

## **THE HEALTHY ANIMAL UPDATE**

### **February 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](mailto:HealThyAnimals@aol.com).

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

So far no one sent in their goals for themselves or their animals. Since the response was so low, any who wish may send in more than one goal. 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 your animal health goals and personal goals (health or wealth) with a request for how others could help you. Include an email or phone so people can respond. Or – send goals anonymously. 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> and order one for each of your animals.

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##### **3. Media Coverage and News:**

- a. **New Magazine**

##### **4. Courses – this is the June to learn homeopathy and get your vets to come**

- a. **Tales of Hope Sanctuary – Holistic Seminar – March 6**
- b. **Holistic Health Seminar - Anne Arundal, MD April 2**
- c. **Healthy People, Healthy Pets – Anne Arundal MD June 4**

- d. Holistic Health at Capitol Dog Training Club, MD June 14
- e. Homeopathic Summer School for Animal lovers June 18- July 1
- f. American Holistic Veterinary Medical Conference, UT Sept 16-20
- g. BRAIN GARDEN DINNERS

## 5. Pet Stores

### None Submitted

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#### 1. Healthy Animal Reminders

##### a. Limit Vaccines

Dr. Epstein and I are part of an on-going homeopathic study group. At the last meeting one of the MDs and a lay practitioner presented a summary of the children they have treated with the homeopathic remedy Thimerosal. Until 2001 all human vaccines for children contained this and autism and ADHD soared. They had over 100 cases where their carefully selected remedies were not helping these children who had fevers after vaccinations and then became severe behavior problems with aggression and poor learning skills. Treatment with a remedy made from the Thimerosal dramatically helped 55-60 of these children. Dr. Epstein checked with a few people to discover that all killed rabies vaccines contain Thimerosal- except for Merial's (both Purevax and the regular killed one) All other killed vaccines contain Thimerosal. Fort Dodge uses it in their leptospirosis and some others as well. We do not know if Thimerosal is a problem for animals. It is a mercury product, so you can read the homeopathic materia medica on mercury and decide if it could be causing severe problems.

Bottom line – give as few vaccines as possible and use Merial's for the Rabies.

##### b. Heat Sub Q Fluids

Too often conventional and even holistic veterinarians forget to tell this critically important fact to people who are giving sub cutaneous fluids to their animals, especially cats. Remember that their body temperature is 100 to 101.5, so when room temperature fluids are injected under the skin they feel VERY COLD to the animal which can make them not want their fluids. Even with great holistic treatment and your TLC, many cats with kidney problems (remember- never feed dry food) do need years of sub Q fluids to stay happy and active.

It is easy to heat the fluids. Put a very heavy, non-tippable cup part way between where the bag is hanging and where the needle goes into the animal. Fill the cup half way with very hot water and coil a loop of the IV line into the hot water. Open the stop cock and let the cold fluids out of the line (run them against your hand). Once you feel that the fluids are not too warm, close stop cock, insert needle and begin the fluids.

##### c. Thump the Thymus

In early life, the thymus is an active organ supplying the immune system. It seems to become less active over time, though some studies indicate this is due to toxins (<http://www.fluoridealert.org/pesticides/effects.endocrine.thymus.htm>) or vaccines (Cain – Parvovirus study). Stimulating the thymus gland helps animals and people respond to stress and illness. Anytime you are petting your animals, feel gently down the front of the throat until you reach a bony area (in you this is just below the notch in the clavicle). Tap gently. In a person or big dog I use a fist gently, in cats maybe one finger.

##### d. Tuna, Liver and Calcium

Again, I remind you that one of the most important supplements to give is Calcium when feeding a home made diet. Be sure you are either feeding raw bones or adding a calcium supplement. This can be from egg shells, Merritt Natural's Ca from algae ([http://www.christinachambreau.com/index\\_products.html](http://www.christinachambreau.com/index_products.html) then click animal essentials) or bone meal.

Cats should have no more than 10% tuna in their diet. Other foods can be marinated in tuna juice or clam juice.

Liver really needs to be organic and preferably free range or not fed at all. Even the free range is detoxifying the air and water, so should be less than 10% of the diet.

## 2. Readers Share and Ask and My Tips

### a. Goals

Christina Chambreau: 1. Shinier, silkier coats for both cats, Ed & Molly  
2. Have 200 people attend the Homeopathic for Animals Summer School 2005.

### b. Best Gift For College Students

My daughter is thrilled with my offer to set up a fund with a massage person near her college so she can deep getting the massages that I often give her.

### c. Raw Diet and Few Vaccines Work

Margo Roman is a holistic veterinarian (See great article on Environmentally conscious veterinary clinics in the AHVMA Proceedings (2003) who wrote this in a list serve about her holistically raised Standard Poodle puppies. "I have 3rd generation raw food, minimal vaccination, titered each 5 months, black Standard Poodles with undocked tails. All are from champion lines and great grandparents some of whom are 14 years old and still running. These puppies were born 1/14/05 and have started on raw food at 3 1/2 weeks. I did a radio show in the Boston area ago about raising holistic pups and hopefully the public will demand that their veterinarian will give them the raw choice. By the way I am looking for involved holistic homes for my 4 girls and 3 boys. Margo Roman MASH 72 West Main St Hopkinton MA 01748 508-435-4077

### d. Succeed With Office Feng Shui

I picked up Office Feng Shui by Darrin Zeer and it is transforming my work space. I have struggled for years to clean my desk off every night. After reading this book I have been more successful at this. I now love to walk into my office every morning. He shows how the different areas of your desk can be enhanced:

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*	<b>COURAGE</b>	<b>CARE</b>
*		
*		<b>CREATIVITY</b>
*		
*	<b>CALM</b>	<b>CONNECTIONS</b>
*		

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I now make sure that when I need to write, the center of my desk is clear and when I need to network with people, I move toward the right corner and light a candle there.

**e. Kudos for Newsletter and Summer School Classes**

Great newsletter. I appreciate the time and effort it takes to create it.

From a happy Summer School Student: "Christina's knowledge & love of her subject is obvious. She makes the class fun, yet ensures you get through all the needed material. If you have animals, come learn the correct way to administer homeopathic remedies from Dr. Chambreau. You'll be able to handle traumas and emergencies for your pet until you get veterinary help. And your pets can be healthier and live longer. Wellness is possible - get the knowledge from Dr. Chambreau, do your homework, and become part of the NCH network. Your animals will thank you for it! Christina really did a super job of giving us useful information & extra information (like additions to repertory). I loved getting all of the resources, and also really appreciate Christina's recommendations on resources (not just listing them)." See the Courses section for how to register for this year's classes.

**3. Media Coverage and News**

**a. New Magazine**

I just received a new magazine that should be an excellent resource for sharing holistic health with more conventional people. Explore, The Journal of Science and Healing ([www.explorejournal.com](http://www.explorejournal.com)) begins with a quote from T. S. Eliot:

"We shall not cease from exploration  
And the end of all our exploring  
Will be to arrive where we started  
And know the place for the first time. "

So far the magazine is only about exploring the edges of health for people. We can apply what is in the magazine for ourselves and our animals and maybe soon they will include animal work as well.

**4. Pet stores**

No new stores nor updates were submitted for this month.

**5. Courses at which I will be speaking**

**a. Tales of Hope Sanctuary Holistic Seminar – Germantown, MD**

Sunday, March 6 from 1-4. Community Center – 18905 Kingsview Rd. West on 118 from 355. Right onto Clopper road (117), 1<sup>st</sup> right onto Kingsview Road. Linda's cell – 443-838-3529. This is a Fund Raiser and my book and Brain Garden food will be available.

**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](mailto:Womensinstitute@aacc.edu)

**c. Healthy People, Healthy Pets – Anne Arundel, MD June 4 9:30-12**

I will be teaching how you can be healthy and wealthy and how the same principles apply to the animals in your life.

**d. Holistic Health at Capitol Dog Training Club, MD June 14 Members only.**

**e. 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/>
- f. **American Holistic Veterinary Medical Conference, UT Sept 16-20**  
[www.ahvma.org](http://www.ahvma.org) for information
- g. **BRAIN GARDEN DINNERS – come to my house to taste the great whole foods as part of a dinner and educational wellness evening, or attend ones all over the world. Call or email me if interested.**

## 6. Survey

Complete this survey for a free report: (Copy and email to me, requesting which free report you wish:

1. Nutrition Report - What Is The Best Diet For Your Cherished Animal?
2. You Are In For a Pleasant Surprise - Stop Vaccinating Your Pet  
New Recommendations
3. Overview Of Homeopathy - History, Principles And Use
4. Never Give Up - Many Holistic Methods Really Work - And  
Some Flower Essence Treatments You Can Use
5. Finally Flea Free Forever - Is It Possible?  
Flea Report - Non-Toxic Flea Treatments And Prevention

### QUESTIONS

1. How many of what species do you live with? (ie – 2 dogs, 4 cats and a guinea pig)
2. How many of your animals are showing any of the early warning signs of illness? (go to [http://www.christinachambreau.com/index\\_5warnsigns.html](http://www.christinachambreau.com/index_5warnsigns.html) if you do not have them already).
3. What % of the diet is dry, canned, fresh cooked, fresh raw (can be commercial raw or homemade)?
4. If not purchased, are you feeding bones? If not, which calcium supplement are you using?
5. What % of your cats' diets is people canned tuna?
4. Other than Rabies vaccination, when was the last vaccine given to any of your animals?

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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:

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

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**Veterinary Advice Line, 866-4-VET NOW <http://www.vetadvice.com>**