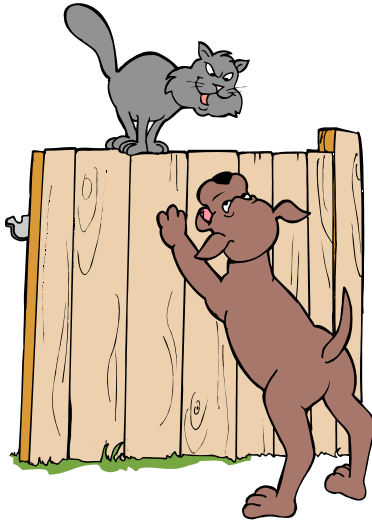


About Commercial Pet Foods, Raw Food Diet, Vaccinations, Heartworm, and Fleas

Classically trained Homeopaths are capable of treating all that is biological: people, animals, and plants, since all signs and symptoms that are produced by a biological organism points towards a homeopathic medicinal solution. Therefore, our formal education includes veterinary and environmental sciences. It is common that many homeopathic patients prefer their pets to be treated homeopathically as well. This article on "Healthy Pets" is written in the spirit of sharing information as well as personal experience.

Marilyn Freedman, HD



Healthy Pets

Not too long ago a cats maximum life span was estimated to be about 25 years. For dogs, the life span was estimated, depending on the breed size, to be about 17 years. Today our cats live on average up to 15 years and our dogs average 8 to 12 years. Not only are these animal's life spans shorter today, they are also much sicker.

Our pets are a part of our family. We love them and take care of them, concerned for their health and their well being. We feed them the best food and make sure that they get their vaccinations, and use pharmaceutical products to protect them from disease. However, there is good evidence now that all the commercial processed foods, vaccinations, and drugs used, are cumulatively lowering the immune systems of our pets leading to chronic diseases, as well as causing them to age quickly.

Commercial Pet Foods

Sharing meals with your pet at home is not a new concept; it is what people have done for most of the thousands of years that we have had companion animals. Processed pet food has only been widely available for about 60 years. During this time, we have witnessed a dramatic increase in cancers and other long-term, chronic conditions such as arthritis, allergies, and obesity.

Condemned parts and animals rejected for human consumption can be rerouted into commercial pet foods. These condemned parts are referred to as the 4 D's: dead, dying, diseased or decayed. A percentage of indigestible body parts, such as feathers, beaks and bills are allowed to be included. Hormones and antibiotics that have been fed and injected into these animals are passed on to our pets. This meat meal is then cooked. Cooking also destroys the vitamins and enzymes, which must then be replaced. Fat becomes rancid, so preservatives are added to prolong the shelf life of the food. The cheaper foods are more grain than meat. Dyes are added to make the food appear more palatable to our eyes. This "food" is processed a few times, before being packaged for a long shelf life.

Cats and dogs are carnivores, or meat-eaters. Yet all dry commercial pet foods contain a lot of grain because the carbohydrates are needed to hold the food together. But as The Merck Veterinary Manual (8th ed., pg. 1628) tells us, dogs and cats have "no dietary requirement for carbohydrate." Does it make sense to feed our carnivores a diet that contains at least 60% of a substance they don't even need? Additionally, carbohydrates are metabolized by the body and produce glucose (sugar). These sugars are known to feed cancers, diabetes, and many other disorders.

Feed Your Pet Raw Food

Raw diets simulate the menu that nature intended carnivores to eat. When a carnivore eats an herbivore, like a rabbit, the carnivore eats some meat, some bone, some organ meats (liver, heart, kidney, etc.), and some green vegetation contained in the herbivore's digestive tract. That's nature's perfect meal - the meal that raw diets replicate.

The Benefits Of A Raw Food Diet

Healthy functioning immune system able to resist disease and parasites

Elimination of bad breath and body odour

Healthy skin and coat, free of itchy, allergic dermatitis

Clean teeth and healthy gums

Healthy, clean ears

Ideal body weight

Increased energy and vitality

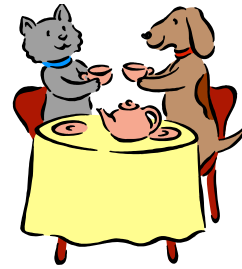
Greatly reduced stool volume

Less visits to the veterinarian's office

A longer, happier, healthier life for your pet

What Can You Feed Your Pet?

Red meat, pork, any game meat, chicken
Canned chunk light tuna or pink salmon packed in oil
Raw fish with bones
Raw eggs
Liver and other organ meats
Vegetables
Raw bones



Feeding The Dog:

40% - 70% of the meal should be meat, fish, chicken, or other protein
Include a raw bone (besides the nutritional aspect, chewing on a raw bone will clean and strengthen teeth as well as massage the gums)
Vegetables such as carrots, tomatoes, celery, spinach - left over salads, what ever you have
Potatoes, squash, and yams should be cooked

Feeding The Cat:

Meat, fish, chicken, and raw bones

I feed my pets food that is easily found in the supermarket. The least expensive cuts are great. Our pets also get leftovers,, and doggie bags from the restaurant. I don't prepare the food in any special way.

What You Should Know About Vaccinating Your Pet

More and more vets are seeing diseases that were not prevalent before the heavy vaccination schedules were in effect. Many think that the rise in autoimmune diseases is the result of multiple vaccinations. I am recommending that pet owners become knowledgeable about vaccinating their pets - much the same as I recommend that all parents become knowledgeable about vaccinating their children. The pharmaceutical companies are packing in a lot of viruses into newborn systems. The choice to vaccinate is yours.

The case against Annual Vaccinations

"A practice that was started many years ago and that lacks scientific validity or verification is annual revaccinations. Almost without exception there is no immunologic requirements for annual revaccination. Immunity to viruses persists for years or for the life of the animal. Successful

vaccination to most bacterial pathogens produces an immunologic memory that remains for years, allowing an animal to develop a protective anamnestic (secondary) response when exposed to virulent organisms... Furthermore, revaccination with most viral vaccines fails to stimulate an anamnestic (secondary) response as a result of interference by existing antibody. The practice of annual vaccination in our opinion should be considered of questionable efficacy unless it is used as a mechanism to provide an annual physical examination or it is required by law (i.e. certain states require annual revaccinations for rabies)."

Tom Phillips and Ron Schultz, "Canine and Feline Vaccines," in *Current Veterinary Therapy XI*, ed. R. Kirk and J. Bonagura (Philadelphia: Saunders, 1992)



Do you think that it stressful for a kitten or a puppy to be taken away from its litter and mother, placed into a new surrounding by itself with a different species of animal, and then immediately injected with a slew of chemicals that plays havoc with it's immune system? I think so.

All vaccines are supposed to be given only to healthy animals. In a healthy pet it helps build antibodies. In a sickly pet, just adds insult to injury. If an animal is sick, it is not supposed to be vaccinated. If an animal is under stress, emotionally, or physically - don't vaccinate.

The decision to vaccinate your animal companions or not, or what to vaccinate against should be carefully made based on the real risk of exposure and the actual effectiveness of the vaccines available. **Do your research - find out what vaccinations are absolutely vital and necessary for your pet. Be your pet's advocate. The internet is full of information about the advantages and risks of vaccinating your beloved companion.**

Remember, **VACCINES ARE NOT HARMLESS.**

Only vaccinate if the threat is real.

If you can, don't vaccinate puppies under three months of age.

An indoor cat, kept alone or with only one other cat, is pretty unlikely to be exposed to diseases which require contact with other cats.

The rabies vaccine lasts in the animals system from 3 - 7 years. There is no reason to vaccinate for rabies on an annual basis. Many veterinarians are moving towards a 3 year rabies vaccination schedule. If in doubt, you can



have the veterinarian perform a titer test which will determine if your pet still has the immunity against rabies.

An alternative to vaccination is have your pet protected through the system of Homeopathic Prophylactics.

Protecting Against Heartworm

About 30 species including dogs, cats - and, according to the American Heartworm Society - humans, can be infected with larvae of heartworms carried by a mosquito. The heartworm matures in the heart over a period of approximately one year. If your pet is really susceptible to heartworm because of the area you live in or frequent, then have the veterinarian do a heartworm test on an annual basis. This is a simple blood test. If the test comes back positive, then have your dog or cat treated. Heartworm is a treatable disease. . For more information: www.heartwormsociety.org

I do not agree with preventative measures by giving an animal a pill to kill another species on a regular basis. I believe that the pills dogs ingest to prevent heartworm is simply poisonous - to the heartworm, and to the dogs. If the medicine is strong enough to kill, then it must have effects on the animal that is ingesting it.

Fleas

Fleas can be treated for after the fact. Again - why give your pet poisonous pills on a regular basis, as a just in case? There are natural products that are available to help prevent or get rid of fleas.

A Final Note

If cats and dogs lived longer and healthier lives before the advent of commercial pet food, preventative pharmaceuticals, and stringent annual vaccinations what does that tell you? It tells me that we are better off going back to the natural way of doing things for our pets. Feed them real food. Vaccinate, if you must, only on a have to basis. Have the veterinarian do titer tests to see if your pet really needs to be vaccinated, or if they still have the antibodies in their system to fight disease. **Give your mature pets a chance to live healthy - stop vaccinating them.** Don't give them poison pills that kill heartworm, fleas or anything else, unless you know for a fact that the condition exists in, or on, your pet. Love them without harm.