

*** Methods of Treatment ***

Nutrition:

What a controversial topic these days! Improving the quality of your animal's food may be all that's necessary for improved health. I recommend considering home-prepared food as the ideal for many animals. Even though home-prepared food doesn't have to be difficult or time-consuming, sometimes it's just not possible. Luckily, many pet food manufacturers have responded to the demand for natural foods, and now we have lots of "health-food" brands from which to choose.

If you decide to explore home-prepared diets for your animal, there are many great books available locally or from an online bookseller such as amazon.com. I can make recommendations for books or diets based on your animal's needs, your level of knowledge and your interest.

Natural Supplements:

Sometimes nutritional supplements, such as vitamins, flower essences or herbs, can really benefit an animal. Although these products can be found online, I encourage people to visit their local natural food stores. Store owners are great resources for you, and you don't have to pay shipping costs.

Homeopathy:

Homeopathy literally means "similar disease" and is based on the principle that "like treats like." Practitioners of homeopathy use FDA-regulated medicines, or *remedies*, which are stocked by natural food stores or homeopathic pharmacies. Homeopathy is an "energy medicine," like acupuncture or Reiki, meaning it acts on the energy fields of the body to stimulate the animal's innate healing abilities. Allergy injections, in which a tiny amount of an allergen is given over time to treat the allergic disease, work on a similar principle.

Homeopathic medicines can be used for any condition, chronic or acute. Having a first-aid kit for emergencies and learning about when to use them can be an invaluable and life-saving resource. The medicines are most often available as BB-size round milk-sugar pellets which are coated in a homeopathic remedy. These medicines taste sweet and are usually very well accepted by animals - another reason I love homeopathy – no fighting with your animal!

I am a huge lover of homeopathy, and have found homeopathic remedies extremely helpful for animals in all phases of their lives. Many of my patients have chronic diseases. In these cases I recommend remedies, based not only on physical symptoms, but also on the animal's personality, past history, and body type. In this way homeopathy is truly a "*Wholistic*" way to treat your animal.