



# Heart Dis-eases<sup>1</sup>Toolkit

In here you'll find short summaries, resources and links<sup>2</sup> that correspond to what is discussed in the cardiac (heart) dis-eases webinar and course.

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1: Dis-ease is written with a hyphen when it stems from an underlying imbalance

2: All purchases through these links help support Holistic Actions! Academy

## ♥ 1. Your Pet's Heart



Information is empowering. This course and resource guide will help improve yours and decrease your uncertainty and fears when you see symptoms or get “diagnoses” of heart dis-eases.

You will learn more about what's really happening in your pet's body and how to help.

The more you know about keeping your pets healthy and the dis-ease process, the more confident and better empowered you will become.

One of the things you will learn is how to prevent early stages of potential heart challenges through periodic home exams and early detection of symptom clues. They help you stop heart dis-eases even before they start.

You can do this by working with your pet's body and learning the early warning signs of internal imbalance. You can then stimulate your pet's powerful natural healing mechanisms to improve treatment outcomes.

This course and Holistic Actions! Academy will help you learn how with the Holistic Medical Decision Making method. Its molecular vitality and balance model allows you to reconnect healing with modern scientific knowledge and research.

*You do not need to be a veterinarian or be medically-trained in any way to do this.*

**We are here to help show you how.**

## Heart Course Take Homes:

- Improve your pets quality of life by becoming empowered and decreasing fear by embracing seemingly scary symptoms
- Understand more about your pet's heart and its dis-eases
- Learn to examine your pets at home to prevent and monitor heart health challenges
- How to start today with the heart healthy lifestyle for your pets

You can start today by learning one simple fact. That many of the symptoms that we often consider to be “normal” may be common, but they are not normal. These [early warning signs](#) (EWS) are the first clues that your pet’s vitality is imbalanced. And that heart (and other) dis-eases could be coming.

Symptoms are a direct reflection of what is happening within your pet’s body. They are clues about what to do now.

Knowing the importance of these EWS and other [symptom clues](#) will help you and your pet’s health care team practice proactive protection. All you have to do is fine-tune what you are already doing. That is, observing your pets.

It is very helpful if you then write your observations down. You can use a [journal](#), [electronic method](#) or even just jot notes on your calendar. Observing and writing down the early warning signs will then help you put them into the context of your pet’s overall happiness and quality of life.

Once the EWS are put into context, they can be interpreted properly. For example, your pet’s cough may be an early sign of heart dis-ease or just a “bug”. The symptom’s context and interpretation will help determine what you do.

**CONTEXT + INTERPRETATION → EMPOWERMENT**

## ♥ 2. Heart Dis-ease in in Context of Vitality and Balance

Vitality is energy. Energy that makes your pet's heart and all physiologic functions in the body work.

Veterinarians and scientists can already indirectly measure vitality or energy within the heart as well as elsewhere in the body. That is through cellular products like ATP. It is made primarily by the mitochondria in every cell.

Your pet's heart functions because of this energy. Therefore it is helpful to include mitochondrial function when putting your pets heart dis-eases in context. And to then focus on the vitality - mitochondria - ATP - heart function connection.

Read [this](#) Wikipedia article about the ATP made by mitochondria in the heart if you who want to learn more about how vitality is “translated” into a form that can be used by cells.

However, this connection between vitality and energy is not recognized in the West. It is in the East where it is called by many different names including chi and prana.

Since it does indeed exist, it shows up as an unknown variable in studies of metabolism and energy. You can read more about this unaccounted “Qx” factor and vitality by [clicking or tapping here](#). However, as you may already know, it is not truly unknown. Just unexplainable with modern medical methods.

You can still help your pets quality of life today by harnessing this energy and increasing vitality. It will help you reach the goal of reducing heart dis-eases.

Sometimes though, it's hard to see this bigger picture when your pet is coughing and having trouble breathing. Let's therefore look a little closer to increase your understanding of the heart and decrease your fear of heart dis-ease.

It's helpful to think about your pets heart as a muscle. All muscles are composed of cells called myocytes. When you exercise, your muscles grow and can get stronger.



But any muscle cell can also get damaged. Exercise is a controlled stress which helps your muscles grow and condition the heart. Depending on the amount of exercise, external stress or other trigger, the myocytes can break down and die. The extreme (but unfortunately common) example in people (not commonly in animals) is during a myocardial infarction ([heart attack](#)).

In this case, the damage is from cellular (and tissue) suffocation. The blood which carries oxygen may suddenly stop circulating in one part of the heart. Without blood circulation, cells can't respire (breath) and they die.

If enough cells in any important part of the heart die, that piece of the heart also dies. And unfortunately so do we sometimes. Our vitality can't exist if our bodies die. And vice a versa (death from an "[unknown natural cause](#)" of the elderly occurs when the senior runs out of vitality).

Dog and cat heart dis-eases are different and heart attacks are very rare. It's very helpful to learn a bit more about your pets heart so you can better understand heart health (and dis-ease).

- Click or tap [here](#) for the WikiVet page for veterinary students describing the heart in detail.
- [This overview](#) of heart function and what can go wrong is also useful.
- [This](#) printable pdf from a veterinary cardiologist helps explain the heart and its function. And what happens with dis-eases of the heart.
- [This](#) brochure focuses on feline heart function.

The next section talks more about an easy way for you to understand heart health challenges.

### ♥3. Understandable Heart Dis-ease Cat-egories

In some pets, imbalanced vitality and ATP production (by mitochondria) can alter heart function. This happens most commonly in one of two ways:

1. A structural heart problem leading to weakness of contraction or abnormal shunting of blood. For example, in one inherited structural dis-ease called a “PDA”, blood bypasses the lungs because it is “shunted” into a blood vessel from a hole in the wall of a heart chamber.
  - a. The most common structural heart dis-ease is a leaky valve causing a heart murmur. Often in older small dogs.
  - b. Some murmurs are “innocent” and never cause a problem. [Heart](#) valve dis-eases in dogs. [Here's](#) a thorough article that goes into more detail about murmurs.
2. An irregularity of heartbeat causing abnormal and potentially decreased circulation and oxygenation.

Arrhythmias are one of the internal symptoms that you can detect during your home heart exam. The longer the heart rate is measured, the greater the chance of finding an arrhythmias that are often associated with cardiomyopathies.

The EKG is one tool for monitoring heart electrical function (vitality maintains normal electrical function, so **EKG is an indirect measure of vitality**).

A 24 hour EKG, called a Holter monitor, is the most accurate way to detect irregularities (arrhythmias). They are commonly used by cardiologists, but also can be done by you at home. The resource for this is discussed in the heart dis-ease prevention section.

You can learn more here: [dilated](#) cardiomyopathy in dogs and [hypertrophic](#) cardiomyopathy in cats.

Most heart symptoms are similar as discussed in later sections. For now, this summary graphic might be helpful (you can download it [here](#)):






## 10 SIGNS OF HEART DISEASE IN DOGS & CATS


- 1 PERSISTENT COUGH
- 2 DIFFICULTY BREATHING
- 3 FAINTING/COLLAPSING
- 4 ABDOMINAL SWELLING/DISTENTION
- 5 LESS TOLERANCE TO EXERCISE
- 6 HEART MURMUR
- 7 CHANGE IN HEART RATE
- 8 CHANGE IN BODY WEIGHT
- 9 RESTLESS OR HIDING
- 10 LOSS OF APPETITE

 = signs that should always warrant a visit to the vet



## VALVULAR DISEASE AFFECTS

 <b>10%</b> OF DOGS, AGES 5-8	 <b>20-25%</b> OF DOGS, AGES 9-12	 <b>30-35%</b> OF DOGS, AGES 13+
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 Heart disease usually strikes cats around **4-6 years of age**, but the symptoms can be found in a cat of any age.

## 6 DIFFERENT KINDS OF HEART DISEASE

**VALVULAR DISEASE** - Abnormal heart valves leading to heart enlargement.

**MYOCARDIAL DISEASE** - Heart muscle becomes weak or thick.



**ARRHYTHMIAS** - Condition that causes irregular heartbeat.

**PERICARDIAL DISEASE** - Protective sac around heart fills with fluid.

**HEARTWORM DISEASE** - Heartworm infestation damages heart, lungs, and arteries.


**CONGENITAL DISEASE** - Born with a malformed heart that can lead to progressive heart enlargement.

Patients with congestive heart failure live **75%** longer when co-managed by a board-certified veterinary cardiologist and primary care veterinarian.

**SOURCES**

1. [vni.com/appoint/content/default.asp?meta=&pid=1147&id=3848346](http://vni.com/appoint/content/default.asp?meta=&pid=1147&id=3848346)
2. <http://www.activ4pets.com/5-quick-facts-about-heart-disease-in-dogs/>
3. <http://www.vetstreet.com/our-pet-experts/understanding-heart-disease-in-pets-and-humans-have-everything-in-common/>
4. <http://www.vetstreet.com/our-pet-experts/understanding-heart-disease-in-pets-and-humans-have-everything-in-common/>

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## ♥ 4. Your Home Heart Exam

You can start today prevention, treating and monitoring heart dis-eases at home. All you have to do is “play with” your pet in special ways that can give you invaluable information.

It’s therefore helpful for you to start getting your pets used to playing in this way as soon as they come to live with you. You do this whenever you handle a specific body part in any way that your pet would rather you didn’t. But you can train them to love these “examinations”.

The only part that you may need to work on for this home health exam is getting your pet used to having her lips lifted. However, an important part of home heart health prevention is practicing good oral hygiene. So while you are getting your pet used to your lifting her lips, you might as well also get her used to your massaging her gums and brushing her teeth.

You can do this by clicker training, using treats and making the whole experience fun and rewarding.

The 3 easy but informative steps are:

1. Assessing Gum Color, Moisture and Capillary Refill Time (CRT)
2. Measuring Resting Respiratory Rate
3. Measuring Heart Rate and Regularity

Before you even start examining them, observe them interacting with their environment. How do they look? Are their coats shiny and clean like a healthy pet? Or dull and matted? Are they moving around easily? I

If you are outside or somewhere new, is your pup checking for important “pee mail” and sniffing around? Is your kitty hunting for her next meal or a critter to bat around play with?

Your overall (and bigger picture) observations are an important part of assessing health.

Once you do this, here are more details about the three steps to the home heart exam.

1. **Lift her lip from the side and take a look at her gum color.** Are they pink, black, pale, bluish? If her gums are black, look for a pink spot where you will do the rest of this exam.
  - a. Black gums are a normal color variation in some dogs. This is not a problem for this test as there is almost always at one pink spot that you can assess.
  - b. Pink-red gums indicate that they are receiving good blood circulation.
  - c. Pale-white gums can indicate shock. Especially if they are cool to the touch. An immediate vet exam is indicated if your pet's gums are white. Especially if she is having trouble breathing, seems weak, or if you see any other BEAM changes.
  - d. Bluish (cyanotic) gums or tongue indicate poor oxygenation of their blood vessels.
    - in addition, you can now also assess her for dehydration by feeling the moisture (or lack thereof) of her gums and tongue. [Here's a nice video](#) that shows you how (from any cause including heart).
  - e. Now press your finger firmly on a pink spot of her gums. This forces the blood out of the capillaries (small blood vessels) in them, so that they turn white. When you remove your finger, the pink-red color of her gums should return within 2 seconds.
    - If the return to the pink color is *reproducibly* greater than 2.5 seconds, then dehydration, anemia or poor heart function exist. Schedule a vet visit right away. These videos demonstrate normal and prolonged CRTs: [Normal CRT](#) or [Abnormal CRT](#) (Capillary Refill Time)
2. **Assess her resting respiratory rate by counting the rise and fall of her chest.** 1 rise + 1 fall = 1 breath. If you count for 30 seconds, just then multiply by 2. This number should be below 24. It will increase with any excitement, activity, anxiety, purring, etc. So do this test when your pet is lying down and quiet. Wait about 20 minutes after her walking around, playing or eating.
  - a. This is an accurate assessment of the ability of her heart to supply oxygen-rich blood to her body. Values above 30 warrant a vet visit with a few days. Especially if she's also having any abnormalities in her BEAM symptoms.
3. **Measure her heart rate and regularity** by either:

- a. Putting your hand on her chest where you can feel her heartbeat. One good spot is behind (and a little lower than) her left elbow (where to put your hand to measure your dog's [heart rate](#)).
- b. Feeling the pulses on her inner thighs (inside of her rear legs near where they meet her body).
  - This one may take a bit of practice with someone who can demonstrate. Ask a friend or a veterinary technician (or your vet) to show you how.
- c. Using a stethoscope. For this you'll need to buy an inexpensive stethoscope like [this one](#). Alternatively, you can put your ear against her chest in the area of her heart.
  - Normal heart rate varies in different-sized dogs. Small dogs may normally have heart rates of 120, big dogs may be as low as 75 or 80 (or even lower if they are athletic and in good shape).
  - Cats usually have faster heart rates of 120 to 150.

Count the beats (or pulses) in 30 seconds. Then multiply by 2. This her heart rate/minute. In addition, this rate should have a pretty regular rhythm. Irregularities can mean arrhythmias and heart dis-ease.

Two other useful facts to know are that dogs and cats often have a heart rhythm that changes based on breathing. This is called a sinus arrhythmia.

Click or tap [here](#) for normal heart sounds like and exactly where to listen. About 2:15 min. into this recording are some of these normal sinus arrhythmias.

Also, if you are feeling (or listening to) her heart beat at the same time as taking her pulse, you can detect extra beats that are not reflected by her pulses.

This “pulse deficit” is a great clue that your pet may have an arrhythmia. Schedule a vet visit to assess this with the next week or two if your pet seems fine otherwise.



## ♥5. Steps to Prevent Heart Dis-eases

Heart dis-ease prevention **start on Day 1 with your new pets.**

The way you can do this is easy!

You can prevent heart dis-ease in your pets by observing symptoms and putting them in context.

1. Start by empowering yourself with the facts about your pets bodies and hearts, and how they get sick, and heal. This includes learning and using the 5 Holistic Essentials which you can find [here](#).

Learn about breed predispositions to dis-ease even **before** you get a (genetically) purebred pet.

It's especially important to start prevention early when you adopt a dog predisposed to heart dis-ease. Like a Boxer, Doberman, Great Dane, etc. See the text below for more about breed-associated heart dis-eases.

2. Teach your new (or older) pets to love being examined. Go slowly but be persistent if your pet resists examination at first. Start getting him or her accustomed to your handling her all over. Pay special attention to playing with her mouth, ears and paws.

You can then make doing your home heart health exam Enjoyable and do it once a month (or more).

3. Look for symptom clues. Try to see them objectively. This is the hardest but is a very important step. Symptoms can seem scary when viewed out of context, but will always help guide you towards better health for your pets. It can be easy to put them in context when you use HMDM (see below) and the findings from it. Use all of this data along with the BEAM symptoms to decide what to do.

HMDM is our “hack” for working with these challenges to attain a better quality of life. It is mindful medicine and helps you make treatment decisions for your pets.

You can put the Humpty Dumpty pieces back together by using HMDM before every treatment decision! This will help you see the forest of long term health and happiness through the trees of individual symptoms.



Internally measurable signs and externally observable symptoms are a reflection of internal physiologic changes.

By looking at them in context and objectively, you will always know what to do. Your pet's body will never lie.

**Here's an overview of the Holistic Medical Decision Making (HMDM) process applied in heart dis-ease that you can use today.**

### **HMDM Step 1. GOAL**

Let's say your pet is showing symptoms consistent with heart dis-ease like a cough or decreased exercise ability. Do you want to modify just those particular symptoms?



Is this an emergency such as a pet that is collapsed or suddenly can't breathe? If so, your goal is to save your pet's life. Go right away to your veterinarian or ER. You can start the full HMDM process once your pet is stabilized.

Or if the emergency is ruled out but concerning symptoms persist, you may have the goal of improving your pet's quality of life and maximizing longevity. You know (or may have heard) that homeopathic treatment is a way to both relieve the current symptoms and build health.

So you start treating with homeopathic medicines. As the underlying cause for the symptoms is treated, internal health improves and the symptoms resolve. But that's jumping to Step 3!

## **HMDM Step 2. YOUR RESEARCH (resources and articles)**

The most important clues to inform your health choices are your pet's symptoms. Describe and record them in detail:

1. First, how is your pet feeling overall - [BEAM](#) - Behavior, Energy, Attitude, Mood? (See below for more on BEAM)
2. Quantify and describe in detail every symptom that concerns you right now. For example:
  - Does your pet only cough overnight in bed or before, during or after urination, eating, drinking, etc.?
  - Does your pet pant excessively on waking or have any triggers?
  - Does your pet's mucous membrane color vary from white to pink throughout the day? If so, when?
  - Does your pet tire easily with much less exercise than usual? If so, exactly how much activity?
  - Is your pet swollen anywhere? If so where and how much?
  - Does your pet have fainting episodes? If so, for how long, what was she doing beforehand, and how is she right after she faints?
  - Is her heart rate fast or irregular?
  - Are there other symptoms elsewhere in the body or changes in BEAM or [EWS](#)?

If you decided (in HMDM Step 1: what is your goal?) to act immediately and go to the veterinarian, you will *really* need to **be your pet's medical advocate**.

S/he will examine your pet and run any indicated diagnostic tests. These add internal symptoms to the external ones you observe. You do not have to use the treatment they suggest unless it is an emergency. Even then, you can finish this HMDM process before authorizing treatments at the clinic. Questions to ask the vet before any treatment include:

1. **What will that test tell us?**
  2. **What is your diagnosis?**
  3. **How often do you see this problem?**
  4. **How safe and effective is \_\_\_\_ (insert drug name here)?**
- 
1. Consult reliable books and the specialist handouts in the [research](#) for further information.
  2. Consult with other experienced members of your holistic healing team including *during our weekly online [Empower Hour](#) (for HA! members)*.
  3. Other reliable online sources can provide further input about holistic approaches. Verify the safety of any actions you might take, especially if Dr. Google is the source, before implementing it.
  4. Get further feedback from members and pet professionals in the Holistic Actions! (HA!) [Facebook Group](#).

Reliable references to use in your research are linked throughout this document. In addition, the “Start Here” resource page on [holisticactions.com](http://holisticactions.com) has veterinary handouts about:

- [valvular](#) heart dis-eases
- Cardiomyopathies ([Boxer](#), Doberman, cat)
- arrhythmias like atrial fibrillation
- congestive heart failure
- [heartworm](#) dis-ease
- etc.

**Paws and Reflect** before moving to the next step.

### **HMDM Step 3. JUST DO IT (act based on your research and trusted advice).**

Whatever decision you make, embrace it. Keep daily notes as to what changes, especially with the BEAM symptoms. Look for ways to improve health. Ask for more support from members of the HA! Facebook community, forum and on the Empower Hour weekly chats (for members).

As an example of the mindful holistic approach, Patti's pup started coughing and her veterinarian suspected heart dis-ease. He wanted to do extensive (and expensive) testing. But Sue knew, through observation and her research, that the cough needed first to be put into context.

Perhaps it was just related to her pup attending last week's agility class, or going to the dog park, groomer, etc. What she knew for certain is that there was an energetic imbalance manifesting as a cough. And she knew how to better define it and monitor her pup for improvement.

Patti knew that the BEAM symptoms were almost always more important than specific heart (or other) symptoms.

Instead of drugs she chose to:

#### **Embrace symptoms as the friends that they are.**

She then was able to look at her pup's cough objectively, and put it into the context of great BEAM. Patti's observations together with her knowledge of repertory (a dictionary of symptoms) helped her prescribe the homeopathic medicine Aconite. After giving it, her pup stopped coughing!

In general, if your pet's BEAM symptoms are great, and there was a clear trigger for the symptom (such as exposure to other dogs, or a bee sting, or an injury, etc.) you can safely give a homeopathically-chosen medicine before going to the vet. Just like Patti.

Remember to put all of the external symptoms that you see and the internal symptoms that lab tests find, into context. They are direct reflections of your pet's internal health.

**You can use symptom clues to “fine-tune” your pet's internal balance. Just like you may already do with periodic visits to your chiropractor. The symptom clues then gradually resolve as internal balance is restored.**

Here are some specific methods to help you collect internal symptoms:

Include a [proBNP](#) baseline if you want to learn more if your vet hears a murmur during your dog or cats examination.

This test is a sensitive indicator of heart muscle stretch. It can detect both cardiomyopathy and valvular heart dis-eases. occurs with most heart dis-eases.

This test is also great for monitoring responses to homeopathic medicines. Improvement in the imbalance in the vital force can start as soon as a suitably homeopathic medicine is given. proBNP changes are often seen within 2 weeks of a curative\* homeopathic medicine.

However, it's good to know that a single blood test can not diagnose heart disease. Trended results are a much better indicator of internal balance.

One important part of helping your pets with HMDM is looking for symptom clues and using the CIE method to interpret any that you find. Symptom clue context, when interpreted holistically can increase your empowerment.

For example, part of your pet's preventive health screening is periodic proBNP levels. Using CIE can help inform your decision about what to do. For example, if the result is in the grey zone you'll interpret it based on other symptoms.

This chart will help:

**Figure 2 (a)** - Algorithm supplied by IDEXX for interpretation of measured NT-proBNP concentration in cats and dogs using Cardiopet<sup>®</sup> proBNP and VetSign<sup>™</sup> Feline and Canine CardioSCREEN Test Kit

<div data-bbox="230 1314 766 1480"> <p><b>&lt;100 pmol/L</b></p> <p>Clinical significant cardiomyopathy is highly unlikely</p> </div> <div data-bbox="230 1480 766 1648"> <p><b>100-270 pmol/L</b></p> <p>Clinically significant cardiomyopathy is unlikely, but early disease may be present. Consider repeat NT-proBNP in 3-6 months or an echocardiogram. If the cat has clinical signs, it is unlikely that these signs are associated with cardiomyopathy.</p> </div> <div data-bbox="230 1648 766 1785"> <p><b>&gt;270 pmol/L</b></p> <p>Clinically significant cardiomyopathy is highly likely. Further cardiac workup including an echocardiogram is recommended.</p> </div>	<div data-bbox="803 1314 1395 1480"> <p><b>&lt;900 pmol/L</b></p> <p>The likelihood that clinical signs (e.g. respiratory and/or exercise intolerance) are due to heart failure is low. Consider other differentials to determine the cause of clinical signs.</p> </div> <div data-bbox="803 1480 1395 1648"> <p><b>900-1800 pmol/L</b></p> <p>Results in this range do not allow differentiation between clinical signs due to heart failure versus those from other causes. To help differentiate, consider other diagnostics.</p> </div> <div data-bbox="803 1648 1395 1785"> <p><b>&gt;1800 pmol/L</b></p> <p>The likelihood that clinical signs (e.g. respiratory and/or exercise intolerance) are due to heart failure is high. Further cardiac workup or cardiac consultation recommended.</p> </div>
<b>Feline</b>	<b>Canine</b>

Blood tests can be sensitive internal barometers of balance and health. Sometimes the first symptom seen may be an elevated proBNP, Idexx SDMA, creatinine creep, etc. Monitored over time is most effective. “The Trend is Your Friend”. So don’t be too distressed if one result is “abnormal”.

The detailed and very helpful veterinary article that contains this chart can be found [here](#).

If a problem is found, it then becomes more important than ever to work with an integrative vet who monitors internal symptoms like proBNP to work with your team to help improve your pets quality of life.

## Breed Specific Symptom Clues

If you live with one of the breeds predisposed to heart problems, you may want to practice even more proactive prevention. You can do this by taking your home exam of heart rate and rhythm to the next “level” with an EKG or even a 24 hour EKG with a Holter monitor.

Especially if your pet is:

- Giant breeds like Great Danes, Newfoundlands, Irish Wolfhounds, etc. have their own inherited Cardiomyopathy (CM). They more frequently have a heart irregularity called atrial fibrillation.
- Other pets with inherited heart dis-eases include Doberman Pinschers, Boxers, Persian Cats, Maine Coon - CM; Cavalier King Charles Spaniels - Valvular Heart Dis-eases.
- If your puppy is a Golden Retriever, Newfoundland, Boxer or Rottweiler, they can be predisposed to a structural dis-ease called subaortic stenosis.

In these animals, a very effective method of prevention is an even moere frequent (weekly or more) home exam and listening (or feeling) your pets heart rhythms.

Whether you hear or feel an irregularity, it is good proactive prevention to run periodic 24 hour EKGs to look closer for heart irregularities.

The 24 hour EKG is performed with a telemetric device that your pet wears called a Holter monitor.



It is a much more sensitive test for heart rate and rhythm abnormalities than just relatively brief checks with a stethoscope (called auscultation).

The first evaluation of your pet's heart irregularity should be done by a board certified veterinary cardiologist. You can find one by clicking or tapping [here](#).

If your pet gets unduly stressed in the hospital, you and your veterinarian can still monitor your pet's Holter at home.

The cardiologist may be able to rent you a unit.

If they don't have access to one, [this wonderful company](#) will sell you a refurbished unit at a steep discount. They even have a service where you send them the EKG recording you make and they will read it for you.

Click [here](#) to watch their Holter monitor in action.

Annual Holter screening is great preventive medicine for breeds predisposed to cardiomyopathies. Even if an arrhythmia was not heard.



If you are not sure whether your dog is predisposed to a breed-specific problem, you can click or tap [here](#) for a helpful article. [This article](#) discusses cat breed predispositions and symptoms.

If your vet hears a heart murmur in your pet at a young age and if this persists over 6-8 months follow-up - an echocardiogram is helpful.

Any diagnostic test result is useful. If the test is non-invasive, like an echo, there are only two downsides to running them:

1. They will lighten your pocketbook (an echo performed by a specialist costs hundreds of dollars).
2. They can cause you stress. Especially if the test result is misinterpreted. Use the CIE method for test interpretation.

Click or tap [here](#) for an article that discusses other symptoms you can detect to better prevent (and manage) all heart dis-eases.

## ♥ 6. Holistic Actions! For Heart Dis-ease

Holistic Actions! for treating heart dis-eases starts with preventing them. As the true saying goes, an ounce of prevention is worth a pound of cure.

Since you are reading this, you probably already practice proactive prevention. However, you can do everything right and your pet still might get a heart dis-ease.

Whether she remains healthy or becomes imbalanced depends on her susceptibility. Nowadays it's impossible to avoid all environmental toxins and stressors that can trigger the imbalance that causes dis-eases.

If your pet is not sensitive to them, she will not start down the path towards serious heart challenges. However, heart dis-ease prevalence is increasing (along with most other chronic imbalances and dis-eases).

It's important for you to know about the progression of dis-ease. So you can reverse this trend. The more you know, the better you can prevent. The veterinary cardiologist may know more about specific types of heart challenges, but you probably already know more about how to prevent them.

The further your pet's imbalance and dis-ease progresses, the harder it becomes to cure. Eventually the functional changes that cause symptoms turn into structural pathology in the tissues.

Early functional dis-ease is much easier to fix ("remedy").

Your specific pet's response to the triggers below is determined by her individual susceptibility. However, every pet can benefit from some easy lifestyle changes to slow and even stop progression of dis-ease.

Triggers like:

- Feeding pro-inflammatory high carbohydrate and **dry foods** (feed [species-appropriate](#) food).
- **Environmental changes** and [stress](#) (relates to all animals and many are relieved with the natural healthful lifestyle and reducing uncertainty).
- **Prior anti-biotic use** which disrupts your pets microbiome (bacterial balance).



- **Suppression** of any symptom (don't ignore them but rather holistically work through symptoms using [BEAM](#) to guide you).
- **Vaccination** (optimize balance with pre-emptive homeopathic treatment and avoid vaccinating whenever legally possible).

And here are some simple Holistic Actions! you can use today:

- Fresh (= vital) Low Carbohydrate Food (and no dry food)
- Other lifestyle modifications (like increased exercise, environmental enrichment, decreasing stress)
- Nutritional Supplementation (see below for specific recommendations)
- The 3 R's (Rest, [Reiki](#), and Rescue Remedy)
- Other Specific Flower Essences
- Holistic Veterinary Care - (see the general resources section below for how to select and work with holistic veterinarians)
- Preventive Methods (like avoiding anti-biotics and suppression)

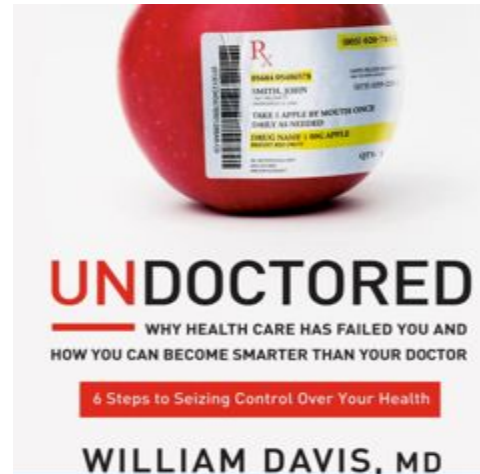
However, if these lifestyle and other general supportive methods are just not working, you can still stimulate your pet's body directly with professional homeopathic care.

Unfortunately, since we don't commonly teach wellness care and proactive preventive methods, veterinarians are often first presented with pets that have specific health challenges related to one specific organ. It then gets easier and easier to focus on smaller and smaller parts of your pet's body.

Our medical system is designed to work that way. And the kind of very specific information that "specialists" learn can be a very good thing!

For example cardiologists who only on focus hearts, know more about their function, dis-eases, and new treatment options than most local veterinarians.

But the more focused they become, the greater the danger of missing the bigger



picture. However, **you can do better!** Both for your beloved pets as well as for the [rest of your family](#).

Focus on BEAM and you will never fall into the trap of reducing your pet into parts. Even if your veterinarian does.

Why is this important for treatment of heart dis-ease? Because the closer we look at the heart (or any other body part), the harder it becomes to see the integrated whole of your pet's entire body and quality of life.

As long as you keep your eye on the “prize” of longer term health, you can successfully integrate and use this valuable information. Your decisions about what to do to help your pets will be informed by it. It is the core of holistic thinking and the HMDM model to accumulate and utilize anything that can help your pet.

Then what? You and at least one member of your veterinary team now need to act on what you have found. This individualized and very useful data can be found in two ways.

The first source comes from your observations. These will be both the EWS as well as any other significant symptom. You'll recognize these symptom clues by using the 4 Ps. They are problematic, persistent, prominent and peculiar. [Click or tap here](#) for more information about them.

The second source comes from the diagnostic testing a veterinarian may perform. These are things like electrocardiograms (EKG), x-rays (radiographs), echocardiography (ultrasound of the heart), blood tests, etc.

Now that you have all of this useful information, what should you do with it? The first and most important step is to not panic! There's often time for you to paws and mindfully examine all of the treatment options.

The one exception to mindfully pawing is if there is an immediate and potentially life-threatening problems like collapse or difficulty breathing.

Using the CIE method at this point can be very helpful. It can help you realize that any diagnosis is really just a description of the dis-ease. Put it into context. No matter how scary it sounds.

Whatever name is given to the symptoms of your pet's heart dysfunction, when you treat holistically, it is just one more piece in the puzzle. Not something to be so feared that it then spurs you into action. Sometimes you end up making decisions that you would not have made if you were not fearful of the diagnostic label.

Whole-istic context and interpretation of symptoms and diagnostic test results will let you help your pet regain health and balance with holistic homeopathy. Stimulating your pets natural healing mechanisms this way is an important benefit of your being open-minded.

In fact, that might be the main reason you are here. It also happens to be the treatment method of choice of every faculty member on the Holistic Actions! Academy.

Homeo-pathy is both its name as well as how it works. "Homeo" is the latin root for similar. This method works with your pet's body. When the symptoms are put into context, you can use them to help you relieve most heart problems.

Harnessing the power of natural healing using homeopathy is safe, gentle and improves quality of life.

Conversely, anti-pathy works against your pet's body by using drugs that modify cardiac physiology. Routine practice relies on anti-biotics, anti-hypertensives, anti-inflammatories, etc.

However most heart drugs are not directly opposing physiologic function. They are used allo-pathically and based strictly on general alteration of one physiologic process. Not the individualization that genetic and molecular medicine is currently trying to attain.

At best, doing so can support abnormal physiologic functions but allow healing to take place. At worst, stronger and stronger drugs need to be used. These carry the risks of serious side-effects.

The bottom line is that homeopathy is a great tool for scientifically individualizing and working with your pet. Using specific symptom clues.

One clear example is nitroglycerin. It was first used safely and therapeutically in homeopathic medical practice. Its proper use is based on the individual pet being treated. Not the general physiologic abnormalities that lead to the heart and chest pain of angina.

When used homeopathically according to your pet's symptoms, it will relieve much more than just angina. Improved *longer term* quality and length of life can result.

This drug is still the conventional treatment of choice for relieving the blood vessel spasms and pain of angina. However when used allopathically like this, it does not lengthen life.

Digitalis is another example of an important "heart" drug that is commonly used safely in homeopathy. The key word here is safety. The conventional drug form of digitalis can easily cause toxicity and even death. This is not the case for homeopathic Dig.

Digitalis and nitroglycerin ("glonoine") are both used safely and effectively every day by veterinary homeopaths. Sometimes for individual pets with heart dis-ease but usually for seemingly unrelated health challenges. Based on homeopathic indications.

You can help determine if these homeopathic medicines, or any others, are indicated for your pet's individuality.

Her symptoms are your guide so you'll want to collect any external or internal ones. They are both important.

Let's now look at just a few of these that you can see.

The first set of symptoms can be found in the cough section of the homeopathic repertory. A few of these include:



### COUGH - DRINKING - after - agg.

#### - after



. **agg.:** (49) acon. am-caust. am-m. anac. ant-t. am. **ARS.** *Bry.* calc. carb-v. *Chin.* *Cimx.* cina cocc. con. dig. **DROS.** dulc. ferr. ferr-ar. *Hep.* hyos. kali-ar. kali-bi. kali-c. lac-c. *Lach.* laur. lyc. *Manc.* mang. meph. nat-m. nat-p. nux-m. nux-v. op. *Phos.* **PSOR.** rhus-t. sang. sil. squil. staph. stram. sul-ac. tell. verat. zinc.



### COUGH - HEART AFFECTIONS, WITH



**HEART AFFECTIONS, WITH:**   (19) adon. am. aur-m. both-ax. cact. crat. dig. guaj. hydr-ac. **LACH.** *Laur.* lycps-v. **NAJA** nux-v. ox-ac. phos. *Rhus-t.* spong. *Tab.*



### COUGH - RISING - agg.



- **agg.:** (48) acon. alum. alumn. ang. arg-n. am. ars. bar-c. benz-ac. bov. bry. calc-s. canth. carb-an. carb-v. chel. chinin-s. cina cocc. con. cortico. dig. euph. euphr. *Ferr.* ferr-ar. ferr-p. grat. ign. indg. *Lach.* mag-c. nat-s. nit-ac. osm. ox-ac. par. phos. plb. sep. staph. stram. sul-ac. sulph. tarent. thuj. vanil. verat.

There are many richly-described symptoms related to cough in homeopathic reference books such as the materia medica. These are catalogued in symptom “dictionaries” called repertories.



You'll recognize these rubrics by the large number of homeopathic medicines in them. A vaguely described respiratory problem with heart problems is one example:

**HEP.** heroin. hipp. hippoz. hist. hura hura-c. hydr. hydr-ac. hydr. hydrog. hydroph. hyphs. hyper. hyper. iustod. **IGN.** ignis-ac. ind. indg. **LOD.** IP. irid-met. **IRIS** ix. jab. jact-c. jug-c. **Jct.** **KALI-AR.** **Kali-bi.** kali-br. **KALI-C.** **Kali-chl.** **KALI-H.** kali-m. kali-n. **Kali-p.** **Kali-s.** kali-sil. kali-sula. **Kalm.** ketogl-ac. kola. kreos. lac-ac. lac-c. lac-d. lac-e. **LACH.** lachn. **Lact.** lact-v. lat-h. **Lat-m.** **Laur.** lavand-a. lec. led. **Lil.** lim. limest-b. **Lith-c.** **LOB.** lob-e. lob-s. loxo-lae. loxo-recl. luna **LYC.** **Lyceps-v.** **Lyss.** **M-ambo.** m-arc. **M-aust.** mag-br. mag-c. mag-m. mag-p. mag-s. malar. manc. mand. mang. mang-p. marb-v. **Med.** meli. meny. **MEPH.** **Merc.** merc-ac. **MERC-C.** **Merc-cy.** merc-i-f. merc-i-r. **Merc-pr-r.** **Merc-sul.** merl. **Mez.** mil. moni. morg-g. morg-p. morph. **Mosch.** mucor **Mur-ac.** muru. murx. musca-d. mygal. **NAJA** **Naphitin.** nat-ar. **Nat-c.** nat-f. **Nat-m.** nat-n. **Nat-p.** **NAT-S.** nat-sal. nat-sil. nicc-met. nicc-met. nicot. nicotam. **Nit-ac.** **Nit-s-d.** **NUX-M.** **Nux-v.** oena. ol-an. ol-j. **Olib-sac.** olnd. **OP.** osm. **Ox-ac.** oxyd. oxyum-sc. ozone p-benzq. par. parth. penic. petr. petr-ra. **Ph-ac.** phel. **PHOS.** **Phos-m.** **Phys.** physala-p. **Phyt.** **Phyt-ac.** pin-con. pitu-a. pitu-gl. plac. **Plat.** Plub. pluit-n. pneu. pod. polys. pop. pop-cand. **Positr.** prout. **Prun.** pseuts-m. psil. **Psor.** ptel. pulm-v. **PULS.** pycnop-sa. pyrog. **Queb.** **Ran-b.** ran-s. raph. rat. rauw. rheum rhod. rhus-g. rhus-r. **Rhus-l.** rumx. ruta sabad. sabin. sacch-a. sal-fr. **Samb.** **Sang.** sanc. sarcol-ac. sarr. sars. scol. **SEL.** senec. **Seneg.** **Sep.** ser-ang. **SIL.** sinus. sol-l-a. **SPECT.** **Spig.** **SPONG.** **SQUIL.** **STANN.** stanch. stict. **Stram.** streptoc. strept-c. **Stroph-h.** stroph-s. **STRY.** stry-ar. suis-pan. sul-ac. sul-i. sulffa. **SULPH.** **Sumb.** suprar. syc. syph. **Tab.** tanc. tarax. **TARENT.** tar. ter. **Ter.** tere-la. teur. *that was there them this thumal lit Tova-a trad triff tell a trinit*

So be observant and watch everything but “touch nothing”. Try to avoid disrupting symptom clues until they are put into context and interpreted holistically.



## STOMACH - VOMITING; TYPE OF - food - cough agg.



.. **cough agg.:** 🍊💡 (24) anac. anan. *Ant-t. Ars. BRY. Coc-c. dig. Dros. Ferr. IP. Kali-c. laur. Mez. Nat-m. Nit-ac. NUX-V. Ph-ac. Phos. Puls. rhus-t. sep. stann. Sulph. Verat.*



## GENERALS - WEAKNESS - exertion - agg. - slight exertion



.. **slight exertion:** (86) acon. *Agar. ail. alum. alum-p. Am-c. anac. apis ARS. Ars-i. ars-s-f. aur-ar. aur-m. bapt. berb. bit-ar. BRY. CALC. calc-sil. Carb-v. carbn-s. cham. clem. Cocc. Colch. CON. CROT-H. dig. dor. equis-h. Ferr. ferr-ar. ferr-i. Gels. ham. helo-s. ign. jatr-c. kali-c. kali-n. kali-p. kalm. lac-d. lac-lup. LACH. Lyc. mag-c. Mag-m. Merc. Merc-c. Nat-ar. NAT-C. Nat-m. Nat-p. nux-m. nux-v. petr. petr-ra. PH-AC. PHOS. PIC-AC. plb. Psor. ptel. RHUS-T. ruta SEL. Sep. sil. sol-ni. Spig. SPONG. Stann. Staph. stram. sul-i. Sulph. sumb. ther. thuj. thyr. tritic-vg. TUB. vanil. verat. ziz.*



## MOUTH - SALIVATION - night



- **night:** (35) *Arg-n. bar-c. bell. canth. cench. cham. crot-h. culx. dig. gard-j. gran. graph. hydrog. ign. lap-la. menth-pu. MERC. Merc-c. merc-d. mim-p. Nat-m. neon nit-m-ac. nux-v. phos. plb. ptel. puls. rheum Rhus-t. ruta sulph. syph. vanil. verat.*



## TEETH - SORDES




**SORDES:** 🦷💡 (66) *AIL. alum. Apis am. ARS. asc-t. bac. BAPT. Bry. Cact. cadm-s. cal-ren. calen. Camph. Carb-ac. Carb-v. carbn-s. caust. CHIN. chinin-s. Colch. Con. cub. Dig. Echi. epiph. FL-AC. frag. Gels. hippoz. HYOS. iod. Iris kali-cy. Kali-p. lac-c. lach. lyc. maland. Merc. Merc-c. merc-i-f. merc-k-i. merc-meth. Mur-ac. nat-s. nit-ac. ox-ac. Petr. PH-AC. PHOS. plan. Plb. Pyrog. RHUS-T. sec. sil. sil-mar. Stram. Sul-ac. sulph. tab. thuj. tub. Vario. zinc-m.*

Sordes refers to a coating of the teeth like plaque and tartar. Even though this is not a heart symptom, digitalis may still be indicated. Same with the “tenesmus” (straining) rubric below:



## BLADDER - TENESMUS



**TENESMUS:**   (126) *Acon.* **AGAR.** *Alum.* alum-p. alum-sil. am-c. am-m. anac. *Ang.* anil. *Ant-c.* *Apis* arg-n. *Am.* **ARS.** aur-m. *Bell.* benz-ac. bit-ar. calc. calc-sil. *Camph.* *Cann-s.* **CANTH.** *Caps.* carb-n-s. caust. cham. *Chim.* chin-b. *Clem.* cob-n. *Coc-c.* colch. *Coloc.* *Con.* cop. *Croc.* crot-h. cub. *Cupr.* cupr-ar. **DIG.** dulc. elaps epig. equis-h. erig. ery-a. eug. *Eup-pur.* fab. ferr. ferr-ar. ferr-i. ferr-p. fil. *Gels.* guaj. hydrang. hyos. hyper. *Ip.* *Lach.* **LIL-T.** *Lith-c.* *Lyc.* mand. *Med.* *Merc.* **MERC-C.** *Mez.* morph. *Mur-ac.* nat-c. *Nit-ac.* *Nux-m.* **NUX-V.** oci-sa. ol-an. *Onis.* op. ozone par. **PAREIR.** phos. phys. plan. **PLB.** *Podo.* polyg-h. pop. **PRUN.** psor. **PULS.** pyrog. rham-cal. rheum *Rhus-t.* ruta sabad. *Sabal* sabin. sarr. *Sars.* *Senec.* sep. *Sil.* squil. staph. *Stigm.* sul-ac. sulph. tarent. tax. **TER.** teucr. **THUJ.** trif-p. *Tub.* ust. uva verat. vesi. viol-t. x-ray

The vitality and balance model of homeopathy works extremely well within the current conventional veterinary system. However, it is still an uncommon method of treatment (in some of the world).

Partially because there aren't enough double blind placebo controlled studies using it. But the evidence is still compelling. Especially when you also consider the [fantastic successes](#) of homeopathy during serious epidemic dis-eases. You can also [read more](#) about modern homeopathy research at the Initiative to Promote Research in Homeopathy (IPRH).

Acupuncture and Traditional Chinese Veterinary Medicine (TCVM) can also be used to stimulate your pet's body to heal. However, like homeopathy, it can be mis-used. One example are the “medical” acupuncturists who use it allopathically (like combination homeopathi remedies for one speccific condition).

Needling points based only on the current problem and pathology can “confuse” the vital force and decrease vitality and worsen balance.



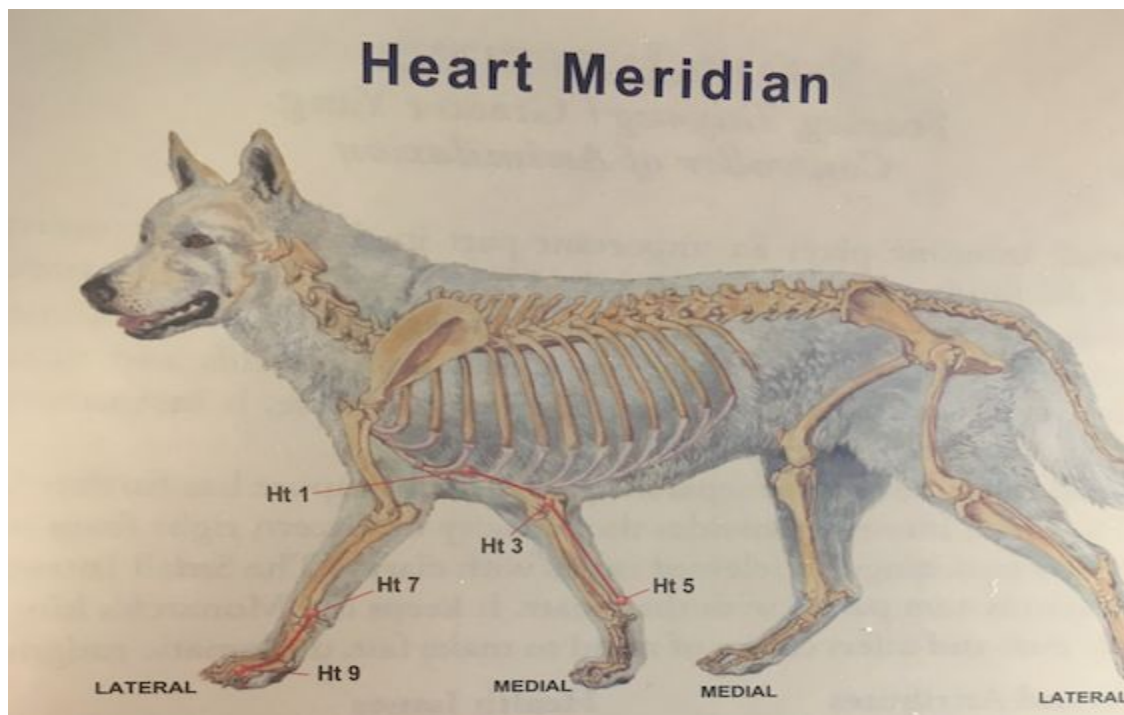
Unfortunately, at least in the US, this medical acupuncture is popular. Veterinarians who were trained and practice this way are not addressing your pet's totality.

You can usually tell if the treatment is being individualized based on the length of the initial consultation. If it is less than 30 minutes, you might want to ask your veterinary acupuncturist exactly what they are treating.

The reply may be eye-opening since you want to restore balance to every integrated system in the body! Not just the heart.

A thorough TCVM evaluation includes pulse (and tongue) evaluation. [Here](#) is a veterinary-specific acupuncture article with short case summaries (scroll to the end of the description of the specific acupuncture points).

In addition, once you are working with a professional chinese medicine practitioner, ask for the best acupressure points that you can use at home. Acupressure is 100% safe and can help with many specific heart problems. Any of the points on the heart meridian (red line below showing chi flow) can be helpful.



In addition to curative homeopathic care and TCVM, your pet's body can be further nourished and supported with species-appropriate fresh food diets and mitochondrial nutrient supplementation.

Here's the supportive safe methods and supplements that you can use to support your pet's body while it heals.

## Nutritional Supplements:

Most animal guardians choose to use great combination nutritional supplements like:

1. [Mitochondrial NRG](#) from Designs for Health contains required mitochondrial nutrients like D-ribose and magnesium.
2. [Formula CV](#) from Rx Vitamins includes many of the heart healthy supplements we've discussed: Hawthorn Berry, L-Carnitine, L- Taurine, Vitamin E (d-alpha tocopherol succinate), Coleus Forskolii, Selenium and more.
3. The human [Bio-Cardio](#) from Thorne Research has L-Carnitine, Taurine, Hawthorn, d-Alpha Tocopheryl (Vitamin E), Magnesium, and more. You can [read more](#) about its ingredients in Dr. Dove's article about "Nutritional Therapy in the Treatment of Heart Disease in Dogs".

Single herbal, nutritional, vitamin supplements:

1. [Coleus](#) helps your pets with high blood pressure and weak heart beats. You can buy it as the pure herb or in combination products.
2. [L-carnitine](#), an amino acid often completely safely used along with taurine, is essential to normal cellular energy metabolism in the mitochondria. It improves heart rate, exercise tolerance, and protects against cardiac necrosis.
3. The simple molecule [D-ribose](#) is a nutrient required by the mitochondrial powerhouses of your pet's heart. You can [read more](#) about human use of this supplement from the Life Extension Foundation (a reliable source of human health information). D-ribose may not be as well known as the other supportive heart supplements, but it is another totally safe one to add today for any pet. Your pet's heart cells don't make enough for optimal prevention or repair. Yet it is a critical building block used by mitochondria when they make the ATP energy that the heart

needs. By providing an extra supply you are helping your pet's terrain by providing a critical building block for healthy function.

4. [CoQ10](#) is an antioxidant. In the mitochondria - we certainly keep seeing that mitochondria are a key to a good life! - it is a catalyst for the formation of ATP which is key to all energy in the body. For our pet's heart health, it specifically protects heart tissue. It is also useful for health of the gums as well and poor dental health can lead to heart disease. The oil form is absorbed better and therefore preferable (even though it's more expensive).
5. [Magnesium](#) is needed in large amounts for hundreds enzymatic reactions in the body and helps boost ATP production to prevent and treat heart disease.
6. [Trace mineral](#) combinations as from Standard Process and Wysong would include balanced amounts of heart helpers, including Magnesium. Minerals like calcium aid contraction of heart muscle cells and help nerve transmission. Soils are often now deficient in selenium which is an antioxidant and cell protective.
7. [Taurine](#) is an amino acid found in relatively high concentration in heart tissue. Commercial cat diets deficient in it caused many cat's to die from dilated cardiomyopathy in the 80s. Taurine decreases oxidative damage to heart tissue, is anti-arrhythmic, regulates calcium and has many other specific cardio-protective effects. Studies have shown definite slowing of heart disease and improved function with the completely safe taurine supplementation.
8. [Vitamin C](#) stabilizes blood vessel walls by supporting the production of collagen, elastin, and other connective tissues, among its other effects of being an antioxidant and immune stimulant.
9. [Vitamin E](#) inhibits free-radical damage to the myocardium, is also an antioxidant. Care should be taken with dosing, especially in cats. Check with your health care team on the best sources and how to dose this.
10. [Omega-3](#) fatty acids, especially those found in seafood, have multiple direct effects on the heart including antiarrhythmic, anti-thickening of heart muscle. Because they are not made in the body, they must be in the diet and the source of the fish is critical. Green Lip Mussel and Calamari are two excellent sources. Omega-3s are initially stored in the membranes but are not optimally supporting heart function. When they are needed they are released and can help prevent many heart irregularities. As with many other supplements, you get what you pay for. Most of the inexpensive fish oils are molecularly distilled. These are not as helpful as omegas in their triglyceride form.

All of the supplements listed above will be found when you do an internet search for holistic treatment of heart disease. Supplements are not individualized to your dog or

cat so please do not start use them with guidance. Evaluate the effect on your individual pet whenever starting (or using) any supplement.

In addition, there are many products labeled for “heart disease” that claim to be homeopathic but instead really just contain multiple homeopathically-prepared medicines. These are not homeopathic to your pet.

To be truly homeopathic, only one remedy is chosen based on the totality of your pet’s internal and external symptoms. Using the internet is fine for information and products, just keep your skeptics hat on.

[Click here](#) for another reliable article that also discusses supportive supplements including general dose recommendations.

## Supportive Herbs

Herbs can be potent yet gentle healers and support for the heart. They do have a whole body supportive effect.

1. Hawthorne is an antioxidant and strengthens a weak or erratic heartbeat as well as dilates blood vessels of the heart and the brain. It is a safe and gentle herb so can be given for a long time. Do not use if your dog is taking digitalis except with professional guidance.
2. Dandelion is an excellent diuretic. Unlike Lasix (an often used drug diuretic) it is “potassium-sparing” and is rich in this and other minerals. It also supports the liver. Can be used along with Lasix though you may need to lower the Lasix dosage.
3. Garlic can help prevent blood clots from platelet clumping and is an antioxidant. Because it improves digestion, it also helps the gut immune system and nutrient absorption.
4. Ginkgo biloba keeps blood vessels more flexible, prevents or reduces the release of platelet-activating factor, so the blood can flow more easily and is an antioxidant.
5. Parsley is a mild diuretic
6. Ginseng can regulate heart rate and provides extra energy and vitality to the aged or ill. It also prevents platelet clotting. Be sure to use only sustainably raised Ginseng.
7. Bugleweed slows fast, erratic heart beats.
8. Coleus helps dilate blood vessels and increases heart muscle strength to help with cardiomyopathy and congestive heart failure.

Use caution with herbs and herbal formulas. Some are safe for years of use. Others should be used for five days on and 2 days off, depending on the individual sensitivity. Any of them can modify symptoms like a drug does. There are some excellent combination herbal and nutritional products that we have listed in the tool kit.

Chinese herbal formulas need to be matched to each animal's constitution. Ideally work with an expert in Traditional Chinese Vet med or use one of the excellent Natural Pet Rx products that combine Chinese and Western herbs.

## Flower Essences

100% safe flower essences work on the energetic level yet are prescribed for specific physical and emotional problems. Anxiety often accompanies heart disease for many animals, so the standby Bach combination, Rescue Remedy, is the first to reach for. These are a few possible essences to match your individual animal's characteristic needs for emotional or cardiac physical support.

1. Bach essences Mimulus (anxiety and heart disease), Oak (they just keep going when ill with heart disease), Aspen and larch for general anxiety and confidence.
2. [Green Hope Essences](#) have Breathe and Anxiety
3. [Pet Essences](#) Heart Health
4. Bleeding Heart in any formula or on its own

Flower Essences are very easy to use! They can be given by mouth, added to food or water, applied topically (especially to sore joints), or sprayed in a problem area (like the car they are nervous about riding in).

FE work best when they are given very frequently. The more problematic the symptom, the more frequent the administration.

Your coughing pet who is also panting and anxious may need a dose every few minutes! Administering them in different ways (oral, sprayed, rubbed in, etc.) up to six times or a day often works best.

The standard recommendation from the Bach FE company (makers of the highly effective Rescue Remedy) is to put four drops of Rescue is put into a one ounce of water. You do not need to buy the "pet" rescue remedy as this dilution eliminates most

of the alcohol. That can be sprayed or massaged on the animal or misted in the air. Many of the other companies do not use alcohol, so do not need to be diluted, though often they will still be effective when diluted.

Two drops of each chosen Bach Flower remedy (4 drops of Rescue Remedy) in a 1 oz bottle of spring (or filtered) water is the usual recommendation.

The key to use of the flower essences is the frequency of giving them rather than the dilutions, and they are 100% safe, so experiment and see what your animals want. You can even offer different essences in bowls of water and let your animals self select.

## Other treatment modalities

100% safe Reiki is an energetic healing technique which is great both to help prevent heart dis-ease, as well as to treat it. It can be especially effective for animals with serious heart challenges.

Massage, and hands on healing methods support the function of your pets body. Whenever you massage, you are stimulating the flow of the fluid lymph and preventing and treat fluid buildup anywhere in your pet's body.

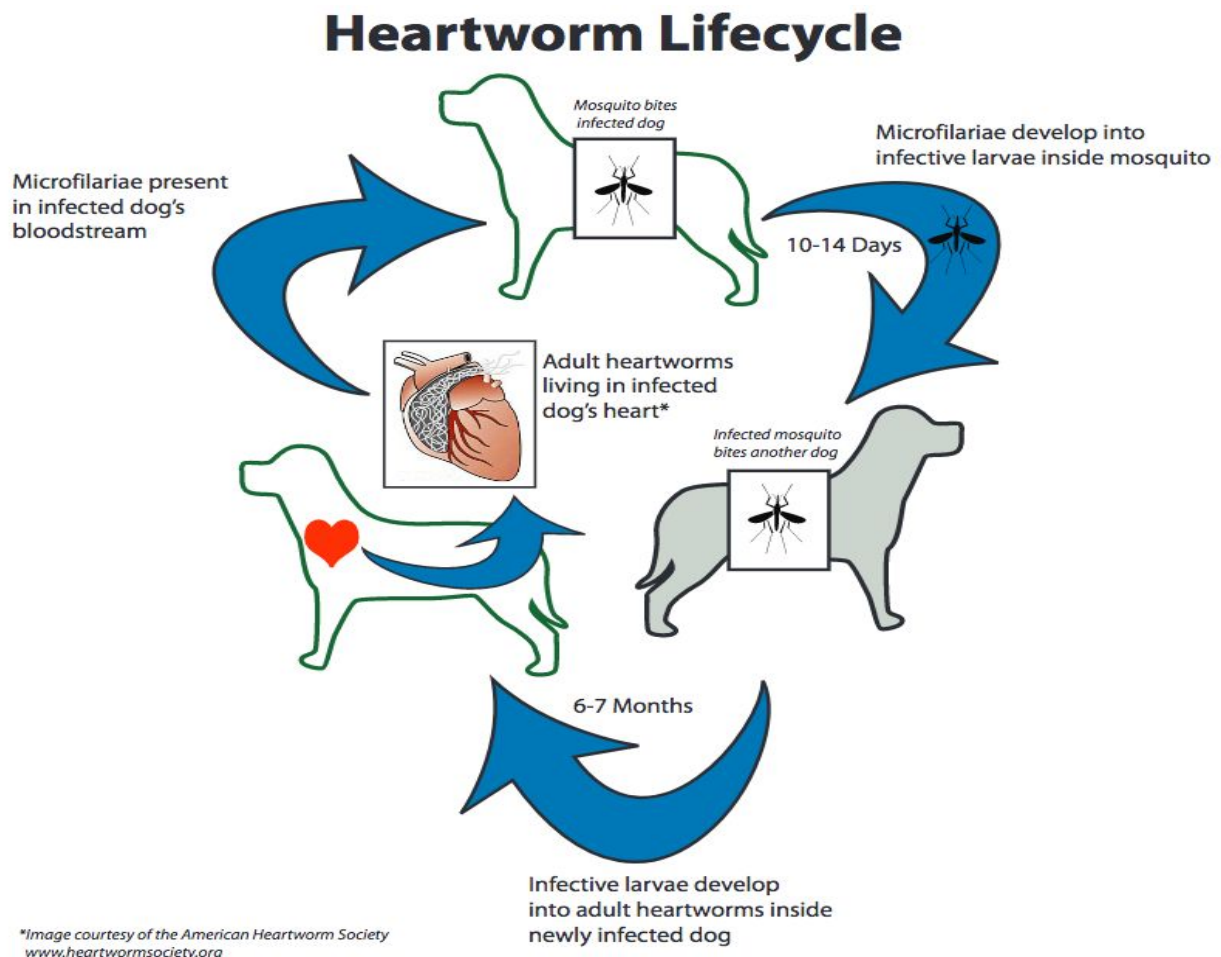
The resources after the heartworm section contain links for learning these techniques and connecting with pet professionals and veterinarians that use these supportive methods.



## ♥7. Heartworm Dis-ease

There's lots of fear of heartworm disease both in dogs and cats. However, even if your pet becomes infected with the heartworm larvae, you have at least 6 months before the larvae can become adults.

You can therefore still follow the steps in section 5 for preventing development of overt dis-ease. Knowing a few facts about the heartworm lifecycle and transmission of the dis-ease will help.



Heartworm disease is **only spread through the bite of a mosquito** and can not be caught directly from an infected dog.

Minimizing bites from mosquitoes can also prevent other dis-eases that effect our companion animals. Things like [Dengue fever](#), Zika virus, [encephalitis](#), West Nile, [etc.](#)

However, there is no need to avoid all possible exposure to bugs just because of possible infection. Our pets (and us) are exposed to infectious agents like heartworm babies (microfilaria), bacteria and viruses every day. But clinical dis-eases like heartworm dis-ease only develop if:

1. The “soil” of your pet’s terrain is welcoming, like from your feeding a species inappropriate diet or from suppression of symptoms
2. Microfilarial and heartworm exposure from mosquitoes is so high that it overwhelms your pet’s ability to kill all developing heartworms

Everything you do that builds vitality also helps prevent heartworm dis-ease.

Your pet’s healthful lifestyle promotes a strong and active immune system. One that attacks and kills any foreign invaders like microfilaria. The same way that immune surveillance protects your pets against bacteria, viruses and even cancerous cells.

Optimizing your pet’s terrain is far healthier for them than relying on a heartworm larval stage-killing drug.

In addition, your pet’s risk is directly related to where you live. Your pet may not even be exposed. Find out [here](#) if there even is heartworm in your part of the country.

Some areas do not have many mosquitoes. In others, cooler weather (below 70° F) stops heartworms from developing within the mosquito. So even though you see mosquitoes, they cannot infect your dog with heartworm.

If the temperatures are above 70 and you have mosquitoes in your area, there are safe and gentle ways to decrease your pet’s risk from heartworm exposure:

- Energetically-balanced pets attract fewer mosquitoes and therefore get fewer bites.
- [Cornucopia Superfood and Phytofood](#), Provide many necessary nutrients that both improve your pet’s internal balance as well as makes their skin odor less attractive to mosquitoes



- [0 Bug Zone](#) (aka Shoo Tags) seem to create a magnetic external barrier that is very effective for most pets
- Topical Essential Oils help keep the mosquitoes away. Many work quite well to keep mosquitoes away. Lavender and other single oils or a blend like [Calm 'N Soothe](#) . It also works well for calming down red spots on the abdomen after flying insect bites.

After carefully considering the risks and benefits of drug heartworm “preventatives” some animal guardians choose to rely on them. They are usually safe in the short run if your pet is not over-sensitive to it. But long term administration of them (or any toxic chemical) can be very harmful over time.

In addition, you may not know that Heartgard, Interceptor and other heartworm “preventives” are really a “morning after pill” and work by killing migrating heartworm larvae in the blood. They do not actually prevent transmission of the organism. They are a form of very early treatment.

That’s also what your animal’s healthy immune system does. And unlike in an acute infection where it only has a few hours to neutralize the invader before dis-ease starts, with heartworms it has at least six months to do the job.

Support your pet in every way possible during this “pre-patent period” (the time between transmission and development of adult heartworms). In addition to the great lifestyle you already promote, you can use these adjuncts:

- Probiotics to support the microbiome and immune system like [Rx Biotic](#)
- Primary immune boosters such as the ingredients in [Glucamune](#)
- Herbal combinations that help eliminate parasites such as ...
- Excellent [mushroom blend](#)
- This is an even more potent maitake [mushroom +](#) metabolic enhancer

However, every pet is different, so do not just keep adding new supplements or using them every day without guidance.

If you choose to use a chemical preventive, do so mindfully. You can use your knowledge of microfilarial transmission and work with your vet to reduce the frequency of the drug and not use it unnecessarily.

And like any other treatment you need to be aware of potential ill effects. So just as you may already do for other lifestyle, diet or treatment changes, continue monitoring BEAM and early warning signs and symptoms.

The information gleaned from your observations of symptoms is invaluable. Your pets healing team can use them to help her stay well, recover from dis-eases and improve her quality of life. Symptom changes like worsening BEAM, or pain/discomfort tell you to stop whatever you are doing and reevaluate your pets treatment. Especially whenever using a potentially toxic drug.

[Click here](#) for other useful information from the FDA. Just like with any other medical decision, the more you know, the easier it is to decide what to do. Whether you're just starting out preventing problems with a new pet, or managing the dis-ease once diagnosed.

Learn even more from The American [Heartworm Society](#)

Heartworm preventive [waiver](#) (on page 2) and FAQs designed for veterinary use.

FAQs and [testing methods](#) (page 2) and interpretation for veterinarians to give to new pups adopted from shelters.

## GLOSSARY

**B.E.A.M.:** BEAM symptoms are the most important and easily monitored external reflections of what is happening internally. They relate directly to quality of life.

**BEHAVIOR:** such as wanting to isolate or be with you.

**ENERGY:** such as whether your kitty is making her usual “rounds”.

**APPETITE:** such as eating faster, slower or becoming voracious or picky.

**MOOD:** such as growling, snapping or swatting when you try to pet her.

More details about BEAM can be found [here](#).

**Common symptoms:** Frequently seen but abnormal. Like slight eye discharges (“sleep”); itchy during allergy season; “snow nose” (nasal depigmentation in the winter), etc. Energetic imbalance is often the cause.

**Cure:** Permanent relief of dis-ease symptoms and the energetic imbalance that caused them. Freedom from restrictions (health) on mental, emotional, and physical levels. Curative treatment also increases natural resistance.

**Dis-ease:** Internal imbalance resulting in symptoms. Life is no longer “easy”. We describe symptoms so we can understand and correct this. The observable symptoms may be the only clue to an early dis-ease.

These are called functional dis-eases. If the early warning sign symptoms are missed or get suppressed, measurable changes may result. Abnormal blood tests, x-rays, etc. reflect this progression of the underlying imbalance. These *only help describe and monitor the internal nature* of the external symptom (that you have already observed and described). Diagnostic test results alone should not be used to determine what to do.

**Holistic** (also whole-istic): Fully considering all possibilities. Holistic medicine takes all factors that govern life into account. The opposite is reductionistic where only specific organs or systems are taken into account.



Being holistically-minded is not the same as natural. A purely traditional doctor that uses drugs and surgery can still approach health holistically.

**Homeopathy:** “Likes Cure Likes”. The ultimate Holistic Action! An effective, safe and gentle system of medicine developed in the 1800s by Samuel Hahnemann, MD.

Homeopathically-selected medicines work with the body to cure the underlying energetic imbalance. For example, running hot water over your burned finger may sting initially but then speeds healing.

**Normal symptoms:** When your pet is internally well-balanced, you will still occasionally see some symptoms. Like eye discharge only when exposed to some environmental irritant. Or one or two bouts of soft-formed stool after eating bad food, etc.

**4 Ps:** The 4 Ps will then help you evaluate which symptoms are more important and more characteristic of your individual pet’s state. A mild symptom that occurs one time is not as significant as ones that are:

**PROBLEMATIC:** Is the symptom(s) causing great distress or life-threatening?

**PROMINENT:** Is the symptom obvious or subtle?

**PERSISTENT:** How often does the symptom occur and how intensely?

**PECULIAR:** Is the symptom odd in some way?

The other two critical Ps that help insure successful treatment outcomes:

It Always Pays Off To Use *Patience and Perseverance* To Best Help Your Pets!!

**Palliation:** “Covering up” symptoms. A temporary and often rapid relief of one or more symptoms with no improvement in vitality. Like a bandage on a bleeding wound, the treatment needs to be continued in order to “work”. When a palliative treatment is stopped, the original symptoms may return and even worsen unless the underlying problem has also been eradicated, e.g. the bleeding wound is healing thanks to the body doing its’ “job”. hmd

**Provings:** In order to follow the principle “like cures like”, it is necessary to know the effect of the medicine being used. These are tested on healthy people in provings. Hahnemann developed this process in the 1800s.

These were the first double-blind placebo controlled drug trials which are still being used today.

**Repertorization:** The process of collecting *all* of the symptoms that you have described and matching them with the proven symptoms of thousands of homeopathic medicines. This narrows the choice to many fewer medicines. They allow you to work along with your pet’s body using the similarity principle.

**Suppression:** This is more serious than palliation. Permanent relief of one or more symptoms without the need for continuing the treatment. But there is no overall improvement. It decreases vitality and can lead to seemingly “unrelated” new symptoms.

**Symptom:** More commonly called signs in veterinary medicine. Signs are more measurable, like vital signs (temperature, pulse and respiration) blood test and x-ray results, etc. Symptoms are more subjective and more open to interpretation. However, when interpreted holistically, as in HMDM, signs and symptoms can be considered together.

**Vitality** (also chi, prana, life force): **The energy of life.** Balanced vitality is what enables all internal processes to function normally. *Modern medicine in the U.S. and Canada has abandoned the vitalistic understanding of dis-ease* in favor of the more measurable physiologic model. “[Flat Earth Medicine](#)” is what we are taught in medical school. Nothing about the Vital Force.

Without this critical concept modern medicine cannot explain why one person is alive but another is dead. So we hear things like “he died in his sleep of natural causes”, or “his heart gave out”. No explanation. But the reason is very simple. Without vitality, physiologic functions (such as those that make the heart beat) cannot function.

Our modern medical model is based on understanding the secondary chemical reactions and physiologic processes associated with living. Not the energetic force that fuels these processes.

## **Useful HMDM Abbreviations (most of these are discussed in the text):**

1. C.I.E: The foundation of HMDM that help you make the best holistic decisions.

C=context, I=interpretation, E=empowerment

2. B.E.A.M: These are the critical quality of life affecting symptoms that clue you in to the systemic effect and pain of most health challenges. B=behavior, E=energy, A=appetite, M=mood

3. A.S.C: The only 3 ways that can help with any symptom.

- A=avoid the dis-ease trigger
- S=support the healing mechanisms of the body
- C=cure the underlying energetic imbalance with homeopathy or other energetic treatments using symptom clues which help individualize your pets

4. E.A.R: Simple (but not always easy) ways to build and preserve vitality and promote healing:

- E= eat fresh food
- A= (mindfully) identify and avoid allergens
- R= recognize, record and respect symptoms



## GENERAL RESOURCE SECTION

### Create a Healing Team:

It is also very helpful to have a knowledgeable holistic homeopathic veterinarian to help guide you. Some will even consult with you or your veterinarian by phone.

Your team may consist of conventional or holistic veterinarians open to your commitment to total, whole body health; lay healing practitioners; groomers; trainers; and anyone who can partner with you to help your animals.

An integrative veterinarian may be trained in many different approaches, including use of conventional drugs when absolutely needed. However, expert practitioners of homeopathy and TCVM primarily concentrate on these powerful methods to stimulate your pets natural healing.

So evaluate the training, background and specific treatment methods of any veterinarian with whom you work. A few homeopathic veterinarians will consult by phone or email. Read [this article](#) on selecting and working with holistic veterinarians.

Especially with heart problems, it's important to work with an experienced integrative healer. They can increase your pets quality of life and even help them recover from this current problem.

You can go to the web sites for each type of holistic practice and use their referral lists to find one near to you. If you cannot find anyone nearby, some veterinary homeopaths will work by telephone or Skype:

#### HOMEOPATHY:

- [The Academy of Veterinary Homeopathy](#)
- [Pitcairn Institute for Veterinary Homeopathy](#)
- [The National Center for Homeopathy](#)
- [British Association of Veterinary Surgeons](#)
- [International Association for Veterinary Homeopathy](#)

#### GENERAL HOLISTIC:

- [American Holistic Veterinary Medical Association](#)
- [College of Integrative Veterinary Therapies](#)

#### ACUPUNCTURE

- [International Veterinary Acupuncture Society](#) - search function is on the home page.
- [American Association of Veterinary Acupuncture](#)
- [Traditional Chinese Veterinary Medicine](#)
- [Belgium Veterinary Acupuncture Society](#) (links to many other organizations)

#### CHIROPRACTIC AND OSTEOPATHIC -

- [Animal Chiropractic Association](#)
- [Osteopathy Association](#)
- [Options for Animals](#)
- Chiropractic is good for many health conditions, not just lameness.

#### HERBALISTS

- [Veterinary Botanical Medical Association](#)

#### ESSENTIAL OILS

##### [Veterinary Medical Aromatherapy Association](#)

- POSTURAL REHABILITATION INTERVENTION - good for many problems, not merely musculo-skeletal

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Also, if you have read this far in this toolkit, we'd like to give you a 15% discount off all homevet.com [web store](#) items. Use the coupon code = holisticactions! when you checkout on the web store page.