

Prince Georges Feral Friends Holistic Health Care for Pets Series:

**Introduction to Holistic Health Care for Pets
Dr. Christina B. Chambreau**

**Real Food for Real Pets
Jennifer Boniface, MS Animal Nutrition**

**Introduction to Homeopathy for Animals
Dr. Christina B. Chambreau**

**Intermediate Homeopathy for Animals
Dr. Christina B. Chambreau**

**Practical Chinese Medicine for Pets
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Introduction to Holistic Health Care for Pets

HOLISTIC MEDICINE

The underlying philosophy of holistic medicine is that symptoms reflect the underlying health status of the energy field. Holistic medicine sees the individual as continually trying its best to be healthy. We have realized that the symptoms an individual has are the result of the energy field attempting to heal the underlying imbalance. Instead of fighting and eliminating symptoms, holistic practitioners welcome symptoms. They are an indication of what is happening to the whole animal, a clue to what she needs to have this imbalance healed, never to return. We actually like seeing symptoms, as they are clues to:

1. Overall health status;
2. What treatment modality might be most appropriate;
3. How the animal is responding to treatment.

The conventional approach is to eliminate symptoms (or “diseases”) with anti-inflammatories, antibiotics, anti-... Holistically we may address merely the symptoms with herbs or specific acupuncture points, combination homeopathic remedies or even single homeopathic remedies chosen for the symptoms rather than the individual. This strategy could successfully eliminate the current symptoms, but does not make the animal healthier overall. It is possible to treat in ways that not only has the symptoms go away, but also have the animal be healthier in many other ways. For instance, an eight-year-old cat presented with conjunctivitis, photophobia, spasms of the lids, and a pyretic, discharging otitis. She also had a history of poor or finicky appetite, vomiting hairballs (or the gagging cough), dull hair coat with spells of miliary dermatitis (Alopecia, scabs, redness), has always shed a lot and is aggressive to one of the other cats in the house. After treatment, her eye and ear problems resolved, and a year later she had some scabbiness when the other cats got fleas. She has no more “hairball” gagging/vomiting, and will eat anything (salad, spaghetti, raw meat,...), she does not seem to shed, but her glowing coat thinned out appropriately for the summer and she is much less aggressive with the other cat. This result often, though not always happens when good holistic treatment is given. The overall health and even longevity of each animal is improved along with elimination of the current symptoms. Although this does not always happen, it is always my goal and I teach the animal guardians to have it be their goal as well.

To summarize, observable symptoms can be treated in two ways – symptomatically or holistically. The best is to deeply treat the underlying energy field of the whole animal, as I did with the cat in the previous example. There are many holistic modalities that can ease the symptoms, if only temporarily. There are many other modalities that overall improve the health of the animals, like nutrition. Every individual may need a different treatment and each practitioner knows and likes certain techniques.

Homeopathic principles elucidated by Samuel Hahnemann teach these holistic principles in the most easily understandable way and were my introduction to holistic medicine.

Definitions of Holistic Modalities

The following definitions are very brief and express my personal experience of curative ability versus merely palliative or supportive. Certification means there is an organization that trains and certifies veterinarians.

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 animals (or people) who have the same pattern of symptoms. Curative. Certification.

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. Curative. Certification.

Chiropractic: Re-aligning the musculoskeletal system, especially the spinal column, relieves pressure on nerves, thus restoring function to the body. Certification.

Network Chiropractic: a more gentle modification using light pressure and energy techniques for a more gentle chiropractic treatment. Training.

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 less likely to interfere with homeopathic treatment. Matthew Wood, Yarnell, Frazier & Pitcairn cover herbs. One of the problems is administration - especially in cats. Herbs can be toxic. Apawthecary has glycerin extracts that are very good for cats (and dogs).

Neutraceuticals: Nutritional substances used to enhance the body's function. Again, the problem is often in how to administer these to cats or small dogs.

Flower Essences: totally safe liquids extracted from flowers, are wonderful support for healing of animals and people, never suppress or harm, and the owners can use their intuition in selecting the essences. They are especially good in emotional problems. Many books on treating animals are available. I love Green Hope Farm in NH, but the Bach essences are available in most health food stores. Encourage your groomer to try them. Buy Rescue Remedy, or its equivalent and use to relieve stress and even help with shock. Use with angry, dying, fearful or shocky animals. Green Hope Farms has one that seems to help prevent fleas.

Rolfing: Manipulation of the fascia overlying the muscles, and the tendons and ligaments allows normal function of the body.

Ayurveda: system of medicine from India using herbs to balance the prana. Intuitive

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Healing/Animal Communicators: a leap in faith for most veterinarians, these modalities can produce miracles. Fine as long as veterinarian monitors

Tellington Touch: Wonderful adjunct for every person working with animals, this adaptation of the Alexander technique enhances learning and healing. Provide tapes and books for your clients to buy. Order books, video, course schedules and locations from T-Team International, PO Box 37793, Sante Fe, NM 87501 800-854-TEAM

Reiki: energetic, intuitive healing. Different practitioners can do hands on, long distance, just physical or etheric body. It is a very good adjunct to any healing modality, especially to relieve pain and inflammation. Everyone should do it.

Alexander Technique: Body manipulation through training the body with movements.

Crystals; Color Therapy; Aroma Therapy; Magnets; Gem Therapy: Useful adjuncts.

Pressure point therapy: Based on Chinese Medicine – see Schwartz book.

Zero Balancing: Relaxation, repatterning & release through light massage.

Ear candling: Very useful technique using a lit waxed cone in the ear.

Anthroposophical Medicine: founded by Rudolf Steiner, see AHVMA notes.

Hydrotherapy: Swim pools to local treatments can be a nice support.

Massage: always nice for all beings.

Prayer.

Characteristics of Healthy Animals

Signs of Underlying Chronic Disease

Health is a glowing hair coat, bright eyes and high energy. It is an absence of illness, or dependency on medications, or avoidance of “allergens”. Offspring of a healthy animal will be even healthier, and not have as many “breed” problems. Healthy animals live longer than we have come to expect.

There are many symptoms our animals have that we consider normal that really represent an underlying energy imbalance, made worse from poor diet and vaccination. As we cure animals of “disease”, we find that these “normal” things go away, too. Do not be satisfied with the health of your animals until most of the following symptoms are gone. Treat young animals when you see any of these.

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Signs of underlying energy imbalance often deemed normal in dogs

SKIN: doggy smell, attracts fleas a lot, dry coat, oily coat, lack luster coat, excessive shedding, chronic ear problems – wax, eye discharge, tearing, or matter in corner of eyes.

BEHAVIOR: Fear of loud noises, thunder, wind; barks too much and too long; suspicious nature; timidity; licking things, people; irritability; indolence; eating dog stool (possibly cat stool) – it seems to be normal to eat horse, cow and rabbit manure; feet sensitive to handling; aggressiveness at play; destructiveness.

STOMACH: Mucous on stools, even occasional; tendency to diarrhea with least change of diet; obesity; bad breath; poor appetite; craving weird things, especially non-food.

STIFFNESS when getting up, early hip dysplasia.

TEMPERATURE: sensitive to heat or cold. Low grade fevers – Normal for cats, dogs, is 100-101.5

Signs of underlying energy imbalance often deemed normal in cats

SKIN: “Freckles” on the face; fragile claws; loss of whiskers; attracts fleas a lot; dry, dull coat; excessive hair loss; waxy ears, frequent recurrence of mites; not grooming well.

BEHAVIOR: Too timid or too rough; biting when petted too long; hysteria when restrained; irritability; indolence; not covering stool; not using litter box; perching high; clumsy;

STOMACH: Excessive appetite; finicky appetite; sensitivity to milk; eating weird things; thirst – a super healthy cat on good food will drink at most once a week; constipation; hard, dry stools; obesity, thinness; loss of teeth; bad breath; pale gums; red gums; diarrhea on food change; vomiting often; vomiting hairballs more than 1-2x/year. Tarter accumulation in dogs or cats.

Signs of equine underlying energy imbalance

MIND: cribbing and/or weaving; pen/stall walking; flank sucking; over-reactive; fearful, excessively territorial or aggressive; FEARS: loud noises; slightest noises; narrow spaces.

SKIN, RESPIRATORY: puffy around eyes; chronic conjunctivitis; dull eyes; “foal snots”; asthma; coughs, sweat on upper body but not lower, sticky sweat, unpleasant odor, dry and/or dull hair coat, dry skin, poor-healing wounds, greasy skin on face.

STOMACH: foul breath, fissures at corners of mouth, salivation from clover, hollow seeming teeth, hard to float, loose teeth at under 20 years old, coprophagia/pica; craves salt; fussy eating; intolerant to fat, repeated colics, sensitivity to weather changes with GIT signs; excessively susceptible to parasites; potbellied foals; distended abdomen (hay belly) in adults, rectal tears easily when palpated, hard dry fecal balls.

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EXTREMITIES: warm up very slowly; stiff muscles; tie up if not warmed up; swollen legs: hot or cold – may or may not go down with exercise; unable to lift back feet; unable to balance on three legs, bad odor without pathology, excessive moisture in feet, sensitive to hammering in nails

GENERALITIES: poor exercise tolerance; fat deposits – cresty necks, around tail head, top of croup, under eyes; disturbed by temperature changes; offensive odors; not wanting to be touched, groomed

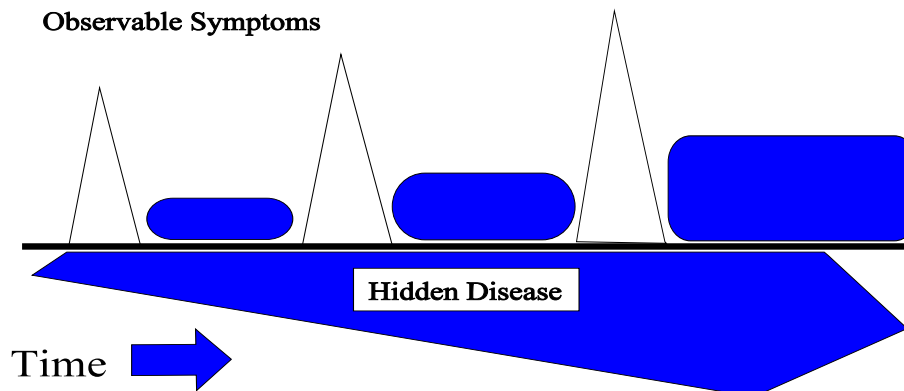
Other species

How would they be in the wild? Is this really health? Learn the normals and be open for improved health.

Progression of Disease

“*Acute diseases* are rapid illness-processes of the abnormally mistuned life principle which are suite to complete their course more or less quickly, but always in a moderate time. *Chronic diseases* are those which (each in its own way) dynamically mistune the living organism with small, often unnoticed beginnings. They gradually so remove it from the healthy state ... that the life energy...opposes them. It does so, ... with only imperfect, inexpedient, useless resistance.” (O 72).

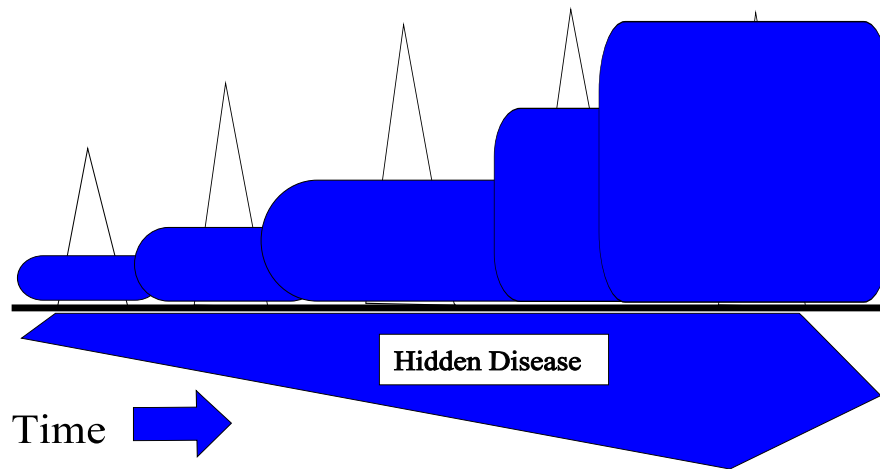
The chronic symptoms listed above will be observed between the major illnesses. They are the areas above the line between the triangles.



Palliative or Suppressive Treatment

“The true, natural, chronic diseases are those that arise from a chronic miasm. When left to themselves (without the use of remedies that are specific against them) these disease go on increasing. ... they mount until the end of life, tormenting the person with greater and greater sufferings.” (O 78)

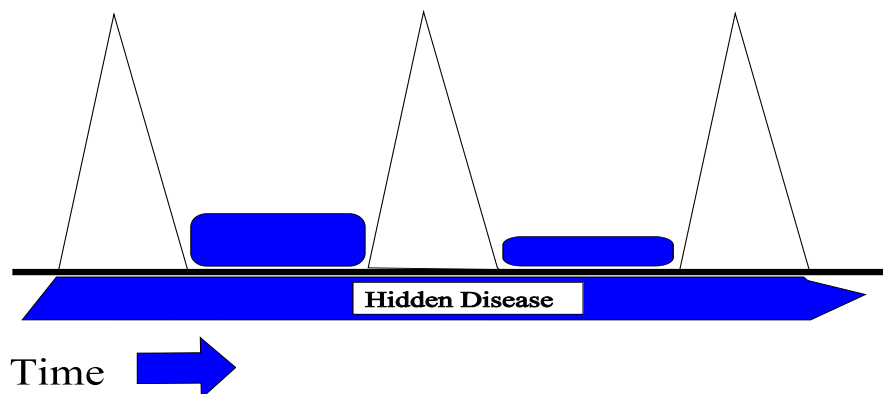
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Curative Treatment

"... a medicine is used for the *totality of the symptoms* of a natural disease [the chronic mistunement] ...diseases, which are solely dynamic mistuning irritants, are over-tuned and extinguished in the feeling of the life principle by the stronger, similar mistuning irritant of the homeopathic medicine. The diseases, being thus easily, completely and permanently extinguished, necessarily cease to exist."
" (O 70)

Giving homeopathic remedies keeps the Hidden Disease from growing and can even lessen its effect. As long as the animal is not weakened by too much vaccination, poor diet and poor environment, it can live the longest possible, healthy life with only occasional flare ups of the Hidden Disease.



Goal of Holistic Treatment

What is true healing?

In veterinary school we are taught to use the symptoms an animal has now to find the physiological problem with 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.

Holistic practitioners are taught to use the symptoms an animal has now and has ever had in the past to find the underlying predisposition to illness of this individual and treat that. A dog with thin hair, lethargy and obesity may need or any remedy.

The distinction is that most holistic treatments treat the individual who has the disease, not merely the disease. Just as no two snowflakes are the same, no two people have identical underlying problems. If you glance quickly at snowflakes they may appear the same, and often many animals need the same remedy, but each will need a different potency or frequency of treatment.

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 this chronic disease, some tracing it back to original sin. Practically, we can see that poor diet and vaccination has made worse this inherent susceptibility in animals.

The goal of holistic treatment is well stated by Samuel Hahnemann, founder of homeopathy,

“...the lifting and annihilation of the disease in its entire extent...” (O 2)

“It is not conceivable... that after the lifting of all the symptoms of the disease and of the entire complex of perceptible befallments, anything else besides health remains or could remain such that the diseased alteration in the interior would be left unexpunged.” (O 8)

While we want the current symptoms to disappear, we want the internal energy field (vital force) to stop making the symptoms rather than artificially suppress with our treatments. When a successful treatment is given there is often an initial primary effect that is due to both the individual’s vital force and the treatment itself. This is followed by the secondary effect generated by the vital force. Once the vital force becomes healthy, it “cleans house”, and the dust is gone along with the tendency to allow the dust to accumulate again. There could be stressors (vaccines, diet, emotions, environment, drugs, etc.) that would weaken the vital force so it no longer cleans out the dust (or even sees it), and then further treatment is needed.

Health is not a place we get to – it is a journey. Each animal has a different path. It is up to us to observe carefully (Keep a journal.), treat carefully and wait long enough for the inner vital force to demonstrate what is happening.

“There is nothing curably diseased nor any curable, invisible disease alteration in the human interior that, by disease signs and symptoms, would not present itself to the exactly observing physician for discernment.” (O 14)

Keeping a Journal on Your Animals

Keeping a journal is one of the most important steps you can take to have your animals live their longest, be the healthiest and even to produce the healthiest offspring. There are infinite number of ways to keep a journal – be creative.

Key Parts of a Journal:

1. Beginning: Where you got the animal and when. Any history you could glean. Situation she came from. How he reacted when first with you.
2. Illnesses:
 - a. For each illness record anything the veterinarian tells you and shows you. Be specific about how things appeared, not just the diagnosis. (“Gingivitis”, says the veterinarian. “Why do you say that?” you ask. You see the red line above 4 of the teeth, the pus coming out behind one tooth...etc.)
 - b. Ask yourself and other in the family what could have caused this illness – were emotional things happening in the family, had the animal just been to the groomer, or vaccinated, or....? Did you just get another animal?
 - c. Record every current symptom observed by you and your family and your veterinarian, in numerical order.
 - d. Record and date every treatment and if the animal resisted the treatment, loved it or could care less.
 - e. Observe and record each symptom you originally listed, and add any new ones to the list and continue to track them all.
 - f. When recovered from this current problem, schedule times for you to review the symptom list periodically to see if they are slowly returning.
 - g. Always put the most emphasis on the energy, happiness, interactions, appetite and overall how she is doing.
3. Regular check ups.
 - a. If your animal is a puppy or kitten, do a physical exam once a week until 4 or 5 months old, then shift to monthly exams. At one year, start doing the checks every 6 months. When the animal has been ill, do them weekly, and then taper off as they regain their health. When they are seeming older, do them monthly again.
 - b. Have your veterinarian show you how to look in the eyes, ears, mouth, etc. If they will not, do it yourself anyway. You will notice, after a time, whatever is important to see. Then – yes – record your observations.
 - c. Once a year, or more often if needed, have a veterinarian do a physical to see if there is anything you are missing.
4. People have used calendars, spiral notebooks, 3 ring binders, computers and scraps of paper to keep the journals. The best seem to be computer or 3 ring.

KEYS TO GOOD HEALTH

Shifting our perspective to the holistic paradigm can be challenging and has its own timetable for each of us. We say our goal is to find the combination of treatments and approaches that will support an animal heal. Yet we are surrounded by opposite thinking - “get rid of your cough quickly and get back to work,” “Take these pain pills and you can work all day.” “Stop my dog’s itching right now, “ etc. Reminding ourselves of the five main foci to helping animals be healthy will make our animals and ourselves healthier.

1. Feed the best diet.
2. Vaccinate the least.
3. Provide the best environment for the needs of that animal.
4. Build up the health of the animal & support the natural healing process. (Using one or more of the above modalities, including conventional when it is needed.
- 5 Know what to expect from a great practitioner, and be responsible for changing to another practitioner or modality if necessary.

Feed the Best Diet

This is really critical. Common, commercial foods are not adequate. A great diet will help restore health to ill pets and often prevent health problems. The best diet to feed is a balanced, supplemented, homemade diet. Think what is best for people - fresh or processed foods? The same is true for all animals - the least processed is the best.

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On a scale of negative 100 to positive 100:

- 90 Organic, raised in your gardens and your fields.
- 75 Health food store quality fresh organic produce and meat.
- 35-75 Raw meat frozen diets for animals. Depends on source of meat.
- 35 Non-organic meat and produce from regular grocery stores. **Liver must be organic or do not feed it (or eat it yourself) because it detoxifies.**
- 0 “Natural” pet foods – There are now many good brands.
- 50 to -100 Any other commercial food, including Science Diet.

Put your scientific mind to work on this issue. If an animal has ripping and tearing teeth along with bone crunching teeth, a small muscular stomach and a short digestive tract and most inhale their food rather than chewing, should they be fed pap? What quality are the ingredients and the processing? What about chemical additives & preservatives. As with people, some animals seem to maintain their health on poor quality foods, but others become more and more unhealthy until their diet is changed.

A brief example:

A new patient’s problems were not too severe, so I started with only diet and not homeopathy. Symptoms were mostly behavioral: 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; drooled on walks and in car when excited; jumps up on counters (she is a golden); swallows anything - socks, scrunchies, paper; gets into trash for food and other items. She shakes her head even when there is nothing apparent in the ears and rubs and scratches her face a lot. She has a history of ear and UTI 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 lot its redness and is now white; she itches her face 80% less; does not get into trash but still watches her do laundry; 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 a remedy. These are some changes one frequently sees on diet change.

Water should be whatever you consider the best, probably not from the tap.

As with a person starting a new diet, you may want to recommend books for guidance, but after a time, people will either follow recipes, feed their own combinations, cook mixtures or give raw meat plus what they eat. Since each individual animal needs different foods and people have different schedules and abilities, your duty as a holistic veterinarian is to support and guide people, not insist on one way being the only way. The following books are the classics and the appendix lists more books. Natural Health for Dogs and Cats , The New Natural Cat, Its For the Animals “Cookbook”, Cat Care, Naturally, Dog Care, Naturally, and Reigning Cats and Dogs. Each has a slightly different perspective. You must find the best diet for each animal and for yourself as “chef”.

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What about the Quality of the Ingredients?

Organic or not organic? As noted on the scale above, organic is certainly best, but when not available or affordable, fresh is key. You can compile a list of where to purchase meats (the most expensive item) at what prices and quality. Remember that wild game is hormone and steroid free even when they eat pesticide reared corn and crops. Look into meat lockers and reselling wild meat, or finding butchers who will keep the scraps from game, or hunters willing to bring in the organ meat they clean out in the field, and the stores who discount their almost ready to expire meat. The more research you can do to find inexpensive, healthy meat sources, the more likely your patients will get to eat healthy meat. Look for “happy meat and happy vegetables”, says Dr. Pollak.

I remind people that paying extra for organic is like making a charitable contribution to the health of our planet, and sometimes people can afford better food if they decrease their tithing and put some of that money into organic ingredients.

General Diet Guidelines

Every animal is an individual and has different requirements, you need to find out what will satisfy their personal nutrition needs.

Dogs need 30% - 60% (even up to 90%) protein, and a few can be healthy with a vegetarian diet. I have seen dogs die who did not do well on vegetarian diets.

Cats need 60% - 90% protein, mostly meat, and therefore cannot be vegetarian. (even ones with kidney problems.)

Meat should be raw. Cooking destroys enzymes and denatures the proteins rendering them less digestible to cats and dogs. Feeding chunks of meat lets your pet exercise jaw muscles, form saliva and enzymes in the stomach (most animals swallow their food relatively whole) needed to digest food properly. Ground meat is passable for most animals occasionally. We find in practice that some animals just do not seem to be healthy until on chunks of raw meat, although others are fine with all the fresh ingredients pureed. You can buy in quantity and freeze in portions. (Freezing only slightly decreases the nutritional value). An excellent meat is heart meat (good price, too). Other organ meats are great. Liver must be organic since it processes toxins. A must to read on the topic of raw meat is Pottinger's Cats. An M.D. in the 1930's kept 3 groups of cats in large outdoor enclosures. He found that feeding raw meat, raw milk and cod liver oil produced great health, including reproductive and offspring health. When either the milk or the meat was cooked, health deteriorated rapidly. We rarely see Salmonella, E. coli, and toxoplasmosis due to the intestinal flora and short transit time of dogs and cats. Raw bones, yes bones, are great on a regular basis. If the animal is eating the bones, you need not supplement with calcium.

Fruit & vegetables are great, cooked and raw, but raw must be grated so the short intestinal tracts can fully digest them. Milk products are fine. Only a few animals get diarrhea from milk. If carbohydrates are fed they need to be overcooked due to the short digestive tracts. In the wild, the intestinal contents of the prey are seeds, which are high fat and protein, not our modern grains which are high carbohydrate. While many animals will tolerate carbohydrates, others can not be fully healthy and need few, if any, grains.

As with people, some animals do not thrive on specific food items, so individually adjust your companion's diet. Digestive enzymes are useful while the animals are healing, and may be needed once they are really healthy. A “whole food” or “super food” supplement is essential since soils are poor. (Blue green

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algae, colloidal minerals, wheat grass, spirulina, Missing Link, etc.). Rotate these every few months or less, rather than just using one.

Have a "meal time" - don't leave food out. Do not feed dry food to cats. A normal, healthy cat is NOT THIRSTY!!! (You may see them drink rarely.) Feeding dry food will make them thirsty and may stress the kidneys, so no dry food for cats.

This should be fun for both you and your companion. BE PATIENT while switching to the new diet. If there are appetite problems - finicky or ravenous - these are signs of energy imbalance and the animal needs holistic medical treatment. A healthy animal will eat any good foods presented. Overfeeding causes pickiness, too.

Supplements

No one knows exactly which animals need which supplements, just as each person needs different supplements. There are a basic few that follow, and many owners give 10 to 20 different supplements they have heard of and some none. If an animal needs more than just a few supplements to stay healthy, more holistic treatment is needed, as healthy animals will get the nutrients, vitamins and minerals, from a good diet. Keep experimenting to see which supplements are really needed for each individual. Juliette de Bairacli Levy found that animals grazed and selected their own herbal supplements. Vitamins and minerals that may be needed, including calcium, phosphorus, magnesium, A, D, & E. Vitamin C is good: 500 to 2,000 mg per day, especially when pets are stressed.

A "whole food" supplement is needed because of our deficient soils. Missing Link, Blue Green Algae, Spirulina, Sea Meal, wheat or barley grass, are but a few. Rotate them until one is found to be best for a particular animal.

Many other supplements are available – come to my site at petfooddirect.com.

What about Other Species?

All animals need the freshest possible food. Ferrets – similar to cats. Guinea pigs can be fed mostly fresh cut grass and crimped grains, with vitamin C added. Horses should be fed whole oats (crimped/rolled for young or old), corn, grass, hay, alfalfa, bran mash, cracked barley. No molasses food, milo, pelleted. Vegetables are fine. Best water available. Separate salt and mineral blocks should be used. Advanced Biological Concepts has the best - 800-373-5971. (If you order from ABC, let them know I sent you and I will get a rebate.) Halo has a great organic seed mixes for birds. 813-854-2214, www.halopets.com Dr. Twila Floyd, (ALA), 334-821-7810, works with birds. Birds do not eat seeds year around. Alicia McWatters is a great avian nutrition consultant 505-281-5168

Vaccination Controversy and Guidelines

Why Do We Vaccinate, and for What?

We have a fear of getting sick, and if someone can tell us that by getting a shot our loved ones and we will not get that disease, we want the shot. Unfortunately, we would rather get a shot to prevent one

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problem than take the time to slowly build up such good health that we do not need specific disease prevention - and are much healthier overall.

There is now much controversy in the conventional veterinary community. The veterinary colleges are recommending few vaccines, but local practitioners are still following the older recommendations.

Yearly or more often, the average conventional veterinarian now recommends your dog receive a combination injection of Distemper, Hepatitis, Leptospirosis, Parainfluenza & Parvovirus. They, and kennels, require Bordetella (Kennel Cough) before boarding, and often recommend it routinely. They often suggest Corona vaccine, and Lyme disease vaccine. Cats are given a combination of Panleukopenia (cat distemper, feline enteritis) and three upper respiratory diseases, Calici, Rhino, and Chlamydia. Highly recommended is Feline Leukemia, and available are Feline Infectious Peritonitis and now ringworm vaccine. Every year (or more frequently) of your animal's life, they are being injected with 4-8 viruses, in addition to Rabies. Would you rebel if your doctor told you to now get MMR & DPT (Measles, Mumps, Rubella, Diphtheria, Pertussis, Tetanus), Hepatitis, & Rabies every year of your life until you died, instead of only a few doses as a child?

What Is the Holistic Perspective?

A healthy animal or person is unlikely to get sick (or very sick) even if exposed to infectious agents. Ideally we would never vaccinate, feed wonderful fresh food and treat the early symptoms that indicate the body is out of balance. (See sheet on the early warning signs of energy imbalance.) If they do develop an infectious disease, it can usually be treated successfully with homeopathy. Vaccinating an animal does not necessarily protect them from the very diseases for which they are vaccinated, and can make them weaker overall.

Dr. Schultz, veterinary immunologist at the Wisconsin Veterinary College, tested 6 Parvo vaccines and found only 2 to be at all effective - now the companies have improved them all.

What Is the Conventional Perspective?

It is drastically changing, and different levels in the veterinary community differ.

Drs. Schultz & Phillips (Scripps Institute) wrote in Kirk's Current Veterinary Therapy, Vol. 11, 1992, page 205, saying "A practice that was started many years ago and that lacks scientific validity or verification is annual revaccination. 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..." Dr. Schultz vaccinates his dogs as puppies for only distemper and parvo, then only Rabies the rest of their lives. Even Rabies vaccine is probably good for more than 3 years, since it is a viral vaccine. The tests done by the vaccine manufacturers on the required 7 dogs (only 7), were carried out only at three years post vaccine on puppies who were not even given a booster at 1 year. If they had tested dogs longer post vaccine, rabies would be good for life, since immunologists agree that as a viral disease, the immunity does last for life.

The American Feline Practitioners Association is only recommending that cats be vaccinated every three years. The AVMA is reevaluating its recommendations. Many veterinary schools are no longer recommending annual vaccinations.

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Are Vaccinations Potentially Harmful?

Holistic veterinarians are finding that vaccines are causing great harm to our animals (and us). To cure an animal we must use homeopathic remedies known to reverse vaccine-related problems. Often, if vaccinated during treatment, the progress we are making is stopped. Conventional veterinarians are also reporting health problems due to vaccinations. "Immune-mediated hematological disease and transient bone marrow failure are increasingly recognized sequela of...vaccination. ... Postvaccinal polyneuropathy is a recognized entity associated with...vaccines. ...Adverse reactions to vaccination have also recently been reported with increasing frequency in cats." (Dr. Dodds, 1990) Other reports include: immunologic disorders (Frick, Green, McDonald, Phillips & Schultz, Tizard); adverse vaccine reactions (Green, McDonald, Phillips & Schultz, Tizard, Wilford); increased sensitivity to pollen antigens after vaccination (Frick, Dodds). See vaccination bibliography for more information. Many ferrets with green diarrhea (which started after a distemper scare caused much increased frequency of vaccination) were successfully treated with Thuja, which indicates it is vaccine induced.

The inserts that come with all vaccines say to use them only in healthy animals. So if you are taking your animal to a clinic or a kennel and there is not great health, then the vaccines should not, according to the manufacturer, be used at that time.

Most of my clients have told horror stories of the illnesses they feel occurred after their animals were vaccinated. Some problems were immediate, but most were slower onset.

A veterinarian who breeds and shows Collies tells of breeders who start vaccinating at 2 weeks of age with modified live multiple vaccines. She has noticed for years that these over vaccinated puppies have the most lameness, the most bloat, the most skin parasites and the most breeding problems.

Can My Animals Really Be Safe and Healthy When Not Vaccinated?

YES! Wendy and Jack Volhard studied kennels in Germany, many with lines of German Shepherds that we have here in the States. These 200+ dogs are given a distemper and a parvo only at age 10 weeks and 1 year. No other vaccines are given except Rabies, when needed. These dogs are having litters and showing at 10 years of age, and live to 16 or so. In the States, many Shepherds are dying by the age of 10.

Speaking at a Rotweiller regional meet, I was told that most die at 6-8, often of cancer. Three breeders said they do not vaccinate and their dogs live to 14.

Other breeders have found that stopping vaccination has made their line much healthier, and usually immune (through good health) to the infectious agents that cause disease. Some dogs or cats are very susceptible to disease and will become infected (even if vaccinated, sometimes). I have found that unvaccinated animals who do contact an infectious disease often (not always) recover more quickly, some with homeopathic treatment, some with only supportive care.

A veterinarian in Saskatchewan stopped vaccinating his large beef herd 10 years ago and his mortality rate has decreased by 75%. He no longer has any calf scours.

Although we do not know what level of antibodies an individual needs to be protected against a disease, you could check the "titer levels" of your animals, and if they have a high titer you would feel more comfortable not vaccinating them.

The best, again, is to build up the health of animals so they are not susceptible to acute infectious diseases and live many years of good overall health.

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Are There Homeopathic Vaccines? Nosodes?

Many people have stopped vaccinating, but have started using homeopathic protection on an ongoing basis. These remedies, called nosodes, are homeopathic preparations of the different animal diseases made from the tissues of a diseased animal. Therefore they have the organism and an animal's response to the organism. Some are using nosodes for each disease, and others are using combinations of all the diseases. This is still operating from a fear of getting something, rather than a proactive stance of "let's become very healthy so that even if we are exposed to a communicable disease, we will not get that ill." Most of the animal nosodes have not been through the homeopathic testing procedure (provings). Dr. Schultz did one study that indicated no prophylactic protection from nosodes. There is a lot of evidence for the success of using homeopathic remedies in people over the last 200 years to protect them when an epidemic is going on, but few doctors recommended on-going prevention, and certainly not repeated throughout the life of the person.

Vaccination Guidelines

RABIES vaccination should be given at 5 months. Be sure the animal is as healthy as possible, and if under homeopathic treatment, check first with your homeopathic veterinarian. Repeat at 1 year, and then every three (unless your state requires it more often). Speak with your holistic practitioner if you breed, or have exclusively indoor animals, or if your animal is ill.

For the other diseases, there are several options, listed in decreasing acceptability, in my opinion.

1. Do not vaccinate. Rely on the animal's health. Treat if they get the disease. Feed a great diet. Treat very early symptoms (red gum line, body odor, cats who drink or vomit hairballs, behavior problems - see the early warning signs handout).
2. Give homeopathic nosodes for distemper and parvo (dogs) or panleukopenia (cats) until 4 months of age, then no more nosodes or vaccinations.
3. Give one distemper to dogs or cats between 12-14 weeks of age and parvo between 14-16 weeks of age according to Dr. Schultz. (Or 2 distemper and 2 Parvo)

If your animal is highly exposed to an epidemic of a disease, and you feel they are at risk, you can then administer a homeopathic nosode. Do not give a nosode if your animal is under homeopathic treatment at the time – call the practitioner. If you've been told there was Parvo at the show, or your neighbor's cat got calicivirus, and you are worried about your healthy animal being infected, give one 200c dose of the appropriate nosode. If symptoms do appear, they may be self-limiting, or need to be treated by your homeopathic practitioner.

Research on nosodes is currently being conducted in the United States. Funding is needed. I think this is an important issue to grapple with, and encourage you to read some of the following information, and listen to lectures by people like Dr. Ron Schultz or Dr. Jean Dodds. (Several good ones are available from the 1995 AHVMA annual conference. Most homeopathic practitioners will certainly work with your animals regardless of your choices about vaccination, even if you elect to fully vaccinate them.

KEEPING FLEAS UNDER CONTROL

A FLEA COMB IS YOUR SECOND BEST FRIEND AGAINST FLEAS. DIET IS THE BEST

EARLY WARNING SYSTEM: Use a flea comb regularly to detect the flea feces (B.M.): dark black, gritty (red when wet) tiny debris. You will often see this before the fleas themselves. On dogs, you will find it on the back, just in front of the base of the tail and cats at tail base and also behind their ears. On cats who do not like baths, you can spend 30 min or more and remove all fleas and flea just with a flea comb. Keep a towel with alcohol or soapy water on it to rub the flea comb to kill fleas.

The presence of fleas is usually a reflection of the underlying health/unhealth status of your pet. A very healthy pet on a great diet is unlikely to get fleas. So one key to flea control is to **improve the immune system** of your pet through nutrition, exercise and homeopathic treatment. By not using “monthly fleas treatments” you will have another clue to the health of your animal(s). In addition, Advantage, Program, etc. can be harmful to your pet.

The key to treating fleas is to **treat the environment and the animal at the same time**, and repeat treatments as needed to break the life cycle of the fleas. Even apartments!

Sometimes the best diet and environmental care fails. Homeopathic treatment to improve health often needed. There is no reliable homeopathic "magic flea remedy".

Outdoors

Most outside treatments, even diatomaceous earth, may harm good insects as well as fleas. A new product of nematodes, that you mix with water and spray on your yard, eat only flea larvae, so don't upset the normal flora of your yard. One name is BioFleaHalt from Farnam (800-234-2269). It is also available from Flea Busters.

House

This is absolutely key, since this is where fleas hang out.

Vacuum daily and carefully. Keep 1T borax in your vacuum bag so the eggs you vacuum up do not hatch and crawl back out. Or discard bag with each use.

Call the Flea Busters Company. Many areas of the country have this franchise. They give a year guarantee, use a borate type powder, which is very safe and non-toxic, and also dehydrates the flea. Call 800-666-3532 to find the nearest one to you. They, and health food or pet stores also sell do it your self yard & house products.

Or sprinkle diatomaceous earth (available from organic gardening places or natural pet companies) around the house, let sit 12 hours or so and then vacuum. Repeat frequently. Or sprinkle POW or other powdered pyrethrum flowers and vacuum in 3 days. This may be good at entrances to your house. Or Green Hope Farms - Flee Free - misted in house.

To see where the fleas are in your house and to help kill them, put BOWLS of soapy water on the floor at night with a light shining on them. Put where your pet won't drink it.

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Most Important Is Your Animal

The goal is for your pet to have maximal health. The key to a great immune system is a great diet. The ideal is raw meat and fresh foods in the right proportions for your animal. Next best is natural pet food, supplemented with fresh food.

When you know you have a problem:

- a. Some supplements can help make your pet unpalatable to fleas: Nutritional Yeast (1 teaspoon for a cat or small dog up to 3 Tablespoons for a big dog), (yeast can be detrimental to some animals), garlic (1 4 cloves), or capsules. There are several commercial products that include yeast, garlic & more.
- b. Exercising and grooming and flea combing daily is also critical.
- c. Baths can be given whenever you see the flea dirt (or fleas). Safer's flea soap, Canex flea soap, Citrus oil shampoos and sprays (Lightning is one brand) are quite good. Often just a good quality non medicated shampoo, lathered up well and left on 10 - 15 minutes will remove a few fleas. Rinse two to three times. Be sure to always check for any residual fleas or flea dirt after your pet is dry and remove it, or you will think you are re infested when you check the next few days.
- d. Topicals: Do not use smelly products if your pet is being homeopathically treated. **Remember that anything put on your pet can be absorbed into its body.**

Powders: Use pyrethrum products made from 100% chrysanthemum flowers: POW, Natural animal flea powder, other brands, even nutritional yeast or diatomaceous earth.

Sprays: Lightning Spray (citrus), other natural sprays, or make your own.

Rinses: Avon Skin So Soft 1T in a 1/2 gal water. Rosemary tea. Lemon rinse: (Put a whole scraped lemon in a pint of boiling water, boil 20 min and sit over night. Strain and use.

Natural/herbal collars: (these seem better on cats).

Topical and internal - Green Hope Farms' Flee Free. This flower essence can be misted on, one drop put on hair and the etheric body rubbed, misted in the house or out of doors, with the request that the fleas leave your area. Green.hope.farm@valley.net (603-469-3662). Put a drop on your hands and rub all over the body, or etheric body of your animals. Put a few drops in water in a mister and mist your house and/or yard and say - "leave us, fleas." Also give it orally, one drop straight, or if your animal does not like that, you can dilute 1-2 drops in 1/4C water and give a few drops a day. This also sometimes helps with ticks.

Do not ever use the new "magic" flea preventatives - Program, Advantage, Frontline, or in combination with Heartworm preventative, chemical flea collars or dips. If your pet is bringing in a lot of fleas from outdoors, you can spray a light mist of the above natural flea sprays, or lightly dust on powder, or spritz with Flee Free before walks to prevent the fleas from jumping on your pet. Always check when they come back in the house with flea comb. Prepare ahead of time for when you are travelling, since other areas may be loaded with fleas.

PARASITE CONTROL

Generally, make the environment unhealthy for the worms. Constitutional homeopathic treatment, Chinese medicine, great diet, garlic, bran & pumpkinseed will all help. Use conventional if the following don't work.

Tapeworms

Conventional treatment often makes animals more ill, so it is best to first try one or more of the following treatments. Tapeworms rarely harm the animal and are not transmissible to people.

| | (Under 20#) | (over 20#) |
|-----------------------------------|-----------------------|------------------------|
| I. Zymex II (Standard Process) | 1 caps/day | 1cap twice a day |
| Wheat Germ Perles | 1 perle/day | 1 perle twice a day |
| Ground pumpkin seed | 1/4 teasp twice daily | 1 teaspoon twice a day |

Use coffee grinder for seeds and then keep in freezer. Give all mixed with meals (puncture caps) for 1 month. 90% are clear after 1 month. If not, continue for another month or try another approach.

II. Homeopathic remedy Granatum low potency (6x or 6c) QID x 5 days. May still see segments for 1 month, but do not repeat. Do not do while on other homeopathic treatment.

III. Other herbal treatments are listed in the various healthy animal books.

IV:Keep building up overall health and see the worms go away with no deworming.

Round and Whip Worms

Chinese Herbal: Fast 12 hrs before tx and 6 hours after.

Cats: 2 caps (9-13#), 1 caps for smaller, 3 for bigger.

Dogs: 1 caps per 10 #. Repeat in 3 weeks.

Give Diatomaceous Earth supplement daily in food between treatments.

Cats: 1 tsp, 1/2 tsp for smaller and 1 1/2 for bigger.

Dogs: > 15# = 1 tsp, 15-40# = 2 tsp, <40# = 1 tablespoon.

And give Garlic to food daily along with diatomaceous earth.

Cats: 1/2 clove, + or -. Or one caps. Kyolic.

Dogs: >15# -1/2 clove, 15-40#-1 clove, <40#

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Para-L, available from Good Herbs (800-466-4095) can be effective against any parasite, even heartworms.

Heartworms

There is a lot of controversy about heartworm preventative. The drugs adversely affect many dogs. Any symptoms can become worse. I do not recommend giving Nux vomica routinely after the preventative (no homeopathic remedies should be given routinely).

Over the years at conferences, various veterinarians have reported problems with any of the preventatives. Most feel has the fewest problems is the once a day, DEC, but many dogs do fine on the monthly ones as well. Observing your dog will give you clues that you need to try one of the other preventatives or use none at all. The fewer drugs the better, so use ones just for heartworms, not other worms.

When giving the preventative, daily or monthly, give it less frequently than recommended. The Daily can be safely given every other day and the Monthly given every 6-8 weeks. In the Maryland area I would blood test in May or June and stop by October. Stopping for at least 3 - 5 months each year will let you evaluate any impact the preventative is having on the animal. It is important to treat these as serious drugs, watch very carefully for side effects, even subtle ones, and then switch to another kind or treat the dog constitutionally.

There is a heartworm nosode, but we do not have sufficient information to tell if it is really protective. I sometimes use it when people are not going to use any preventative.

Theoretically, a healthy dog could become infected, have a few adult worms in the heart and baby heartworms in the bloodstream, yet not be ill from the infection at all. A healthy body should tolerate a low level of parasites. Therefore, some clients choose to use no preventative and I support them in that choice and recommend blood tests twice a year. They are also treating their dogs holistically in other ways and being careful in high mosquito season to stay in or use repellent. There are alternative treatments for adult heartworms that are 75% effective, but the dog's heart could still be stressed by getting them, so prevention is probably the best bet, unless the dog shows any negative side effects, even subtle.

FLOWER ESSENCES

Flower essences are the first choice for you to try with your animals. They are a safe, effective and natural way to help your animal companion lead a healthier and happier life. The philosophy behind Flower Essences was developed by Dr. Edward Bach, an English physician who gave up his busy practice to study and prepare the 38 Flower Essences now known as the Bach Flowers or English Flower Essences. They are specially prepared extracts of the flowering parts of certain plants.

In our animal companions, Flower Essences have their greatest benefit in the treatment of emotional or behavioral problems, such as:

- Fearfulness
- Excessive vocalization
- Separation anxiety
- Hyperactivity
- Elimination problems
- Recovery from injury, or surgery
- Excessive grooming, licking, chewing, or feather-picking
- Failure to adjust to environmental changes
- Jealousy and aggression
- Stress from boarding or confinement
- Grief from loss of human or animal companion
- Travel anxiety
- Training difficulties
- Dealing with chronic illness
- Performance (in show, working or racing animals)

... and many others!

Do any of these apply to your animal companion? Flower Essences can help! Flower Essences are very helpful for working with injured or captive wildlife as you need not handle the animals to treat – use a mister.

Dr. Bach was a deeply religious man whose spirituality was reflected in his work. He believed that each of us has a divine mission on earth that can be discerned through listening to our own instincts, wishes, thoughts, and desires. He also believed that all disease is the result of disharmony between the soul and the mind. This occurs through allowing other people to interfere with the true course of our lives. It is not that such interferences are in themselves evil or bad, but it is our response to them, the "permission" we give them to disturb us, that causes the problem.

In terms of Dr. Bach's philosophy, it is easy to see how animals are similarly diverted from their "true course." Animals are forcibly weaned, taken from their families, and trained to exist with their human companions by altering or suppressing natural behaviors. Certainly, we are not being mean or arbitrary when we insist that our animal companion use the litter box or refrain from biting, scratching, bucking, or flying

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out the window. WE often vaccinate them or feed food that is far from their natural diet. These are necessary accommodations that our animal companions must make in order to share our lives.

We know that mental and emotional upsets in humans can have deep and lasting physical effects, far beyond what used to be referred to as "psychosomatic illness." Animals too, have an active mental and emotional life. and can manifest behavioral and physical problems that have their roots in emotional trauma. The Flower Essences basically correct underlying negative emotional states by "flooding" the patient with the opposite, positive quality that is the essence of that flower. For example, the essence of Holly is love. You could use Holly in any situation where there is a lack of love, such as anger, jealousy or rage. Similarly, the essence of Rock Rose is courage: it is used in cases of deep fears, panic, and terror.

The flower essences are safe and compatible with any other treatment. They cannot be overused or misused, you can give more than one at a time. Even if you give the wrong remedy, it will not have any negative effects, but simply no effect. This allows us to use Flower Essences in food and water bowls, even when several animals share them. Flower Essences are very easy to use! They can be given by mouth, added to food or water, applied topically, or used in a spray bottle to infuse a problem area (carrier, car, room, cage, trailer or stall).

In most cases, one course of treatment of up to 6 weeks (rarely for life) will be needed. The more frequently you give the essences in a day, the better the action. Usually improvement is seen within the first two weeks of treatment.

The flower essences are not treating a specific behavior, but rather addressing the underlying emotional imbalance. Flower Essences are not drugs. They do not have a physical effect on the body, nor will they directly alter or eliminate a particular behavior. What they will do is gently change the animal by encouraging positive emotions and responses, which in turn results in beneficial effects on behavior.

Flower essences are readily available from health food stores, and with a little study from one of the many excellent books on the subject, it is a fairly simple matter to create your own formulas. Many people have followed Dr. Bach's lead and made flower essences from different sources. The following are 3 of my favorites. Others are equally good for other people. Try one that intuitively suits your animals. Often you need to be taking the same essences as your animals.

Spirit Essences are made by Kate Solisti. Spirit Essence uses pure spring water that has been enhanced with Reiki energy as well as Full Spectrum Light. She uses the Bach flower essences and the Watersong Essences from Boulder Colorado (plants, animals, gems, butterflies, and some very unusual ethereal essences. She makes up combinations to fit your animal.

Molly of Green Hope Farms Flower Essences is led by the devas and flower spirits to grow certain flowers on her New Hampshire Farm, or to go elsewhere to collect specific plants. She has over 150 different essences listed in a wonderful catalog. Recently she has created specific combinations for animals including Anxiety, New Beginnings, Senior Citizen, Spraying and Transition. Many of my clients have had good success with her Flee Free to prevent fleas and sometimes ticks. It works wonderfully for my cats. 603-469-3662 Green.hope.farm@valley.net

Sananjaleen-June Hughes makes the ascension Essences and Young Living Essential Oils. 540-364-1282. She will help you decide which ones your animal needs at this time or for a specific problem.

Sources of Products and Information

Holistic Health Care for Pets

Recommended Books

General Holistic Health Care

- Natural Health for Dogs and Cats* - Richard Pitcairn (Rodale Press)
The New Natural Cat - Anitra Frazier (Plume)
The Ultimate Diet - Kimythy Schultz (BARF type)
Cat Care, Naturally - Celeste Yarnell (Tuttle)
Its For the Animals Cook Book - Helen McKinnon 908-537-4144 Wonderful resource section and helpful tips. (HLMcKinnon@aol.com; <http://members.aol.com/ifta2>)
Reigning Cats and Dogs - Pat McKay
Natural Immunity- Pat McKay Compilation of quotes about the dangers of vaccination
Super Nutrition for Animals - Nina Anderson. 860-824-5301
The Healthy Cat (Dog) Book - Wendell Belfield (McGraw Hill)
Complete Herbal Book for the Dog - Juliette Bairacle-Levy (herbs & food, cat,too)
Healthy Cat and Dog Cook Book - Joan Harper
Vegetarian cats and dogs - 406-295-4944 ("Cats CAN NOT be vegetarian!" --Dr. Chambreau)
Pottenger's Cats - a study in nutrition proving raw meat the best. 800-862-6759
Holistic Guide for a Healthy Dog - Wendy Volhard and Kerry Brown
Rationale for animal Nutrition - Randy Wysong - 800-748-0188
Love, Miracles, and Animal Healing - Allen Schoen
Natural Remedies for Dogs/Cats - Martin Zucker
What Vets Don't Tell You About Vaccines - Catherine O'Driscoll
The Healing Touch - Dr. Michael Fox
The Language of Silence - J. Allen Boone
Kinship with all Life - J. Allen Boone
Four Paws, Five Directions - Cheryl Schwartz - excellent overview and practical tips on using the Chinese Medical perspective with your animals
Herbs for Pets - Greg and Mary Tilford - beautiful pictures and super practical information about herbs for animals.
Natural Health Bible for Dogs and Cats - Shawn Messonnier

Homeopathic Books:

- Homeopathy: Beyond Flat Earth Medicine* - Tim Dooley - 619-299-1140 BEST intro.
The Science of Homeopathy-George Vithoulkas - A comprehensive overview - Great for serious beginners and advanced, too.
The Homeopathic Treatment of Cats and Dogs - Don Hamilton. New. EXCELLENT
Homeopathy: Medicine for the 21st Century - Dana Ullman - An overview
Homeopathic Medicine at Home - M. Panos - acute use
Everybody's Guide to Homeopathic Medicines - Dana Ullman -acute use
Complete Homeopathy Handbook - Miranda Castro - Acute use and principles

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Veterinary Homeopathy

The following are the only veterinary homeopathy books. They are good for acute prescribing or to use as extra rubrics as you individualize each case.

The Homeopathic Treatment of Cats and Dogs – Don Hamilton. New. Excellent.

The Homeopathic Treatment of Small Animals - Christopher Day (also Beef & Dairy Cattle)

Homeopathic Treatment of Dogs (also - of Cats, - of Cattle, - of Horses, - of Goats) and *Materia Medica* - George MacLeod

Homeopathic Treatment for Birds - Beryl Chapman

Your Dog and Homeopathy - Atjo Westerhus

Veterinary Tapes

Dr. Pitcairn's tapes and workbooks from his courses - 503-342-7665

Dr. Chambreau's talks for the National Center of Homeopathy(510-527-3600), AHVMA annual conferences (410-569-0795) and her courses (410-771-4968).

(The best way to chose remedies is by using human books and doing a complete repertorization, or consult a homeopath.)

Philosophy and Principles

The Organon – Hahnemann From the master's mouth. A must for the serious student. Best edition is by O'Reilly and costs more but is very readable, better translated. More informative than the Kunzli edition.

Lectures on Homeopathic Philosophy - James Kent. Wonderful exposition on how homeopathy works and how to use it in the best way.

Chronic Diseases - Hahnemann & *Lesser Writings* - Kent. More advanced reading.

Repertories

Kent's Repertory - The most popular index of symptoms & affordable.

Complete, Synthesis or Kunzli's Repertory - MODERN repertories. Expanded Kent, with many new additions.

Homeopathic Repertory - Robin Murphy - Organized totally differently, cumbersome for animal work, but may give additional remedies.

Synthetic Repertory - H. Barthel. Modern. Vol 2 (generals) is good for animals.

Dictionary of Homeopathic Medical Terminology - Yasgur - defines those funny words.

Homeopathic Repertory: tutorial and workbook - Karen Allen

Materia Medicas

To treat animals, you need one of the following three materia medicas which are more from the provings, so has specific & detailed symptoms:

Guiding Symptoms to our Materia Medica - Constantine Herring (10 volumes)

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Clarke's Dictionary of Materia Medica (3 volumes)

Handbook of Materia Medica and Homeopathic Therapeutics - H.C. Allen (1 volume)

The following are good for learning remedies and confirming choices:

Boerike's Materia Medica and Repertory - Provides specific information on the actions of most homeopathic remedies with an introductory overview on each remedy. Clinical conditions type of repertory. Inexpensive

Lectures on Homeopathic Materia Medica - James Kent Detailed and insightful descriptions of many remedies by a master homeopath.

Concordant Materia Medica - Vemeulen - very complete, detailed, modern.

Sources for Homeopathy and Holistic Products

This is a purely personal list. Also get the literature from all suppliers represented at this seminar. When ordering remedies compare kits for cost and the remedies you are studying.

www.PetFoodDirect.COM

(Click on Animal Wellness Center.)

877-738-3663

Now has a holistic site where you can order lots of products in one place. Enter the discount code ASHPGFF, get a 5% discount and PFD will send PGFF a donation!

Homeopathic Products

The following companies carry single remedies, kits, books, topical creams and lotions, books & more. All homeopathic products for people are good for animals. I suggest ordering #10 or #12 pellets. Compare kits for cost and the remedies that you already have. Always ask how long it will take to get your order and have them check to be sure that the remedies you order are in stock.

Standard Homeopathic
P.O. Box 61067
Los Angeles, CA, 90061
800-992-9659 (CA)
800-624-9659 (non CA)

Books. Remedies sold in amber bottles from 2 dram to 2 oz size. You can request any size pellet, from #10 to #35, or tablets. Wide selection of lotions and creams,

Washington Homeopathic Products
4914 Del Ray Avenue
Bethesda, MD 20814
800-336-1695

Large animal nosodes, remedies, ointments, T-shirts, kits, books. Excellent service

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Luyties
4200 Laclede Ave.
St. Louis, MO 63108
800-466-3672

Remedies, topicals, they have Dr. Kent's remedy kit that people still use. Run a large study group.
www.1800HOMEOPATHY.com

Green Hope Farm Flower Essences
P.O. Box 125
Meriden, NH 03770
603-469-3662

green.hope.farm@valley.net
Flowers grown in New Hampshire. You can call Molly and she will meditate and help you select the right flower essences for problems, or read her great catalog to choose.

Jim Klemmer
Natural Health Supply
6410 Avenida Cristina
Sante Fe, NM 87505
888-689-1608
505-474-9175

MrJKlem@aol.com
Excellent service. Has LM potencies and will make them in dilution. Other remedies & books.

Apothecary
5415 Cedar Lane
Bethesda, MD 20814
800-869-9159

www.the-apothecary.com
apoth123@aol.com

Homeopathy Overnight
929 Shelburne Ave.
Absecon, NJ 08201
800-276-4223

Good selection.
\$10.75 overnight.
rob@homeopathyovernight.com.

Boericke & Tafel
800-876-9505

good basic remedy comp

Boiron
6 Campus Blvd.
Newtown Sq, PA 19073
800-258-8823

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P.G.F.F. has sponsored full-day seminars by Dr. Chambreau and other experts in Holistic Health Care for Pets. Call, write, or email your name and mailing address to get a brochure the next time there is a seminar offered.

Holistic Health Care for Pets

Homeopathic Organizations, Courses, and Journals

The following professional organizations for homeopathy offer newsletters, hold training courses and work to support awareness and knowledge in the field of homeopathy. I feel it is critical for you to quickly join the first three organizations, and then more when possible.

The Academy Of Veterinary Homeopathy

PO Box 9280

Wilmington, DE 19809

866-652-1590

avh@naturalholistic.com or www.theAVH.org

Journal. Annual conference. Training and certification. Focus is education and advancement of veterinary homeopathy to improve animal health. As you start to cure animals with homeopathy, even seemingly simple problems, please write up your cases and submit them to the journal so we can all share our expertise. Go to the website – www.theAVH.org for a referral list.

The National Center For Homeopathy

801 North Fairfax Street, Suite 306

Alexandria, VA 22314

703 548 7790

www.homeopathy.org

The largest homeopathic organization in the U.S., the NCH publishes a very readable, high quality monthly newsletter, "Homeopathy Today". Their summer school has courses for lay and professional homeopaths, appropriate for any level of knowledge. They also publish a directory of homeopaths in the United States. Tapes of seminars & speakers from conferences: 510-527-3600.

The American Holistic Veterinary Medical Association

2214 Old Emmorton Road

Bel Air, MD 21014

410-569-0795

Their quarterly journal covers an array of holistic approaches for animals (and people) that includes articles on homeopathy in almost every issue. As you start to cure animals with homeopathy, even seemingly simple problems, please write up your cases and submit them to the journal so we can all share our expertise.

New England School Of Homeopathy

356 Middle Street

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In-depth human courses and the wonderful New England Journal of Homeopathy.

Homeopathic Academy Of Naturopathic Physicians

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They publish the "Simillimum," a quarterly journal full of cured cases (mostly in people).

Veterinary Institute of Integrative Medicine
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303-277-8227
stephen@viim.org
www.viim.org

Many web sites can help you.

Join Tim Saffell's internet discussion list. Point your internet browser to

<http://www.Topica.Com/lists/Veterinary-Homeopathy>

Many courses are offered now in homeopathy. Consult with several homeopaths you respect before choosing one of them. The journals listed above carry notices of courses. Call Dr. Chambreau, 410-771-4968 to host or attend courses on animal homeopathy for professional and lay people. Dr. Jeff Levy, 413-268-3000, and Dr. Loops, 919-542-0442, also teach courses for veterinarians and lay.

Finding and Consulting with a Holistic Veterinarian

It's always nice to have a holistic veterinarian available when you need one. If you don't, it can be useful to have a holistic veterinarian that can consult with your regular conventionally-trained veterinarian. Of course, it's good if your holistic veterinarian is trained in a broad range of holistic modalities.

Many of the organizations above have lists of veterinarians that have been trained and/or certified in their respective discipline. There may come a time, however, when you would like the advice of a holistic veterinarian, but you don't know who to call. Now the Veterinary Advice Line is available to answer questions that you might have, suggest the appropriate modality for your companion, and refer you to a trained practitioner in that modality.



Call 1-866-4-VET-NOW (1-866-483-8669). The cost for the consultation is only \$34.95 and can be paid by major credit card or check right over the phone. Please tell the Veterinary Advice Line that you were referred by Prince Georges Feral Friends and they will give us a donation.

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Books:

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For More Information:

- National Vaccine Information Center 703-938-0342 <http://www.909shot.com> 800-909-SHOT
- New Atlantean Books, 505-983-1856, has a lot of vaccine related books available.
- Vaccination Alternatives 212-870-5117 Organization to help choose about childhood immunizations.