expo_news.html
- e. **University of Illinois Student Holistic Conference** Feb 5
Hosted by the Student Holistic chapter, this seminar would be a great introduction to any veterinarians or other interested people in the Urbana area.
jlburton@uiuc.edu for more information.
- f. **Holistic Health Seminar - Anne Arundel, MD** April 2
Anne Arundel Community College's Women's Institute offers this and other wonderful classes, at the Arnold, MD campus. Womensinstitute@aacc.edu
- g. **Holistic Health at Capitol Dog Training Club, MD** June 14 Members only.
- h. **American Holistic Veterinary Medical Conference, UT** Sept 16-20
www.ahvma.org for information and to register

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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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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>

If you have read this far, tell me for \$5.00 off your next appointment.