

THE HEALTHY ANIMAL UPDATE

April 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.

WHAT DO YOU WANT TO HEAR ABOUT?

Thank you to those who write saying how an article in this update helped your animal and those who write asking questions. Keep it up! If you wish me to use a different email address, or to stop receiving this newsletter, please email HealThyAnimals@aol.com.

HEALTHY ANIMAL'S JOURNAL is becoming a key part of several veterinary practices. These holistic veterinarians find that animals are easier to treat when their specific symptoms are recorded along with their special quirks and activities. Order now at <http://www.HealthyAnimalsJournal.com> or call me at 410-771-4968. It is also available at several stores around the country.

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Seminars to Change Your Lives – Commit to Real Health – Be There For Your Pets

1. Healthy Animal Reminders

- a. DON'T WAIT – Register now for the June Homeopathy classes**
People are signing up from all over the country – why not you?
Go to <http://HomeopathicAnimalCare.org> and register

A happy student from the NCH classes (same as these): *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).*

- Time is short and you are not sure – commit & it will work.
- Will you have the money? – check your budget and sign up now.
- You will save the money and time over the next year on health care.

Worried about how to treat emergencies? Ellen Bowie on June 24 will get you prepared in the **First Aid course**.

- Tired of taking ill animals to the vet over and over again?
- Want your pets to live a long life?
- Yearning for tools to help your pets?

Introduction to Homeopathy for Animals, on June 25 and 26 is the answer.

- 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 Medicas, 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.

"My dog has behavior problems." "My cat pees all over the house." What can I do? Take the **Basic Behavior course on July 1** for a happy family life.

- Learn the different modalities to support the homeopathic remedy choices.
- Learn the remedies often needed for behavioral problems
- Learn what really needs to be treated with remedies rather than training.

You already know you want to use the homeopathic method to treat your animals and want to be able to understand and help your veterinarian use homeopathy.

The Intermediate course on June 27-30 is perfect for you (AND YOUR VET).

- You will learn how to take the case (critically important for any mode of treatment used, even conventional),
- You will understand how to use the Repertory and Materia Medica to select the best possible remedy,
- You will learn how the best potencies for the individual are selected.
- Most importantly, you will learn to evaluate the result of any treatment given your animal. (This is a critical step to understand whether the mode of treatment selected is working well at a deep level.)

Case Studies in Homeopathy for Animals June 18 – 22.

- You are already treating animals using the repertory. Bring your cases
- You 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.
- Improve your skills and learn new methods of healing.

Advanced Animal Behavior on June 23 is for those experienced in homeopathy to exploring the Mind section of the Repertory and discover what needs to be treated homeopathically.

Go to <http://HomeopathicAnimalCare.org> for more information

b. Click daily at <http://www.theanimalrescuesite.com>.

Clicking here helps animals be fed and much more. Take the time.

c. 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 you 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 and in the Journal.

Maybe you have heard about friends who have had success treating inflammatory bowel disease with the main western treatment of prednisone and 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. 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 check the yellow pages, go to www.AnimalChiropractic.org or contact the Veterinary Advice Line (866-4-VET NOW) for help locating the best for you.

d. Request For Animals Treated With Homeopathic “Acids”

I will be speaking on the acids at the AVH part of the AHVMA. Many are used rarely and I would LOVE any cases, successful or not, where your animals had a reaction to any of the acids - fluoric, Muriatic, Sulphuric, nitric, hydrocyanic, picric.

2. Readers Share and Ask

a. Enzymes

Faye writes: “Thanks for the continuing newsletter. I like to hear about what’s going on in the world of our animals. What is a good kind of enzymes to put in my dogs’ and cats’ food? I was using Dr. Goodpet’s, but it has expired and I need to buy more. Would appreciate the advice, and it might be useful info for your newsletter, too!” There is an increasing number of companies producing different combinations of digestive enzymes and probiotics. I prefer a combined product yet some animals do best on one or the other. Have you learned to dowse, use your intuition or pendulum to ask what is best for each animal? I strongly recommend this as it will shorten the trial time of finding what is best for each animal at this time. If you are not doing that, start with one you have a good feel for, feed it for a month or more and change if you are not seeing major benefits.

Write this newsletter and share your favorites. Several of my favorites are at my web site www.ChristinaChambreau.com/products - Wysong, Vetriscience and Animal Essentials. One of my cats loves it and one does not. The one is much more energetic the days I use it. You may be interested in all the people food and products, too. There are many more, but those are good ones.

Liz O'Lear emailed to say that the Brain Garden's Dynamic Plus probiotic has saved her cat's life. "Her coat is now gorgeous, her eyes are clear, her nose is returning to its normal color (autoimmune problems and generally weak vital force can cause the nose to loss pigment) and her veterinarian says he does not need to see her as frequently". When she does not give the probiotics for a few days, the eyes begin to weep and the coat does not look as good. This means the cat is still not returned to full health, which she knows since there are still other symptoms. Molly, one of my cats, loves it and one does not. She is much more energetic the days I use it. To purchase the Dynamic Plus in human or animal version (includes enzymes), go to www.PulseParty.com/132195 and click on "order". Those of you already eating the wonderful Brain Garden whole foods can get the Dynamic Plus for 2/3 the price as part of your regular shipment. You can attend dinners to taste the Brain Garden food all over the country and world.

b. Poodle Group

List serves are a great way to share information. Remember to rely on your judgment and intuition in addition to what is shared by other people. This group is for people who want to breed, raise, and maintain their poodles holistically on a species-appropriate diet without vaccinations (or at least minimal vaccines) or other toxic chemicals. Because of the controversial nature of the subject, all new members must be approved, but like-minded poodle people are welcomed! Your poodles thank you! <http://groups.yahoo.com/group/holisticpoodles>

c. Grief Counseling

For most of us, the animals in our lives are a part of our family and their deaths can affect us deeply. I have written about the book, *No Death, No Fear*, by Thich Nhat Hanh that reflects my views on life as an energy being and often I can accept death as part of the continuum of healing. There are times when each of us need counseling. For people local to Baltimore, Tracie Barton-Barrett, a pastoral counselor with a special interest in healing pet bereavement, is a great resource. Tracie@phonon.net, 410-321-6327.

3. Media Coverage

a. Washington Times Article on Homeopathy

The Washington Times, April 5, 2005, published a positive article on homeopathy. I have written suggesting a follow up article on homeopathy for animals. Please email the Washington Times and tell your pet's miracle story. The whole article is at <http://www.washingtontimes.com/metro/20050404-110227-8938r.htm> Some excerpts from, " Like Curing Like", By Jen Waters.

Dr. Molly Punzo is trying to treat more than symptoms. As a physician in private practice in Easton, Md., she regularly tells her patients to use homeopathic remedies instead of mainstream medicines.

"Homeopathy addresses the whole person," Dr. Punzo says. "When someone comes in with any complaint that's physical, you can also track mental and emotional symptoms. The goal is to find the remedy to treat all the levels at once."

Homeopathy, a distinct form of alternative medicine different from herbal remedies, was started by German physician Samuel Hahnemann in the late 1700s. Homeopathic practitioners believe it is a more effective way of treating patients than mainstream medicine.

*In a study looking at the effects of homeopathic treatment on 62 patients with fibromyalgia, people who were on active, individualized homeopathic treatment had less pain and better overall health than the people taking a placebo, says Dr. Iris Bell, director of research in the program in integrative medicine at the University of Arizona in Tucson (published in 2004 in *Rheumatology*, an international peer-review journal).*

The same substance given to a healthy person would elicit the symptoms that are irritating the sick person, Mr. Ullman says.

Many conventional medical doctors discount homeopathy, saying that the dilution and shaking process used to create the homeopathic remedies wouldn't leave any of the original substance in the medicine.

However, it is the structure, not the composition, that determines the property of the water, says Rustum Roy, Evan Pugh professor of the solid state emeritus at Pennsylvania State University in University Park.

Therefore, homeopathic medicine has the possibility of being effective, he says. Homeopathic practitioners say the more the substance is diluted, the more potent it becomes.

"There is a phenomenon in material science called epitaxy, the way of transferring structure without transfer in composition," says Mr. Roy, who holds a doctorate in material science. "Chemists say homeopathy can't work because there is no composition change. That's wrong."

b. 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 separation 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.

c. Holistic Animal Care on Fox 45 Baltimore

FOX 45 in Baltimore interviewed me about holistic treatments and homeopathy in general. They spoke with Donna West about her Norwich Terriers' great responses to homeopathy and good diet. They are also filming Dr. Tracey Mock doing acupuncture. This will be a feature on the 10PM news on May 13th. I think

the show will be very well done as Kim was very interested in the information and Stan, the photo journalist, took caring, fun and accurate footage.

4. Courses

- a. **Healthy People, Healthy Pets – Anne Arundel, MD** June 4 9:30-12:30
See what a veterinarian can tell you about your health.
- b. **Homeopathy for Animals Summer School, MD** June
 - 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.
- c. **Healthy Pets and Healthy People – Breathe Bookstore, Baltimore July 9**
This wonderful bookstore in Hamden, 810 W. 36th Street, (410) 235-7323 hosts many workshops. Speaking from 3 – 5, I will guarantee your animal's health will improve and you will have more energy and aliveness.
- e. **American Holistic Veterinary Medical Conference, UT** Sept 16-20
www.ahvma.org for information and to register

5. Pet stores

Chow Baby Has Raw Frozen

“The freezer is in, and I am now carrying raw diets from Bravo and Aunt Jeni's? Well, I am, finally! My Spaulding is a new dog on raw food! At long last – solid poops and no throwing up! He's lost a couple pounds and looks spectacular!”
Robin at Chow Baby – 410-235 -CHOW (2469)

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

6. Health and Wealth for People

Seminars to Change Your Lives – Commit to Real Health – Be there for your pets. Doug Burdick, the President of Whole Living, the Brain Garden, is on an international seminar tour. He is speaking about the degradation of health for people related to what they eat – the causes and the solutions. You will have a chance to taste the wonderful whole foods we make and be with hundreds of people being inspired to permanently and easily change their eating habits. Please let friends know who live in these cities. Call or email me, 410-771-4968, HealthyAnimals@aol.com if you or a friend may be able to attend. 5/5 Knoxville TN; 5/7 Oklahoma City; 5/10 LA; 5/12 Honolulu; 5/17 Brisbane; 5/19 Fresno; 5/21 Anchorage; 5/24 Fairfield, IA; 5/26 Chicago

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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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