



## **For those who choose to think for themselves**

What makes this difficult is that billions of dollars are spent to convince you, your breeder, your vet, your government (all levels), and most of your pet owning friends, that you must vaccinate your animal every year, feed only scientifically 100% balanced nutritional pet food, etc. Are you irresponsible if you do not follow the orthodox "wisdom" of caring for your animal? If you don't follow the conventional wisdom on how to care for your pet, will you be causing harm to your animal?

The growth of interest in "natural" foods and "alternative" medicine is a sure sign that people are slowly rejecting the way we have been taught to do things.

## **Diet and Supplements**

There simply is no commercially produced food that can substitute for a basic home prepared diet. It's what nature intended and you know it just doesn't pay to fool with Mother Nature.

I have been helping my patients discover a health, vitality, and joy in life that their owners never thought possible, simply by having them alter what they eat, which supplements they were given, and how they exercised. Yet I always assumed that the genetic part of our story had already been written. Like most of us, I believed the genes we inherited from our parents were the

cards we were dealt. But I began to discover that we have an enormous power to improve our pet's lives, even when it comes to their genes. True, we can't do anything about which chromosomes they got from their parents; we can't add new genes to the mix or eradicate old ones. But the genes they got at conception are only the beginning of the story. I believe that we have the capacity to turn up the volume on some genes and silence others with nutrition, vastly improving our capacity to provide our pet's good health and happiness.

In this era of the Internet there is an overwhelming amount of credible and not-so-credible information. It is nearly impossible to decipher the truth from fiction. Therapeutic Nutrition is broadly defined as the use of nutrients, such as vitamins, minerals, amino acids, essential fatty acids, co-factors, enzymes, anti-oxidants, and phytonutrients, to support the body's immune and healing systems, thereby altering the course and outcome of a disease process. It can be used as a preventative, or can be used as a therapy. It does not focus on food types, calories nor minimum daily requirements, but rather on metabolic and physiological effects of foods on the body's healing and immune systems. Unlike drugs, nutritional products are not designed to address symptoms or diseases, they are designed to "feed" and "fuel" the cells of the body, using or calling upon the cells' inherent ability to heal and achieve wellness. The goals of therapeutic nutrition fall within 3 broad categories, which directly help to enhance wellness.

1. The supply of appropriate absorbable nutrients
2. The reduction of inflammation
3. The enhancement of elimination of toxins

The pet food industry attempted to regulate and standardize commercially prepared pet foods. This method is based upon the chemical content and analysis of food, the actual levels of fats, proteins, carbohydrates, and moisture. The regulatory methodology is accomplished via the guaranteed analysis of the food. To qualify as a pet food, the following 4 categories must be listed on the label: crude protein, crude fat, crude fiber, and moisture.

Veterinarians were able to put together a mixture containing coal, shoes, and crankcase oil. When chemically analyzed, this mixture met the minimum requirements of pet food. So, it is not only the chemical composition of pet foods that is important, but the bioavailability of the raw ingredients used. I have affirmed that optimum nutrition helps slow the onset and progression of chronic disease because it restores balance and promotes healing by supporting the metabolic pathways that energize the healing system. In addition, it helps reduce the inflammation that predisposes an animal to disease. Its use, either alone or in combination with appropriate medication, contributes to the day-to-day wellness of the animal.

Metabolic Testing is based upon the principle that changes occur in the blood before symptoms appear. Since Metabolic Testing identifies nutrient requirements and early warning signs of impending disease, it is the perfect tool to incorporate into an animal's health care. It provides proactive and early warning opportunities to detect and improve health through specific and tailored nutritional therapies. Clinical Analysis of the Metabolic Testing has affirmed that optimum nutrition helps slow the onset and progression of chronic disease because it restores balance and promotes healing by supporting the metabolic pathways that energize the healing system. In addition, it helps reduce the inflammation that predisposes an animal to disease. Its use, either alone or in combination with appropriate medication, contributes to the day-to-day wellness of your pet.

## **VACCINATIONS**

There is a deep, ingrained belief that we must follow conventional vaccination practices to protect our animals. Unfortunately, once vaccinated there are no 100% guarantees that an animal will not contract that disease. The conventional community, including the American Veterinary Medical Association, is seriously reviewing the subject and coming to the conclusion that present practices are may be flawed.

My vaccination protocol. This is welcome news and should be taken with you to your vet should you need reinforcement against over-vaccination.

I would like to make you aware that all 27 veterinary schools in North America are in the process of changing their protocols for vaccinating dogs and cats.

Some of this information will present an ethical & economic challenge to vets, and there will be skeptics. Some organizations have come up with a political compromise suggesting vaccinations every 3 years to appease those who fear loss of income vs. those concerned about potential side effects.

Politics, traditions, or the doctor's economic well-being should not be a factor in medical decision

Dogs' and Cats' immune systems mature fully at 6 months. If a modified live virus vaccine is given after 6 months of age, it most likely produces immunity, which is good for the life of the pet (ie: canine distemper, parvo, feline distemper). If another MLV vaccine is given a year later, the antibodies from the first vaccine neutralize the antigens of the second vaccine and there is little or no effect. The titer is not "boosted."

Not only are annual boosters for parvo and distemper unnecessary, they subject the pet to potential risks of allergic reactions and immune system related diseases. There is no scientific documentation to back up label claims for annual administration of MLV vaccines.

Puppies receive antibodies through their mothers milk. This natural protection can last 8-14 weeks. Puppies & kittens should NOT be vaccinated at LESS than 8 weeks. Maternal immunity will neutralize the vaccine and little protection (0-38%) will be produced. Vaccination at 6 weeks will, however, DELAY the timing of the first highly effective vaccine. Vaccinations given less than 3 weeks apart may SUPPRESS the immune system. A series of vaccinations is given starting at 8 weeks and given 3-4 weeks apart up to 16 weeks of age. Another vaccination given sometime after 6 months of age (usually at 1 year 4 mo) will provide lifetime immunity.

## **Veterinary medicine**

The "Western" world has produced some of the finest medicine in the world. Modern science has provided some outstanding tools for diagnostic purposes, treatment of symptoms and supportive care. Conventional medicine views the body as a mechanical device and seeks to put a label on a problem through symptomatic description. Treatment is generally by surgery, drugs or both. Veterinarians are superbly schooled in the use of these conventional modalities. What seems to have been pushed aside is the old primary rule of medicine "Firstly, do no harm."

I have learned to question some of what I have been taught and have gone on to trying to become a "healer" in the true sense of the word. I seek to determine the underlying cause of the symptom and may use one or several modalities to support and revitalize the body's own method of healing. Do you truly believe that we can provide you a "magic bullet" to readily cure your animals' problems? Suppressing the symptom does not mean that a cure has been affected.

There is no substitute for fresh, wholesome food, clean water, exercise, plenty of fresh air and avoidance of chemicals and drugs to the greatest extent possible.