

THE HEALTHY ANIMAL UPDATE

January 2005

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. Each person who emails me answers to the survey at the end of the newsletter can have a free report.

WHAT DO YOU WANT TO HEAR ABOUT?

Send what has worked for you, what you have done that did not work as well, and wonderful stories about your animal family. Let me know what you want to hear about. You can read some of 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

Putting your goals for 2005 in writing and sharing them with others can make you more likely to achieve them (or come close) and can bring support from others. I will start a goals section of this newsletter. Send in one animal health goal and one personal goal with a request for how others could help you. I will start with one of my goals in this newsletter. One of the best ways to achieve your animal's health goals is to keep a journal. Join hundreds of people having fun writing in the **HEALTHY ANIMAL'S JOURNAL**.

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

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- a. University of Illinois Student Holistic Conference Feb 5
- b. Holistic Health Seminar - Anne Arundal, MD April 2
- c. Holistic Health at Capitol Dog Training Club, MD June 14
- d. Homeopathic Summer School for Animal lovers June 18- July 1
- e. American Holistic Veterinary Medical Conference, UT Sept 16-20

5. Pet Stores

Companions Country Store in Eldersburg, MD

1. Healthy Animal Reminders

a. New Year's Resolutions – Spend Time on Health

We all set goals for the new year and often do not follow through. The key to succeeding in your goals is to actually schedule the time to work on the goals. A common goal of many people is to improve the health of their animals and themselves. Be specific. I want to improve Ed's health (my cat) so he will let me trim his toenails more easily. To do this I need to record in his journal how he is now about his nails and put an appointment on my calendar to play with his feet and trim one nail at least weekly. You may set appointments for yourself to read more about the holistic approach ([Healthy Animal's Journal](#), [Homeopathic Care of Cats and Dogs](#), [Radical Healing](#), and many more) and on the internet. You may set an appointment to write in the [Healthy Animal's Journal](#), or to purchase one, or to research local sources of better quality meat and vegetables for your family.

Often we can combine improving our health with the goal of improved health for our animals. Walking the dog, doing agility, chasing the cat up and down the steps, cuddling the cats while doing sit-ups can all be a way to spend time on mutual health improvements.

b. Winter Exercise

Winter offers some unique challenges. Weather is not as predictable this past decade and we may have summer days changing quickly to snow. The animals may be more cooped up inside. The inside may be a lot drier because of the increased heating (my cats needed to drink water this morning for the first time in their life). This can be upsetting to the physical and emotional states of some sensitive animals and people. Flower essences and essential oils (aromatherapy and internally) can be very helpful for emotional problems related to the changes.

Winter exercise may have to happen inside. Be creative. Go to dog gyms. Take an agility class. Experiment with different cat toys – often the best ones are hand made. Anitra Frazier had a cat who would take a running start and leap onto a strategically placed box lid and slide down the hallway. Several cats will chase Slinkys down the steps.

Exercise outdoors in the winter is fun and invigorating and can pose hazards. Salt used for de-icing roads and sidewalks can dry out your dog's pads. Wash your dog's feet after walks to remove any salt residue and dry them thoroughly. Some dog love booties or rubbing baby oil on and between the pads will help prevent ice build-up between the pads. (Good for horses, too) Keep the hair between your dog's toes and pads clipped short, because long hair traps snow, making painful ice balls. Short hair gives better traction. Keeping nails short helps as well since long nails force the dog to walk on the backs of his feet, splaying his toes. The greater the space between his toes, the more snow will pack up between them.

2. Readers Share and Ask

a. Change Your Job to Be Happy

Joanne Lancaster, from Baltimore Maryland writes, "I walk dogs daily in Baltimore. I also house sit and watch one family's pets at my house. I gave up my Psychology practice to do something less depressing. I was tired of all the depression and people who were not willing to change. Now I love the pets. They never are depressed, or if they are there is a good reason. I recommend

everyone make the effort to change their lives to attain their dreams and live life to the fullest.”

b. New Holistic Horse Site

Anne writes about a new horse site based in the UK, www.naturalhorsepeople.com Looks good.

3. Media Coverage and News

a. Rabies

From the Center for Veterinary Public Health Newsletter, 2003, I have summarized the following information about Rabies. People are so afraid of Rabies that it is good to learn some current facts. “in the United States in 2002, 3 human fatalities due to rabies occurred in California, Tennessee and Iowa. All three cases were due to bat-strain variants.” The last person to die in Tennessee was 1955, Maryland in 1976 and Iowa in 1951. Car accidents kill many more people than these few from Rabies.

b. Report on January Courses – Ask Me to Speak in Your City

This was a busy month for me. I spoke to over 60 veterinarians at the North American Veterinarian Conference in Orlando Florida. Thank you for sending your veterinarians. There are always holistic lectures there every January.

Then I had lots of fun at Stacy Duffy’s store, Baron’s Country Store.

Many of you came up to say hello and get your Healthy Animal’s Journal autographed at the Pet Expo in Timonium – even in the snow. Over 100 vendors and rescue groups from all over the country gave lots of opportunities to learn and buy for the thousands of people who attended. If you plan to attend next year and would like me to lecture on a specific topic, let me know by email. The one request from the show is a lecture on bugs.

If you would like me to speak in your area, please email me. I do love to lecture.

c. Virginia Veterinarian Dr. Danoff Trained in Chinese Herbs

Dr. Danoff, the head of the Veterinary Holistic & Rehabilitation Center recently attended module 1 of a veterinary herbal certification program through the Chi Institute in Florida which focused on dermatology, immunology and oncology. At VHRC each patient is evaluated by Dr. Kim Danoff, who is certified in canine rehabilitation, acupuncture and Reiki. www.vetrehab.org in Vienna, Virginia

d. Cost of Holistic Care for Horses

Dr. Ward, in her Jan. newsletter, news@holistichorsekeeping.com, says: “After years of practicing both conventional and holistic medicine for horses, I decided to compare the cost, effectiveness, and net results of managing and treating horses holistically versus conventionally. COST DIFFERENCE: Holistic care costs \$139 less per year DAYS OFF FOR ILLNESS: 3 days for holistic care versus 21 days for conventional care.” Do think of signing up for her tele-courses and subscribing to her newsletter.

4. Pet stores

Companions Country Store in Eldersburg carries the entire line of Solid Gold holistic foods, as well as various holistic dog treats, which I have enjoyed myself on numerous occasions. What sets them miles apart from all other pet and

animal supply stores is their drive-thru option. The convenience of being able to stay in your car, place your order at the drive thru window, and have them load your order into your car, makes the drive worth it! However, you should take the time to do a thorough walk through of the store.

Carol Chodak

They also carry a good line of raw foods, including Aunt Jeni's. They are associated with Dog Ears and Paws, a great organization whose mission is the training of assistance and therapy dogs for persons with special needs. To support this work, they offer training for your special companion utilizing the same techniques that they use with their highly trained assistance and therapy dogs. All training is natural, holistic and completely humane, with an emphasis on motivating the dog to learn as opposed to forcing it. A variety of classes are available, with something for everyone - from the newest puppy to the canine senior citizen. And they offer day camp for those who work long hours.

Your Companions Country Store & Country Canine Day Camp
5399 Enterprise St.
Eldersburg, MD 21784
410-795-0266

5. Courses

- a. 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.
- b. Holistic Health Seminar - Anne Arundel, MD** April 2 9:30-12
Anne Arundel Community College's Women's Institute offers this and other wonderful classes, at the Arnold, MD campus. Womensinstitute@aacc.edu
- c. Holistic Health at Capitol Dog Training Club, MD** June 14 Members only.
- d. Homeopathy for Animals Summer School, MD** June 18- July 1
REGISTER NOW **
*****NOT TO BE MISSED*****
 - 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, Next Steps).
 - 4. Homeopathic treatment of Behavioral Problems – Intro and Advanced
Register at <http://HomeopathicAnimalCare.org/>
- h. American Holistic Veterinary Medical Conference, UT** Sept 16-20
www.ahvma.org for information

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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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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 or a free report.