

January, 1983 NEWSLETTER

One of the main things that this organization is going to concern itself with is nutrition. In this issue of the newsletter I would like to discuss an aspect of nutrition many of us have never really considered, and I myself certainly had not for many years until at a number of seminars began to find out that light is a nutrient. Most of us over the course-of time have viewed light as an essential part of our environment, but have not looked at the more critical aspects of light. We have all heard of the negative aspects of too much ultraviolet radiation, in that ultraviolet radiation can result in skin cancer. There are, however, many positive aspects of light. From the information currently available one fact seems certain--light has biological effects and they seem very important to the health of the individual. Proper environmental lighting influences "well being", performance, and other biological phenomenon. Light exerts specific biological effects which are easily measured in the experimental. laboratory. Dr, Richard J. Wurtman, of MIT, studied the effects of full spectrum lighting by putting two groups of rats under two kinds of light for twenty days, full spectrum lighting and regular lighting. At the end of that time the animals were sacrificed. The group raised under the full spectrum lighting had smaller spleens, larger hearts, and larger sexual glands than those raised under standard fluorescent light.

A research strain of mice known as CH3, which has been developed for its tendency to develop tumors at a certain age, when placed under full spectrum lighting the emergence of these tumors was greatly postponed. Golden hamsters, exposed to fluorescent light which stimulated both visible and ultraviolet spectrum of natural sunlight, had one-fifth as many caries as animals exposed to conventional fluorescent lighting, like cool white.

Dr. John Ott, of the Environmental Health and Light Research Institute, found that rats developed myocarditis under standard fluorescent lighting, but rats kept under full spectrum lighting did not develop this condition. Ott, who wrote the book "Health and Light" became interested in the effects of light because of a personal experience. He, who at the time was a banker, had advanced arthritis in his hip to the point that he had been wearing a brace and had been advised that, an artificial hip was in the offing • Lecture trips took him to Florida during two successive winters. While there he spent all of his free time at the beach with the hope that exposure to the sunlight would improve his condition, but he could not honestly notice the slightest benefit. Sometimes it actually felt worse ...furthermore, while driving in the car or sitting on the beach, I was always extra careful to wear my dark glasses to avoid any eye strain, since my eyes were very sensitive to the bright sunlight." Then one day he broke his glasses and as a result spent several days on the beach without eyeglasses covering his eyes. He suddenly realized that his hip was not bothering him as much, in fact it hadn't felt that good in four years. He made a conscious effort for the next six months to get as much exposure to natural light as possible, and then had his hip re-x-rayed. Improvement was substantial. A physical examination revealed the disappearance of a 30% restriction of movement, which his physician commented on as being wonderful but quite surprising and most unusual.

It might be interesting to be able to evaluate the amount of full spectrum lighting received by those animals that we see who have significant amounts of arthritis. My own feeling is that the bulk of animals I see afflicted with the problem are house pets and not the animals who spend the bulk of their time outside. It's also my opinion that I don't see as much chronic skin disease of the seborrhea, or Some call it metabolic type in outside animals. Granted there is a statistical bias, built into this observation, in that I don't see that many dogs that are kept outside the bulk of the time, and people don't tend to take as good care of animals who are kept outside.

A couple of other aspects of this that are interesting relate to people who, incidentally, are not as susceptible to the different spectrums of light apparently from the current research as animals are. First, studies have shown that with hyper-active children, hyperactivity greatly reduced under full spectrum lighting as opposed to

standard lighting. Second, many of you probably saw the television segment that discussed the use of pink light for restraining violent patients. Interesting enough, what they have found along that line is that while pink will, have a good sedating effect of violent patients, or violent criminals, the effect is reversed if they are exposed to the light for too long a period. This study goes back to earlier work back in the (I think), that showed the extreme negative effect that lighting with a pinkish haze had on office workers. In that situation, the efficiency was greatly reduced.

This brings me to the aspect of light that concerns all of us, and that is the situation in our clinics and the other place, of our personal environment. About a year ago we installed in our clinic Vita-lite fluorescent bulbs, in place of the cool white that we had prior to that. The bulbs are made by a company called Duro-Test in North Bergen, New Jersey. I think we have felt an increased sense of well-being since those bulbs were installed. A number of clinical ecologists have recommended the use of lead foil around the ends of fluorescent bulbs extending, about two inches out from the ends to protect from the microwave radiation released by fluorescent bulbs. Another thing that should be done that has been recommended, which I have not done is to replace standard window glass with ultraviolet transmitting plastic windows. For those of us who wear glasses, there are full spectrum plastic lenses available from the Armolite lens company which should be available through your optometrist. There is also a full spectrum contact lens available made by a company called Oberg Laboratories in Bradentown, Florida.

In the August 7 LANCET an article called;"The First Report of an Association between Melanoma and exposure to fluorescent Light 'was published. Fluorescent light in the office was associated with a two to two and a half increase in melanoma risk and the risk increased with the duration of exposure. The study was done in Australia where the incidence of melanoma has risen dramatically in the recent years. While it is not understood exactly what in fluorescent lighting is causing it, the statistical analysis has been considered excellent in peer group review.

Received a number of reprints from one of our members. the first is, an article called "Zinc responsive dermatosis in a Great Dane, a case report" published in the JAAHA which deals with a case of zinc responsive dermatitis characterized by circular areas erythema and alopecia, covered by thick crusts. Fever and lymphadenopathy were associated also. This case had many similarities with previously described cases of dry pyoderma which may suggest that the latter disease might be also zinc responsive. The article also looks at zinc in other deficiency syndromes in man and in animals. He also sent an article on acriderrnatitis enterocathica which is a zinc responsive disease in humans.

There is a test that can be used in human medicine that can establish an idea of the zinc status called tire alkaline phosphatase challenge. 16P test. A base line alkaline phosphatase is determined, zinc at a rate of approximately 30mg. Zinc gluconate is given everyday for three days and a second alkaline phosphatase test is taken. If zinc status is not adequate, the alkaline phosphatase should rise approximately 50%. I have no reports of this test being used in animals, and have not tried it myself but it is something to consider. Due to the strong interrelationship between zinc and B6, I would suggest that when zinc as therapy is used perhaps some pyridoxine should be used probably at the level of 10-50mg per day.

He also sent along a couple of articles one of which is called, "The Theory of Endocrine Surveillance". The summary says in part, "Many severe immune mediated diseases appear to be primarily or secondarily involved with the adrenal gland. Generalized Demodecrosis appears to be involved with an adrenal malfunction. Our own studies have shown a genetic transference of generalized Demodecrosis, at least in part, through a damaged adrenal cortex. There are definitely a number of diseases that vary from those classic adrenal disorders that we are all familiar with at this time."

This article was published in the California Veterinarian in 1979 and about the same time another article similar to this was published called, Preliminary Observations on endocrine associated imuno-deficiency in dogs, in MVP, October 1979.

Anyone interested can write the author: Alfred J. Flechner, 1736 S. Sepulveda Blvd., Los Angeles, California 90025.

Many of these diseases of conditions are what are referred to in the human field of clinical and glandular nutrition as the hypo-adrenal or hypo-adrenal states. They are manifested not only by disturbances in the immune system but often manifest themselves as disturbances in psychological as well as physiological adaptation. These are the types of cases in which glandular therapy may help.

EQUINE MEDICINE

Received an article from Will Roe in Chewolah, Washington telling me of a technique called T.E.A.M (TM) work (Telington-Jones, Equine Awareness Movement). It is used to develop rapport with horses and helps with training programs. It has also been used in Reprogramming horses with behavior problems and enhances a realization of their potential for performance. This is the first information I have had from any of you relating to holistic approaches in equine medicine and I am anxious for some more.

Enclosed is a copy of an article relating to the ELEC pulsating magnetism unit that was covered in the last issue of the Newsletter. Incidentally, Gloria Dodd, one of our members, has been having excellent results with a similar unit in her practice.

NEWS

Received a letter from Gloria Dodd informing me of the formation of the California Veterinary Holistic Medical Association. (Gee Enclosure). My compliments to Gloria, Norm Altman and the others who have been instrumental in getting things rolling in California.

There have been a number of comments, recently in the journals about Chiropractic. There was even an article in DVM magazine about Chiropractors in Florida where several Florida chiropractors were cited for practicing veterinary medicine without a license. I have used chiropractic in my practice extensively in the last year or two with great success, and I know there are others out there who have been using it. I am definitely planning on writing an article about chiropractic and would appreciate any input from those of you who are practicing chiropractic as to techniques results, etc...

Received a short note from one of our members concerning negative ion generators. "I learned from one of my sources that it depressed (negative) the sex drive of the male. I immediately disconnected mine and in three weeks I could tell the difference." Which all goes to prove that there is a lot that we still do not know. We will definitely have to do something on negative ion generators in the future.

Received a copy of a letter to 13111 Jackson from an Australian veterinarian concerning the use of Procaine. He uses 2% Procaine, using from .5cc in toy poodles, cats to 2cc. in large dogs. He gives one injection every 5 days for five injections and comments that he generally gets a response by the third injection, and if he doesn't get some response by the third injection then he usually stops. He feels that in spondylosis, early degenerative

wise disease without prolapse and similar lesions, that he can expect improvement in 80% of the cases, but that booster doses may be required, generally two or three injections are needed.

BOOKS

Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats, by Richard H. Pitcairn D.V.M.,PhD and Susan H. Pitcairn. Published by Rodale Press. This book is a MUST. Some of the chapter headings in this book are: special diets for special pets; The total environment; Choosing a healthy animal; The Holistic approach and Alternative therapies in veterinary medicine; How to handle a sick animal. Richard, who is one of our members, and writes a column for Prevention magazine, has a great interest in homeopathy. In the book, there is a section called "The encyclopedia of common pet ailments and their treatments."

How to have a Healthier Dog, by Wendell O. Belfield D.V.M. and Martin Zucker. Published by Doubleday and Company, Inc. This is another book of interest, particularly to those who are interested in nutrition. This book is to a great extent on Vitamin C, although other Vitamins and minerals are covered. Dr. Belfield (who was at the first meeting of the AVHMA) may be remembered by you as having written an article on hip displasia and Vitamin C, which caused quite a controversy several years ago.

Your Body Doesn't Lie, by John Diamond,M.D., published by Warner Books. 'This is one of my favorite books-since my first introduction to body energies, and energy medicine came through Applied~Kinesiology. In one of the next issues, I'll put in my article on AK in veterinary medicine that was in the November 81' VM/SAC. *Harper's Review of Biochemistry*, by D.W.Martin, P.A. Mayes and V.W. Rodwell. Published by Lange Medical Publications. 'This is an excellent review of biochemistry, and does a good job covering nutritional bio-chemistry.

I would welcome any book reviews on books relating to this association that you would like to do. Look forward to seeing you in Las Vegas at the AVHMA meeting.