

THE HEALTHY ANIMAL UPDATE

March 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. Thank you for those who responded to the survey. I will be collecting information and using it to provide what is wanted in this newsletter and also for lectures I teach.

WHAT DO YOU WANT TO HEAR ABOUT?

Your chance for fame-- send stories and pictures about any health improvements, suggestions, requests. If you wish me to use a different email address, or to stop receiving this newsletter, please email HealThyAnimals@aol.com.

BOOK OFFER

I feel it is so important that everyone keep a journal on their animals that, I will give you a \$2.00 discount on any copies of the Healthy Animal's Journal you purchase by the end of April. When you order, send 15.95 (plus .90 Maryland tax per book if you live in Maryland) and a shipping and handling charge of either \$5.95 (for 1-3 books Media rate) or \$7.95 (for 1-3 books priority rate). Email me at HealThyAnimals@aol.com if this is not clear or if you want more copies and need the shipping price. Make checks payable to TRO Productions and mail to 908 Cold Bottom Road. You may also call or email to pick the book up here.

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1. Healthy Animal Reminders

a. Time to Schedule Your Summer School Health Classes for June

Treat yourself to a few days with many other compassionate people committed to really improving the health of their animals this summer. People always give rave reviews about my teaching and the networking and friendships that they make in summer school. Although you will miss the other courses usually offered for people by the National Center for Homeopathy, Tim and Linda are giving you more flexibility and more courses on animals than NCH can provide.

Please call me if you have any questions about the classes or whether you will learn what you want in them. I guarantee that if you tell me the material you want to learn ahead of time, I will teach it or let you know in advance that it cannot be covered.

Both beginner and advanced caregivers can benefit from the first aid course taught by Ellen Bowie on June 24 designed to provide pet guardians with information that may be helpful in saving the lives of their animals in emergency situations. Participants are led through a discussion of recognizing and assessing emergencies, determining the proper course of action, and administering proper emergency care.

Introduction to Homeopathy for Animals, on June 25 and 26, is for any person who is new to the field of holistic medicine, for a veterinarian (yours, maybe?) who is getting a lot of questions from clients, for a person who wants to communicate the holistic and homeopathic perspective better, and for anyone who wants to improve their companion animals' health. I will cover the holistic principles from the perspective of the homeopathic approach, which is very graspable.

You will now be able to answer the question, "Why did my dog develop that problem?" You will know about obstacles to cures, such as poor nutrition and over-vaccination. You will learn about: potencies, provings, Materia Medica, remedies, water wires, cures, palliation, suppression, administration, history, and environment, as well as how we can use human-oriented books and testing on people to treat animals so successfully, and much more.

The Intermediate course on June 27-30 is for people who know they want to use the homeopathic method to treat their animals or want to be able to understand and help their veterinarian use homeopathy. It is the perfect course for veterinarians or technicians who want to begin to incorporate homeopathy into their practices. Many homeopathic veterinarians have told me how much easier it is to treat the animals after the owners have studied the basics in this class. You will learn how to take the case (critically important for any mode of treatment used, even conventional), use the Repertory and Materia Medica to select the best possible remedy, choose the best potency for the individual, and evaluate the result of the treatment. (Again, this is a critical step to understand whether the mode of treatment selected is working well at a deep level.)

The Basic Behavior course on July 1 will cover the use of different modalities to support the homeopathic remedy choices. We will discuss the remedies often

needed for behavioral problems and especially what really needs to be treated with remedies rather than training.

“But I already know all the above,” you may say. If you have been using the repertory and Materia Medica to select remedies for animals (even with help of a practitioner) or in your practice, you are ready for the Case Studies in Homeopathy for Animals. This can be taken repeatedly, because the cases you bring and the focus are different every year. This is the perfect course for veterinarians who have done some, or a lot of, training and just are not using it in their practice yet. This is perfect for those of you who are treating wildlife, helping your friends, or working with rescue groups. It’s perfect for those of you who know how to prescribe homeopathy and feel more secure working with your veterinarian, for it will help your team heal your animals more quickly and at a deeper level. There is a choice of weekend or weekday Case Studies from June 18 -22 or any combination of those days.

This is followed by a one-day class, on June 23, on Advanced Animal Behavior problems, exploring the Mind section of the Repertory and discovering what needs to be treated homeopathically.

Go to <http://HomeopathicAnimalCare.org>

b. Research Sources of Food

What stops you from feeding fresh food to your dog or cat? Email me and let me know, so I can address your concern. Often people tell me they realize that fresh is better than processed, even the higher quality processed. They no longer are brainwashed to think that there is “someone” out there who knows the right ingredients for their animals. And they still buy the commercial food— good quality, of course.

Failing to find the ingredients at a good price often stops them. Take the time to research sources of meat and vegetables in your area. For instance, here in North Baltimore County, I saw a sign for free deer meat— you pay the processing. Many deer hunters are willing to drag out a bag of the innards they have quickly removed and take it along to the butcher for you. The butcher can freeze the bag, then cut the frozen block into the right sized pieces; you walk out with a bag full of frozen chunks for your freezer. Many people team up to have green tripe delivered to their area. The web site for your state Department of Agriculture will probably provide a list of organic farmers who would know who is doing free range. Search the Web for different sources of meat such as buffalo, emu, and ostrich; these use less chemicals than most meat. Start a dog meat co-op in which a group of you pays a farmer ahead of time to raise free-range meat. Talk to your local health food store and ask how to get discarded meat parts, meat at the expiration date, overages, organ meats, etc. (Ask the same question for vegetables, too.) I just heard from my local free range farmer that the Mt. Airy butcher has lots of trimmings that are sent to the rendering plant. Since he has to pay to have it sent, he would sell the trimmings at a low cost.

Vegetables are pretty easy to find, as most areas have either CSAs (Community Supported Agriculture) or local people raising vegetables with few pesticides and chemicals. Raise your own or benefit from the abundance of your neighbors. Even many cities have garden plots. Offer to weed and water in exchange for free discarded vegetables for your animals. Remember, the vegetables do not have to be pretty to be nutritious.

Take the time to research and finding the ingredients will become easy. Next month I will remind you how to make preparation easy.

There are many prepared raw food diets on the market. Terri Lewis of Dogs and Company shares information on those she prefers: Amore, Bravo (which has three levels: free-range organic, organic, and neither of the above and dehydrated treats), Steve's (which is more expensive, but the nuggets thaw easily), Aunt Jenni, Nature's Variety free-range when you can and organic when you can, Honest Kitchen (dehydrated raw, with three flavors; not free range, but organic when possible). The dehydrated ones can help cants transition off dry food.

2. Readers Share and Ask

- a. I've just read ***The Holistic Animal Handbook*** by Kate Solisti-Mattelon and Patrice Mattelon. This gentle book is full of information about relating physically and emotionally to the dogs, cats and horses in our lives. They teach basic nutrition, even listing the best foods for different breeds. Of course, because their practice is animal communication and Bach Flower therapy, there are wonderful chapters on those healing modalities. Thirty pages of resources will keep you busy reading for months. The book is full of peace and co-existence. The last lines of the book are worth taking a deep breath, reading and re-reading aloud: "Blessings to you and to all the furry, winged, hoofed, scaled and shelled companions in your life. Enjoy and celebrate the miracle of being together!" Ask your local bookstore for the book, or order at www.counciloakbooks.com.

b. ***Composure*-- Successful Calming**

Vetriscience does it again. Jan tells me of success with separation anxiety by using *Composure* liquid. The company says to administer it 20 minutes before the calming is needed and it often lasts four hours. Remember, every animal is different, so pay attention to how your animal responds. *Composure* can help anytime calming is needed, such as with excessive barking, abnormal urination, repeated paw licking, excessive scratching, trembling or shivering, and destructive or aggressive behavior. Although it can safely be used daily, I would limit it to just when extra help to relax is needed. If you need to use it daily, your animal's energy field is not healthy and balanced, and you need to seek homeopathy, Chinese medicine, or other modalities for deeper work.

Composure combines: Thiamin (Vitamin B1) specifically has been shown to affect the central nervous system; L-Theanine (found in green tea) is helpful in the area of reducing stress and anxiety; Lecithin is calming to the nervous system; and an isolate from the milk protein casein is known for its calming effects.

Go to www.ChristinaChambreau.com/products and click on Vetriscience for more information.

c. **Essential Oils to Prevent Ticks**

We are already seeing ticks in Maryland due to our unusual weather this year. This reminds me that several readers report that the essential oil of Geranium has proven effective in decreasing the number of ticks. Remember that some feel no cat should have essential oils. I spoke with Dr. Penoel last week at the Brain Garden Convention (2007 – now Forever Green) and he has had excellent with our oils (food grade and organic) when a drop is mixed with a little green clay and carrier oil. Last year I used a drop of our Geranium straight on Ed's back and he did NOT like the smell and scooted off. There were no ticks for 2 weeks. I just

tried diluting one drop of Forever Green Geranium in ¼ t oil and putting a drop of that on his back and he was fine. www.MyForeverGreen.org/132195 to order the oils.

3. Media Coverage

a. LOS ANGELES MOVIE SCREENING - "FREE TO A GOOD HOME", April 9

After three years of hard work and personal funding of this project, Judy Crozier, writer-director, lost almost everything to a fire that consumed her home while she was out shooting on location. While the footage survived, four of her five pets did not. Judy used this tragedy to fuel the project. Tackling the painstaking labors of editing, post production, marketing and all that goes with completing a feature film, through her passionate presentation, Judy has shown her commitment to saving the animals who perish on the streets every day for lack of a home. "Free to a Good Home" is a fictional feature-length film about one girl's journey into the underground world of animal rescue.

There will be screenings of the rough cut, on April 9 at 2 p.m. and 8 p.m., at Raleigh Studios, 5300 Melrose, Hollywood, CA 90038. This is a fundraiser for final post-production costs. Tickets are \$25 (\$20 if purchased by March 15) and they can be purchased through the web site, by credit card through Paypal, or by check. To RSVP, call 310.492.5569. <http://www.freetoagoodhomemovie.com/>

Is Animal Radio not in your area? Call your local station and ask why. Meanwhile, listen online anytime using the free Real Audio Player, Windows Media Player, or MP3 player. Go to: <http://AnimalRadio.com>

b. Think Spring - Houdini Proof Cat Enclosures

Providing a secure outside environment is important to keep cats really safe. Whether in the city or country, there are cat dangers. Some people let their cats roam and feel they are happiest that way; others prefer to have them close at hand. "Houdini-Proof" cat enclosures are advertised as affordable and proven effective. They are almost invisible, and so will often be accepted by neighbors. www.FriendlyFence.com

What has worked for you in terms of fencing in dogs or cats?

c. Catkins Diet – in the Regular Veterinary Journals

DVM Newsmagazine, in the August 2004 issue, had an article promoting a high-protein, low-carbohydrate diet to resolve obesity. The author says that 25% to 45% of cats are overweight. I have heard numbers as high as 60%. New research shows that feeding moist cat food once a day is more like the natural diet, which is high in protein and low in carbohydrates. Hmm... where have you this information before? Dr. Greco, a researcher in diabetes, spoke at the annual conference for internal medical specialists. She pointed out that mice, a main diet staple, are composed of about 40-45% protein, 3-5% carbohydrate, and 40-45% fat. She also said that feeding any brand of canned food is better than dry.

d. Nutritional Management of Canine Aging

DVM Magazine is now making recommendations that support the diets we have been suggesting in this newsletter 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 aged 15 and 16. They said it may be progressive, showing increased impairments within 12 to 18 months of the first behavioral changes. They list symptoms, such as new onset of separation anxiety, confusion, decreased activity, aggression to people, anxiety, phobias, house soiling, night waking, and 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 and 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 their aging animals fresh food diets with supplements have reported improved energy and behaviors, and many dogs who have been raised holistically do not seem to have the aging problems described above.

4. Courses

- a. **Holistic Health Seminar - Anne Arundel, MD** April 2 – 9:30 – 12:30
Anne Arundel Community College's Women's Institute offers this and other wonderful classes, at the Arnold, MD campus. Womensinstitute@aacc.edu
- b. **Healthy People, Healthy Pets – Anne Arundel, MD** June 4 9:30-12:30
See what a veterinarian can tell you about your health.
- c. **Holistic Health at Capitol Dog Training Club, MD** June 14-- members only.
- d. **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) June 18 - 22
 - 2. Introduction to Homeopathy for Animals June 25,26
 - 3. Intermediate Homeopathy for Animals (Case Taking, Repertorization, Case Analysis, Remedy and Potency Selection, Evaluation of Response June 27-30
 - 4. Homeopathic treatment of Behavioral Problems. June 23, July 1.Go to www.HomeopathicAnimalCare.org to register.
- e. **American Holistic Veterinary Medical Conference, UT** Sept 16-20
www.ahvma.org for information and to register

5. Pet stores

Reader Jane reports on a store she likes. Maybe next month they will send us a more comprehensive write-up. These are not limited to Maryland stores!

Bark - Premium Natural Pet Food and Supplies
5805 Clarksville Square Drive, Suite #4
Clarksville, MD 21029
Near Rt. 108 and Rt. 32
443 535-0200

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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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