

HEALTHY ANIMAL UPDATE

November 08

You are receiving this email from Dr. Christina Chambreau because you are passionately committed to having health for your animals, yourself and the planet or because a friend thought you wanted to hear this information. PLEASE visit www.HealthyPetsBlog.com and comment on the posts. If you all start commenting, we can learn from each other and share healthy resources and experiences.

As I mentioned in the last Update, our new program needs to you sign up for this newsletter. We will probably be asking for this yearly as that is the new web etiquette. Please go to www.ChristinaChambreau.com and fill out the green box on the right side of the home page. The reason I ask for your city and state is so I can send special emails about local food sources and classes. My thank you for doing this is the free flea report. If you already have that, email me for one on nutrition, or homeopathy, or holistic options including flower essences. This really will get more information coming to you on a regular basis and it will be more user friendly - I promise.

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1. Nu-cat vitamin promotion extended

Please pass this information on to every person you know with a cat. Many of you took advantage of the special promotion for my favorite cat vitamin last month. Several have emailed to see if the special could be extended and the answer is yes!

Nu-cat by VetriScience has a liquid formula that my two cats love poured over their raw meat diet even more than the tablets. Until **November 28th, 2008** you can buy one and get **TWO** for free. I know Nu-cat is needed by my cats because it is the first thing that makes their coat soft and shiny. They are, of course, on a raw meaty bone and vegetable diet. Please send me emails if your cats have had a good response to the liquid Nu-cat or if not. I'd like all feedback.

Now is the time to head to your computer and order as many as you need for the next few months. Go to <http://christinachambreau.com/products.php>, then click on the VetriScience button, click on "Shop now", then type Nu-Cat into the search box on the upper Left. then click on Nu-Cat liquid. When you order and pay for 1 Nu-Cat bottle, you will receive an email within 48 hours letting you know you will be getting 2 bottles for the same price and then listen to the Meow, Meow of happy cats. Call me if you have any questions - 410-771-4968

2. More on the salmonella contamination from Mars food company.

Reading articles like the following remind me of the critical importance of getting as much of your food from local sources, for you and your animals. Simplicity Circles help people learn to live more simply, including eating regionally and seasonally. Your state agriculture web site can help you. Search engines can find "community supported agriculture", "organic vegetables", "free range chickens", "pasture reared cows/chickens/lamb, etc". Next best is to buy raw meat diets that are most local to you. Aunt Jeni's diet is made from sources here in Maryland, for example.

Salmonella Outbreak Tied to Dry Dog Food Continues By Steven Reinberg,

THURSDAY, Nov. 6 (HealthDay News) -- Eight more cases of people becoming infected with salmonella traced to dry dog food have been identified, U.S. health officials said Thursday. The outbreak, which started in 2006, marks the first time that dry dog food has been confirmed as a source of the bacterial infection in people. As of Oct. 31, 79 cases of salmonella Schwarzengrund had been reported in 21 states. Most of the cases involved children 2 years old and younger, according to the federal Centers for Disease Control and Prevention. "We have been following an outbreak of illness due to a specific strain of salmonella. And in 2007, we linked those human illnesses with contaminated pet food produced at one Pennsylvania pet food plant," said report co-author Dr. Casey Barton Behravesh, a CDC epidemiologist. "In 2008, we have identified eight additional cases. "The dog food has been traced to a Mars Petcare U.S. plant in Everson, Pa. On Sept. 12, the company announced a recall of approximately 23,109 tons of dry dog and cat food sold under 105 brand names. The plant is now closed, the CDC said in the Nov. 7 issue of its *Morbidity and Mortality Weekly Report*. Despite the recall and the plant closing, Barton Behravesh said the threat of more infections exists. "The issue is that since dry pet food has a one-year shelf life, it is possible that contaminated products from even our 2007 recall could still be in the homes of ill persons and could lead to additional illness," she said. In late 2007, the plant was shut down for several months for remodeling, cleaning and disinfection, Barton Behravesh said. "There was a three-month period with no new cases, then cases started again. Contamination was found in the plant again, so it is possible that some of the newer food could be causing the recent increase in cases. As of Oct. 1, the plant was permanently closed," she said. Barton Behravesh said people should check their dry pet food to see if it was made by Mars Petcare U.S. If it was, they should check the company's Web site to see if their food was part of the recall. There's a good chance more cases will occur, Barton Behravesh said. Young children are particularly vulnerable, because they're more likely to get sick from small doses of salmonella, Barton Behravesh said. The primary cause of infection was feeding a pet in the kitchen, she said. Barton Behravesh noted that no animals have gotten sick during the outbreak. "However, we did find this germ in stool samples from some pets in case households," she said. "That shows that a perfectly happy, healthy pet could be shedding this germ from contaminated food. That could also lead to some routes of contamination in the household," she said. Dr. Pascal James Imperato, dean and Distinguished Service Professor of the Graduate Program in Public Health at SUNY Downstate Medical Center in Brooklyn, N.Y., thinks there will be more outbreaks of salmonella from contaminated pet food. "Human salmonella infections associated with dry pet foods are likely to be a continuing problem in the United States," he said. "Fortunately, the annual number of such cases has been small. "People can take a few simple steps to protect themselves from salmonella infection from pet food, Imperato said. "These include regular washing of pet feeding bowls to prevent bacterial growth; the thorough washing of hands with soap and warm water for at least 20 seconds after handling dry pet foods, including pet treats; and scrupulously avoiding contact between dry pet foods and foods consumed by humans and food preparation surfaces and utensils," he said. Infection with the salmonella bacteria produces an illness called salmonellosis. According to the CDC, most infected people develop diarrhea, fever, and abdominal cramps within 12 to 72 hours. The illness typically lasts four to seven days, and most people recover without treatment. But, for some, the diarrhea may be so severe that they need to be hospitalized. In these patients, the infection can spread from the intestines to the bloodstream, and then to other parts of the body, leading to death unless antibiotics are administered promptly. The elderly, infants, and those with impaired immune systems are more likely to have a severe illness. Salmonella infection typically

comes from undercooked eggs, poultry, or meat, but can also result from direct contact with farm animals, reptiles and pets.

3. Reminder to feed Calcium supplements.

Again, I have spoken to several people who have been feeding a raw meat diet and not feeding any Calcium supplements. Recently I had one client with a very itchy cat, raw a bleeding, whose skin improved dramatically two weeks after switching to feeding fresh food and both her cats are more energetic. A dog with skin problems has not been helped with a diet change. Even when symptoms do not resolve, I find animals on a good diet for them do seem to heal themselves faster with homeopathy or other modalities.

As we see in books on nutrition for people, there are many different opinions on the sources of calcium. In my 30 years of experience, feeding whole bones, eggshell powder (1/2 teaspoon for every 1 # meat), Merritt Naturals CA powder (from algae) or bonemeal along with a variety of meats and vegetables (pureed) have not caused any problems. Even the animals who are eating muscle meat and no calcium have not been ill. Still, I think it is important to research this area. The following are from books with differing opinions and I will cover more in future newsletters.

In *See Spot Live Longer*, Steve Brown and Beth Taylor give many great examples of improved health with raw meat diets. They remind us that dogs and cats need the Calcium from bones and the Phosphorous from the muscles and the bones. "Dogs evolved at the garbage dump....Avoid workbooks that recommend feeding mostly raw meaty bones...too much bone...Avoid recipes which state "please add bone meal or eggshell powder." Bone meal and eggshell powder are two different things. The recipe should be specific. Bones provide Ca and P. Eggshell powder is 98% calcium carbonate."

Dr. Richard and Susan Pitcairn, in the latest edition of *Natural Health for Dogs and Cats*, agrees with me as to a wide flexibility. "Every recipe should have a proper calcium/phosphorus ratio. ... 1.2 to 1.4 calcium to 1 part phosphorus. Cats ...1 to 1. ...There is considerable flexibility in this. Most animals will do just fine with a wide range from 1 to 2 parts calcium to 1 part phosphorus. ... minerals from bones or pure calcium sources are readily absorbed by the body, whole those from plant sources may be less digestible. ...Bone meal is the most natural calcium source...best choice when feeding large dogs...Seaweed (Animal Essentials) is pure calcium and has the advantage of not coming from an animal source. It also provides many excellent trace minerals. ...Di-calcium Phosphate...Calcium tablets or powder...plain, chelated, calcium gluconate...avoid products that also contain phosphorus or magnesium...eggshell powder is the cheapest route... very high in calcium carbonate."

And from www.thepetcenter.com about too much calcium - Regarding Calcium... "Calcium concentration has been shown to have a significant effect on development, morphology and pathology of the skeleton in the large breed puppy. High dietary calcium concentration interferes with normal skeletal development and promotes skeletal pathology in the large breed puppy."

Dr. Blanco is another expert in animal nutrition (www.drdeebianco.com) and she says:

"Calcium is mandatory to offset the phosphorus in the meat. If calcium is not supplied either in the form of raw bones or an additional supplement, the body, in it's infinite wisdom will leach calcium from the bones. As all of us women know, calcium leached out of our bones is not good!"

Back to the carnivore in the wild. After the ingestion of organs, stomach contents and muscle tissue, they turn to bones. Crunching and munching the bones removes the fatty nutrients out of the marrow. The cartilage at the ends of the bones are treasured for their natural chondroitins and glucosamines. And how do you think animals in the wild brush their teeth? You guessed it - chewing on bones, tearing thru the skin and hair and ripping apart the flesh! Often the worse cases of tartar are improved after a few sessions with the appropriate raw bones.

My favorite bones are chicken and turkey necks. ...Feed bones [that they consume] several times a week. ... Other sources of calcium include extractions from sea weed. This is a plant based calcium source and seems highly digestible to our carnivores. Alternatively, egg shells are a good source. Calcium carbonate or other 'rock' sources are not absorbed well and should be avoided, as well as bone meal. Bone meal in this country is not organic and often is laden with lead and other heavy metals."

4. Jin Shin Jyutsu for animals

This is ancient Japanese healing tradition that is great for people and animals. At the Healer Heal Thyself retreat at Lake Tahoe, we each got a treatment from Grace Waymire (530-550-8380), an RN who treats a lot of animals and people in that area. She recommends "Jin Shin Jyutsu for your animal" by Adele Leas. "I prefer to work with dogs...on their bed...horse in the pasture...suggest feeding them before hand and, perhaps, even exercising them so they are relatively calm...5-20 minutes for initial session...some need longer to settle...work in the same location each time, sometimes playing quiet music to establish that "this is our special time together."...I greet my horse with hugs and then the "initial Centering Sequence" before carrots each day. At the end of the day, my dogs know to gather on the bed for their own sessions." The book continues with positions for different "locks" that are similar to acupuncture points. The book is not very basic with explaining the techniques, so I would suggest finding a practitioner and experiencing this yourself first. I believe you simply put your hand over the spot that you are working on and you will feel the energy move. An exercise you can do on your self is to hold each of your fingers, in turn, with the fingers of your opposite hand and squeeze gently. Notice the sensations differing on each one. In Baltimore, Geri Bell is a great practitioner on people.

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