



# All Creatures Healing News

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## A Few Words From The Doctor

Remember when there was a newsletter several years ago? I would send it to you about 3 or 4 times a year either by snail mail or email? Did you love it? Wouldn't you like to see it again? Yes, me too, on all counts. Life has been busy, despite the lag in business from the yet lagging economy. We are all trying to adjust to our new "normals" and striking a new balance for life. I think the time has come to bring back this old favorite. If you have never experienced the newsletter, then you are in for a treat.

The past several years have seen many changes for me and my family, and these changes continue. My husband Wade continues to work just outside Roswell at the Dexter National Fish Hatchery and Research Center. We do get him for weekends (4 day weekends every other week) and I continue to work only every other Monday and Friday so we can spend his days off together. As the boys are getting older we find ourselves more invested in Albuquerque. We still live in Los Lunas but, we are hoping to make the move closer to work and school. Wish us luck in making this happen because you will reap the benefits. This move would allow me to add later hours to the schedule, which have always been very popular.

There have also been some changes at the office. Yes, I did move the furniture around a bit, and I will continue moving it. I am also trying to update our web page. Are you a Facebook user? Please like our facebook page <http://www.facebook.com/pages/All-Creatures-Healing-Arts/217054680480>. I don't get on there too often but, it is a very easy way to communicate. I also have posted the calendar there for your convenience. I would encourage you to keep in touch electronically. If you have been in the office lately you may have

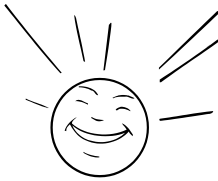
noticed changes at the front desk. Michelle has been taking time off to work on personal projects and I hired a new face to help out. Welcome Jennifer if you see her up there. As a result of having the extra help and because business has gotten a bit more predictable starting in September the front desk has been open on the Mondays and Fridays that I already see appointments. That means you can call for herbs or supplements on those days and pick things up. It will also facilitate making appointments.

The economy has forced me to cut way back on many things including continuing education. I did take the Cardiovascular/Respiratory herbal course at the Chi Institute in October of 2010. I am hoping I will be able to do another course at Chi in 2012. The Chi Institute is a wonderful school of Traditional Chinese Veterinary Medicine in Ocala Florida. The school is run by Dr. Xie of Jin Tang Herbs. I just love taking these courses and hope to complete all 5 herb courses and the food therapy course. Most of you may know that the majority of my herbal training was completed with Dr. Gary Allen (DOM). Taking the Chi courses which are heavy on 5 element theory and specifically slanted toward veterinary medicine adds a new dimension to my training. I continue to keep my eyes and ears open for local meetings that are relevant to what I do.

Featured in this newsletter we have the usual old favorites: a Holistic Highlight on Ozone; the birthday list; the calendar; and 2 new features called 'Spotlight on Mealtime' and 'Can you Treat It?'. I will leave you with my favorite current sentiment "It's not how we learn to weather the storm... It's how we learn to dance in the rain"- author unknown.

## Holistic Highlight: Ozone

Yes, the same fun molecule that protects our planet can protect your pet's body. It's been helping the planet for eons, and has been used medically for about a hundred years. I have been using ozone therapy since 2008. It's main uses are chronic (viral or bacterial) infection, pain control, and cancer treatment. Generally I use it where I am trying to help out the immune system. The chemistry of Ozone explains how it works.



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Ozone is O<sub>3</sub>. This is a relatively unstable molecule. It tends to break up into O<sub>2</sub>, which is the air we breathe, and O free radical or singlet (O<sub>2</sub>- to be precise). The singlet O<sub>2</sub>- means there's unpaired electrons hanging out in an incomplete shell. Electrons prefer a complete shell. So, it finds other unpaired electrons to pair up with. This is the same idea behind what happens with antioxidants. Antioxidant vitamins also gather other unpaired electrons. The other unpaired electrons are typically toxins, like preservatives, environmental pollutants and stuff like that. So, this is how O<sub>3</sub> works to pull pollution out of the earth's atmosphere and it can do the same in the blood stream of the body. In situations where you have patients with compromised immunity it is very useful to detoxify them and remove toxins that hinder the immune system from properly functioning. This is the reasoning behind giving antioxidant vitamins in these same situations.

The O singlet also tends to combine with the most abundant substance in the blood, water. Water (H<sub>2</sub>O) plus O makes hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>). Hydrogen peroxide is a powerful antibacterial and antiviral. In chronic infections you could administer a dilute solution of hydrogen peroxide intravenously and it would do the same thing. You cannot drink hydrogen peroxide because it will stimulate vomiting. Ozone is so good at killing viruses and bacteria that it is used to purify water for drinking.

Now that we have discussed what ozone does once it is in the bloodstream you are probably wondering how we get it there. Ozone cannot be administered by breathing it in. The lung tissue is too sensitive to the ozone and can get irritated if you

breathe it in large amounts. Small amounts are fine, in fact many people use room air ozonators to eliminate odors in their homes. These machines work off room air and the machine I use works off medical oxygen, so the two are not interchangeable. In fact if you administer ozone made from room air you will get the bends from the nitrogen. Ozone can be given intravenously which is not very practical in my office. The best way to administer it is as an enema. This is called rectal insufflation. The lining of the colon is very resilient and usually doesn't mind the ozone. A very small catheter is fed up the rectum to the bend in the colon and then the gas is given through the catheter. The patient feels very little discomfort. At worst it feels like a big fart, but, usually this sensation diminishes within a couple of minutes. It is preferable for them to have gone potty before a treatment or they will evacuate as the treatment is being given. Typically during the treatment the person with the patient will hold their tail down for 15 to 20 minutes so it doesn't all leak right back out.

Usually the patient will feel energized from the super-oxygenation that occurs from treatment. The ozone solution is usually about 50% ozone and the rest is pure oxygen. If the patient is very toxic then they may feel "blah", get a rash, or have a loose stool. This usually only lasts for a day or two and then they feel better. As treatment progresses this will happen less and they will typically feel better and better. Often patients that get regular ozone will allow treatment to proceed even if they are uncomfortable with the initial "bubble" and come happily into the clinic. It is typically administered once or twice a week to start and then every other week and eventually monthly in most situations. The specific schedule of use depends on what is being treated and the severity of the condition.

While ozone may not be the only answer to what ails the patient it can be a very valuable aide to treat patients with inoperable cancers, lymphoma, FIV, FeLV, chronic bladder infections, lupus, pemphigus, even arthritis and more.

## Can You Treat "It"? House Soiling in Cats

*"The most common misunderstanding about house soiling is thinking that the cat is doing this out of revenge, anger, or to spite us humans."*

Whenever people find out you are a Vet they always want to tell you a story about one of their animals. When they find out what I do as a Vet they often want to know if I can treat "it". The "it" is usually a problem that western medicine has no easy answers for. This month's "it" question is inappropriate urination (more appropriately named house soiling) in cats.

The most common misunderstanding about house soiling is thinking that the cat is doing this out of revenge, anger, or to spite us humans. In actuality, since a cat doesn't find urine odors offensive how could they intend this action to upset or offend us. Cats (and dogs) like urine and stool odors. In fact social interactions between animals often involve sniffing these odors and enjoying them.

There are many reasons a cat might urinate outside of a litter box. The 3 most common categories are as follows. 1. They may have a medical problem such as: kidney failure; urinary tract infection; even arthritis in the back; to name a few. 2. They may have an aversion to the litter box because: it is not clean; they don't like the substrate provided; or the type of box (covered/uncovered/high walled). 3. They might be marking territory which may be related to feelings of insecurity or anxiety.

As long as litter box aversion is not the issue (you have to keep a clean, suitable box) I can definitely help with any of the medical issues once they have been identified. This requires that you do some basic laboratory tests and get a physical exam. Then, usually there will be herbs, supplements, and treatments that can help. Urinary tract disease such as kidney failure or infections are very treatable by Chinese medicine. Back pain is a very common ailment I treat with acupuncture. I can also help with the marking issues (some). Marking with urine usually involves spraying on upright surfaces, and scratching (also a marking behavior). I can treat the cat for stress which sometimes alleviates the problem. The primary stressor usually needs to be addressed as well (overcrowding, intruders in the territory, boredom). Stress in cats is treated with Chinese herbs and sometimes also acupuncture.

So, yes, once you have "cleaned up the box" if you still have house soiling issues I can help. If you are wondering if I can treat some other "it", please email me and ask, you might be surprised.

## Spotlight on Mealtime: Food is Qi



*What's for dinner?*

I have written many times about diet. Although it's a challenge to think of new things to say, food is a topic that always begs revisiting because it is such an important key to health. This will be the first in a series of articles focused on Traditional Chinese Medicine (TCM) Food Theory. I have been self taught in this area. There is a course for Veterinarians in Florida at the Chi Institute which is on my list to take next year. The concepts of food therapy overall are quite simple. I have reviewed numerous sources which list foods in categories of action. A list is useful, but, I can do more for you than list foods. In order to help you understand food theory you will need a foundation in TCM theory in general. The first article in this series will focus there. Further reading to help demystify TCM theory can be had with the book "The Web That Has No Weaver" by Ted Kapchuk, OMD.

Any discussion of TCM begins with the concept of qi (pronounced chi). Qi is terribly misunderstood conventionally speaking. Most people think of qi as some kind of mystical energy. While energy is a form of qi, it is not exclusively this imagined mystical substance. Qi is in fact EVERYTHING (material, and mystical) that becomes life. This is a very simplistic understatement of qi however, and I could write a series of articles just on qi. I will start here with the idea of how qi relates to food and nutrition. According to TCM theory the food we take in is transformed by the spleen and stomach into Gu

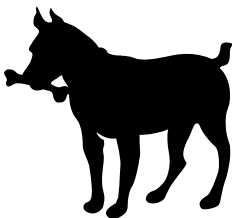
Qi. Then there is a combining and dividing of qi as it moves through the body to explain the nutritive process involved in life (a concept to which the details are much too complicated for a beginners understanding of TCM). The first step in this dividing of qi process is utterly fascinating as I always try to reason through my understanding of science and make it agree with my understanding of TCM. In the first step Gu Qi combines with the air (Kong) Qi breathed in by the lungs. Scientifically speaking the krebs cycle is how we produce ATP, the body's energy source. This biologic process is a series of reactions that require vitamin and mineral cofactors (ie food/Gu Qi we eat) and oxygen (ie air/Kong Qi we breathe) to make energy (qi). Wow, how insightful and yet obvious. Without food or air we don't continue to live, so it makes perfect sense to see this as the first step to life and health.

In summary, this series of articles will lead you through a basic understanding of TCM food theory. If disease is viewed as a pattern of disharmony rather than a western disease label then we can use food as a strong tool to become healthy (balanced) again. Matching what foods work well for a particular pattern of disharmony helps to create that balance. In TCM theory health is a 3 legged stool. The legs are: 1) what you were born with (genetics/tendencies of disharmony); 2) your emotional well being; and 3) what you take in- food. So, food is a very powerful part of health.

## Happy Birthday to Yip Yip You!

Happy Birthday Everybody with September, October, November, December, and January Birthdays! Do you remember the Birthday list where we wished the patients a happy birthday and gave their age for all to admire? Yes, we do actually have patients in their 20s! We are working hard on reinstating the Birthday list because it was a big hit. But, it will take us some time to update the list and get it all sorted out since it has been a few years.

Let me also take this opportunity to send condolences to those of you whose companions have passed away.



*How about a Birthday bone?*

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**We're on the Web!**

See us at:

<http://www.allcreaturesha.com>

**Calendar**

**Regular Office Hours**

Monday: 9:30-3:30 (Closed every other)

Tuesday: 9:30-5:30

Wednesday: 9:30-3:30

Thursday: 9:30-5:30

Friday: 9:30-3:30 (Closed every other)

**\*Please note: hours are subject to change; please call ahead if you need supplies to be sure we are in the office, and that we have what you need in stock.**



*Kitties like bones too!*

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>October</b>						
16: Closed	17: Closed	18: Closed	19: 9:30-3:30	20: 9:30-5:30	21: 9:30-3:30	22: Closed
23: Closed	24: 9:30-3:30	25: 9:30-5:30	26: 9:30-3:30	27: 9:30-5:30	28: Closed	29: Closed
30: Closed	31: Closed					
<b>November</b>		1: 9:30-5:30	2: 9:30-3:30	3: 9:30-5:30	4: 9:30-3:30	5: Closed
6: Closed	7: 9:30-3:30	8: 9:30-5:30	9: 9:30-3:30	10: 9:30-5:30	11: Closed	12: Closed
13: Closed	14: Closed	15: 9:30-5:30	16: 9:30-3:30	17: 9:30-5:30	18: 9:30-3:30	19: Closed
20: Closed	21: 9:30-3:30	22: 9:30-5:30	23: Closed	24: Closed	25: Closed	26: Closed
27: Closed	28: Closed	29: 9:30-5:30	30: 9:30-3:30			
<b>December</b>				1: 9:30-5:30	2: 9:30-3:30	3: Closed
4: Closed	5: 9:30-3:30	6: 9:30-5:30	7: 9:30-3:30	8: 9:30-5:30	9: Closed	10: Closed
11: Closed	12: Closed	13: 9:30-5:30	14: 9:30-3:30	15: 9:30-5:30	16: Closed	17: Closed
18: Closed	19: 9:30-3:30	20: 9:30-5:30	21: 9:30-3:30	22: 9:30-5:30	23: Closed	24: Closed
25: Closed	26: Closed	27: Closed	28: Closed	29: Closed	30: Closed	31: Closed
<b>January</b>						
1: Closed	2: 9:30-3:30	3: 9:30-5:30	4: 9:30-3:30	5: 9:30-5:30	6: Closed	7: Closed
8: Closed	9: Closed	10: 9:30-5:30	11: 9:30-3:30	12: 9:30-5:30	13: 9:30-3:30	14: Closed
15: Closed	16: Closed	17: 9:30-5:30	18: 9:30-3:30	19: 9:30-5:30	20: Closed	21: Closed
22: Closed	23: Closed	24: 9:30-5:30	25: 9:30-3:30	26: 9:30-5:30	27: 9:30-3:30	28: Closed
29: Closed	30: 9:30-3:30	31: 9:30-5:30				
<b>February</b>			1: 9:30-3:30	2: 9:30-5:30	3: Closed	4: Closed
5: Closed	6: Closed	7: 9:30-5:30	8: 9:30-3:30	9: 9:30-5:30	10: 9:30-3:30	11: Closed
12: Closed	13: 9:30-3:30	14: 9:30-5:30	15: 9:30-3:30	16: 9:30-5:30	17: Closed	18: Closed