

# Healthy Animal's Journal

How Your Dog Can  
Live a Long and Healthy Life

Place a picture of  
your animal here

**Christina Chambreau, DVM**

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## What You Can Do to Have Your Dog Live a Long and Healthy Life

**Christina Chambreau, DVM**



TRO Productions  
Sparks, Maryland

Healthy Animal's Journal: What You Can Do to Have Your Dog Live A Long and Healthy Life

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This book is intended to help you learn what is best for your individual dog and does not replace professional evaluations. While you may discover a treatment to try, more importantly you will learn when to switch to a different health provider or to try a different lifestyle (diet, exercise, attention). Please work with a veterinarian, preferably one who is open to you exploring different options and loves communicating clearly with you.

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This book is dedicated to  
Beasley, a very special  
cat who led me to new  
paths of healing.

A loving thank you to my husband and daughter,  
Mort and Tracie Orman, who support me in lecturing  
around the world, where I continue to learn loving and  
healing approaches from my teachers, colleagues  
and incredibly caring animal guardians.

A deep thank you to all the animals in my life  
and practice—it is your journey of healing that inspires  
every one of us to have hope for health, caring and generosity.

I would especially like to thank each person who has asked  
for this book, who has pushed me to bring it out as an eBook  
or who has shared with me their wonderful ideas,  
comments and love for their dogs.



**YOUR ANIMAL COMPANION CAN BE  
SUPER HEALTHY AND LIVE A LONGER, HAPPIER LIFE**

**YOU ARE THE ONE WHO KNOWS  
WHAT IS BEST FOR YOUR DOG**

#### **HEALTH QUESTIONNAIRE**

Is your companion dog acting old, getting stiff, or having trouble jumping?

Has there been treatment by a veterinarian for any problem more than one time per year?

Are there problem behaviors?

Does your dog smell “doggy” and need bathing every few months or more?

Does your dog have mouth odor or tartar on the teeth?

Have you noticed that anyone in the family is becoming allergic to your dog?

As the years pass, is your companion showing less interest and happiness in life?

Would you like a keepsake of your dog’s accomplishments and uniqueness?

If you answer yes to any of the previous questions, keeping a journal would strongly benefit your animal companion.

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BOOKMARK

## HOW THIS BOOK WILL HELP YOUR DOG BE HEALTHIER

If you know your companion animal is currently ill or on any medication, conventional or holistic, and you want to know if the treatment is truly healing or just causing temporary improvement, this journal will allow you to:



- a. **Track all symptoms:** ill ones as well as happy traits. You can evaluate the progress of the whole dog as well as specific symptoms and illnesses.
- b. **Evaluate your dog's response** to any treatment or lifestyle change. You will begin new treatments, find different practitioners or change diets and lifestyles as needed. A dog can become more ill even as his more superficial symptoms get better (shot stops the itching, but dog develops Cushing's disease). He can have a temporary worsening of superficial symptoms in the process of healing (itching is worse for a few weeks, but the separation anxiety ceases).
- c. **Recognize the clues** that indicate true health. You set the bar for your companion's health goals to a higher level. You will continue treatment until even the early warning signs of ill health have resolved.
- d. Have a sweet record of all the special occasions, events, mannerisms, antics, awards, accolades, sweet interactions—a book full of love. This will make both you and your dog happier as you focus on the positives while tracking symptoms.

If you think your dog is currently healthy, keeping a journal will help you:

- a. Tailor diet, treatment and habits to her specific needs, so she can live a longer life.
- b. Be more careful about choices you make for toys, treats, foods, exercise and lifestyles.

- c. Start treatment sooner because you understand the energetic basis for health and are carefully observing the whole and all his responses, so he can be much healthier.

## WILL THIS TAKE A LOT OF MY TIME?

This journal has been designed to make record keeping easy and practical since I would rather you have time to play with your dogs, help the environment, rescue dogs or otherwise make a difference in the world.

I know you would do anything to benefit your companion animal's health. Once you are in the habit of using the journal it will take no more than a few minutes a day.

## HOW OFTEN DO I MAKE ENTRIES?



Like most good habits, daily activity is best. Aim to write in your Healthy Dog's Journal every day. Since this is a memory book, you will have memories that are more wonderful if you make entries every day. This way you will not miss an early warning sign of ill health.

## OVERVIEW OF THIS HEALTH GUIDE AND JOURNAL

### Optimum Health

In this first section, you will learn how healthy your dog can be. Your goal is to know how to evaluate your dog's health by recording the subtle signs of ill health as well as obvious illnesses. Learn how healthy and how long he can live. Learn how dogs respond to all types of treatment and discover if your dog is becoming more or less healthy with every new approach. Your goal is to have her become healthier as the years pass.

## Using the Journal

Next, you will learn how to use this journal, why it is important to keep track of fun and healthy activities as well as ill symptoms. Once you learn about keeping this journal, you have a choice. You can skip directly to the blank pages and begin recording symptoms and memories. On the other hand, you may first want to read about different treatment approaches that can further improve health.

## Different Approaches to Health

What if you discover that your dog is less than healthy? What if you are already seeking a different treatment approach? The third section is full of information about the many different healing options that are available. Because you are keeping the journal and tracking the symptoms, you can try a new diet, try massage or other new treatment and be able to tell how much it helps your dog. Areas covered are nutrition, vaccination and different ways of treating problems and preventing illness (acupuncture, herbs, flower essences, homeopathy and more). You will learn ways to find veterinarians and other healers for your dog's health team, how best to work with them and ways you can directly heal your dog.



## Your Dog's Journal Pages

Finally, the journal pages await your pen. The tips, quotes, and cartoons will entertain you as you fill the pages with cherished memories and clues about health status of your companion dog.

Welcome to the journey of having each of your dogs attain their highest level of health. You are joining an elite group of people who know how to maximize the health of their cherished companions.

## SECTION ONE: OPTIMUM HEALTH



### HOW HEALTHY CAN YOUR DOG BE?

Caring people like you who have attended my “Improve Your Animal’s Health” classes always comment that they know when their dogs are super healthy. Most people agree that health is a glowing hair coat, bright eyes and high energy. Health is an absence of illness. Healthy dogs live longer than most people have come to expect.

During the past 40 years of working with dogs as a veterinarian and veterinary technician, I learned some early indicators of ill health. Since shifting to the use of the holistic paradigm, I have learned many more. My colleagues and I realize that most dogs can become healthier. When a person is tracking every measurement of health (current and prior problems and overall status) in the veterinary records and/or in an owner-kept journal, changes are noted in minor as well as major problems. Our dogs have many symptoms that are considered normal which represent an underlying energy imbalance and warn of impending illness. As we cure dogs of “disease,” we find that these “normal” things go away, too. What a joy for you to be able to document what helps cure your dogs and keep them healthy. Even if a cure is not possible, this journal will help you know what makes your dog most comfortable and happiest.

Your commitment to your pet’s health is strong, so don’t be satisfied with your dog’s health until there are no more of the symptoms listed in the early warning signs section. Start treating young dogs as soon as you see some of these clues. Keeping a lifetime journal will give you a tool to maximize the health of your dogs as you will see trends of decreasing or improving health and can take steps to correct the problem. You can evaluate how your dog is responding in all ways to the treatment by your veterinary and healing team, as well as to diet and environmental changes. By recording the wonderful and touching activities of your beloved

companion, you will also have a joyous lifetime memory book. By focusing on the positive, you and your companion will be happier and healthier.

Now, read the following early warning signs and notice any that are currently present in your dog. If you are online with this, underline or make bold any that apply to your dog. If you have printed this, just circle each one as you will put them onto the master symptom list later.

## **EARLY WARNING SIGNS OF ILLNESS IN DOGS**

**BEHAVIOR:** Fear of loud noises, thunder, wind; barking too much and too long; suspicious nature; timidity; licking things and/or people; irritability; indolence; eating dog stool or cat stool (it seems to be normal for dogs to eat horse, cow and rabbit manure); feet sensitive to handling - hard to trim nails; aggressiveness at play; destructiveness; biting when petted too long; hysteria when restrained; irritability; clumsy; slow to learn; too clingy or not affectionate.

**DIGESTIVE SYSTEM:** bad breath; poor appetite; excessive appetite; finicky appetite; sensitivity to milk, meat, or any specific food; craving weird things, especially non-food items like paper and plastic; loss of teeth; pale gums; red gums; a red line where the teeth go into the gum, above one or more teeth; tartar accumulation; vomiting often;. mucus on stools, even occasional; tendency to diarrhea with least change of diet; constipation or hard, dry stools; obesity or thinness;

**SKIN:** eye discharge, tearing, or matter in corner of eyes; chronic ear problems—waxy discharge, itchiness, frequent recurrence of mites; doggy smell or odd odor in any species; attracts fleas a lot; dry coat, oily, dull, dry or lackluster coat; excessive shedding; loss of pigmentation; a lot; fragile claws, thick claws; warts, fatty tumors.

**GENERAL:** Stiffness when getting up, early hip dysplasia, loss of bounce in their step; inability to jump up to their favorite places, avoiding steps, less playful, shortening walks (do not say “Oh, it is just aging.”)

**TEMPERATURE:** Sensitive to heat or cold; low-grade fevers - healthy normal body temperature is 100-101.5.

A HEALTHY DOG will be well behaved, happy and content, smell nice, eat a wide variety of foods, love different types of exercise, be agile and happy.

## HOW LONG CAN DOGS LIVE?

Over the years that I have been in practice, I have seen a sharp decline in the life spans of many dogs. When people begin tracking symptoms and experimenting with different approaches to nutrition and treatment many dogs live a longer life.

In a lecture to 50 Rottweiler breeders, most said their dogs were dying at 6-8 years of age, many of cancer. Three said they customized their approaches by observing what was best for each dog and their dogs lived to 14 and did not get cancer. These three had changed their nutritional approach and were following the updated immunology recommendations for fewer vaccines.

In a recent study, over two hundred German Shepherds in several kennels are having litters and performing in shows at 10 years of age, and living to 16. Most Shepherd owners are thrilled when their dogs live past 10 years of age.

One client remembers her childhood Golden Retriever living to 21 (she was 8 when he died) and Dr. Marty Goldstein's own holistically treated Golden lived to 19.

Great Danes can live to 10-14 years old (current average is 3-6), Scottish Deerhounds 14-16 (10-12 is normal, now), Irish Wolfhounds 10-13 (5-6 is quoted in the literature), Border Collies 20-24.

While this book is about keeping your dogs healthier, all the principles of tracking symptoms in a journal apply to horses, goats, cows, rabbits, hamsters, birds—every species, even people. Dr. Joyce Harman is editing an equine version of this journal that will be available in late fall 2010. If you are interested in receiving an announcement, please [email](#) me.

## STEPS TO SUPER HEALTH

The path to health can be a roundabout journey; just as it can be for humans, or health may be achieved with one simple intervention. Every dog has different needs. There are some ABCs of good health. Just as there are some guidelines to keep people healthy, the following are health guides for your animals.

## **Educate yourself**

We live in the information era with access to advice from many different sources—your current veterinarian, specialist veterinarians, and holistic veterinarians using acupuncture, homeopathy and other non-conventional approaches. Web sites and Internet news groups abound for veterinary colleges, breed organizations, specific medical problems, and different approaches to nutrition, supplements, vaccines, parasite prevention, and behavior. You will find many opposing views, so this journal frees you up to try an approach on your own or with a practitioner and be able to know if it is good for your special dog.

Whatever issue concerns you about your dog, put that issue in a search engine. Then try that issue and "holistic". If one of the suggestions makes sense to you and/or your health team, try it. Email [Dr. Chambreau](mailto:Dr.Chambreau). Check out the reports at her [site](#).

There is no “correct” way to become healthy—for people or dogs. While many professionals, other guardians or “experts” will say that you “must” do this or that, you live with your dog and can best observe what treatment approach is the most healing by taking the time to use this journal.

## **Health evaluation**

Using the tools in this journal and your veterinarian’s expertise, evaluate your companion dog’s health. Are you perfectly satisfied? Is your dog energetic, glowing, bright and alert? Do you think there is the possibility of any improvement?

## **Select the best veterinarian and health care team**

Find one or more who will explore new options with you and are willing to work with the different approaches that you are trying. Many people have a local conventional veterinarian, a specialty veterinary practice, one or more holistic veterinarians and several people giving supportive care (grooming, massage, pet sitter, T-Touch, aroma therapist, etc.) Be willing to change or add additional help when needed by your dog. If you want to find a new veterinarian now, [click here](#).

## **Provide the best nutrition**

<http://www.christinachambreau.com>

Some dogs stop sneezing when switched from one brand of food to another. Some dogs become well when started on fresh food while others are not affected by any diet changes. Sometimes improvement does not begin until supplements or different foods are started. As there are some general guidelines that make sense (eat fresh food of a wide variety in medium amount). Think, for instance, what the best food and source of ingredients would be for children you love. By tracking the current symptoms and energy levels you will know what nutritional approaches are best.

### **Choose your vaccine protocol**

Your decision will be based on any problems your dog has had when vaccinated and the dog's current health status as well as local risks of a specific disease. It may depend on what you learn from the large amount of information available from the veterinary colleges, veterinary associations, immunologists, researchers and multiple sources on the web or in the many books (veterinary and lay) written since 1990. Your dog's state of health and risk of illness are factors in the vaccination decisions you make.

### **Focus on the whole dog**

Treat the entire dog, not just current symptoms. Have a perspective on health that attempts to treat the underlying energy level rather than merely the current symptoms. Set a goal of glowing wonderful health and do not settle for a lower level of health. Do not settle for "just getting old", or "all dogs have that problem." Since every dog is different, each may need different types of treatment. There are thousands of dogs who benefit from conventional treatment. There are thousands who benefit from acupuncture, or homeopathy, or chiropractic, or flower essences or other modalities.

### **Discover what makes your dog thrive**

Provide the best environment and life style for your individual dog. Some dogs need a lot of attention and exercise, some become ill from too much. Your journal will help you observe what is best.

## **Learn healing techniques**

You can learn techniques to help your dog feel better. They range from learning how to best groom and train your dog to healing techniques such as flower essences, Reiki, T-Touch, Massage, Healing Touch for Dogs and many more that we will discuss later in this book.

## **Evaluate response to treatment**

This is critically important. Sometimes a current problem disappears yet your dog feels less happy or energetic. Or, it persists yet the dog is better overall. For example, itching may continue and yet your dog becomes so energetic and happy that you know you must be doing something right. Keeping this journal is your primary tool to evaluate which therapy is the best for your dog at this time.

## **WHAT ARE THE DIFFERENT WAYS YOUR DOG RESPONDS TO TREATMENT?**

There are many possible treatments for any problem; however there are only a few responses to any treatment. Usually we pay attention to the current problem which either improves, worsens, does not change or goes away completely. To maximize health, it is important to look at the whole dog, including previous problems and energy level, along with the current problems. You can now see why keeping a journal is so important.

## **Cure**

The desired cure is when all symptoms disappear, never to return, and the dog is glowing with health. Healthy dogs can, and should, get sick occasionally with acute illnesses that resolve quickly with minimal treatment. The most important clues that you are progressing towards a cure are that your dog is happier and more expressive, and you sense that there is more resilience, more health and centered activity. Some symptoms may continue and resolve slowly. There will often be a brief return of old symptoms



or a short worsening of the current symptoms. There could be discharges or even a brief time of skin problems, diarrhea or vomiting while the dog still feels pretty good. A cure occurs when the treatment we have selected stimulates the body to heal itself. The dog first heals on an energetic level. The body, especially on a cellular level, resolves both current ailments and the

tendency to become ill. Improvement will be quick if the dog has been sick a short time, and should take longer if the illness is longstanding.

If your dog has been itching for 5 years, it may take 5 - 10 months to completely resolve the itching. If the itching goes away more quickly, palliation or suppression have probably occurred and that is not good in the long run. When there is severe diarrhea for one day, you could expect it to disappear in a few hours. If you find you must re-treat frequently to keep the symptoms in check, or your dog feels worse overall even though the main problem is still gone, you need to talk with your practitioner or consult with someone new.

With a cure, the symptoms slowly go away, and the dog feels better in every way. For example:

After years of taking aspirin for his painful joints, Beau received acupuncture treatments for about 6 months. As long as he returns for a follow up treatment when stiffness begins (no more than 3 times a year), he can leap up the steps, has a great appetite, glowing hair coat and is much more clever and engaging than before.



Raven, a big shepherd mix, had many problems during her life – skin, urinary tract, digestive, tumors, reverse sneezing and at 10 was acting slow and old. She had been treated with drugs for each of the above problems which would improve temporarily, then would recur or another system would become ill. Over a year of 4 different homeopathic remedies she was much improved, and her remaining symptoms were merely on the skin (some itching and flaking that would appear occasionally and some mud eating. After a fifth remedy, even these resolved and she was full of energy with a bright and shiny coat at 13 ½ years old. That is a cure.

### **Palliation**

Palliative treatment results in a quick resolution of symptoms, but they keep coming back, need to be retreated frequently and there is no overall improvement in energy level, attitude or resolution of minor problems.

The poodle Jacques got diarrhea after eating garbage and was given antibiotics and antispasmodics. He felt better by the next day. However, it seemed as if his stomach was sensitive for he would vomit or have diarrhea if he ate anything the least different or experienced stress. Each time the symptoms would quickly resolve, but as the years went on he became quieter and his hair coat was poor. This is an example of palliative treatment.

Hershey, a chocolate lab, became slightly stiff and lame when he was 3 years old. The owner started supplementing with a glucosamine supplement and the limping ceased. If they stopped the supplement, he became lame again. When he was 6 years old his limp had slowly returned. They doubled the glucosamine and the limp went away. When he was 8 years old he developed an incurable degeneration of the spinal cord, common in older dogs. This is an example of palliation. Something (the glucosamine) alleviates the symptom, but does not heal the underlying imbalance causing the problem. Had these owners been keeping a journal, stopping the supplements to see if stiffness recurred, monitoring other symptoms and treating the underlying energy problem, he might not have developed degenerative myelopathy.

### **Suppression**

Suppressive treatment causes the current symptoms to quickly go away but more severe symptoms appear, and the dog feels no better or may even have less energy. For example:

Fluffy received a steroid injection for the ulcers in her mouth that appeared after vaccinations. Within days the ulcers disappeared, yet she became lame on the left front foot, drooled copiously, drank a lot and slept most of the time. These symptoms persisted for months.

Nellie had been scratching and losing hair for three years. She was given the homeopathic remedy the veterinarian felt most closely matched all of her symptoms. Two weeks later her owner was thrilled to report that the itching stopped within 1 hour. When asked how she was doing overall the owner reported great appetite and the same energy level. When pressed for more details she remembered that the dog had been biting the children for the last week. Superficial symptoms disappeared more quickly than would be expected and her mental state deteriorated (a more life-threatening symptom). This is suppression. Wrong remedy! A better selection quickly changed her behavior and slowly improved the skin.

If you think your practitioner is not curing your dog, express your concerns. Request a referral or simply choose another veterinarian.

## SECTION TWO: USING THIS JOURNAL



### THE FIVE KEY PARTS OF YOUR DOG'S JOURNAL

1. Biography page
2. Timeline of health
3. Bookmark
  - a. Master symptom list
  - b. Physical exam outline with early warning signs of disease
4. Blank journal pages for you to fill
5. Treatment summary pages for you to fill

### SIX EASY STEPS TO START THE JOURNAL

Because this is an eBook assembly is required. I suggest using a binder. Print the cover page of the journal and glue your dog's picture or pictures onto the frame. Feel free to add images of your dog in other places within the journal itself. Since this is an eBook, you can be creative and have the pictures be any size you wish and decorate the cover to your taste. Print the [bookmark](#) and then fold it so one side has the master symptom list and the other side has the early warning signs. (More instructions come later as to how to fill out the with your dog's symptoms.) Attach it to the journal in a creative way as you do not want to lose this master symptom list. This is your dog's book and you want it to be very special.

1. **Fill out the biography page.** Begin thinking about where you got the dog and when. Any history you can glean. What kind of situation did she come from? How did he react when first with you? Where did he sleep? What temperature did she prefer? Write any memories of the first few days in your home on the biography page. Include any drawings or pictures from that time. (Now is a great time to record in your other dogs' journals how they reacted to this new family member.) If you are giving this journal as a gift the biography page is the perfect place to write your positive impressions of their cherished companion.



Let's see what Tippy's family writes in his biography.

2. **Construct a Timeline of Health** from your earliest memories of this dog until the present. Check your old records and the memory of everyone in your home to compile a complete list of all previous symptoms and illnesses. Record every problem and its treatment after the date it occurred. Record the date of all vaccines. If you have enough time it can be useful to use the first blank pages of the journal section to describe details about any reactions to each vaccination episode. Also use numbers to record how energetic and lively your pet was at that time (0-10, or A to F). Using pretty, bright and

| Tippy's Timeline of Health<br>and Major Events                                  |   |
|---|---|
| 1-4/96 DHLPP, B, Ly(x4), R  | 4/98 Energy (4) Fat   |
| 1-5/96 diarrhea   | 6/98 DHLPP. Diagnosed as hypo-<br>thyroid and put on Soloxine.<br>(4) energy. |
| 4/96 Acupuncture  | 4/2000 Rabies – 3 year  |
| 6/96 no diarrhea and <b>won<br/>ribbon in obedience class</b>                   | 5/2000 Diarrhea   |
| 1/97 <b>moved to Virginia</b>   |   |
| 4/97 DHLPP  |   |
| 5/97 R  |   |
| 6/97 fear storms worse  |   |
| 9/97 tapeworms  |   |
| 11/97 <b>got spiffy, a new cat.</b>   |   |
| Fear of storms gone with Rescue<br>Remedy. <b>Finished agility<br/>training</b> |   |
| 1/98 I sprained my ankle and<br>he lost hair                                    |   |
| 2/98 Seemed low energy (5)<br>and wanted shorter walks                          |   |
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bold colors, record every positive thing that happened—moves, winning obedience awards, climbing a tree for the first time, etc. Tippy’s time line included vaccines, diarrhea, ribbon in obedience class, ticks, move to VA, fleas, fear of storms, tapeworms, new puppy, finished agility course, owner sprained ankle, few walks, tired, hair loss, hypothyroid. Add more symptoms to the Timeline after doing the [physical exam](#).

As the years pass, continue to add to the timeline anytime a new symptom, major life event or treatment occurs. Remember to use a different color for the positive live events.

What does Tippy's family say about starting the Timeline of Health and Major Events?

*We started Tippy's journal when he was 4 years old. We had kept notes before and thought this journal would be easier to use, and help improve his health and provide nice memories for future reference. It was fun to remember the past 4 years, especially the positive times in his life and ours. We remembered the acupuncture helping not just the diarrhea but ability to do well in the obedience class in June of 96. We remembered that when I sprained my ankle in January, he lost hair and started to decline. Even though he is better on the Soloxine, writing this makes me think that it was emotions that began his decline and we could try a different approach to treat the cause of his problem rather than just the disease. We used numbers to record his energy level. We look forward to adding more fun things.*

3. **Do a Physical Exam.** Read through the Physical Exam and Early Warning Signs of Ill Health that follows —those clues that indicate your dog needs some changes in lifestyle or would benefit from some treatments to be fully healthy. It is also on one side of the bookmark in an abbreviated version so you can frequently check the list. Now do a physical exam to determine if there are any early indicators of ill health present now or that you can remember from the past to add to the Timeline. Next time you are with your veterinarian, ask her to show you what she looks for when doing a physical examination and make notes about this on the.

Tippy's family did the physical and found:

*As we examined Tippy we saw a red line on the gum over the left tooth and brown wax in the ears. We remembered that when he lost hair in January of 1998 he also had smelly ears with a discharge. We added these to the Timeline.*



### **How To Do The Physical Exam And Note Early Warning Signs Of Ill Health**

As you record any current problems, remember any that were previously present and record those on the Timeline in the correct place.

**Eyes:** Step back and look in general at the eyes. Is one smaller than the other? Are they bright or dull? Then move closer and notice any discharge. If so what color? Any smells? Lids—Any bumps or warts, hair loss? Now be sure you are in very good light or using a flashlight and look at the surface (cornea) of the eye. Are there any spots, or discolorations or haziness? Then look for a change in color in the colored part of the eye (iris). Are the white parts red and irritated? Does the center of the eye (pupil) seem dark black, or white? Is the pupil wide open or tiny? If you shine a light in the eye or point the head toward the light does the pupil get smaller?

**Nose:** What is the color of the hairless area and has there been any change (especially a loss of color)? Any discharges? Sneezing? Itchiness (Rub the nose and see if your animal really wants a lot more rubbing). Scabs? Flaking? Noisy breathing and if so, is on the in or out breath?

**Face:** Have any whiskers or eyebrows fallen out? Is there hair loss anywhere? Excessive salivation? Any crusting around the mouth, especially in the corner? Any “rodent ulcers” or spots on the lips? Any discoloration like freckles on the lips, or skin or nose?

**Mouth:** Gently lift the lip on one side. Praise your animal a lot and keep telling him what you will be doing next. Describe the color of the gums. Look for a red line where the teeth go into the gums. Check all the upper teeth/gum margins for . It may be over one tooth or many. Any teeth loss, tartar, broken off tips? Look at the tongue. Some animals will not let you look. Wait till they yawn, then add this part of the physical. Describe the odor of the mouth.

**Ears:** Look at them, lift the flap, smell the opening. Record color of the ear tissue, odor, describe any discharge, note hair loss or bumps on the flap.

Neck: Feel both sides and under the jaw to feel for lymph nodes (firm swellings that should be there, but not too big). Any other lumps or skin problems. Compare the size to something familiar like grapes, erasers, the tip of your thumb, etc.

Front legs: Starting with the shoulders, feel both sides at the same time to notice any differences. What size are lymph nodes in the armpit? How are the elbows? The feet? The toes? How is she about having you examine the toes - fine, slightly sensitive, violently opposed?

Nails: Cracked, thickened, shredding, sensitive to touch, need trimming, hard to trim?

Chest: Try to listen to or feel the heart beat, if you can. Notice the frequency of the breaths.

Abdomen (Belly): Push and prod a little. Do you feel any odd lumps inside? They may be normal, but jot them down till next exam. Nipples look ok? Any discharge from the penis? Can you feel the bladder? Do you see any fleas? What is the skin and hair like?

Rear legs: Again, feel both at the same time, starting with the hips. Watch your animal walk and note anything that seems different or abnormal to you. There are lymph nodes behind the knees. Pain, heat, swelling are all to be noticed. Examine the rear feet as you did the front ones.

Skin: Any lumps or bumps? Measure them and record where they are located.

Hair: Greasy, dry, brittle, odor. Brush your hand over the coat firmly. Does a lot of hair shed out?

Temperature: Occasionally take a rectal temperature. A healthy dog will have a body temperature of 100-101.5. Do they normally prefer to be warm or cold?

- 4. Master Symptom List Bookmark.** First fold the page with the Master Symptom List/Physical Exam Guide in thirds so the blank third is in the middle, and the two printed sides are the front and back of your bookmark. You may want to glue the sheets to a piece of poster board or cardboard to make it last longer or tape the edges of this bookmark. You may want to punch a hole in the top, thread a pretty ribbon through with a loop to attach to your journal notebook. Having easy access to all previous symptoms will make it easy to keep the daily record. This heavy sheet is numbered and the first four lines are pre-filled in with the most important qualities you need to evaluate each entry: overall energy level/alertness, emotional state/social interaction, appetite and thirst. From studying the section on how dogs respond to different treatments, you appreciate that these may be the most important deciders of a curative reaction. Refer to the Timeline and put the earliest remembered illness or symptom at number 5. Look through the Timeline and add the dates of any further episodes of the same problem (Do not repeat a symptom; just add the dates of all recurrences.) Be sure you have the current early warning signs recorded from your physical exam. You are not recording the positive things on the Master Symptom List.

Tippy's family fills in details of the past problems they listed on the Master Symptom List.

| <u>Tippy</u> 's Master Symptom List |  |
|-------------------------------------|--|
| 1.                                  | <u>Overall energy/alertness</u>            |
| 2.                                  | <u>Emotional state/social interactions</u> |
| 3.                                  | <u>Appetite</u>                            |
| 4.                                  | <u>Thirst</u>                              |
| 5.                                  | <u>Diarr - 8 wks - 6/96, 6/2000</u>        |
| 6.                                  | <u>Nausea after drugs 6/96</u>             |
| 7.                                  | <u>Worms 9/97</u>                          |
| 8.                                  | <u>Hairloss 1/98</u>                       |
| 9.                                  | <u>Obesity 4/98</u>                        |
| 10.                                 | <u>Hypothyroidism 6/98</u>                 |
| 11.                                 | _____                                      |
| 12.                                 | _____                                      |
| 13.                                 | _____                                      |
| 14.                                 | _____                                      |
| 15.                                 | _____                                      |
| 16.                                 | _____                                      |
| 17.                                 | _____                                      |
| 18.                                 | _____                                      |
| 19.                                 | _____                                      |

*Filling out the Master Symptom List was easy after figuring out what needed to go on the Timeline. We recorded diarrhea for symptom 5, because he had diarrhea for the first 5 months of life, then had it at 4 years of age. Note the two dates beside "diarrhea."*

*We recorded "worms" for number 6 because he had tapeworms one time. We added the hair loss (#7) at the time we noticed the smelly ear discharge we remembered from the physical as #8, the obesity when we stopped denying it (#9) and finally the veterinary diagnosis of Hypothyroidism.*

*We added the red gum line and ear wax that we noted on the physical exam with today's date.*

Begin to fill out the blank journal pages with the past problems, illnesses and successes, using a pretty colored pens for positive events. Begin with the first symptom on the Master Symptom List. Write that date and symptom on the first page of the journal. Record every detail you remember about that illness or fun event. Include anything the veterinarian told you, any treatment you remember and how your dog responded to the treatment. Be specific about how things looked, not just the diagnosis. ("Gingivitis," says the veterinarian. "Why do you say that?" you ask. She shows you the red line above four of the teeth, the pus coming out behind one tooth...etc.) It is important to grade and quantify each symptom so you will be able to measure improvement after different treatments or lifestyle changes. Measure any amounts eaten or drunk that seem unusual, or the size of any masses or raw spots or wounds.

3/96 1. 7(1-10, 10 high).  
2. He was friendly and interactive, a real sweetie. He was slightly afraid of loud noises - door slamming, book dropping and when we argued. He seemed to have trouble learning in his obedience classes. 3.? 4.?  
5. The rescue groups and the veterinary records said Tippy had diarrhea of f and on since 8 weeks of age. It began three days after the 2nd set of vaccines. It was very smelly, watery and sometimes Tippy would go in the house. Drugs given included Amoxicillin, Flagyl, Centriline and Immodium He hated taking these and seemed nauseous after.  
4/5/96 1. 7 (1-10). 2. same. 3.? 4.?  
5. Began acupuncture and Chinese herbs. Still had Diarrhea, very smelly (dead fish) with food pieces and mucus, even on the drugs and sometimes Tippy would go in the house, so stopped all of then drugs

Tippy's first journal entry was dated March 1996, for the diarrhea that was present at 4 months of age when he came home. We remembered that his energy level and alertness was 7 on a scale of 0-10 with 10 being super energetic. He was very friendly and interactive, though afraid of loud noises. We did not remember anything for his appetite or thirst, so put "?" for 3 and 4 For number 5 (the diarrhea) we recorded that it was very smelly and watery and that sometimes Tippy went in the house. We were treating with drugs from the veterinarian which stopped the diarrhea for a few days at a time. He hated taking the pills and seemed nauseous for an hour after taking the drug. We added that to the Master Symptom List. The next entry

was April, 1996 when we started acupuncture the energy level was still a 7 and the diarrhea had pieces of food in with the mucous. It smelled like a dead fish now and even Tippy did not seem to like the smell.

Ask yourself and others in the family if they remember what could have caused the diarrhea. This is especially important for current problems. Were emotional things happening in the family, had the dog just been to the groomer, or vaccinated, did you just get another dog, was a new food started, etc.?

Continue the above process for every symptom on your Master Symptom List.

Tippy's completed pages are displayed here.

|  |   |
|--|---|
| <p>1.6/10/96 1. 9(1-10), 2. Same - wonderful dog. He won a ribbon in his obedience class - we were so proud of him. His fear of thunder storms was easy to control by giving him Rescue Remedy 3 normal 4 normal</p> <p>6. Stools normal since acupuncture.</p> <p>4/10/97 - 1. 9 2. is energetic and sweet.</p> <p>3 &amp; 4 normal DHLPP vaccine and the vet said he was fine. Started heartworm preventative.</p> <p>5/15/97 Rabies at a clinic</p> <p>6/2/97 1. 8 2. Just as sweet as ever. In the last 2 weeks his fear of storms and loud noises has become more severe than ever before. Even the Rescue Remedy Only helps a little bit. As I write this on getting this journal in 2000, I am realizing the fear began shortly after his rabies vaccine. 3. &amp; 4. fine.</p> <p>9/12/97 1. 7 2. Sweet and loving</p> <p>11/12/97 1. 7 Now we remember him even accepting easily the new cat my daughter wanted. He finished his agility training and we are so proud of him!</p> | <p>3. Begging for food more (25% more) 4. Normal.</p> <p>2/98 1. 5 (1-10) His energy really was slipping, but we thought it was the winter or my sprained ankle.</p> <p>2. sweet and loving 3. increased appetite - seems hungry a lot</p> <p>4. normal 7. He lost a lot of hair. It came out in handfuls when we brushed him. Even though the winter was warm I wondered if he had a problem.</p> <p>4/21/98 1. 4 I was starting to worry about his energy - is this normal for an adult? Since he seemed ok except for increased shedding I did not pursue it.</p> <p>2. Seemed sweeter than ever</p> <p>3. Still was eating 25% more than a year ago.</p> <p>8. He continued to shed a lot &amp; his undercoat is thin. The hair seemed dry and brittle. We bathed him every 3 to 4 weeks to keep the doggy odor away.</p> <p>9. He looked very chubby so I eliminated his treats.</p> |
|--|---|

5. **Record all treatments** ever given (that you can remember) on your dog's Treatment Summary Page at the end of the journal. Start with the last page and work forwards. That way you will not run out of pages. Begin again with the first symptom on the

Tippy 's Treatment Summary Page

March 1996 - antibiotics &  
antispasmodics,

April 5, 1996 - Acupuncture  
with Dr. Xu

June 1996 - Rescue Remedy

Sept 1997 - Centrex for  
tapes - twice

June 5, 1998 - Soloxine 2 mg  
daily

4/20 -26 - Reiki and Vaccine  
essence from LittleBigCat.com

5/2000 - Vetriscience's  
Acetylator

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Master Symptom List Bookmark. Record the date and the treatment(s) given for that condition. This is merely a list of treatments, as the journal pages have the details of administration and reactions to the treatments.

6. **Begin to make your daily journal entries.** Because the journal is for wonderful memories as well as symptoms, taking a few minutes each day will assure you do not

forget that sweet kiss Tippy gave your son. The following will first give you some tips on keeping the journal, then more specific instructions and sample pages. However, you have been keeping the journal is perfect. Everyone does it differently. Remember that the purpose of this journal is to help you focus on the wonderful, happy times and improve health by noting your dog's response to treatments and life style changes. If you are having any troubles keeping this journal contact Dr. Chambreau at [Christina@ChristinaChambreau.com](mailto:Christina@ChristinaChambreau.com).

4/25/2000  
I was home for the afternoon and Tippy curled up beside me after we came home from the veterinarian and slept with his front paw on my leg.  
1. 7 (1-10) His eyes seem brighter. 2. By himself only 10% of the time. No fear of his reflection in the TV. 3. Likes salt. 4. Normal thirst 5. BM - no change 7. Normal amount of fur when I petted him and his coat seems to glow. 10. Red line with medium width.  
4/26 This morning Tippy was so agile chasing his Frisbee.  
1. 7 (1-10) 2. Seems happy. 3. would not eat his chicken till I put some salt on it. 4. Normal thirst. 5. BM firm with soft end. 7. Little more shedding (could see fur fly when I petted). 10. Red line very narrow. 11. ears were

itchy this evening.  
4/27/2000 Tippy is so smart. John came home earlier than usual and Tippy knew before the car came into the driveway to wait in the window. 1. 7 (1-10) His eyes seem brighter. 2. He does not seem to be by himself more than a normal dog. He gets up and follows me sometimes when I go from room to room. 3. App fine. 4. Normal thirst. 5. BM - very dark today. 10. Red line thin.  
4/28/2000 With all the problems today. Tippy was very sweet to the cat who chased Tippy's tail.  
1. 7 (1-10) His eyes are still bright. 2. Super fear of his reflection in the TV and also in the mirror. 3. He seems desperate for salt today, even

## **LET'S BEGIN!!**

Sit down for your daily session of tracking symptoms.

Open the journal to the bookmarked place.

Record today's date.

First think of any exciting, sweet, nice, clever or profound actions your dog did since you last made an entry (hopefully it was only yesterday!) Record these in bright, happy colors.

Next, report on the first four preprinted symptoms that are of key importance to your dog's overall health. Be as detailed as possible and use quantitative measures whenever possible.

Then think of any problems that are bothering you now with your dog. See if they are already listed on the Master Symptom List. The Master Symptom List will have some symptoms that occurred only once in their life, and many symptoms that recur, and current concerns that may be new or on-going. If this current symptom was already on the list, write today's date on the Master Symptom List line by that symptom. Add any new symptoms along with today's date.

Turn to the Time Line and add these new symptoms and any momentous happenings or tiny episodes of fun and intelligence.

Briefly review all symptoms, even very old ones on the now updated Master Symptom List. Enter the corresponding number of any problem that the dog is experiencing now. There is no need to make an entry on this day in the journal unless a symptom is currently causing problems when your companion is really healthy, your entries will all be in pretty colors.

Quantify each of these symptoms as accurately as possible. Evaluating the response of your dog to any treatment (or diet or exercise change) will depend on knowing how bad things were pre-treatment. Count the warts. Measure the tumors or raw, itchy areas. Draw a picture of the changes on the cornea. Count the number of sneezes per day. Rate the amount of itching on a scale of 0 -10. Describe the odor of the skin, or mouth, or discharge. What time does a problem occur?

Pay very careful attention to symptoms that occur shortly after a treatment is given.

Enter the treatment(s) given at this time on the Treatment Summary page. Be specific: what time was the remedy given; how long did you do acupressure or TTouch; which new vegetable did you try, etc.

Periodically, perform the brief [physical exam](#) and record any new indications of early illness. If your dog is a puppy, do your own physical exam once a week until 4 or 5 months old, and then shift to monthly exams. At one year, start doing the checks every 6 months. When the dog has been ill, do them weekly, and then taper off as they regain their health. When they become elderly, do them monthly again. Once a year, or more often if needed, have a veterinarian do a physical to see if there is anything you are missing. If doing the physical exam makes you think that your dog is becoming less healthy in any way, check with your current practitioner or find a new one if you feel your dog is not being helped as much as possible. Or try a new diet, different exercise or a different type of healing you have learned to do yourself if you feel the condition of your dog is not too severe. The next section of this book gives many suggestions of healing approaches to try along with resources for even more ideas to improve health.

Each day, remember to put the most emphasis on the energy, happiness, interactions, appetite and overall sense of how she is doing. If the skin is worse but she feels better, continue your current treatments until you feel there is no further progress.

Periodically record special events on the timeline - events such as illnesses, treatments, shows, activities, and so forth.

Fun, wonderful happenings in your dog's life are critically important to record for several reasons. Many philosophers and thinkers through the ages have written that our minds act upon our most predominant thoughts.

*"As a woman thinketh, so is she."*

*"Thought is creative." "*

*Changing your thoughts changes your actions."*

Focusing on the ill symptoms of your dog can influence how your dog will recover. Many doctors have realized that the more positive a person is, the faster they recover from any treatment. Focusing on the wonderful, fun, sweet, attractive activities of your dog will brighten their days as well as yours. While observing and recording the “ill” symptoms are important, focusing on healthy traits and events is even more important. For even more fun, try writing some or all entries as if your dog was writing for herself. “I ate 5 Brussel sprouts today and

| <u>Tippy</u> 's Timeline<br>of Health and Major Events  |  |
|---|--|
| <p>Jan to April/96 DHLPP, B, Lym (x4), R</p> <p>Jan to May/96 diarrhea 3/96 Nausea after medications</p> <p>4/96 Acupuncture four times 6/96 no diarrhea and <b>won ribbon in obedience class</b></p> <p>1/97 Moved to Virginia</p> <p>4/10/97 DHLPP</p> <p>5/15/97 Rabies</p> <p>6/97 fear storms worse</p> <p>9/10 &amp; 20/97 tapeworms</p> <p>11/11/97 got Spiffy, a new cat. Fear of storms gone with Rescue Remedy.</p> <p><b>Finished agility training</b></p> <p>2/98 seemed low energy (5), hairloss, and wanted shorter walks for last few months...</p> <p>4/98 Energy (4) Fat</p> | <p>6/98 DHLPP. Diagnosed as hypothyroid and put on Soloxine. Energy (4)</p> <p>3/25/2000 Rabies - 3 year</p> <p>4/2000 Vetriscience aceylator (diarrhea)</p> <p>4/24/2000 Lysin 200c</p> |

threw them up 2 hours later. Eeew—I won’t try those again!! Or was it the full moon making me sick?” “I am so glad my family is feeding me a raw meat diet. I love to tear into the big rack of ribs.” Use your favorite colors to record the positive events. Second, while we each want our dogs to live forever, most of them die long before we do. Having a book(s) full of memories will be a treasure long after our dogs are part of the great forever.

Have a wonderful, fun and nurturing time keeping this journal on your precious companion.

## SECTION THREE: SELECTING THE HEALTHIEST APPROACH



You are the one monitoring your dog's health progress, so you know when something different is needed for great health. Read, talk to other people, talk with your dog's health care providers, and take [courses](#). Pay attention to what works and what does not work. Keeping a journal is important so you can look back and see what has gotten better and if problems are getting less frequent and less severe, which is your goal. This journal will help you patiently wait for problems to resolve because you will be able to observe the pattern of the whole dog changing for the better. Patience is definitely an unsung virtue on the road to health. Even if the modality you choose turns out not to be curative, your dog will probably be healthier because you're keeping this journal for him.

### **Why Keeping a Journal is a Great Idea**

Knowing what is most healthful for your dog encourages you to keep up with the best and stop whatever does not help as much. Some examples of the usefulness of keeping a journal will help inspire you.

After your son left for college, your dog started shaking his head. The ear drops helped the ear, but the dog is acting depressed. Your veterinarian has no more answers but is fine with your suggestion that you try Rescue Remedy (a Flower Essence). The ear is fine after one day of itching and the dog stops being depressed. Because you were tracking the overall energy level and emotions, you were able to realize that your dog became sad after your son left and could try different things until she was better in all ways.

Your dog developed diarrhea and you had heard about the holistic approach and found a veterinarian who belonged to the American Holistic Veterinary Medical Association. Though you did all the different things he suggested, the diarrhea was worse and she even had diarrhea in the house on the rug by the back door. You went back to your conventional veterinarian who prescribed several drugs that did stop the diarrhea. Your dog then started eating cat litter and paper from the trash and when you finished the drugs, the diarrhea returned. When you gave the drugs again the weird appetite returned and she started losing weight and this time the diarrhea was not completely gone. Then you learn Reiki, an energy healing method you can do

for your own family and dogs, and work with a homeopathic veterinarian. Now your dog is blooming with health and has no diarrhea unless there is a lot of stress. All she needs to stop the diarrhea are a few Reiki treatments from you.

You may have a wonderful veterinary acupuncturist who thinks you should vaccinate and feed canned food. You follow your heart and feed raw meat and do not vaccinate and continue to use her for acupuncture as long as your dog stays healthy.

You may choose processed food and occasional vaccines and wish to work with a homeopathic veterinarian who does not recommend that life style. Stand firm with what you feel is working. Be flexible enough to realize when you (or your practitioner) have made a mistake and it is time for a change. Again, you are responsible for deciding what needs to be tried next for your dog since you are living day to day with your friend. The next step may be conventional drugs, homeopathy, intuitive healing, or one of the hundreds of healing practices accessible today.

Now, you have been keeping this journal. You know your dog is not as healthy as possible and you want to try something different. Five areas have a large impact on our dog's health – nutrition, vaccinations, environment (toxins and social interactions), method of treatment selected and recognizing superficial from deep healing. Start by changing the diet, then look at frequency of vaccines, then explore the many different energy treatment modalities. Some changes can be made yourself and/or choose a holistic veterinarian with whom to work.

## **Nutritional Approaches**

This is really critical—a great diet will help restore health to ill pets and will often prevent health problems in the future. Just as with people, different dogs thrive on different types of diets. There are many conflicting opinions about diets for dogs just as there are for people.

The following are a few improvements that often happen with a positive diet change:

Hair is shinier, smoother, odorless, thicker and sheds less

Mouth is odor free and plaque free

Ears never need cleaning

Activity level and social skills are improved

Stiffness and physical agility improve

Weight and interest in food become normal

Some improvement occurs in any current illnesses

Your pet is happier at meal times

Good—you recognize many of these as early warning signs of illness—improving diet is actually improving overall health. In my 28 years of holistic practice I have seen an incredible range of symptoms resolve with a change in the diet to fresh foods.

Many dog guardians and practitioners share the following concerns about diet:

What are dogs supposed to eat?

How do I “balance” the diet?

Will there be improved health and is it safe?

Do the ingredients need to be from “good” sources?

How easy is it to prepare or purchase the best diet?

Will it cost more and where can I find ingredients?

### **What Are Dogs Supposed To Eat?**

What is the best food for people—the most processed or the least processed? Do some people have to eat mostly fresh food? Yes. Are some people very healthy on more processed food? Yes. The same is true for all dogs—the least processed food is the best, yet each dog can be healthy on different foods. As with nutrition for people, very little is really known. Books, experts and conferences on nutrition for people are full of conflicting opinions, but very few people would believe that a single type of canned or dried food would be a super diet. There is a lot of debate about which feeding protocol or brands for dogs are the best. There are a huge number of books, web sites and courses available that discuss that author’s opinion about the best nutrition for your dog. In this brief overview I will teach you how a carnivore’s digestive system works, and some basic diet guidelines that should then make common sense. The way you will discover the best diet for your specific dog is by keeping this journal and evaluating everything, including energy level and happiness as you try different approaches to feeding. In my professional opinion, most dogs are less healthy eating processed food than fresh food.

## **Carnivore Digestive System**

Let us look at the carnivore digestive system. What food is it designed for? Dogs have ripping and tearing teeth along with bone crunching teeth (and no grinding teeth); a small muscular stomach and short, highly acidic digestive tract. Dogs have jaws that only open vertically, not horizontally, so they cannot chew their food to a pulp before swallowing it as people do. They have no digestive enzymes in the saliva so no digestion happens in the mouth. The mouth is just used to get the pieces small enough to swallow. Their stomach is designed for receiving these big chunks of meat, bones, skin and organs. Their stomach pH is 1 (very acid), just like a human's. Our food stays for about 30 minutes in the stomach and yet 4 - 6 hours in a dog's stomach. Imagine what happens to bacteria and bones in this acid environment - they are digested. The stomach, size wise, is 60% of the total digestive tract in a dog and only 25% for a human. They absorb little nutrition from grains because they do not chew, grains are not affected by the acid, and they have a short intestinal tract. A cat has 50 cm of intestine, a dog has 90 cm and a person has 180 cm. Most dogs inhale their food rather than chewing. They have digestive systems perfectly designed to process raw muscle and organ meat, bones, skin, fur and the contents of the prey's gut (digested vegetables, nuts and seeds). They do not pull out a knife to de-bone their prey. They do not build fires to cook the meat. Dogs are scavengers and eat rotten, bacteria laden carcasses. Therefore, the best diet may be to mimic what they would eat in the wild and what their physiology is designed to process. Because they are adapted to eating a variety of foods, many have tolerated processed foods until now and some can still be healthy eating even poor quality foods. Keeping the journal and watching for the early warning signs of illness can let you know if you need to be feeding a better quality diet or to adjust what kind of a fresh food diet you feed. Because they eat meat and bones with most meals in the wild, you MUST supplement with CALCIUM if not feeding bones.

Also important is knowing the source of the ingredients you are feeding, which you cannot really know in processed foods unless you personally know the owners or someone who knows them. Using local, free-range meat dogs and organic vegetables that have not been shipped long distances help you, your dog and our planet live longer and stay healthier.

## **Canine Diet Guidelines**

Dogs are omnivorous so they can eat vegetables, fruit and maybe even a small amount of carbohydrates along with their animal protein sources. While a few dogs can be healthy on a vegetarian diet, most cannot, so carefully track the chronic disease symptoms to catch any problems early if for ethical reasons you will not feed meat. A fresh meal could be as easy as cutting a whole chicken in half and feeding it for dinner (skin, bones and all), then putting your

leftover raw and cooked vegetables into the food processor with a little liquid and some organ meat and feeding that for breakfast. Another meal could be a cooked stew with calcium supplement. A good place to begin with dogs is 50 - 70% meat and protein and 30-50% pureed vegetables. Snacks can be anything as long as your dog is healthy, even grains or breads. Ill dogs, like people, need the healthiest of ingredients for snacks.

### **Feline Diet Guidelines**

(These are included because you may have cats in your home or know friends with cats. It is so important for them to not eat dry, that I am including some information here .)

Cats are obligate carnivores and need mostly meat in their diet. As with dogs, fruits and vegetables are best digested when pureed. Cats only need only 5-20% vegetable as part of their diet. Cats originated in the desert and have “camel” kidneys that are designed to need very little moisture. The moisture needed is completely met by eating raw, cooked or canned food

### **Animal Protein Sources**

Animal protein sources include beef, lamb, chicken, turkey, fish, ostrich, buffalo, shellfish, eggs, dairy, venison and any other wild game. All organ meats are great—liver (must be organic and no more than 10% of the diet), kidneys, green tripe, lungs, etc. Feeding a wide variety is important as each protein source has different amino acids, minerals and other nutrients. One sign of health is wide tastes in food, so if your dog is too picky—seek out holistic care.

### **Balancing Your Dog's Diet**

Much debate exists about balancing the diet and the safety of feeding raw bones and meat. You and I do not try to balance each amino acid, vitamin and mineral for each meal. We know that most of us can be healthy if we eat a wide variety of fresh, whole foods. Dogs eating “whole prey” and some supplements have a balanced diet with easy and complete absorption of nutrients (with small stools). The processed “balanced” diet is often made of poor quality, high carbohydrate ingredients that are inadequately absorbed (causing large, often smelly stools). Even processed and frozen raw food diets made from great ingredients (and there are an ever increasing number of those) do not have the characteristics that the carnivores need—raw, chunks, bone. Some dogs thrive on processed grocery brands made with poor ingredients. Many thrive on processed foods (canned and dry) made from great ingredients. The best results, in my experience, are found when feeding mostly a raw meat and pureed vegetable diet for at least part, if not all of the diet. Since you now know that the ideal diet,

physiologically, is a raw food diet, and you know that there is no such thing as a “balanced” diet, you are ready to experiment to discover what works best for your unique dog. Dr. Randy Wysong has a great tape on how no one can balance a diet for every individual.

## Supplements

Calcium supplements are critical to balance the high phosphorus in muscle meat if no bones are not consumed. Some veterinarians and guardians are concerned about bones causing injuries and recommend grinding the bones with some meat. Others say that the digestive system is designed to eat raw meat and bones as in wild dogs. Different experts have different opinions on what form of calcium is useful (hmm - just like with people). Different choices are: freshly ground bone, bone meal, ground eggshell, [calcium from algae](#) (Merritt Naturals).

Other than calcium, no expert really knows exactly which dogs need which supplements, just as each person may need different supplements. If a dog needs more than a few supplements to stay healthy, more holistic treatment is needed, as healthy dogs will get most of their nutrients, vitamins and minerals, from a good diet. However, a “whole food” or “super food” supplement may be helpful since soils often have been depleted of nutrients. Juliette de Bairacli Levy found that dogs grazed and selected their own herbal supplements when given access to pesticide free greens. Digestive enzymes and gut flora are useful while the dogs are healing, and may even be needed once they are really healthy. Other vitamins and minerals that may be needed when feeding a fresh food diet include Vitamins A, D, C & E, omega oils, CoQ-10 and herbs. It is good to try different brands, and even rotate as each supplement is from different food sources. If your dog is doing great you can try not using the supplements and keep evaluating through your journal. An updated list of the best web sites, books, nutritional coaches and magazine articles on nutrition related issues and tips for ease of feeding can be found at [ChristinaChambreau.com](#). The [Whole Dog Journal](#) web site has excellent articles about the canine digestive tract and evaluating the different processed foods on the market. [My blog](#), encourages people to share their feeding experiences.

## Health Benefits and Safety When Feeding Fresh Food

My professional experience is that 99% of dogs are safe on a raw meat diet and 70% see a significant health improvement. I have seen fewer problems with raw bones than with many chew toys. Some authors and experts on animal health fear parasites and bacteria (toxoplasma, E. coli, Salmonella and others). They recommend first washing the meat in grapefruit seed extract or cooking the meats. There is no lessening of nutrition by doing this—just takes extra time. A must to read on the topic of raw meat is [Pottinger's Cats](#). This is important, even though

this journal is for your dog, as it does indicate the need for a raw meat diet. A dentist in the 30s fed raw meat, raw milk and cod liver oil to hundreds of cats for 10 years. If he cooked the meat or the milk, their health severely deteriorated. [Dr. Jean Hofve](#) has material about safety of raw meat and does nutritional and healthy animal counseling. Dogs normally have bacteria in the mouth, so feeding raw meat will be no different that you preparing meat for yourself. Use good hygiene.

An example of health benefits: A new patient's problems were not too severe, so I started with improvements to the diet. Symptoms were mostly behavioral: Susie, a Golden Retriever, was in constant movement, could only sit still for minutes at a time; would circle the room for 20-30 minutes when someone came in the house; was poorly behaved when walked on a leash, drooled on walks and in car when excited; jumped up on counters; swallowed anything - socks, paper and got into the trash for food and other items. She shook her head even when there was nothing apparent in the ears and rubbed and scratched her face a lot. She has a history of ear and urinary tract problems. After 3 weeks on a raw food diet the report was: 90% better on the lead with no pulling at all; calmer at all times; ears are only slightly pink now, the skin lost its redness and is now a normal white; she itches her face 80% less; does not get into trash; still eats stool; still drools; she is 20% better when people come to the house and can sit still for 3 minutes rather than 10 seconds; her stools lost their odor; her hair is glowing and a deeper color (common change on good diet). She is now showing increased frequency of urinating and mucus on the stools so it is time now for more in depth treatment (homeopathy, acupuncture, drugs, etc.)

### Quality of Ingredients



The following are a few questions that you may want to ponder. What quality of the ingredients is needed for maximum health of your companion? Do chemical additives and preservatives cause health to deteriorate? Do you want to help both your dog's health and that of the planet by asking that products, especially animal products, be ethically raised? Ask how the meat animals are raised—free range or in tiny pens or cages? What have they been fed? Have the vegetables and meat animals been given hormones, pesticides or drugs that may harm you, your animals and the earth? How much processing is acceptable to you and tolerated by your dog?

Personally, I feed mostly free range, hormone free, antibiotic free, locally raised, pesticide and GMO free meats and vegetables to my family (humans and dogs). I choose locally raised over

organic since I can visit the farms and know their methods. I am willing to occasionally feed packaged, dehydrated meats of unknown origin from companies I know and respect. Some of my clients feed processed food part of the time and fresh part of the time. Most of my clients avoid any foods, processed or not, that use a lot of chemicals in their processing. There is no lack of strong opinions about each of these issues — on the internet, in books (many now have outdated information) and in conversations. There is no “expert” you can trust to know all the answers because there is no one correct answer. Always think back to how the carnivore is designed by nature and what you would feed your children. You can find updated information on how to find local healthy, inexpensive meats and produce for your dogs at my web site...and suggestions from others at [my blog](#).

### **Preparation of a Fresh Food Diet**

Feeding a fresh food diet, all or part of the time, can be very easy. As with a person starting a new diet, you may want to use books for guidance, but after a time, follow recipes, feed your own combinations, purchase a prepared raw food product, cook mixtures or give raw meat plus your leftovers. Since each individual dog needs different foods and people have different schedules and abilities, you need to find a feeding program that works for your time schedule and results in improved health for your dog. There are now many books on feeding dogs. You must find the best diet for each dog and for yourself as “chef”. Often people say it is quicker and more satisfying to feed a fresh food diet. The few hours a month I spend preparing and freezing my cats’ meals are enjoyable because I know it will improve their health. Have a “meal-time”—don’t leave food out. If you find it difficult to feed your dogs with fresh food, consult some of the many the experienced fresh or raw feeders. Remember to use the journal to see what is best for your dog. Make it easy and sustainable for you as well.

### **Selection of Processed Food**

How do you know what is in a processed food? Read the label? But do you understand the words on the label? Do you believe the food company president? Do you believe your veterinarian? Do you believe your neighbor? You can learn to read the ingredients. Talk with the company itself. Do you intuitively trust the person you are speaking with? Most of the high quality companies are small and the owners or good representatives are eager to educate you about their food. Many of the best pet food companies taste the food themselves. Some are packaged in human food plants. When feeding processed, many supplements are often needed to keep your dog healthy even though some foods add supplements after cooking the foods, it is better to use individual supplements at meal time. Once again you are the expert because

you know how your dog feels on each diet. Try different food brands and supplements, then keep the journal and evaluate the impact of the new food on the overall health.

Some people are selecting from the many packaged raw meat diets or “fresh” diets processed in different ways, such as fresh delivered, frozen or freeze dried that are now available. Apply the quality criteria you have chosen (organic, free range, GMO free, etc) to these products as well. One company’s representative recently told me it is impossible to get free range chickens and the same day another said she gets all her meat from farms nearby that she visits on a regular basis to see the chickens running around outside. Ask as many questions as you need of the producers of the fresh food and processed diets as well. For current suggestions, check out [my web and blog](#).

### **Cost of Feeding a Better Diet**

First, your dogs will love what you feed. Second, you will be helping the planet with more healthy choices, especially if you can buy locally. You will save money on health care in most dogs. Finding fresh ingredients will be a wonderful exploration. You can visit local farms to learn how the dogs and vegetables are raised and you save on distribution costs. Remember that wild game is hormone and steroid free even if they eat a small amount of pesticide reared crops. Find butchers who will keep the scraps from game, or hunters willing to bring in the organ meat they clean out in the field, or farmers who have more game meat than they can eat. Ask stores when they discount their almost ready to expire meat and produce. Community Supported Agriculture farms (CSAs) provide good, organic, local produce in most states and will usually have information about healthy reared animals if they do not have livestock themselves. While it is initially time consuming to discover good sources, your dog’s health is worth it. Ask the farmer for lower cost meats. The cost of raw meat and vegetables for my two cats is around \$40 per month. I have not looked for the least expensive organic, free range meats, rather choose to use the most local. Feeding a high quality processed diet would cost \$50-80 per month. I remind people that paying extra for high quality food like organic or free range is like making a charitable contribution to the health of our planet.

If the better quality ingredients are not available for you and your dogs, grocery store meats and vegetables are still fresh and you can see that the chicken leg is not a tumor or necrotic tissue. Look for “happy meat and happy vegetables wherever you buy,” says Dr. Pollak.

Good water is important as well. Filtered is probably the best, but there are many choices. Whatever you feel is best for you will usually be best for your dogs. Many dogs are responding

to the new [alkaline ionized water](#). The journal entries will show you if your dog needs something different. Remember to buy the best ingredients.

## **An Educated Approach To Vaccination**

### **Are Annual Vaccines Necessary?**

While annual physical examinations by your veterinarian are critically important for the health of your dog, there is growing concern about giving annual vaccines. In my opinion, the best approach to vaccination is to build up the health of dogs so they are not susceptible to acute infectious diseases (therefore do not need vaccines). I strongly oppose repeating vaccines except for legal reasons (Rabies). In January 1998 The Veterinary College at Colorado State University led the way to reducing vaccines, saying "lack of scientific evidence to support the current practice of annual vaccination and increasing documentation showing that over-vaccinating has been associated with harmful side effects." In 1999, The American Animal Hospital Association (AAHA) agreed in a position paper, "The argument for continuing current historically practiced regimens is based largely on tradition and the perceived paucity of proof supporting extended duration of immunity."

<http://www.geocities.com/kremersark/aaha99.html> Dr. Phillip Mansfield of Auburn University says in 2008 " The rapid proliferation of vaccines and concerns for vaccine safety has resulted in critical scrutiny of vaccination guidelines by representatives from veterinary practice, veterinary organizations, vaccine manufacturers, and veterinary schools. At issue are concerns regarding which vaccines to administer and the frequency of administration required for optimum safety and protection."

Do you receive vaccines every year of your life until you die? No. Why not? Why do animals receive them annually? The Colorado State Veterinary College 1999 article said, "...the annual revaccination recommendation on the vaccine label is just that—a recommendation without the backing of long term duration of immunity studies, and is not a legal requirement." AAHA agreed, "...annual vaccination of small animals for many, but not all, infectious agents is probably no longer scientifically justified... such deviations [not giving annual boosters] from recommended administration are becoming more common and more widely endorsed and, as such, should be considered an acceptable standard of care." As early as 1992, Kirk's Current Veterinary Therapy, Vol. 11, page 205, says "A practice that was started many years ago and that lacks scientific validity or verification is annual revaccinations. Almost without exception there is no immunological requirement for annual revaccination...The practice of annual vaccination in our opinion should be considered of questionable efficacy..."

<http://www.christinachambreau.com>

An increasing number of vaccines have been encouraged over the last 60 years, often, as AAHA says, “based on limited scientific evidence.” Yearly, or more often, the average dog receives a combination injection of Distemper, Hepatitis, Leptospirosis, Parainfluenza & Parvovirus. Often given are Bordetella (Kennel Cough), Corona vaccine, and Lyme disease vaccine. Now some are given ringworm vaccine and *Crotalus atrox* (Rattlesnake), *Porphyromonas* spp. (for mouth infections). New vaccines are constantly being introduced, often for diseases that do not cause many problems.



Not every veterinarian agrees with the above. AAHA said in 1999, “Many veterinarians are under the misconception that current recommendations were and are scientifically based when, in fact, they may have less basis than the arguments for change.” You will need to read and do your own research to decide on this aspect of routine care. Some unvaccinated animals die of diseases we vaccinate for.

Some vaccinated animals die of the diseases they were vaccinated for. My opinion is that more animals have shorter lives and ill health from vaccines than are helped by the vaccines. This journal will be a key factor in deciding how often to vaccinate your animal. Review your notes from the time the last vaccine was given. Were there any negative health consequences in the days and months following the vaccines? Pay particular attention to behavior changes. The insert in the vaccines says to give only to healthy dogs, so the journal will help you know when your dog is healthiest and therefore in the best shape to receive the rabies vaccine (or another if you must).

### **Harm from Vaccines**

When people keep track of their dog’s health or the practitioner is tracking changes in every symptom (subtle or obvious), reactions to vaccines are often noted. Obvious vaccine reactions can also occur and most veterinarians give drugs to “pre-treat” for these reactions when they give the yearly boosters. When Gigi received her first booster at 1 1/2 years of age, she sneezed for a few days. The next year she had asthmatic coughing and needed oxygen and drugs to recover. The third year the veterinarian pre-treated her with diphenhydramine and was ready with steroids and epinephrine to treat the reaction to the vaccine. She became progressively less active, had diarrhea problems that were worse for a few months following the vaccine. Once her mom stopped giving these vaccines, Gigi regained her health.

Veterinarians are now becoming aware of more serious long term problems from vaccines. The Colorado State Veterinary College site says, “Of particular note in this regard has been the

association of autoimmune hemolytic anemia with vaccination in dogs and vaccine-associated sarcomas —both of which are often fatal.” AAHA says, “There is definite evidence that biologics carry with them risk and benefit.” The American Veterinary Medical Association (AVMA) says, “...in1991, veterinarians began to notice a higher than expected number of sarcomas occurring on dog’s bodies in places where vaccines are commonly injected. Subsequently, an association between vaccine administration and sarcoma development has been established.”

Jean Dodds in 1990 reported “Immune-mediated hematologic disease and transient bone marrow failure are increasingly recognized sequela of...vaccination.” Many ferrets developed fatal green diarrhea the year after owners increased the frequency of distemper vaccination because of fear of distemper.” In 1999 a study at Purdue University demonstrated that “the serum of all the vaccinated dogs contains significantly elevated concentrations of antibodies directed against proteins.” They go on to say that this could possibly lead to autoimmune diseases. Many web sites and list serves have archived many examples of problems with dogs that followed vaccinations.

Homeopathic veterinarians have observed over the last 30 years that most dogs need remedies known to counteract negative reaction to vaccines. Acupuncture and other holistic veterinarians have seen that dogs responding in a curative way to treatment often relapse after vaccines. Guardians have recorded in their journals that certain ailments (lethargy, vaginal infection, ear problems, digestive upsets, eye discharge and almost any problem) appear within the days to months following vaccination.

New recommendations from AAHA, different veterinary colleges and organizations suggest giving fewer vaccines less frequently and evaluating each dog as to their risk factors. Many now recommend drawing blood and checking the titers (blood tests for the antibodies to specific diseases). Adequate titers are often acceptable to anyone requiring vaccination. There is no reason to routinely do titer checks except when required in stead of actually vaccinating. Having an “adequate” titer does not assure protection. Do you get measles, mumps, polio vaccinations annually or have your blood tested for the titers? Many books and articles have been written on vaccination topics, some of which can be found in our [Resources](#) section.

### **Alternatives to Vaccines And Lessening Possibilities Of Reactions**

The holistic perspective, as you now know, focuses on the health of the whole dog. A healthy dog is unlikely to get sick (or very sick) even if exposed to infectious agents. Ideally we would never vaccinate, would feed the best diet for each dog (probably using local fresh meat and

vegetables) and treat the early symptoms that indicate the body is out of balance. If they do develop an infectious disease, it can usually be treated successfully with modalities ranging from conventional to acupuncture to homeopathy. Already having a relationship with a veterinarian who feels comfortable treating infectious diseases is important. If you need help finding one, go to our section on ["Choosing a Veterinarian"](#). Vaccinating a dog does not necessarily protect them from the very diseases for which they are vaccinated. This is because the vaccine may be ineffective or there may be systemic immune weaknesses preventing a protective immune response.

Dogs can be safe from most infectious diseases when not vaccinated, and often life spans and overall health improve. I have heard and read many reports from breeders of significantly longer life spans and even a disappearance of "breed" diseases. Horses getting fewer vaccines often no longer colic, do not have as many hoof problems and live longer. Not vaccinating one large beef cattle herd eliminated calf scours. Dogs who are being treated by me usually receive only their legally required rabies vaccinations. Other veterinarians' recommendations range from annual to only as a youngster. You must make this very personal decision from the research you have done and with acceptance from your dog's health team.

Nosodes are homeopathic remedies made from the tissues of diseased dogs. Many people use nosodes instead of vaccinating. There is little historical or philosophical evidence for this approach. I do not recommend trusting nosodes to give future protection. Nosodes are often effective to prevent infection if given after the dog has been exposed. If you have just returned from a show and heard that many dogs had Parvo, giving a Parvo nosode would likely prevent symptoms from appearing. If you have one kitten in a litter with severe upper respiratory illness, giving the nosode would make sense. Giving an unexposed and healthy dog a nosode will be unlikely to create any long-term protection.

Because the rabies vaccination is legally required in many cities, counties and states, your dogs need to receive this one vaccine whenever it is due. Time the administration of this, and any other vaccine that you must get (for travel to certain foreign countries) when the dog is as healthy as possible. Many conventional veterinary oncologists and other specialists agree with the holistic community about not vaccinating dogs who have cancer or autoimmune problems – even for Rabies. Support the immune system before and after any necessary vaccination with extra Vitamin C, super diet, antioxidants, and energy treatments like Reiki or T-Touch, homeopathy or Chinese medicine. Be vigilant about recording in this journal during this time so you can know if the vaccines have had a detrimental effect on your dog. These and other

alternative treatment modalities are further explained in the next section and specifically in [Definitions of Alternative Treatment Techniques](#)

## SECTION FOUR: ALTERNATIVE METHODS OF TREATMENT

You have improved the diet and still your dog is not as healthy as you would like. You are ready to find some approaches different from the conventional ones used so far. As in the field of human health, there are many different approaches for healing. Conventional medicine predominates in the Western world and is taught in most of the veterinary and medical schools. More than 60% of people are now seeking holistic treatment options for themselves and their dogs as well.

### **Many different approaches to health**

For a moment, do not think about specific symptoms or illnesses. Strive to understand the perspectives of various healing approaches. You may feel more attracted to one than another. Follow your intuition and research that one first. Each of your dogs may need a different approach, so again, be open for feeling the one way is “better” than another.

### **Conventional Approach to Health**

The conventional medical approach with which you are most familiar focuses on the current problem. In veterinary school we are taught to use the symptoms a dog has now to find the physiological problem within the body and then use techniques or substances to eliminate the symptoms or “fix” the organ that has a problem. A dog with thin hair, lethargy and obesity may be diagnosed with hypothyroidism and given thyroid pills. This may eliminate current symptoms—until the next disease appears. Conventional drugs usually address the reactions of the body. Anti-inflammatory drugs effectively stop pain, redness, swelling, itching and heat in different parts of the body. Anti-emetics and anti-spasmodics stop vomiting and diarrhea. Anti-histamines decrease itching and redness. Sometimes conventional drugs replace a substance not being produced adequately in the body—insulin, thyroid hormone, ACTH. Often an will be given several medications at the same office visit—anti-inflammatory and anti-biotic ointment for the ears, anti-biotic and anti-spasmodic for the diarrhea and anti-histamines for the itching. The drugs are very effective and usually produce quick results. Many dogs seem to do well on this approach and their problems quickly resolve. Others act older or more ill even if their current problems resolve. Using this journal will help you decide if your dog is really responding in a curative way to the current treatment. As mentioned in [Section One, ...how dogs respond to treatment](#), when an dog is responding curatively, the current symptoms all slowly resolve

and the dog feels healthier and happier in all ways. If the symptoms resolve but your dog is less active, stiffer, pickier about foods previously loved or has negative behavior changes, the treatment has not been good for your dog and you need to try a different approach—acupuncture, homeopathy, herbs or other holistic modality.

### **Holistic Approach to Deep Healing**

“Holistic” is an approach to thinking about health that focuses on the whole dog rather than a “disease.” The integrative approach uses both conventional and alternative treatments. Holistic practitioners are taught to use all the symptoms a dog has now and has ever had in the past to find and treat the individual’s underlying predisposition to illness. Each dog with thin hair, lethargy and obesity may need a different homeopathic remedy or different acupuncture point prescription. When treatments are successful, the current symptoms resolve over time, never come back, the dog is more active, feels better and no further treatment is needed. This journal is the cornerstone of the holistic approach because it helps you evaluate your dog’s total health and response to treatment.

### **A Palette of Choices**

Think of an artist’s palette with many different colors of paint holistic approach. The palette is the approach of focusing on whole dog and paying attention to the response to each treatment. Each different color of paint is a type of treatment—conventional drugs, conventional surgery, conventional lab work, classical homeopathy, combination homeopathy, needle acupuncture, laser acupuncture, traditional Chinese medicine, chiropractic, network chiropractic, herbs, flower essences, massage and more. Your dog’s life is the painting. Some paintings need only one color and others need many different colors to be beautiful. Conventional treatments, or homeopathy, or herbs or another may be the only approach needed to maintain health, or many different treatment approaches may be essential.



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### **The Underlying Philosophy of Holistic Medicine**

Shifting how you view symptoms and illness is a key step to having your dog be very healthy. The premise (the palette) is to treat the individual who has the disease, not merely the disease.

Since the underlying energy imbalance is being addressed, treatments will address all the current symptoms at the same time. The itching, ear and digestive problems will be given a single energetic treatment. General health building supplements, mild topical treatments to soothe the skin and ears and gentle energy techniques may be also used. The main treatment is to re-balance the energetic basis of the body so the symptoms never return and there is general improvement in health. Physicists, doctors and scientists have now validated this energy approach, so read some of their material. Radical Healing by Rudolph Ballentine, MD chapter 4; Vibrational Medicine by Richard Gerber; The Substance of Homeopathy by Rajan Sankaran; The Homeopathic Revolution by Dana Ullman; Homeopathic Care of Cats and Dogs by Don Hamilton, DVM, chapters 1-3; Homeopathy A to Z by Dana Ullman; Just as no two snowflakes are the same, no two dogs have identical underlying problems. The treatment is chosen for each dog, not for the disease. If you glance quickly at snowflakes they may appear the same, yet they are unique. The same symptoms in different dogs seem to need the same treatment, yet to achieve true health each dog may need a different combination of modalities, different homeopathic remedies, chiropractic or acupuncture prescriptions. A listing of recommended books can be found on my site in the [Favorite Books](#) section.

Pasteur said “the microbe is nothing, the terrain everything.” Terrain refers to the individual’s specific susceptibility to disease, including infectious agents. Where did the susceptibility come from? Can it be eliminated? Every generation and culture that looks at this deep level of “spirit” has different explanations for the cause of ill health. As you explore different way of healing your dogs you will be sharing a journey followed by billions of people through the centuries. Try something yourself or with professional help, then evaluate its effect on your dog by carefully keeping the journal.

### **The Path of Health**

We all want symptoms to disappear quickly so our dogs feel better. How we get rid of the symptoms can influence future health. The most deeply healing approach is to have the internal energy field become balanced (not ill) which will then stop the compensatory symptoms from occurring. The body produces symptoms to heal the deep energy imbalance. Artificially suppressing symptoms with treatments (alternative or conventional) merely puts a temporary stop to the problem or even furthers weakens the energy field leading to more serious problems in the future and often a shorter lifespan. When a successful treatment is given there is often an initial primary effect that is due to both the individual’s energy field and the treatment itself. This is followed by a critical secondary effect generated by the energy field

regaining health, causing it to “clean house.” The “dust” (current symptoms) is gone along with the tendency to allow the “dust” to accumulate again. Stressors (vaccines, diet, emotions, environment, drugs, etc.) can again imbalance the energy field so it produces symptoms and needs more treatment.

Health is not a place we get to—it is a journey. Each dog has a different path. It is up to us to observe carefully, keep a journal, treat carefully and wait long enough for the inner energetic field to demonstrate in which direction the healing is progressing. No one veterinarian, no one book, no one expert, no one approach can be predicted as the best for your dog. Since you live with your dogs and observe them carefully and have chosen specific life styles (diet, exercise, vaccination, etc) you must insist that practitioners at least honor the choices you have made for health for your dogs. They may certainly disagree and try to convince you of their opinion. Use the knowledge you have learned here about the anatomy and physiology of dogs, the principles behind different treatments, read a lot, call someone, attend one of the [Healthy Animals classes](#) to keep your dog moving towards better and better health.

## **Case Histories – Different Choices on the Path to Health**

Midnight was diagnosed with low thyroid at age 2 and put on Soloxine. Her hair grew back in and she lost weight, but the owners felt she had “matured” and did not play as much. Two years later she developed a vaginal infection after her annual vaccination that was treated with antibiotics. Then she was very lethargic for 5-6 months and then her energy returned with no additional treatments. The next two years followed the same pattern, with increasing months of lethargy. The drugs have eliminated the current symptoms yet she feels more ill overall (suppression). These had not been good choices for Midnight, so her owner looked for a different approach so she would not be tired most of the year. When all the symptoms and reaction to drugs and vaccines were incorporated into the treatment selection of homeopathic remedies and other lifestyle changes including a raw meat and fresh food diet, Midnight bounced with energy, great hair coat and had a normal weight for many more years (a cure).

Rosie, a Great Dane who had other problems during her life, developed a spinal compression as the result of a fall that pinched her spinal cord. Her rear became progressively weaker. Her owners had been using homeopathy, good nutrition, massage and did not vaccinate. She continued to deteriorate until she could often not get up by herself. The owners tried acupuncture twice a week. After 4 months of treatment, she began to improve steadily and after a year was walking 60% of normal and showed no further improvement. She was walking, getting up by herself and hopping into the back of the truck when it was backed

up to the curb, giving her about a foot or a little more to negotiate. Trying a different approach, the owners started giving the dogs the N'Zymes products and saw further improvement from there. She is actually trotting now, though for no more than a dozen strides. She and her owners are very proud. She is gaining in muscle. She is still having acupuncture once a week. Her owners will continue to keep track of all of her symptoms in a journal and will try other approaches on Rosie's journey to health.

## **Definitions of Alternative Treatment Techniques**

The following definitions are very brief and express my personal experience. There are many more that I continually learn about. Some are healing techniques easily learned yourself. They will often soothe the symptoms while deep healing is occurring. To find training in the following techniques first go to your local health food store, holistic health practitioner or search on the web. Many are used primarily to treat people. Learn it as taught to treat humans and then apply to dogs. Some are specifically for animals. Both approaches are the same, since we are all energy beings. Some require more intense training to be safe and deeply effective, and offer certification or licensing. Some offer programs with a year or more of courses, exams and evaluation of clinical ability. I will comment on each one as to my personal knowledge of its efficacy as of 2008.

As you read this list you may become overwhelmed with the options as you have been trained to let a veterinarian tell you what to do with few options. First, let this comprehensive list help you realize that whatever is wrong with your dog, there are more approaches you can try. Second, pick ones that appeal to you and begin to read more and learn some of the techniques. Some will work miracles for your dogs and others will not seem as easy to use nor produce the results you want (remember you are now looking for improvements at a deep level like energy and happiness, not merely elimination of one symptom). You will slowly learn what you can do and what different types of practitioners you want on your healing teams, for yourself and your dogs.

[Call or email me](#) if you want guidance in these areas or have any questions. For purchasers of this book, you get three free 15 minutes consults.

## **Aroma Therapy**

Aromatherapy uses aromatic, volatile extracts of plants to treat emotional problems in dogs and people. By correcting the emotional imbalance, physical problems can be eased as well. Basil, Geranium and Lavender, among others, have a calming effect. Lemon has a cleansing effect. Other online resources include: [Aroma Leigh](#), [The Pet Whisperer](#), [Essential Oil](#) and [Young Living](#) for essential oils; and [Healing Touch For Animals](#) and [Essential Animals](#) for Hydrosols.

## **Ayurveda**

A very successful system of medicine and a lifestyle from India using herbs, diet and exercise to balance the prana. Ayurveda has long had specialists in natural animal medicine, even in Sanskrit there are special titles for doctors of Cows, Elephants, Horses and other animals indicating a specific branch of Ayurvedic speciality. The best veterinarian I know using Ayurvedic in his practice, selling products and lecturing at the AHVMA conferences is Dr. Tejinder Sodhi. Additional information can be found at [ChristinaChambreau.com](#). The Vedic Association has a project starting in Nepal to treat ill animals with ayurveda, initially for cows - <http://www.vedicsociety.org/animal-projects-p-37.html> . One practitioner is at <http://healing-ayurveda.com> . Neem Oil is wonderful for open wounds and skin problems from parasites or yeast. Ayush Herbs <http://petayurveda.com/>

## **Bowen**

Physical manipulation of the muscles based on “strumming” the muscle body to readjust the way it moves and connects with the body. [Bowen](#) trained veterinarians are few at this time and are reporting deep healing from this technique. A web site that lists classes in Canada and the US for Bowen and most other modalities is [Animal Massage Guide](#)

## **Chinese Medicine Acupuncture & Chinese Herbs**

5,000 year old system that treats the energy pathways of the body to remove blockages and rebalance the chi. Needles, moxabustion, lasers, single and combination Chinese herbs are some of the treatments used in Chinese medicine. Extensive training suggested. Certification. [www.IVAS.org](#) , [www.tcvn.com](#), and the [American Academy of Veterinary Accupuncture](#); [Four](#)

[Paws, Five Directions](#) by Cheryl Schwartz, DVM; [Between Heaven and Earth](#), A guide to Chinese Medicine by Harriet Beinfield.

**Chiropractic:** Re-aligning the musculoskeletal system, especially the spinal column, relieves pressure on nerves, thus restoring function to the body. Extensive training suggested. Certification. Web resources include: [www.AnimalChiropractic.org](http://www.AnimalChiropractic.org); [www.backbone-academy.com/](http://www.backbone-academy.com/). <http://www.ivca.de>

### **Color Therapy**

Color is visible light emitted or reflected at a specific vibrational wavelength; it is this unique vibrational signature which produces the healing effect. The blue colors are calming and the red, of course, are stimulating. They will not harm. [Gloria Dodd](#) is a veterinarian offering products of many modalities, including green paper for detox. Nirado Sloan, at [Interdimensional Healing](#) is working with homeopathic remedies made from colors. Sheri Sternberger at [elementsofhealing.com](http://elementsofhealing.com) works with sound and color, among other modalities and can work by phone.

### **Craniosacral Therapy**

CST is a gentle, hands-on method of evaluating and enhancing the functioning of the Craniosacral system (Ranging from the cranium to the sacrum at the bottom of the vertebrae). Using a soft touch, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system. By complementing the body's natural healing processes, CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease. It is effective for a wide range of medical problems associated with pain and dysfunction. <http://craniosacraltherapy.org/>

### **Crystals and Gemstones:**

Crystals produce a small electrical charge when pressed or put in water. They can give energy to the cells for self repair. Quartz crystals are the most common and come in different shapes and colors for different effects and to stimulate different chakras. Dogs often will select their own crystals. They will not harm. Crystals and gemstones have been on the planet for over 3,000,000 years. When you find a gemstone or crystal that is in resonance with your dog, it can help with the healing process. They are like nurses.

My favorite source is from [Nirado Sloan](#) who has descriptions of what is needed for different conditions. Select from those pages or use your intuition to choose the helpers for each dog.

<http://www.christinachambreau.com>

Order from: [Interdimensional Healing](#). A great article and products can also be found at <http://www.gemwrap.com/petcrystals.html>. [Gloria Dodd](#) also has quartz crystals on halters for your dogs.

**Flower Essences:** Totally safe liquids extracted from flowers, these are wonderful support for healing of dogs and people. They are especially good in emotional problems. [Spirit Essences](#), [Green Hope Farms](#) and [Anaflora](#) have combination flower essences that are very effective in preventing fleas and ticks on your dogs. The “emergency” essences are great to have on hand. Remember that you may need to take the same essences as your dogs. Bach Flower Remedies for Animals is a great book by Helen Graham. A report is available at [ChristinaChambreau.com](#).

### **Gentle Dental**

Gentle dental treatment is teeth cleaning without anesthesia. Although anesthesia, even in older dogs, is now much safer than in the past, it is not without risks. There are some dogs who, because of medical conditions or age are not good candidates for anesthesia. Teeth cleaning (if a raw meat diet and holistic treatment are not successful in keeping the teeth clean) remains a priority for these dogs and gentle dental can be a good alternative to the use of anesthesia for veterinary dental care. It cannot be used if teeth need to be extracted or gums need curetting. [www.gentledentalforpets.com/aboutme.html](http://www.gentledentalforpets.com/aboutme.html)

### **Healing/Animal Communicators/Intuitives**

A leap in faith for some, these modalities can produce miracles. The next 50 years will find many more people being healed by directed energy methods that intuitive healers can use. Each communicator receives “messages” from your dog friend in a different way, always requiring their interpretation. As with all methods of treatment or input, you need to notice if what they say fits and improves your dog’s life by keeping up with journal entries, especially for a short time before and after the consult. Often treating dogs is hard because we cannot understand what they are telling us or where it hurts. Working with or being trained as a communicator can help a lot. [Pet Talk](#) has a list and you can also [email](#) me for my current recommendations.

### **Healing Touch for Animals (HTA)**

Healing Touch for Animals® / Komitor Healing Method, Inc. (HTA/KHM) uses bio-field therapies – recognized by the National Institutes of Health (NIH) – to integrate, balance and clear the energy body. It works by releasing endorphins to establish a deeper relaxation and state of

being, allowing the body to function at a greater level. By allowing muscles to relax, circulation is increased, sending more oxygen, nutrients, and hormones into the body to support healing. On the follow up visit to the vet, she had her stitches removed. The veterinarian was amazed on her healing progress in just one week. He could not believe that this was the same dog that was not expected to live, just a week before. Classes are offered in several locations around the country and the [Healing Touch For Animals](#) web site will help you find practitioners near you.

## **Herbal**

Use of the medicinal herbs in their material form to treat specific problems, conditions or to enhance overall vitality. Mild ones like slippery elm, burdock, dandelion, comfrey, dill, Echinacea, eyebright, garlic, ginseng, goldenseal, horsetail, kombu, myrrh, nettle, parsley, plantain, psyllium seeds, and others are fairly safe for you to try on your own. Remember that some plants can be toxic. *All You Ever Wanted to Know about Herbs for Pets* by Greg and Mary Tilford, *Complete Herbal Book for the Dog* by Juliette DeBaircle Levy, *Seven Herbs* by Matthew Wood, are excellent books on herbs for animals. Keep checking [ChristinaChambreau.com](#) for more books on herbs. One of the problems is administration—especially in small dogs or picky eaters. Animals' Apawthecary has glycerin extracts that are very palatable. VetriScience uses some herbs in many of their great supplements.

## **Homeopathy**

System of medicine started in 1800 that uses substances (in their energetic form) to correct deficits in the vital force so symptoms resolve and overall health is enhanced. Remedies that produce symptoms in tests (provings) are given to ill dogs (or people) who have the same pattern of symptoms. Extensive training suggested. This is my favorite modality because its principles are so clear and explain how your dog has become sick and gets well. You can learn how to help your dogs stay healthy by taking some of the many classes available [ChristinaChambreau.com](#). Certification is available for veterinarians. To learn more, order my [report on Homeopathy](#). [The Academy of Veterinary Homeopathy](#) has a great Introduction to Veterinary Homeopathy before their annual conference in October or November. You can then attend the conference if you wish.

## **Jin Shin Jyutsu**

Harmonizes the life energy in the body with gentle touches in specific patterns. I have had some wonderful results with this modality for myself and have heard of many dog success stories. It was widely known before the birth of Guatama Buddha in India, before Moses, and before

Kojiki (the Record of Ancient Things, 712 AD). According to this practice, there are three vital energy pathways that balance the mind, body, and spirit connecting through twenty-six key energy point locations within the body called Safety Energy Factors. They unlock and release stagnated or blocked energy and tension allowing the energy to flow free in its natural harmonious pattern. The practitioner uses the hands and breath to help regain harmony and balance. [www.jinshininstitute.com](http://www.jinshininstitute.com) [Jin Shin Jyutsu For Your Animal Companion](#) by Adele Leas has great pictures and classes are happening at the Ohio massage school, [Integrated Touch Therapy](#) The Healing Retreat before the AHVMA conference at Tahoe was blessed to have classes in Jin Shin Jyutsu.

### **Laser**

This is an acronym for Light Amplification by Stimulated Emission of Radiation. There are different types of lasers (see **Photonic** below), one being the LEPT - Low-Energy Photon Therapy. Some uses include, according to Pekka Pontinen in Complementary and Alternative Veterinary Medicine arthritis, ulcers, wounds, burns, scar tissue, pain relief and strains.

### **Magnets**

Medical benefits work via bio-electrical (electro-biochemical) effects at the cellular level. The electro-motive force exerted by the magnetic field will re-organize molecules within the cell and thus affect biochemical processes. Magnets have been particularly effective in pain management from arthritis or old age. They have been effective in many other illnesses as well. I have seen some excellent results with magnets. [Nikken](#) is a great source of good magnets. Joanne Stefanatos demonstrates several ways to use magnetic therapy in her video, [Holistic Pet Care](#). Donald and Doreen Hudson in Complementary and Alternative Veterinary Medicine discuss many different types of magnets used in the treatment of many dog problems.

### **Massage**

This is always nice for all beings. It stimulates the body to heal by relaxing muscles holding the bones, joints and organs in improper position and everyone can do it. [Michael Fox's Healing Touch](#) is one of the first and best books on massage and will introduce to a great author, veterinarian and planetary visionary. Other books and videos include [Stretch Your Dog Healthy: A Hands-On Approach to Natural Canine Care](#) by Raquel Wynn and [Therapeutic Holistic Dog Massage](#). Three schools that I am familiar with and respect are [Equissage](#) which is for all species, the [Northwest School of Animal Massage](#), and a home study course that includes working with dogs in the water at [PetMassage.com](#) Another is in Florida, [Massage Awareness](#).

One of the first to teach massage is in Ohio, and offers a number of classes on other modalities like craniosacral, Reiki and Jin Shin Jyutsu [Integrated Touch Therapy](#). Finally, [Animal Massage Guide](#) is a great guide to massage classes and many other holistic classes.

### **Network Chiropractic**

A modification of chiropractic using light pressure and energy techniques for a more gentle chiropractic treatment. A few training classes are available. Finding trained practitioners near you can be difficult. Contact Dr. Mark Havercos for ones he knows or to see if he is traveling near you. (812) 934-2410

### **Nutraceuticals and food supplements**

Nutritional substances are used to enhance the body's function. Again, the problem is often how to administer these to small dogs. Large dogs take the capsules, tablets and powders with no problem and some are made in a tasty base. I have favorite and recommended products detailed at [ChristinaChambreau.com](#)

### **Orthopedic Manipulation**

Veterinary Orthopedic Manipulation is a healing technology that locates areas of the dog's nervous system that have fallen out of communication, and re-establishes neuronal communication, thus inducing healing. The VOM diagnostic technology is done with the use of a stainless steel spinal accelerometer, a spinal hammer providing a very tiny motion in a very short period of time. One of my students, Kim Parker, in Atlanta, has found this to be as profoundly healing as homeopathy in some dogs. [www.toplinewellness.com/VOMscience.htm](http://www.toplinewellness.com/VOMscience.htm)

### **Photonic Light Therapy**

[McLaren Photonic Therapy](#) is an effective, safe, painless, scientifically advanced form of acupuncture, utilizing red light, not laser, to gently stimulate the body's own capacity to reduce pain, increase the immune response and promote healing. Candace Wingo of [Mountain Dream Alpacas](#) has had great results with wounds, viruses and debilitated alpacas.

### **Prayer**

Scientific studies have proven the efficacy of prayer, others no effect.

### **Pressure point therapy**

Chinese medicine is based on the principles of energy flow throughout the body on meridians. There are specific points that access these meridians. Anyone can learn how to press on these acupressure points to relieve symptoms or assist with healing. *Four Paws, Five Directions* by Cheryl Schwartz is a wonderful guide to this therapy. Learn from your acupuncture veterinarian specific points to help your dog's problem.

## **Reiki**

Personally, I think every person who lives with or works with dogs must know at least Level I Reiki. The practitioner places her hands upon the dog (or it can be done from a distance as some dogs are too sensitive for direct touch) with the intent for healing to occur. The energy flows through the healer into the dog. This is based on directly applying Chi (energy) to rebalance the energy field so it no longer needs to produce the physical symptoms.

It is a very good adjunct to any healing modality, especially to relieve pain and inflammation. It also "takes the bad out of" things. By doing Reiki on smelly water in restaurants I have been able to drink sweet tasting and smelling water. Use Reiki anytime that you must give injections, vaccines, drugs, flea or heartworm drugs, or other substances with potential toxicity. Do you work in a grooming salon, or kennel, or veterinary clinic, or barn or anywhere dogs are being seen? Use your Reiki on any treatments to be given and to calm the dogs. People have reported getting dogs to eat by doing Reiki on their food. [Reiki.org](http://Reiki.org). Get a free treatment at [Interdimensional Healing](#). Great information on Reiki can be found at [Reiki Healing & Training](#), [Kathleen Prasad](#) is a wonderful teacher and works with my favorite sanctuary and holistic education center, Kathleen leads a free monthly tele-chat for anyone trained in Reiki and using it with dogs. If you cannot find a Reiki class near you (same class for people and animals as it connects you through an "attunement" to the healing energy of the universe, making you a channel of healing. Here are some groups which offer long distance, free attunements: [The Holistic Care Forum](#) and [Free Reiki Attunement](#). Another group that offers Reiki attunements, classes and training on-line is [Reiki Blessings](#) and focusing on animals is [Animal Healers](#)

## **Sound Therapy**

Deena Spears, who can be found at [SingingWoods.org](http://SingingWoods.org), does an incredible sound therapy with your dogs and people. She does it long distance, so everyone can use it. I recommend purchasing her book, **Ears of the Angels** at that site. Let her know I sent you.

**Tellington Touch:** Every owner and person working with dogs will love this easy to learn healing technique. [TTouch](#) is a method based on making gently circular movements of the

fingers and hands all over the body, including the face and even the gums. The intent of TTouch is to activate the function of the cells and awaken cellular intelligence. TTouch can help dogs learn better, relax, pay attention and can heal many ailments. [Spirit Dog](#) also has excellent information about TTouch.

## **Tui Na**

Tui Na An Mo (Chinese Massage) is an ancient manual therapy that uses multiple physical manipulation techniques to increase blood and lymph flow, range of motion in the joints and tendons, and circulation of energy throughout the body by skillfully addressing acupuncture points and meridians. A Tui Na acupuncture massage works all of the major muscle groups of the dog's body <http://www.animalata.com>

## CASE HISTORIES OF DOGS ON THE PATH TO HEALTH

**Molly** was very ill when adopted at 10 weeks with sneezing, coughing, small, crooked bones and big staring eyes. With a fresh food diet, herbs, massage and homeopathy, she became completely healthy except for a sinus inflammation that caused her to often breathe with a very noisy in and out breathe. Homeopathic remedies made no difference over the next 4 months, though she continued to be healthy in every other way. An intuitive healer worked with her for 3 weeks and she has been symptom free for 6 months. Reiki and T-Touch help when she is nervous and flower essences have lowered the number of fleas and ticks. (Chambreau)

**Maggie** presented with an infected, deeply ulcerated histiocytic sarcoma on her face. With homeopathic treatment, the tumor disappeared in 3 weeks, and was completely gone for over 1 year. Her overall health improved tremendously. (Epstein)

**Heidi** was a 14 year old spayed female that had a bleeding, swollen, angry looking growth attached to the third eyelid, covering the eye. There were also 2 firm growths on the right paw and in the middle of the chest. Remedies were prescribed over a 9-month period with total disappearance of the eyelid mass. She began behaving like a young dog, almost knocking the husband over which she has not done in years, becoming woofing and pesky and pushy, and sitting and bouncing up and down. For several weeks she could hear perfectly (a first in 4 years) A year later she was still healthy and playful but was kicked by a horse she was chasing and died. (Chambreau)

**Dudley** was a 15-year-old neutered male Yorkie with renal disease. In June of 2001, he had diarrhea and vomiting every 2 hours while at the same time drinking tons of water. The emergency hospital administered IV fluids and antibiotic injections. Blood values indicated moderate kidney disease (Creatinine 1.77, BUN 36.9, Phos 10.36). He was discharged on "senior" dog food. During the next few months his symptoms and blood values worsened (BUN 108, Creatinine 2). His inappetence, vomiting and weight loss indicated more serious disease than the blood values. Successive homeopathic remedies resolved all this dog's problems. As of February 2003, he was eating well, eyes were clear for the most part, a mole that he had disappeared, drinking and urinating were normal, he had good energy every day, slept well, was

not restless, had no colic, and his blood values returned to normal. He lived several more years with few other problems. (Chambreau)

**Freya** presented in 1997 as a seven-year-old Schnauzer with lymphosarcoma of the brain confirmed by a spinal tap at a specialty hospital, treated with prednisone and Phenobarbital and given no time to live. Within 5 weeks of homeopathic treatment, the Phenobarbital and prednisone had been discontinued; and within three more weeks of treatment, she was symptom free. In addition, her yellowed teeth became as white as when she was a puppy. By 2002, she was still healthy with no neurological symptoms. Her few remaining problems resolved with different homeopathic treatments. (Epstein)

## CHOOSING A VETERINARIAN AND HAVING THE BEST HEALING PARTNERSHIP

The Humane Society of the United States gives great advice on their web site about selecting a veterinarian. Go to their site, <http://www.hsus.org/> to read the entire article, which includes “You’re looking for someone to meet your needs and those of your pet, a doctor who has people as well as animal skills...You will likely want to evaluate the entire veterinary team’s competence and caring...You will probably be happier if you drive a few extra miles or pay a few extra dollars to get the care you desire for your pet. Ask people who have the same approach to pet care as you. Once you’ve narrowed your search, schedule a visit to meet the staff, tour the facility, and learn about the hospital’s philosophy and policies.”

[The American Veterinary Medical Association](http://www.amvma.org/) says much the same on their web site:

*In selecting a veterinarian...your goals should be to find the doctor that best meets your needs and to establish a long-term relationship.*

*The veterinarian will maintain a history of your pet, including health records that detail immunizations, reactions to medications, behavior traits, etc.*

So, it's important to see your veterinarian for all your pet's health care needs. Your veterinarian will know the best preventive and critical care to provide with your pet's individual health care needs in mind. All veterinarians are special. All pets are special. Take the time to choose the right veterinarian for your special pet.

I highly encourage you to explore the variety of veterinary care available in your area now. Do not wait until there is a crisis and you need care immediately. There are veterinarians who make house calls, have a one person practice, have large staffs and lots of state-of-the-art equipment, offer some holistic care, offer only holistic, offer only one type of medicine or see only one type of animal. First decide what type of medicine you wish for your dog at this time. Then research the different possibilities. There are many guidelines on the web in addition to the two I quoted above. Put "selecting a veterinarian" into a search engine. Also, many veterinarians now have web sites, so read several to get ideas of the services you would like to see in your ideal practice. Ask your local clinics if they offer these services.

### **Finding Holistic Veterinary Care**

While there are many conventional veterinarians from whom to choose in your local area, fewer are holistically trained. The above guidelines apply and then you should look for some specific qualities. Holistic medicine takes the perspective of treating the whole dog. Even if there is a current problem, for example diarrhea or itching, a good holistic veterinarian will ask questions about what problems there have been in the past, what changes in the household or the environment may have triggered the current complaint and if there is anything that makes the current complaints better or worse. They will also evaluate the overall energy level of the dog at every visit. Their goal is to make the dog healthier for life, not just to get rid of the current symptom. They will educate you and explain what they see when physically examining your dog. They will give you a range of treatment options and listen to your suggestions. Most are very willing for you to try another type of veterinary care and return to them when you wish. Modalities used by holistic veterinarians usually include ones listed previously. Some individuals will be wonderful with your dog—others will be great at explaining to you what is happening with your dogs. A few are good in both areas. Few veterinarians are perfect, and we all have bad days. Your dog should at least be comfortable with your choice, you should be able to get your questions and concerns addressed and the health of your dog (according to your journal keeping) should be moving in a positive direction in all ways.

### **Creating A Healing Team**

One veterinarian may fulfill all that your dog needs to become and stay healthy. Or you may need a team of several veterinarians and energy healers as becoming trained yourself in some healing techniques. The number of veterinarians trained in alternative methods is rapidly increasing, so the first place to look is in your own city. Call the local health food store or holistic health practitioner (chiropractor, acupuncturist, etc.) and ask if they know of any holistic veterinarians who are open to supporting your holistic work with your dogs.

The Internet is your next tool since most organizations have web sites and many breed associations and concerned pet owners have web sites that share names of good holistic veterinarians. Many veterinary organizations also have phone numbers that you can use, but since offices may not be well staffed it will be quicker to use the Internet. The information below should help you find the most appropriate holistic veterinarian for your pet. Please note that the lists of veterinarians on these web sites may not always be up-to-date. If your first attempts lead nowhere, don't give up, keep trying!

## RESOURCES

Some of my favorite books not mentioned before in the journal (there are an ever increasing number of books that I attempt to report on in the blog at my [site](#)):

[Dr. Pitcairn's New Complete Guide to Natural Health for Dogs and Cats](#) , third edition, by Richard H. Pitcairn and Susan Hubble Pitcairn

[The Nature of Animal Healing : The Definitive Holistic Medicine Guide to Caring for Your Dog and Cat](#) by Martin Goldstein D.V.M.

The New Natural Cat by Anitra Frazier (3<sup>rd</sup> edition)

Scared Poopless by Jan Rasmussin

Homeopathy: What to Expect (and 101 cured cases) by Ed Debeuklaer

Veterinary Homeopathy by John Saxton and Peter Gregory

[Holistic Pet Care: For the Responsible Pet Owner](#) by Shannon Hines DVM

[Natural Health Bible for Dogs & Cats : Your A-Z Guide to Over 200 Conditions, Herbs, Vitamins, and Supplements](#) by Shawn Messonnier

Other books are also listed on my website in my [Favorite Books](#) section.

**Academy of Veterinary Homeopathy**

PO Box 232282  
CA 92023-2282  
652-1590 - Voice & Fax (US and Canada)

Website: <http://www.theAVH.org/>



Leucadia,  
866-

Good list of members, many of whom work by phone.

Also, excellent annual conference. Dr. Chambreau sometimes teaches a one day introduction to veterinary homeopathy the day before the conference.

**American Academy of Veterinary Acupuncture**

PO Box 419  
Hygiene, CO 80533-0419  
Phone: 303-772-6726

E-mail: [AAVAoffice@aol.com](mailto:AAVAoffice@aol.com)

Website: <http://www.aava.org>



**American Holistic Veterinary Medical Association**

PO Box 630, Abingdon, MD 21009-0630

Physical address: 57 Kensington Parkway; 21009

Phone: 410-569-0785 (9-4 EST M-F)

Office@ahvma.org



Website: <http://www.ahvma.org>

Lists all the members by state. (Not always current) Great annual conferences and you can purchase the conference recordings. They also sell many of the books listed above.

**American Veterinary Chiropractic Association**

442154 E 140 Rd: Bluejacket, OK 74333

918-784-2231 (10-4 CST, T-F)

Website: <http://www.animalchiropractic.org>

**International Veterinary Acupuncture Society**

PO Box 271395; 1730 S College Ave #301

Fort Collins, CO 80525

Phone: 970-266-0666

Fax: 970-266-0777

E-mail: [Office@ivas.org](mailto:Office@ivas.org)

Website: <http://www.ivas.org>



**The Chi Institute**

9700 West Hwy 318

Redick, FL 32686

Phone: 800-891-1986

Fax: 866-700-8772

E-mail: [barbara@tcvm.com](mailto:barbara@tcvm.com)

Website: <http://tcvm.com/>



## ABOUT THE AUTHOR

Christina Chambreau, DVM, is an internationally known homeopathic veterinarian and lecturer. She was a veterinary technician from the age of 10 and became active in The Hunger Project in 1978. Graduating from the University of Georgia Veterinary College in 1980, she began using homeopathy in her veterinary practice in 1983, and has used primarily homeopathy since 1988. A dynamic teacher, Dr. Chambreau began teaching the Ending Hunger Briefings, then the Awakening the Dreamer symposia and trained many speakers for them. She is a founder of the Academy Of Veterinary Homeopathy. She lectures about 20 times per year, including for the World Small Animal Conference in Prague, Atlantic Coast Veterinary Conference, North American Veterinary Conference, Midwest Veterinary Conference, Virginia Veterinary Conference, Virginia and D.C. Academy Veterinary Technician meetings, Groom Expo, American Boarding Kennel Association, breed shows, health food stores, and more. She has written and is quoted in many magazines & books. She is co-author of the Homeopathic Repertory: A Tutorial and How To Have A Stress Free Wedding. She is frequently on radio and TV shows and teaches 1-10 day courses on health for animals. Please contact me if you want to host a course.



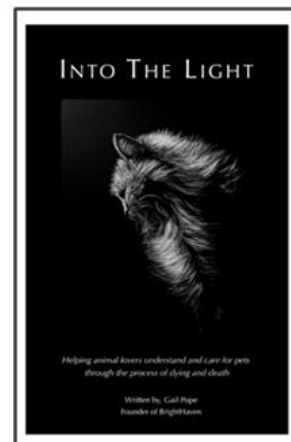
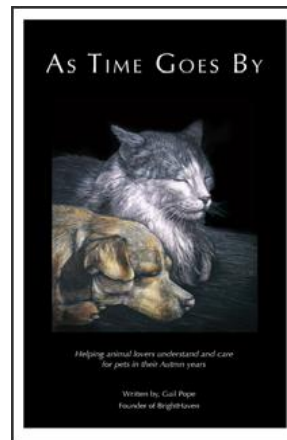


## BRIGHHAVEN

There are many wonderful rescue groups and shelters in the world. Each one has a unique approach, works with different animals and is saving lives. My favorite is [BrightHaven](http://www.BrightHaven.org). Gail and Richard Pope began BrightHaven 20 years ago when Gail realized she wanted to give a home to old cats for the rest of their lives – then horses and dogs and pigs and raven and ....and.... I taught a course on holistic health and homeopathy organized by one of their animal communicators. Gail then began to shift to using holistic methods in her home. BrightHaven is now a retirement retreat for over 90 senior and disabled animals. They are dedicated to the rescue, care and enhancement of the lives of these special animals. Most cats are 16 or older when they enter. One cat I treated lived to 28, and many make it to 20-25, with one in 2009 living to 34. They are dedicated to a program of research and education, arising from the miraculous results they have seen when the balance of natural feeding, holistic care and modern medicine are used in a loving family environment. Visiting BrightHaven is awesome and I am so touched by their caring home. Gail, her mom and staff have a way of interacting with the soul of the animal, not the ill body. They treat all animals as if they will live forever, knowing that they may die tomorrow. Please visit <http://www.BrightHaven.org> or visit them in Northern California.

Help by contributing financially, donating therapeutic healing, visiting and cleaning.

They have two booklets for sale:  
*As Time Goes By* and *Into the Light*



To order the booklets go to “Donations”, complete the form and note in the comments box what you would like to purchase.

Phone: 707 578 4800

Mail: BrightHaven,

PO Box 1743,

Sebastopol, CA 95473 <http://www.BrightHaven.org>

In addition, a new book, “BrightHaven and Its Magical Tails” by Reiki Master Barbara Bettke will be available in late 2009. The proceeds of book sales will benefit all the Bright Haven animals.

## **THE HUNGER PROJECT and PACHAMAMA Alliance**

Why am I talking about ending hunger for people and creating a human presence on the planet that is environmentally sustainable, spiritually fulfilling and socially just in a book about having your animals become super healthy? I believe that The Hunger Project and the Pachamama Alliance between them have the solutions for all the hunger, wars, poverty, abuse of women and environmental problems of the world. If we can create a world that, like Bucky Fuller said, “Works for everyone”, our companion animals as well as wild ones will have a safer life with more chances of living long and healthy lives. Imagine, for a minute, a world where every person has a fabulous vision, knows they are the one to make their vision become reality and are taking action steps now. The Hunger Project has local people lead Vision, Commitment and Action workshops around the world. They have developed an empowerment program that follows these workshops with national political support, media coverage and continuing support. They always ask the question, “What more needs to be done to eliminate hunger and poverty in this area?” and then act on the answer with powerful, innovative programs. Because we believe that empowering, not helping, is the answer, your contribution is not to go to India to work. You and I can allocate our personal resources (money) to impact on the health of the planet as well as provide comfortably for ourselves. I contribute on a regular basis to many organizations and think The Hunger Project gives the most long term benefit for my investment. Go to <http://www.THP.org> for wonderful, uplifting, positive information about the transformations happening around the world. This is a great antidote to most media coverage of the world. Read the section of why it is important to invest in The Hunger Project and re-allocate as much money as you can to invest in The Hunger Project.

[Pachamama Alliance](#) was started at the request of elders of the Achuar tribe in Ecuador. While asking for help in keeping their lands free from devastation, they insisted that we must change the dream of North America from one of separateness to one of respect and unity with all life. One major result is that last year Ecuador approved a new constitution that gave equal rights to trees, people, animals, soil, oils, minerals, water and all parts of the biosphere. [Awakening The Dreamer](#) will send you to a list of all the wonderful symposia scheduled right now for you to attend. You can also host one for your company, friends, organizations....