

## **THE HEALTHY ANIMAL UPDATE**

### **May 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?**

Thank you to everyone who has written in with questions. Remember I have the healthy people section, too, so ask human related questions as well. 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).

#### **BOOK OFFER**

FREE BOOK. Talk with your veterinarian, groomer, kennel, pet sitter or other people involved with animals. Show them the benefit you have had from the journal. There is a wholesale price. If someone you speak with orders 10 books at the wholesale price, I will send you a free autographed journal. Email me at [HealThyAnimals@aol.com](mailto:HealThyAnimals@aol.com) that you have someone interested and I will follow up.

*We ought to be more concerned about removing wrong thought from the mind than about removing tumors and abscesses from the body – Epictetus, Stoic philosopher.*

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**1. Healthy Animal Reminders**

**a. June 1 is deadline for Early Registration**

- Potencies?
- Chronic disease?
- Skin problems cured?
- No more fleas?
- No more tearing up the house?
- Repertories?
- The minimum dose?
- Cancer prevention?
- Your veterinarian helping you with homeopathy?

Well, are you interested yet? Treat yourself to a few days with many other compassionate people committed to really improving the health of their animals this summer. I have written about the classes on homeopathy for animals in the last three newsletters, so go to [www.HomeopathicAnimalCare.org](http://www.HomeopathicAnimalCare.org) to sign up or email or call me with content questions. See course section for dates.

DO NOT MISS THESE CLASSES!!

**b. Jin Shin Jyutsu Class**

At many holistic meetings in Baltimore, I see a friend who did Jin Shin Jyutsu on me. More importantly, she taught me how to do it on myself, easily. When I see her I gently press on all my fingers and often feel energized or problems ease. If near Chicago, be sure to check out this workshop.

This unique weekend will give you an in-depth exploration of the art of Jin Shin Jyutsu: first by applying this harmonizing art to yourself, then working with horses and your canine companions. Join us for a wonderful weekend and experience the art of harmonizing the life energy. Specific areas to be covered include: aiding healing; increasing communication between you and your animal companion; treating disharmonies that cause digestive and elimination concerns, skeletal and muscular issues, circulatory problems, arthritis, rheumatism and other age related imbalances, stubbornness, aggression or aggressive behavior, grief . See course list for more details.

**c. Click Daily at <http://www.theanimalrescuesite.com>.**

**d. Call Me If Interested in a New Dog or Cat**

This is an ongoing request. Please try to remember in the future years. Many rescue groups, clients whose circumstances have changed, and others with animals contact me. Often I need a holistic person to adopt an ill animal. Please email me if you have space in your life for another animal.

**e. Plan for Fleas, Ticks and Mosquitoes (Heartworm)**

In past issues, I have given many tips on flea, tick and mosquito prevention and discussed the need or not for heartworm prevention for dogs. The most important fact is that healthy dogs and cats and horses and cows, etc, just do not attract parasites – internal or external. If they get bugs, they will not become ill from them. Your goal is to improve their overall health. Using chemicals to prevent fleas and ticks may make your animal very ill and eliminates that clue that something is wrong. There are safer ways to prevent bugs than the chemicals while you are improving the overall health of the animal. Picking off the bugs (with a comb, or fingers or tweezers) is a key part as is daily inspections while petting and playing with your friendly animals. Purchase the Report for just \$5.00 on Flea prevention and elimination.

Because so much is written, I will continue to add extra ideas not previously covered in the newsletter. TELL us what works for you. ASK me specific questions and I will answer them for everyone in the next newsletter.

Flea tip from a reader: “The other thing is apple cider vinegar in their drinking water and when bathing them. Use it to rinse their coats - the fleas hate it.” Another reader says, “Just slice up a lemon. Bring 1 pint water to near boil and then steep the lemon in overnight. Pour on as a rinse or spray regularly.”

**Vetriscience** products can help boost the immune system so fleas are not attracted (DMG, Cell Advance, Anti-ox) and can help skin that has been damaged by the itching from flea allergies (Derma Strength, Vetri-Coat, Omega 3,6,9).

**Animal Essentials** has two lines of products that can help. Immune system boosters are the Colostrum products, Essential Fatty Acids, Omega 3 Plus & Organic Green Alternatives. Help for damaged skin is easy with the topical spray Fidoderm and the oral Detox Blend.

Learn to do some form of intuition like dowsing, pendulum or others to help select which product is best for your individual animal. Before starting, carefully record (in the [Healthy Animal's Journal](#) is the easy way) the current status of the skin, the fleas, the overall energy and emotional state. After using your choice, check back over the earlier quantified symptoms to see if you have the right treatment. These can be ordered at the products section of my web site, <http://www.ChristinaChamreau.com>, or found in local holistic pet stores.

## 2. Readers Share and Ask:

### a. Heartworm Prevention

“ We were in the vet's for Katie's thyroid checkup so went ahead and did our annual heartworm test. I always use one dog for a sample. She was negative, so that makes 5 years without using chemical prevention and 3 years without herbal prevention. Yaaaaahoooooooooooo.”

My perspective is that a healthy dog will eliminate the heartworm larvae before they reach the heart and even if they do arrive at the heart, a healthy dog will not suffer the severe heart and lung problems. Therefore I am fine when clients do not want to use any preventative. I recommend feeding apple cider vinegar or spraying with peppermint or geranium to prevent the mosquitoes from biting.

I have not found the preventatives, given on a reduced schedule, to cause a lot of worsening of overall health in most dogs, so I often do recommend the preventatives. Other homeopathic veterinarians at a recent conference have seen enough problems that they are less likely to recommend preventatives. Aaaaah – back to the key of holistic health – every individual needs individual treatment and you (by keeping a journal) can tell if the preventative is causing any problems. Try learning intuitive methods to ask each year, or each dosing time, if this is good for this dog, now.

**b. Aurora, Psychic Readings for Pets**

I have met Aurora and because she likes my book, the Healthy Animal's Journal I think she is wonderful. She is a very caring and compassionate person and the following animal guardians attest to her accuracy.

Robin Evers writes: "Aurora's psychic reading involving my dog was (to me) surprisingly accurate. She admittedly was new to doing psychic readings of animals when I met with her. She picked up on the fact that he was ill and although she at first felt that his cancer was contained in his main body, she felt he would be fine. She then commented that there was something wrong with his leg, as she was holding her arm up (imitating his leg position). In fact, my dog's leg is where the cancer was located and operated on, and he was holding it up during that period as the bandage covered the leg from the paw to the shoulder. This helped confirm for me the validity of Aurora's psychic ability. Needless to say I was impressed."

David Kief, Brooklyn New York, writes: "The advice I received about my cat, Libby, having intestinal problems turned out to be completely true. After taking her to the vet with concern over what Aurora saw, the veterinarian diagnosed her as having worms. Thank you so much Aurora!!"

Aurora can be contacted by phone at 443-797-7408. She offers in person or by telephone appointments for 15 minute, 1/2 hour or full hour increments.

**c. Vetriscience Helps Skin Problems in Cats & Dogs**

"What can I do to help my cat's skin? While we are working with homeopathy for deeper issues, the skin is itchy, and sometimes raw."

I have always liked the Vetriscience products, and this one should be excellent since I have already had good success with the DMG portion of it. Let us know how your cats like the taste and how effective it is. This is available at my web site under products. [www.ChristinaChambreau.com](http://www.ChristinaChambreau.com)

"Derma-Strength is effective formula for serious skin allergies and post surgery healing. The focus of Derma-Strength is to increase healing time after surgery and improve the skin health, circulation, and immune response by combining DMG, Hyaluronic Acid, Chicken Collagen, antioxidants, amino acids, and essential fatty acids. It is a highly palatable fish flavored chewable tablet."

For dogs it is available in a highly palatable, smoke flavored chewable tablet.

**3. Media Coverage and News:**

**a. Fox 45 Baltimore – Holistic Hounds aired 5/13/05**

Kim Polyniak and a great photographer, Stan, did a very good job filming the holistic approach, homeopathy and acupuncture for the May 13 evening news. Kim says she has had 2 positive responses from the story. Please call her at 410-467-4545 asking for more coverage of the holistic approaches for animal health.

**b. Homeopathy in India – Indo Asian News Service (IANS)**

New Delhi: As homeopathy supporters marked the 250th birth anniversary of its founder Samuel Hahnemann, they had plenty to cheer about - from innovative treatments for skin diseases to cancer cures, the 'similar, simple, minimum' medicine has advanced by leaps.

"The system of homeopathy, I feel, may be even more popular than Ayurveda in India," S.P. Singh, advisor (homeopathy) with the health ministry's Department of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoepathy, told IANS. Brought to India in 1810 by John Martin Honigberger, a disciple of Hahnemann, homeopathy was bolstered in 1836 after curing the ruler of Punjab, Maharaja Ranjit Singh.

It became widely accepted in 1861 during Bengal's malaria epidemic. Today, homeopathy - practiced in 80 countries - has over 200,000 practitioners, 180 graduation colleges and 30 post-graduation colleges in India.

There are multi-specialty hospitals such as Dr. Batra's Positive Health Clinic Pvt Ltd (DBPHC) - a 24-hour super-speciality clinic chain spread across 15 cities in India, Mauritius and Britain that claims to be India's largest chain of homeopathic clinics, seeing over 450,000 patients a month.

**c. Class Action Suit Possible about Animal Vaccine Disclosures**

The following letter is from a reputable veterinarian who was successful in having Texas change the Rabies vaccination from one to three years. Several of my colleagues know and respect him.

*"Critter Fixer Pet Hospital  
Bob Rogers DVM  
5703 Louetta Spring, Texas 77379*

*Dear Pet Owner,*

*The Law Firm of Childress Duffy Goldblatt, Ltd. of Chicago, Illinois, has agreed to investigate and pursue a potential class action lawsuit arising from the misrepresentation of the need for pet vaccinations. If you have paid for pet vaccinations in the last four years without adequate disclosures, please email the Firm at [petvaccine@childresslaw.net](mailto:petvaccine@childresslaw.net).*

*Every year over 30 thousand dogs and cats in the U.S. die from adverse reactions from unnecessary vaccines. It has been ten years since the article first appeared in the Journal of the American Veterinary Medical Association entitled "Are we Vaccinating too much?" in which and Dr Ron Schultz stated, "Clients are paying for something with no effect except the risk of an adverse reaction".*

*Since that time the American Veterinary Medical Association, the American Association of Feline Practitioners, and the American Animal*

*Hospital Association as well as twenty- two schools of Veterinary Medicine in the U.S. have endorsed reductions in the numbers and frequency of vaccinations recommended for pets. More and more research has confirmed that most vaccines are unnecessary and potentially harmful. And yet 90% of the Veterinarians in the United States have ignored these guidelines, and continue to give vaccines, which have been proven to be unnecessary and potentially harmful.*

*My efforts in the last six years to promote change have been met with frustration. I have written to every State Board of Veterinary Medicine in the U.S. I have been before the Texas State Board six times. After I appeared before the Texas Sunset Committee, a group of 12 Senators who over- see the State Veterinary Board, they ordered the Board to crack down on unnecessary vaccines. They have not. The Attorney General's office in Texas has agreed that it is unlawful for a Veterinarian to obtain a fee by the misrepresentation of the benefit or necessity of vaccines. And yet the misrepresentation of vaccines to the public and the harming of our pets continues unchecked.*

*We need your help. I feel that a class action lawsuit is the only way pet owners can get fair and ethical treatment for our loved ones*

*Sincerely*

*Dr. Bob Rogers \_critterfixer.com\_ (critterfixer.com)”*

I spoke with a legal aid at the law firm who said emails were pouring in from around the country. She was not sure if the suit was only for Texans and did not know who the suit was directed against. The firm is still investigating to see if there is cause for a class action suit. Email [petvaccine@childresslaw.net](mailto:petvaccine@childresslaw.net). if your animal was vaccinated in the last 4 years and were not warned of the dangers and of the AVMA position against annual vaccines.

The Maine Vet Med Assn's meeting the end of April hosted Ron Shultz and John Ellis on vaccine protocols. Maine has had major legal disputes over the vaccine issue. A dog developed a mast cell tumor after an annual vaccination and owner got legislation introduced in Maine that would require vets to provide full disclosure of the pros and cons of vaccination before administering one. In April, the legislation was tabled and the responsibility sent back to the veterinary community. If they do not respond it can be revisited in 2006. This was basically a defeat. Ellis advocated no change in the standard annual vaccination protocol and Schultz, of course, feels that single doses to puppies and kittens can last a lifetime, though he is usually not quite that candid. There was no acknowledgment on either side of the involvement of vaccines in the development of chronic disease, only "adverse reactions".

One veterinarian said that Ellis, an immunologist from Canada, spoke at a seminar several years ago and was very attacking of the veterinarians proposing fewer vaccines in the new AAHA guidelines.

One website for more information is

<http://www.dogsadversereactions.com/index.html>

#### **d. Animal Radio – Every Saturday – Live Call In**

Here is your chance to promote the attitudes of health for animals and people you have learned from me and from others. Ask your questions, ask for me to be a speaker, share your successes and information. Animal Radio takes your

questions and comments live every Saturday between 9-12 pm PST. Call toll-free 1-866-405-8405 to participate in America's most-listened to animal show.

#### **e. Leptospirosis on the Increase**

Many veterinarians are unaware of the early symptoms of Leptospirosis because it is a rare disease. In the 60s, my horse, Flipper, started having bloody urine and could hardly move. Eventually we diagnosed a rare form of Leptospirosis that was only reported in Russia at the time. He did recover after weeks of treatment. This report comes from Cornell University and speaks of the rising incidence, lack of effective vaccines and transmission to people. "For dog owners, the first signs of Leptospirosis in a pet often are several days of anorexia, vomiting, lethargy, depression, muscle pain and sometimes diarrhea or bloody urine. Veterinarians examining dogs with Leptospirosis find depression, fever, dehydration, jaundice and abdominal pain. The disease damages the animal's liver and kidneys, sometimes resulting in renal failure and death. ... If the dog has been exposed to the urine of another domestic animal or a wild animal, either directly or in ponds or run-off water that collect urine, and if you notice these flu-like signs, the pet should be tested for Leptospirosis....It is especially prevalent in the Northeast....Cats do not seem affected by Leptospirosis." (<http://www.news.cornell.edu/Chronicle/97/10.16.97/leptospirosis.html>)

There will be many scary statistics and fear will be generated by all the articles. While this disease is serious, healthy animals will probably not contract it. However, call your holistic or conventional veterinarian if you see the above group of symptoms. This is a reminder to 1. Have a good physical yearly; 2. Have a homeopathic or Chinese medicine or Ayurvedic exam yearly or more often; 3. Have energetic scans yearly or more often by you or others; and 4. Keep a journal so you know if your animals are getting the best treatment and lifestyle.

The following information about areas affected and transmission is from <http://www.dallaspets.com/content4.htm>. The new outbreaks are being caused by *L. grippityphosa* and *L. pomona*, strains that are prevalent in some species of wildlife. The theory is that the disease has entered suburban areas with populations of skunks, raccoons, opossums, deer, and small rodents and that dogs become vectors of these strains through contact with the urine of these animals or through bite wounds and the ingestion of infected material. Leptospirosis can infect livestock as well, so cattle and hogs that wade or wallow in areas contaminated by the urine of carrier animals can also get the disease.

People at greatest risk of getting the disease are those who regularly clean up after animals (farmers, kennel owners, veterinarians, wildlife rehabilitators, etc.) and those who swim, wade in, or drink contaminated waters. Most people will not get Leptospirosis. Since dogs constantly sniff the urine spots of other dogs (and wild animals), they are at greater risk than humans. Wash your hands; treat infected area with 1:10 bleach solution if you are treating a positive dog. Otherwise – do not let fear take hold. Assume no risk if you keep your dog healthy and be aware of the symptoms.

So far, the states of Florida, Alabama, Georgia, Massachusetts, Michigan, New Jersey, and New York have experienced Leptospirosis eruptions and cases have surfaced in many other states as well.

Leptospirosis bacteria multiply rapidly after entering the body. Signs of the disease can begin as soon as two days after exposure or as long as 26 days after contact with infected urine, but generally occur within one-to-two weeks.”

A few other websites with information are as follows and more can be found with a search (I do NOT recommend the vaccines that many of the article suggest since Dr. Schultz says that spirochete vaccines are poor in general):

<http://www.goodnewsforpets.com/petworld/archive/lepto.htm>,  
[www.ivis.org/advances/Infect\\_Dis\\_Carmichael/mcdonough/chapter\\_frm.asp?LA=1](http://www.ivis.org/advances/Infect_Dis_Carmichael/mcdonough/chapter_frm.asp?LA=1)  
[http://www.cdc.gov/ncidod/dbmd/diseaseinfo/leptospirosis\\_g\\_pet.htm](http://www.cdc.gov/ncidod/dbmd/diseaseinfo/leptospirosis_g_pet.htm),  
[http://www.health.state.ny.us/nysdoh/communicable\\_diseases/en/lepto.htm](http://www.health.state.ny.us/nysdoh/communicable_diseases/en/lepto.htm),

I will continue to up-date you in future months.

#### 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. 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) 410-647-7100
- b. **Homeopathy for Animals Summer School, MD** June  
PGFF is 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.  
*NOW go to [www.HomeopathicAnimalCare.org](http://www.HomeopathicAnimalCare.org) to register.* Early registration ends June 1 for the discount.
- c. **Reiki classes in Baltimore** – contact [ReikiAndThenRieki@Ruscombe.org](mailto:ReikiAndThenRieki@Ruscombe.org)
- d. **Jin Shin Jyutsu For Your Animal Companion - Franklin Grove, Illinois**  
June 11th & 12<sup>th</sup> Instructor: Adele Leas  
To register for class, contact Jack Rost, 773-368-3690, [jack@jsjchicago.com](mailto:jack@jsjchicago.com)  
(website: [JSJChicago.com](http://JSJChicago.com)). For more information, contact: Adele Leas, [adelejsjpets@hotmail.com](mailto:adelejsjpets@hotmail.com)
- e. **American Holistic Veterinary Medical Conference, UT** Sept 16-20  
[www.ahvma.org](http://www.ahvma.org) for information and to register.

#### 5. Pet Store—For Pete’s Sake, Middletown, MD

For Pete's Sake  
Natural Nutrition for Pets  
7728 Marker Road  
Middletown, MD 21769 Between Frederick and Hagerstown.  
301.371.7729 <http://www.for-petes-sake.com/>  
Vicki Bidle-Kelly & Debbie Gala

Our mission: For Pete's Sake was founded in 2002 to promote healthy, nutritious food for pets. We believe that all animals have the right to be treated humanely and with respect. Our goal is to provide education and to offer quality natural products for people to achieve happy and healthy pets.

For Pete's Sake offers a variety of organic and natural foods, including kibble, canned, treats and supplements for cats and dogs, as well as natural pet care products. We also carry a variety of raw foods. Starting in May, we will offer Reiki for both cats and dogs. For added convenience we also offer delivery service to the Frederick area.

I am sure they will be carrying the Healthy Animal's Journal soon. I spoke with them and they are getting back to me.

## **6. Health and Wealth for People**

### **a. The Difference You Can Make – a true story**

This is without a doubt the best story I have ever read. I hope you read it all and it affects you like it affected me. You may have read it before.

A teacher in New York decided to honor each of her seniors in high school by telling them the difference they each made. She called each student to the front of the class, one at a time. First she told each of them how they made a difference to her and the class. Then she presented each of them with a blue ribbon imprinted with gold letters, which read, "Who I Am Makes A Difference".

Afterwards the teacher decided to do a class project to see what kind of impact recognition would have on the community. She gave each of the students three more ribbons and instructed them to go out and spread this acknowledgment ceremony. Then they were to follow up on the results, see who honored whom and report back to the class in about a week.

One of the boys in the class went to a junior executive in a nearby company and honored him for helping him with his career planning. He gave him a blue ribbon and put it on his shirt. Then he gave him the two extra ribbons and said, "We're doing a class project on recognition, and we'd like you to go out, find somebody to honor, give them a blue ribbon, then give them the extra blue ribbon so they can acknowledge a third person to keep this acknowledgment ceremony going. Then please report back to me and tell me what happened.

Later that day the junior executive went to see his boss. Who had been noted, by the way, as being kind of a grouchy fellow. He sat his boss down and he told him that he deeply admired him for being a creative genius. The boss seemed very surprised. The junior executive asked him if he would accept the gift of the blue ribbon and would he give him permission to put it on him. His surprised boss said, "Well sure." The junior executive took the blue ribbon and placed it right on his boss's jacket above his heart. As he gave him the last extra ribbon, he said, "Would you do me a favor? Would you take this extra ribbon and pass it on by honoring somebody else.

The young boy who first gave me the ribbons is doing a project in school and he wants to keep this recognition ceremony going and find out how it affects people."

That night the boss came home to his 14-year old son and sat him

down. He said, "The most incredible thing happened to me today. I was in my office and one of the junior executives came in and told me he admired me and gave me a blue ribbon for being a creative genius. Imagine, he thinks I'm a creative genius. Then he put this blue ribbon that says "Who I Am Makes A Difference" on my jacket above my heart. He gave me an extra ribbon and asked me to find somebody else to honor.

As I was driving home tonight, I started thinking about whom I would honor with this ribbon and I thought about you. I want to honor you. My days are really hectic and when I come home I don't pay a lot of attention to you. Sometimes I scream at you for not getting good enough grades in school and for your bedroom being a mess, but somehow tonight, I just wanted to sit here and, well, just let you know that you do make a difference to me. Besides your mother, you are the most important person in my life. You're a great kid and I love you!" The startled boy started to sob and sob, and he wouldn't stop crying. His whole body shook. He looked up at his father and said through his tears, "Dad, earlier tonight I sat in my room and wrote a letter to you and Mom explaining why I killed myself and asking you to forgive me. I was going to commit suicide tonight after you were asleep. I just didn't think you cared at all. The letter is upstairs; I don't think I need it after all." His Father walked upstairs and found a heartfelt letter full of anguish and pain. The envelope was addressed, "Mom and Dad."

The boss went back to work a changed man. He was no longer a grouch but made sure to let all his employees know that they made a difference. The junior executive helped several other young people with career planning and never forgot to let them know that they made a difference in his life....one being the boss's son. And the young boy and his classmates learned a valuable lesson. Who you are DOES make a difference.

**b. Eat For Your Own Health and Try Essential Oils on a Regular Basis**

Dr. Steve Blake has been promoting the use of essential oils and sharing his success stories ([www.petwhisperer.com](http://www.petwhisperer.com)) for many years. I am just now seeing the amazing benefits of essential oils and am still super in love with the whole foods from the Forever Green Company ([www.MyForeverGreen.org/132195](http://www.MyForeverGreen.org/132195)) that I have been eating for years. They taste good, are super easy to make and I now do not have to go to grocery stores except as a treat (Health food stores, of course).

You need to stay healthy to keep your animals healthy (sometimes they try to heal our illnesses and they certainly are affected by our toxic output like smoke). This is one of the many ways to become and stay healthy.

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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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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>