



JOURNAL

American Holistic Veterinary Medical Association

April–June 2000, Volume 19, Number 1

AltVetMed

Complementary and Alternative Veterinary Medicine

Information on Complementary and Alternative Therapies in Veterinary Medicine
Brought to You by

J A Bergeron, VMD

and

S G Wynn, DVM

Holistic Veterinary Medicine—Acupuncture, Chiropractic, Herbal Medicine, Homeopathy,
Nutritional Therapy & Other Alternative Modalities

**Use the AHVMA Directory
to Locate a Holistic Veterinarian**

There are four ways to find items on AltVetMed. You can (1) click on one of the specific buttons on the left side of this page, or (2) click on one of the major link buttons below, or (3) select a topic from the pull-down list below and click the "Go" button, or (4) use the search box below.

AHVMA Brochure

GO!

Please read the FAQ to learn more about this site and how to use it! Click on "AltVetMed FAQ" to the right, to go to the FAQ.

AltVetMed FAQ

Click on "Announcements" to the right to go to the meeting announcements page, which contains information about coming meetings.

Announcements

Click on "Directories" to the right to go directly to the listing for directories of holistic veterinarians in the Table of Contents.

Directories

Click on "News of Interest" to the right to go to the news page, which contains links to other sites with articles of special interest.

News of Interest

The Table of Contents for the AltVetMed site contains a complete listing of all the topics with brief descriptions of each. To go to the Table of Contents, click on "Table of Contents" to the right.

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JOURNAL

of the American Holistic Veterinary Medical Association

April-June 2000, Volume 19, Number 1

The AHVMA is an organization whose purpose is to function as a forum for the exploration of alternative and complementary areas of health care in veterinary medicine.

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Cover Photo:

A screen capture from the Home Page
of the AltVetMed web site
<http://www.altvetmed.com>

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A brochure and membership application form may be obtained by contacting the AHVMA office at:
Voice: 410-569-0795, Fax: 410-569-2346, Email: AHVMA@compuserve.com

The brochure may be viewed online at: http://www.altvetmed.com/AHVMA_brochure.html

An application form in PDF format may be obtained at: http://www.altvetmed.com/AHVMA_Application.pdf

Instructions to authors—Journal of the AHVMA

The *Journal of the American Holistic Veterinary Medical Association* is published four times a year, in January, April, July, and October, and welcomes manuscripts dealing with any aspect of holistic, alternative, or complementary veterinary medicine. Typed manuscripts should be submitted double-spaced with one inch margins. Electronic submission of documents is preferred. Documents prepared in a word processor should be submitted as plain text or in Rich Text Format (RTF). Documents may be submitted on a 3½ diskette for PC, or as attachments to email. The latter is preferred.

Referenced works will be given priority. Works should be cited using the author/date format, and references should be double-spaced and listed in alphabetical order by first author's name. Products and equipment should be identified by chemical or generic names. Trade names should be included as a footnote, with the manufacturer's name and address.

The corresponding author should include a statement, in a cover letter, that the manuscript has been approved by all authors, and that it comprises original work not previously published elsewhere, unless so noted. The AHVMA reserves the right to reject any manuscript.

**BioNutritional
Diagnostics
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Symbiotics

Full Page

From the Editor

This issue marks my one-year anniversary as Editor-in-Chief of your Journal, although I really didn't contribute much to the April 1999 issue. During the past year the design of the Journal has undergone a number of changes, evolving into something quite different from the way it appeared a year ago. I have received a number of compliments and no complaints, so I assume I am on the right track.

I, however, do have a complaint, and it is about the lack of participation within the AHVMA. In my column, I have repeatedly asked for contributions to the Journal; however, I've certainly not seen a flood of material forthcoming, much less a trickle. I do get contributions and I thank those who have provided them, but I can use more. And I'd like to see a much wider spectrum of the organization represented.

In my last column, I asked for members with email to send me a note so I could start collecting addresses in order to set up a mailing list for Association news and announcements—I received nine! You read it right, nine people responded. Now I know that some of the officers and more active members of the Association probably assumed that I already had their address, so it wasn't necessary to respond. And there are many members on the CAVM-L discussion list, who probably did not feel they needed to respond. But this is a separate issue. The officers and board members are one thing, but no one on the CAVM-L list should assume that I know they are a member. If you want your name on the announcements list, you have to send me email, period!

Another issue is feedback. In the past year, we have had Letters to the Editor and Guest Editorials that have been "thought-provoking," to say the least. My editorial columns and the regular columns of the Executive Director and President have also provided fuel for thought. In addition, several articles, especially those by Dr Will Winter, should have stirred some emotional response in at least a few of you. But have I had one letter, one counter editorial, one email note, one article, one response of any kind? In a word, NO! I am beginning to feel that the AHVMA is a non-participatory democracy.

I can accept the idea that you might not read my column or you consider it boring and not worthy of a response, but what about all the other material? Do the Guest Editorials not stimulate you to think and respond? Do comments by the Executive

Director or President not inspire you to provide some feedback? Do you accept every article in the Journal as gospel and therefore feel uncompelled to provide a counter opinion? If Dr Winter's Guest Editorial in this issue doesn't inspire a response from at least one of you, I don't know what will. Let's face it, Will has thrown down the gauntlet, will anyone accept the challenge?

Even if you are complacent and happy with everything in the Journal, isn't there something you can contribute? Haven't you attended a meeting you could report on? Read a book you could review? Seen a news item you'd like to pass on or comment on? Had an interesting case you could report? This is your forum, use it! Okay, on to other things.

The AHVMA Directory

Assuming you have noticed the cover of this issue, the "picture" on it is there for two reasons. One is to lend support for the first article in my series about using the Internet. The other, and perhaps more important, is to provide an opening for my comments on the AHVMA Directory. The image on the cover is a "screen capture" of a portion of the AltVetMed Home Page on the World Wide Web. On that page there are scrolling messages telling people to consult their local veterinarian, to use the directories on the web site, etc. One of those messages tells viewers to "Use the AHVMA Directory to Locate a Holistic Veterinarian." The image I used has captured that message, and it appears in red.

The AHVMA Directory that appears on AltVetMed is one of the most visited pages on the site. It contains the same information as the referral directory maintained by the AHVMA office, and we are working on ways to update it more frequently. However, the presence of this online directory is beginning to cause some hard feelings among people who use it. As a way of explanation, I need to tell you that the AltVetMed site also has a "Guest Book," which is a form where people can post comments. These comments are then sent to me via email.

I am beginning to receive comments that are disconcerting, to say the least. To paraphrase, I have received a number of comments along the lines of "I selected Dr So-and-so from your directory and made an appointment only to be told that he/she does not practice holistically (does not use the modalities listed, is no longer in practice, doesn't believe in that anymore, etc)." I even received one rather irate message from someone who said that they called

the office of a veterinarian listed in the directory and was told “Dr X doesn’t do that holistic crap and doesn’t even know why she/he is listed in that directory.”

I find this especially confusing since there is no way anyone can be listed in the referral directory without actually asking to be listed. I have had veterinarians complain that they are a member of AHVMA and are not listed in the directory, but this happens because they do not understand that membership does not mean they are automatically listed. We have made this quite clear in the referral directory application that appears on the last page of each Journal. But to have a veterinarian listed with specific modalities that they supposedly practice, and then to have potential clients told they don’t practice that way, I can only ask...what the devil is going on?

Now I know that some veterinarians who are members of this Association and have chosen to have themselves listed in the referral directory may devote more of their practice to allopathic medicine than to holistic medicine. And there may be differences of opinion as to what constitutes holistic medicine, as well as personality clashes between potential clients and the veterinarian in question, but to list yourself in the directory and then turn clients away because you “do not practice that way,” is absolutely mind-boggling.

These complaints are not limited to the online version of the directory and ones that come in via email. Theresa Mall in the AHVMA office receives similar complaints. In Theresa’s case, she does not have the buffer provided by email—she has to listen to them over the phone. And some people are just plain not nice! And there are other types of complaints, ones that are more understandable. Some veterinarians listed in the directory are so busy they are not accepting new clients. Many specifically refuse to do telephone consultations (N.B. we mention this at the beginning of the directory). But the bulk of the complaints stem from the fact that the veterinarian listed in the directory does not offer the services the client expects after finding him/her listed there.

What is the point of all this? The point I want to make is that it is **your** responsibility to be sure your listing in the referral directory is correct. If you are a member of the Association just because you have some peripheral interest in holistic medicine, do not ask to be listed in the directory. If you are a neophyte holistic practitioner, and you really only use one or two modalities, don’t list a half-dozen or more because you think you might use them sometime in the future. In other words, be

sure your listing is an honest representation of the way you practice. If you have been listed in the directory and decide you no longer want to offer complementary or alternative modalities, contact the office and have your listing removed. If you are so busy that you are not accepting new clients, ask that your listing be removed or that some notation be added to your listing.

Even though I am asking you to take responsibility for your listing, I will also ask that you be patient when you do request a change. As I said above, we are working on ways to make the updates to the directory easier and faster, but until we have the process streamlined, you will have to bear with us. If a directory change is urgent, please let the office know that when you contact them. An example of an urgent change might be asking to be removed because you are no longer accepting clients. I don’t consider area code changes to be really urgent. **And all changes must be submitted to the AHVMA office**, not to me! This is the only way we can be certain the changes are made in the master file.

When you request changes (or someone in your office does it), please remember that the people in the AHVMA office respond better to “nice” requests than they do to “rude” ones. And if someone in the office contacts you or your office about a problem with your listing, please try to remember that they are probably doing it because they just got through listening to some irate pet owner complain about you or your listing in the directory. I mention these because there have been problems.

Using the Internet

A brief comment about the article on Page 39. When I started to write this article, I was mentally responding to questions I have been asked by people who don’t even own a computer. As a result, this article becomes the first in a series, and it is **very** basic. It is really just some suggestions about getting a computer, rather than about using the Internet. In the next issue I will talk more about actually using the Internet. In the meantime, if you have any specific questions, please send them to me and I will try to incorporate the answers into the next article.

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From the Executive Director

The Conference Committee has finalized the program for this year's conference in Williamsburg VA. On Saturday, September 9th, we will have our Introductory Day, as well as a day of Advanced Acupuncture. The dates for the main conference are September 10–12. The final program should be in your hands by June. Once again we hope to have a valuable educational experience for everyone.

Williamsburg is also a center for history, the area being known as the Historic Triangle, and I would strongly suggest that you consider taking some extra days to visit the area. Colonial Williamsburg is the world's premier living history site, an entire town that has been restored to the days when Williamsburg was the political and economic center of the Virginia colony. But Colonial Williamsburg isn't just a museum of restored buildings and artifacts. It's a living community where merchants sell their wares and craftspeople ply their trades.

Besides Colonial Williamsburg there are multiple other areas of interest within a short driving distance of Williamsburg. Our Nation's freedom was won in nearby Yorktown, where General George Washington defeated England's General Cornwallis in 1781, in the decisive battle of the American Revolution. There are also a number of plantation houses and other historic homes.

The AHVMA helps support some other organizations that have a holistic approach to the way they do things. One of those was a Congress on Sustainable Agriculture held by the Vermont Grass Farmers Association and the North East Organic Farmers Association. We received a nice letter of thanks from them telling us that they also had their largest conference to date, with over 380 people in attendance. With the increasing impact of corporate farming on the American scene, it's exciting to see that there are also an increasing number of people that are concerned about our environment and our food supply. The association also contributed to the American Botanical Council. As a result of these, and continuing requests, the board elected to appropriate up to \$1,000 per annum to help groups they feel are deserving of our support. Each request will be taken to the Board for evaluation.

The office has received several complaints recently concerning members and how they are listed in the referral directory. We have had a couple of members who unbeknownst to us, no longer wished to be in the referral directory. We have also had complaint from a client who had called an office and was told that the practitioner did not do what was listed in the referral directory. If you have any questions about how you are listed in the referral directory please call the office and ask those questions.

Over the course of time, many of our Association members have expressed concern about the power of the drug companies and the clout they seem to have over medicine in general, and conventional medicine in particular. There has also been concern about the FDA and their power, and where their allegiance lies. In view of these and similar concerns, I thought I would share the following.

How would you like to be working at this company? It has a little over 500 employees with the following statistics:

- 14 have been arrested on drug-related charges
- 8 have been arrested for shoplifting
- 21 are current defendants in lawsuits
- 29 have been accused of spousal abuse
- In 1998 alone, 84 were stopped for drunk driving
- 7 have been arrested for fraud
- 19 have been accused of writing bad checks
- 117 have bankrupted at least two businesses
- 3 have been arrested for assault
- 71 cannot get a credit card due to bad credit

Can you guess which organization this is? Give up? It's the 535 members of your United States Congress. The same group that perpetually cranks out hundreds upon hundreds of new laws designed to keep the rest of us "in line."

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Natural
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President's Message

I am about to ramble in this column. It's okay to ramble, according to Christiane Northrup, MD. Apparently it is quite normal for a woman's thoughts to go here and there, over there, and then around and back, until eventually getting to the point she was intending to share all along. I like to think of it as rationalizing aloud, although Dr Northrup says it's because of the way our neurons interconnect. There may be a point to this column, or it may be still out there looking for a chance to be written.

Several years ago, I had the opportunity to attend the American Holistic Medical Association (AHMA) meeting for the people vets. It was also the annual meeting for the holistic nurses, as the two professions recognized that their approaches to human health and healing were quite similar. A group of nurses were delighted to hear of our holistic veterinary association, and were eager to hear what we did at our meetings. I spoke of how much more comfortable I was attending their few lectures on herbs and nutritional/clinical subjects and found it rather surprising that there were so many talks given on mind/body/spirit thoughts. I admitted that our conferences really dealt with the "nuts and bolts" of holistic how-to. The nurses couldn't understand, and commented, "why on earth, would we want to hear about that stuff...,when we work with that every day." They were, in fact, attending the conference for themselves and for their own emotional support and healing. Interesting, I thought.

At my next AHMA meeting, I chatted more comfortably about the spiritual and emotional side of medicine with my new friends, the holistic doctors. Several doctors were curious enough to wonder why I was there, and asked how their conference could benefit a veterinarian. I spoke of the things we holistic vets know to be true. How animals reflect their human's health (or un-health) and that the connection between human/animal/healer is often difficult for us to fuse. "Wow," these people vets

mused, "we never really thought about animals in that way." Of course, some of them still had a very long way to go, since they had never even heard of feeding real food to their pets. Maybe, they suggested, there should be a lecture on that subject at a future AHMA conference. Maybe there should, I thought.

Meanwhile, back in my clinic, there are new patients every week who carry the same disease burden as the people who bring them in. The energy connection between patient and human is a fascinating and also frustrating phenomenon. I don't have the statistical analysis to prove it, but I certainly have a hunch that endocrine problems, degenerative joint diseases, and immune-related problems are shared among household members regardless of species. If you accept the concept that animals are here to teach us, then the learning and healing process can potentially occur, provided the human "gets it" (*ie*, this concept). The humans that don't "get it" are the frustrating part of this phenomenon.

The AHMA's definition of holistic medicine is "the art and science of healing that addresses the whole person—body, mind and spirit." This is fine when humans are working with humans. We are humans working with animals, YET the common thread is still the human to human connection. At the AHMA conferences, I noticed that the people vets emphasize the importance of the spiritual and energetic connection they have with their patients. We connect with our patients, too—many times with the same spiritual and energetic connections. But, we aren't formally trained to connect with people, and we don't really openly discuss it. That connection between people is often the missing vital link for our patients with two, four or no legs, skin, feather, scales or fur.

Integrating human/animal healing is what it's all about! (I had this thought pop into my brain one afternoon while scrubbing my floor tile grout,

listening to The Grateful Dead, and sipping a chilled Budweiser leftover from a winter camping trip taken with Steve Blake). Seems like we would all benefit from purposeful communication between the various holistic professions. Exploring the human/animal connection means doing more than just discussing the need for respect and awareness of other species. We would gain more from opening **UP** the communication channels rather than closing the avenues of opportunity through regulatory and organizational policies, apathy, and turf issues.

There's more to say and the progression of my thoughts will probably depend upon whether I select some Rolling Stones tunes or the ramblings of one of my favorite folk singers, Bill Staines. At the moment, Bill's lyrics are rolling around:

*"All God's children got a place in the choir,
some sing low, some sing higher, some sing
out loud on the telephone wire, some just clap
their hands, their paws, or anything they got."*

Thoughtfully musing,
Jeanne

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2000 AHVMA Annual Conference September 9 – 12, 2000

Make plans now to attend our next conference, which will be held this year at the beautiful Williamsburg Marriott Resort in Williamsburg, Virginia. Nestled on 15 wooded acres and convenient to all local attractions, the Williamsburg Marriott melds historic charm into a modernized facility that provides the ultimate hospitality for guests.

Spacious guest rooms, an indoor/outdoor pool, relaxing sauna, and a health club are only some of the amenities available. Nearby are three historic areas to explore, 12 championship golf courses, Busch Gardens theme park and numerous specialty shops and factory outlets.

We have a group rate of \$124.00 single/double occupancy per night. For reservations and information call the hotel directly at (757) 220-2500 or the Marriott Reservation Center at 1-800-442-3654. Be sure to ask for Group Name: American Holistic and Marriott Convention Group Code: AHA.

We again have a special discount from United Airlines. If you or your travel agent call United's toll-free number (1-800-521-4041) to book your reservations, you will receive a 5% discount off the lowest applicable discount fare, including First Class, or a 10% discount off mid-week coach fares, purchased 7 days in advance. An additional 5% discount will apply when tickets are purchased at least 60 days in advance of your travel date. Discounts also apply on Shuttle by United and United Express. Call United's specialized meeting Reservations Center at 1-800-521-4041 to obtain the best fares and schedule information. Make sure you refer to Meeting ID Number 583IV. Dedicated reservationists are on duty 7 days a week from 7:00 AM to 12:00 Midnight.

Guest Editorial

Are You Fauxlistic?

Will Winter, DVM

The reason you probably don't recognize the word "fauxlistic" is that I just made it up. It means Fake Holistic. I would like to share a few examples of it to see if you recognize anyone you know—to see if you think this is really happening.

To back up a little, I should tell you that I was inspired in this romp by a devilish little article in the *New York Times* Magazine Section a while back (January 23rd, 2000). The story sniped at all those artsy looking young hipsters that you see slinking around the hip bars and restaurants that are in truth upwardly mobile people who have "dressed-down" in order to look cool. The author had coined the word "Fauxhemian" to describe them—Fake Bohemians.

Even the bars these days are faux-gritty. After a while it gets irritating. I now even have to put up with stock brokers and lawyers on their Harleys headed to Sturgis with their black t-shirts and carefully tattered Gap jeans. Peer inside the saddlebags, however, and you find their shiny little cell phones and palm pilots.

The problem with all this is that being Bohemian, or **Counter-Culture**, or **Alternative** or whatever you want to call it, used to involve something of a dichotomy. In order to be one thing, you had to give up the other. You chose one life at the expense of another. There was something very real and somehow honorable about this choice and the implied willingness to suffer for what you believe.

If you were Bohemian, you didn't have much money, you lived in the crappy part of town and suffered. The good news was that, hopefully, you could hold on to your ideals and your sense of what is aesthetic. It would seem that the new fauxhemians presume that you can be mainstream **and** alternative; have ideals **and** be rich; all at the same time. But, wait a minute, is this possible? I don't think so.

So how does this fit our world? I spend a large portion of my day involved in some way with people concerned with alternative animal medicine. I have of late been perplexed by the perception of something new and sour in our midst. At first, I could not put my finger on what it was. Then it dawned on me. I

have become aware of an increasing level of discontent from holistic vets pertaining to their perception of their income level. So, why should that be so in these optimistic times? I believe I hear holistic vets wanting a larger share of all that slew of Stock Market money that is out there. We want the money we truly believe we deserve.

Usually I would have no problem with people who desire to better their plight. But there is something different about all this. Let's examine the issue more deeply.

First of all, let's look at how our particular branch of the economic tree fits in with all the rest. Don't forget, we did make this our career by free choice. It was an alternative to those types of careers that really make big, big money like bankers, lawyers and stock brokers. We are also alternative to those doctors who work on humans and who, deservedly, make more dough. And, to go even further, we have chosen to be the non-conventional and/or alternative secular minority (some would say the pariah group) within our own profession. Again a choice. So what's the deal? After all this conscious downsizing, how do some figure that they are cheated if the big, big paychecks are not coming in?

Additionally, many holistic vets somehow espouse the desire to have 100% of the respect and hassle-free existence of main stream practitioners. Likewise, many are angry because they feel we should have the same hours, benefit packages and magnificent facilities of conventional practitioners. We want all this and yet we do not want to give up any of our ideals and aesthetics. "Conspicuous consumption no longer cancels out the idealistic self-image" (NY Times).

Not to mention, we have also all heard the New Age philosophy that insures us that we can have it all. There are many money gurus in *Veterinary Economics* magazine who have said it for years. So, how can this be?

I think it is difficult to find a truly alternative practitioner today. The same is true in our college professors since teaching has become a secondary priority to the lucrative world of corporation-

sponsored research. There probably hasn't been a truly radical professor in a science department since the 60's. They are too dangerous to the status quo and must cave in or leave. So much for role models.

On the other hand, many of the trappings that vaguely suggest "alternative-ness" abound. For example, nutraceutical and medical herbal companies apply a thin veneer of intellectual jargon to their formerly mundane products and those same products become elevated in appearance. One would assume that the product can only be used for the good of all living things. Buzzwords like "now contains echinacea!" are tossed around, often solely to make a buck. Can you think of a single pet food company that doesn't blow the smoke of "natural ingredients" into the face of the consumer?

Of course, by default, the casual observer would be inclined to assume that the promoters of such "alternative" products must be alternative themselves. You could then say that there are Fauxlistic Products as well. One may be equally surprised to find that just because the clinic of their choice sells these products, it is no sure guarantee that there will be a true holistic healing philosophy backing up the products. Many of these products are merely glommed on top of a pretty toxic pet lifestyle.

So, how does all this breakdown for the veterinarians themselves? I believe there are several subspecies of Fauxlistic vets. Some have been around a long time. How about the one who has hung out the holistic shingle, attends many of the alternative meetings, and even accrues actual certified levels of training. But something has gotten lost. When you visit their day-to-day practice you see something else take over. You see them compromise the very core of their ideals by over-vaccinating, over-diagnostic testing and grossly overcharging the majority of their clients. Way too much surgery, way too much testing, way too much medicating and dispensing. The entire process reveals an addiction to the high levels of practice income. This is basically a conventional practice with the window dressing of holism. These folks usually can be spotted by the nice building, the nice income. The holistic medicine is a hobby at best.

A more common type of Fauxlistic vet is one who has had virtually no training in holism and almost no true understanding of alternative methods of healing. This poor character then blunders ahead. The dabbling nature of the effort is fairly unobserved

by the average client. The techniques and product lines are advertised in hopes of using them as "practice builders." Not only is this person likely to be very clumsy and ineffective as a healer, but anything that resembles healing is more likely to be merely a suppression of symptoms by the heavy application of alternative products and techniques applied allopathically. The only kind thing I can say is that it is often innocent blundering, the kind we have all done at some time or another. One can only hope that it is a temporary step on the way to enlightenment. Unfortunately, many get stuck here just building up that practice.

Did you ever meet the type of Fauxlistic vet who actually has no real trust in the deep concepts of holism? All diagnoses are Western medicine-based; all treatment plans have a backup of allopathic drugs. Surgery is often hastily performed to get a quick "cure," and each day many cases are shipped off to an allopathic specialist. Deep fear is usually the hidden motivation for conservative action. It is the block that prevents a departure into the truly magical world of natural healing. This type of faker is a rip-off to clients and patients and ends up cheating his/her self out of the true joys and pains of being real.

Perhaps you have noticed by now that most of these examples have really existed for a while. This is nothing new. Still, it is always important to call them out. They weaken us. And yet there is more to report. I believe we have recently added another subspecies to the list of impostors. The poser, the one who wants to look good, the one who wants to look Bohemian.

The *NY Times* has speculated that this *La vie fauxheme* is a peculiar artifact of the bust to boom 1990's. The decade had started out telling the young graduates not to expect much. That they would probably be the first generation not to exceed their parents income level. But, interestingly, that was not how the decade ended. The stock market went wild. The economy soared. Real money began to trickle down to younger and younger people.

In fact, a lot of that money is now in the hands of young people who have never had to take a slave level starter job at the sweatshop. They have never groveled for the Man. For these new arrivals, their first real adult task was to unlearn the expectation of failure. Perhaps, after that, there was no need to unlearn the fascination with the Bohemian or alternative life that had been expected as the norm.

It does look cool to work cool. These people are immune to many of the dour warnings and corporate conformity that used to be commonly accepted. In fact, corporate America and employers across the land can't even figure out how to lure them back! Employers offer telecommuting, lax hours, no dress code, and bigger and bigger benefit packages. "Where did they all go?" ask the corporate leaders.

For some it is the boohoo path. "So, why not work for an animal shelter?" these people say, or "Maybe I'll do acupuncture or become holistic." This soon leads to the bad things that can occur when something good becomes trendy. Perhaps the recent financial restructuring, which has led to a country of people more aware of all this available cash and strong economy, has, in turn, led many more individuals to alternative life-styles than would have normally fallen in this direction under less prosperous times. This is important, I will repeat it. Perhaps we have a situation in which too many people with emotional bodies that best serve a dumb, fat and happy mainstream life are lured into alternative careers.

If enough people become Bohemian, enough who think they are more unconventional than most other people, then the whole notion begins to lose some depth and much of its meaning. Perhaps this is why we have so-called alternative veterinary email groups with members who chat endlessly about scientific testing, who are frequently seeking magic bullet short cuts, and who prattle on and on with their allopathic "Doubting Thomas" questioning. Something is really getting watered-down. Unfortunately, the entry level for faux appearance is quite low.

So today we have the newly disaffected. While it is true there is certainly the possibility of making a decent living within the bounds of a well-managed holistic practice, it is still not what most of the mainstream proletariat is making. The choice then narrows to either cleverly compromising core values or making less money and becoming one of the new malcontents. And remember, this is a generation that is having as much trouble growing up into responsible adults as did their 60's affected parents. Hence the reluctance to make the tough choice between giving up the ideals or giving up the good money.

So, perhaps, this is where the Fauxlistic is born. It is much easier to apply the trappings of looking holistic than it is to be holistic. It is always more tempting to pursue the path of more money than the tough road of maintaining a clear conscience. And, most importantly, holistic still looks cool. Besides, who's going to call you on it?

Dr Will Winter is a 1975 graduate of Kansas State University. He is a founding member of the AHVMA and serves on the Council of Elders.

In 1981, he established "**The Uptown Veterinarian-A Holistic Practice**" in Minneapolis and has been offering full eclectic holistic services for small animal clients.

He recently sold his practice and intends to focus on holistic veterinary writing and teaching with special emphasis on farm animals, the environment, and ecology. He is the author of "**The Holistic Veterinary Handbook**."

He lives in Minneapolis with his wife Rebekah and his Whippet Lena.

His Email address is: holistic@visi.com

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Holistic Animal Behavior

Part I: The Effects of Domestication on Animal Physiology and Behavior

Myrna Milani, BS, DVM

For as much time as veterinarians devote to domestic animals, veterinary education pays little attention to the effects domestication has on animal physiology and behavior. However, not only does this process significantly alter an animal's physiology and behavior, it represents a dynamic phenomenon capable of altering an individual animal's physiology and behavior on a daily basis and that of an entire species over time.

The most comprehensive study of the effects of domestication come from the Institute of Cytology and Genetics of the Russian Academy of Science where geneticist Dmitry Belyaev commenced an experiment with foxes in 1959 that still continues today. Unlike other scientists, Belyaev believed that the animal's behavior was the key selective factor for domestication. To prove this, he began systematically breeding wild foxes, *Vulpes vulpes*, for only one quality, which he called tameability (which we might call "friendliness").

This elegant experiment has yielded two results of interest to holistic veterinary practitioners:

1. *The existence of a body-mind connection*
2. *The role of neotony or pedomorphosis in domestication*

Breeding the foxes strictly for one behavioral quality has resulted in some dramatic changes in both behavior and morphology which mirror those seen in domestic animals. By the tenth generation, 18% of the foxes were eager to establish human contact, vocalized to attract attention, and sniffed and licked experimenters like pet dogs. By 1999, 70-80% of the foxes displayed this behavior. The new foxes looked markedly different from their wild counterparts, too. They exhibited floppy ears, monomorphism (males and females look alike), and the solid or piebald coat colors common to domestic animals. An increase in under- and overbites suggests that the shorter muzzles, more prominent eyes, and smaller craniums and brains found in other domestic animals and birds loom in the offing. In short, the adult domestic foxes retained the physical characteristics of young fox pups, a condition known as neotony or pedomorphosis. Consequently, we can say that domestication freezes the animal in a behaviorally and morphologically immature state.

Physiologically, the tame foxes reach sexual maturity earlier, give birth to litters an average one pup larger, experience longer breeding seasons, and some have mated twice a year. Although such mating behavior might appear more "adult," among other reasons it could also result from the changes in corticosteroids associated with the delayed timing of the fear response in the domestic animals.

What happens during the first few weeks of an animal's life determines if that animal will accept members of other species as one of its own. In wild canids, this window of acceptance opens when the pup begins to sense and explore its surroundings, and it closes when the pup begins to fear unknown stimuli. Wild fox pups begin to respond to sound at 16 days and their eyes are completely open by day 18-19; domestic study pups respond to sound an average of two days earlier and open their eyes one day sooner. Wild fox pups display the fear response at six weeks, domestic ones at nine weeks or later. The longer the window remains open, the more time an individual has to accept humans or others. Put another way, domestication reduces the animal's sense of its unique species self/identity for a longer period of time.

At the same time, the later an animal displays the fear response, the later the surge of corticosteroids linked to it occurs. In wild foxes the level of corticosteroids rises sharply between two and four months and reaches adult levels by eight months of age. In the domestic foxes, the later the fear response, the later the surge of corticosteroids. Paradoxically, though, by adulthood the domestic foxes' blood cortisol levels are about half that of their wild counterparts. Given the far-reaching effects of corticosteroids, it's conceivable that this surge and subsequent lower level contributes to the changes seen in the reproductive cycles of the domestic animals.

As far as what domestication might do to the brain, the fox studies proved that domestication increases the level of brain serotonin. Additionally, studies performed by Robert Williams of the University of Tennessee and Fenado Reinoso-Suarez of the Universidad Autonoma de Madrid not only indicated that the brain of *Felis catus* is shrinking (it is 20-30% lighter than that of a small wildcat of comparable size), but that this is a dynamic process.

At birth, both domestic and small wildcat kittens possess approximately one million optic ganglion cells. By adulthood, however, the domestic cat has lost all but 160,000 (this raises interesting questions about the role of environmental enrichment on health, which we'll address later).

What does this mean to those of us who endeavor to treat the animal as a complete entity rather than a collection of isolated parts? For one thing, the fact that domestic animals evolve as a body-mind unit strongly suggests that what we see behaviorally and morphologically may have physiological corollaries. For example, it doesn't seem beyond reason that the domestic animal's immune response might experience a similarly enlarged window of opportunity. The result of this fuzzier barrier between self and other on the cellular and subcellular level might then leave the animal more susceptible to allergies, auto-immune and immune deficiency diseases, and other problems related to malfunctions of the immune response. The higher levels of brain serotonin found in the domestic foxes gives rise to images of altered levels of serotonin throughout the body and all its far-reaching effects, including those on the immune response.

Additionally, the domestication studies raise the specter that certain physical conditions that we see as causing certain behaviors could just as easily be the result of them. For example, archeozoologist Susan Crockford of the University of Victoria (British Columbia), who specializes in ancient dogs, notes that all of the changes in the developmental rates that produce the physical characteristics of neotony that we associate with domestication appear to fall under the direct or indirect control of one biochemical: thyroxine. Taking that one step further, we can postulate that the more domesticated the animal, the greater the stress placed on the thyroid. The more stress on the thyroid, the greater the potential for hypothyroidism.

In fact, we may find some support for this theory if we compare our most and least domesticated companion animals, the dog and the cat. Whereas hypothyroidism occurs fairly often in dogs, hyperthyroidism most commonly assaults the most recently domesticated (and some might argue still not domesticated) cat. In the few cases where hyperthyroidism occurs in dogs, some veterinary endocrinologists speculate that this may represent a period of hypertrophy preceding the crash of the gland in that particular individual. Perhaps this is what the feline species as a whole is experiencing as it struggles to adapt its naturally solitary body-mind to our social human one.

Or consider an increasingly common body-mind problem in the canine arena. If we take a dog and put it in a physical and bond environment beyond its ability to cope, does it seem unreasonable that

a) the animal might respond aggressively since its two other fear-options, freezing and fleeing, may be impossible, and...

b) producing the necessary steroid hormones to cope with such an environment might strain a thyroid already strained by domestication even more, thereby further undermining the animal's sense of well-being and increasing the probability that it will respond aggressively?

To provide supplementary thyroid hormones without addressing the underlying behavioral and bond problems is to do only a third of the job. Far better to address the whole problem with the idea of getting the animal off medication altogether.

As if all this weren't complex enough, we also need to bear in mind that animal domestication does not represent a point-in-time phenomenon, but rather an ongoing one. Moreover, it most likely arises from three sources: from within the animal itself, from human manipulation of the animal gene pool, and secondary to changes in the environment. Although traditionally it was believed that humans domesticated wild animals via selective breeding to meet human needs, no historical evidence supports this route for the cat. Something within certain cats (perhaps relative hypothyroidism compared to their peers?) caused them to make the first move toward humans. The willingness to do this previously earned them recognition as the only self-domesticated species. However, watching the human-feline relationship evolve has caused some scientists to question whether all domestic animals might not initially be self-domesticated.

This controversial concept recently got a boost from DNA studies performed at the University of California at Los Angeles by Robert Wayne and Carles Vila. By comparing the mitochondrial DNA of 67 breeds of dogs with that from wolves, coyotes, and jackals, these researchers discovered that canine domestication originated from at least four different lines much longer ago than the 14-20,000 years most commonly quoted. Based on the rate at which DNA sequences change, they estimate that the original split with wolves, *ie*, domestication, occurred about 135,000 years ago. Put another way, humans/higher primates and dogs were domesticated simultaneously.

Today we see bond studies linking a stronger human emotional attachment to those dogs that

display the infantile characteristics of short muzzle and big eyes coupled with a more dependent personality, *ie*, neotony. While we can easily relate this to Yorkshire terriers and King Charles spaniels, we can also see a similar trend in golden and Labrador retrievers and rottweilers as they make the transition from working animals to pets. Most Americans who see a European or Russian working dog of these breeds react negatively to its “pointy nose” and “beady eyes.” Similarly, the shorter muzzles and prominent eyes of many purebred cats indicates that the human preference for neotony continues in that species, too.

Whatever process the animal’s physiology began, human preference seems willing to both perpetuate and enhance. If we accept the thyroid gland’s role in this and add the gland’s susceptibility to radiation and numerous environmental toxins, the environment, too, could contribute to the on-going process of neotony/domestication. Were this true, one would expect to see not only an increase in the number of immune-mediated and behavioral and bond problems, but also reproductive ones.

For as much as domestication may affect physiology and behavior, in Part II we’ll explore how a social animal’s position in its animal or human pack may also affect its physiology and behavior.

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Dr Milani received her DVM from Ohio State in 1972, and then worked in a companion animal practice. She then shifted her focus to the role that behavior and the body play in the physical and mental health of both the owner and the animal.

She has written six books on various aspects of the human-canine and human-feline bond and one book on holistic preparation for the loss of a pet, all for the general public, and one bond- and behavior-based veterinary communications text.

In addition to writing and doing seminars for the professional and general populations, she also teach bioethics and animal behavior at a local community college.

She lives in Charlestown, NH, more or less in the middle of nowhere, with a collection of pets and whatever wildlife happens to wander through.

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Beyond The Bach Flower Remedies

Darren Hawks, DVM, Dip ACVIM

Many practitioners are familiar with the principles and use of flower essences, in particular the original 38 Bach Flower Remedies created by Edward Bach in the 1930s. These original essences addressed basic archetypal patterns of soul-level disharmonies. Since that time, hundreds of other flower essences have been developed. Many essences are produced around the world by companies such as the Flower Essence Society (FES), Alaskan Flower Essences and Gem Elixirs, Desert Alchemy, Pegasus, Perelandra, Australian Bush Essences, Dutch Flower Essences, and many others.

As a certified flower essence practitioner, I have been using essences to address the emotional/mental/spiritual aspects of disease for several years. The purpose of this article is to share with others five essences I have found valuable in my practice, along with a metaphysical view on allergies.

Allergies often occur when a person or pet's energy field is not a sufficient shield between them and their environment. This metaphysical concept of an energy field as a shield or barrier can be represented by a weakness in the physical barriers—the skin, gastrointestinal tract, and respiratory tract. Allergies can also be seen in patients who are overly sensitive or overwhelmed by outside stimuli. These patients are often ungrounded, scattered, and hyperactive (similar to ADD children). In both these cases, strengthening and focusing the energy field/shield can assist a patient in being less affected by their environment. Flower essences are one way of addressing this issue.

Dill (FES) is the first essence to consider for a scattered, hyperactive allergy dog. It is helpful for the person or animal who is unable to process stimuli, is overwhelmed by outside energies, and is frantic and ungrounded. Atopic West Highland terriers come to mind. Therapy with Dill can result in a calmer dog, a more contracted, focused energy field, and less susceptibility to the environment.

The Yarrow family of essences all address the integrity of the aura or energy field around a being. The flowers resemble the shape of an umbrella, and

by the Doctrine of Signatures, these essences act as an umbrella to shield a person or animal from the environment or other energies. The specific yarrows differ in what types of energies they protect against:

Yarrow (*Achillea millefolium* by FES) protects one from the environment and psychic energies of others. Potential areas of use might include environmental, allergic, and psychosomatic illnesses, situations where an owner is focusing negative attention on the animal, and households with “negative energy.”

Pink Yarrow (FES) protects empathic people or animals from the emotions of others. This essence is helpful when an animal “takes on” an owner's emotions, reacts to general stress in the house (financial, marital, career), “mirrors” an owner's disease, or if there is a strong co-dependent relationship between the owner and the pet (in which case I treat the owner too). Pink Yarrow assists in establishing appropriate boundaries between the pet and the owner.

Yarrow Special Formula (FES) is a blend of both the flower essences and herbal tinctures of Yarrow, Arnica, and Echinacea with sea salt. It is used to protect one from radiation, such as that generated by computers, X-rays, radiation therapy, and electromagnetic fields. I often prescribe this essence for patients undergoing radiation therapy. It can also be appropriate for some patients with allergies.

Quaking Grass (FES) addresses the issues of social interaction. It assists in balancing individual identity while creating an awareness of the larger social good. It is useful when dealing with groups of animals such as:

- Introducing a new animal (perhaps in combination with walnut and Rescue Remedy)
- Multiple cat households
- Herd situations
- Negative interactions between animals (add chicory for jealousy, holly for anger, impatiens, etc)

This is just a brief introduction to a few essences that may be unfamiliar to many practitioners. I encourage you to begin experimenting with their use. More comprehensive descriptions of these essences are published in the Flower Essence Repertory (Kaminski and Katz, FES, 800-548-0075).

Dr Hawks, received her DVM degree from the University of California, Davis, in 1983. She served an internship at the University of Pennsylvania and a residency in small animal internal medicine at the University of Tennessee. She is board certified in internal medicine. Her current practice, Veterinary Alternatives, operates within a large general and specialty practice, Santa Cruz Veterinary Hospital in Santa Cruz, California.

The modalities she utilizes include nutrition, western herbs, homeopathy, chiropractic, Reiki, and flower essences. She has a special interest in the emotional/spiritual components of disease and the interactions between people and their pets. She is certified in Flower Essence Therapy by the Flower Essence Society, in Veterinary Chiropractic by the AVCA, and is a Reiki Master Teacher.

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Colchicine For Disc & Spinal Problems

A Clinical Review

Jeanne Olson, DVM

There is a relatively obscure product that is available for those patients of ours returning with refractory spondylosis pain and acute or chronic disc disease. Of course, there's a long list of other options to help these patients including conventional NSAIDS (New Sources of Aspirin In Disguise), acupuncture, homeopathy, nutritional supplements, and physical therapy. But colchicine has a unique mechanism that may just help or complement other modalities.

Both Alan Gaby, MD and Norm Shealy, MD have mentioned the use of colchicine at conferences. In humans, colchicine is used primarily to treat gout, cirrhosis and amyloidosis, and is generally given orally except when patients suffer GI side effects from the oral route. Michael Rask, MD, discovered quite serendipitously that >90% of patients receiving colchicine intravenously demonstrated marked clinical improvement from their disc disease. His journal report is in an obscure 1989 journal that you can find on the WWW by doing a colchicine search or by writing me and I will send you a copy. Dr Gaby has been using colchicine in humans also, and found, in fact, that indeed 90% do have marked improvement after no more than four injections (1 mg given one-two times a week).

Colchicine is an alkaloid derived from the corm and seeds of the meadow saffron or autumn crocus plant. It can be obtained from The McGuff Company in California (1-800-854-7220), and you will get a box of 10 vials containing 1mg/2ml colchicine for about \$50. The precise mechanism of its action is unknown, but it is involved in leukocyte migration inhibition and depolymerization of microtubules. Dr Rask suggests that it seems to act directly on the disk inflammation and tends to "deinflamm" spinal nerve roots.

The biggest drawback and most important factor in giving this substance IV is the importance of keep the solution in the vein, or there will be tissue sloughing. I have used the traditional method of placing a small butterfly catheter hooked up with a three-way stopcock into the cephalic vein and

verifying placement before and after administering the colchicine by infusing more than just a few cc's of saline through the catheter. Immediately afterwards, I apply Traumeel® cream and an ice pack to the leg for a few minutes to reassure the tissues that they are okay.

I was desperate one day to help a Great Dane with wobbler's. The next day, a nice Rottweiler with severe neck pain came in. Pretty soon, I needed to order another box of vials. I have given more than 30 treatments now, and that 90% improvement rate is about right, I'd say. I still prefer the other modalities if they are enough, and I select my colchicine patients carefully. I still haven't dared to try this on a squirming daushund with short, curvy veins. I generally give 1 mg to most dogs (diluted in 10 cc of saline and "pushed" over approximately 1 minute). I sense that some dogs get a flush or warm feeling as it goes in, but I have never seen any negative side effects. The most intense treatment protocol was for Tucker, a young Blue Heeler who had taken a broadside blow to her neck months before I saw her with severe neck pain. She initially received three daily injections and has since received two more injections during the last 11 months.

We all have preferred methods for helping out the dreaded disc/spinal problems. I do not suggest using colchicine over your tested and true modalities. However, it has been a handy option when options are running out.

Jeanne Olson, DVM

President, AHVMA

See the President's Message for Contact Info

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Grant Reviewers

The AHVMA needs a number of members who would be willing to review grant proposals. We would prefer those who have experience with research, and preferably with grant experience. Since the AHVMA does not have deep pockets, and is not inundated with proposals, this should not be a burden to anyone willing to serve.

If you wish to help the association, please send the association office a note expressing your willingness to serve, and what your particular interests and expertise are.

Call For Papers

The Conference Committee is soliciting papers for our annual conference to be held in 2001.

If you are interested in presenting a paper, please send the title and a 50-100 word description to:

Nancy Churchill, DVM
62 Williams Road
Auburn, GA 30011
DVMC2@aol.com

In order to be considered, your proposal must be received prior to December 1, 2000.

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nick@holisticvet.co.uk

http://www.holisticvet.co.uk/html/bahvs_congress_2000.htm

Student Liaison Report

Student Email Discussion List

In January I requested from each existing AHVMA chapter a list of students who would be interested in participating in an email bulletin. This bulletin would provide an outlet for holistically focused ideas, questions and opinions for veterinary students only.

Dr Bergeron, who will be setting up the list, and I feel that the bulletin will be an important educational tool. However, to date I have only received lists from two student chapters and therefore am questioning whether there is sufficient interest.

I understand the hectic schedules that veterinary students keep, but please reconsider this idea and contact me if you have not done so already. Thanks in advance and enjoy the remainder of the school year!

Externships

I have been collecting a list of veterinarians willing to provide externships and preceptorships. I have the list in a Word file and an Adobe Acrobat (PDF) file, either of which I can send to you as an email attachment. Please contact me if you want a copy of the list.

Sincerely,

Angie Stamm-Taymour
University of California at Davis
School of Veterinary Medicine
Class of 2001
510 Lake #130
Davis, CA 95616
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American Holistic Veterinary Medical Association

Year 2000 Scholarships

- First Place:** The Dr Richard Kearns Scholarship – \$1,000
Second Place: The Dr Pedro Rivera Scholarship – \$500
Third Place: Five – \$400 Scholarships
Five – \$300 Scholarships
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Qualifications:

Any student presently enrolled in a veterinary school

Presentation:

- Why do you want to become a veterinarian?
- What is your interest in holistic veterinary medicine?
- How did you become interested in holistic therapies?
- What is your experience with them?
- Have you made any contributions to veterinary medicine?
- What are your future intentions for your professional career?
- What is your view on the direction veterinary medicine is taking for the future?

Please limit your response to no more than 3 type written pages

Send Letters To: Joanne Stefanatos, DVM
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The Season of Spring and the Element of Wood

Joe Demers, DVM

In Traditional Chinese Medicine, the season of spring is associated with the element of wood; the wood element is associated with the liver and its paired organ the gallbladder.

Spring is the time of renewal and growth. Wood, as we see in trees, grows upward and outward. The liver is in charge of moving and ascending. The smooth movement of all body substances (including qi, blood, jing, liquids, and humors) is the function of the liver.

From "A Treatise on Blood Disorders" (Xuezheng Lun) 1884: Spreading is the nature of wood. The transformation of food qi relies entirely on the spreading and dredging function of liver wood once the food enters the stomach. If the liver's pure yang does not rise, it cannot spread and dredge the grain and fluids, and distention and discomfort in the middle region will inevitable result.

Another aspect of spreading and flowing is the secretion of bile from the gallbladder, which is controlled by the liver. If bile production is disrupted the symptoms include vomiting yellow fluid, loss of appetite, distention of abdomen, and loss of appetite.

From "A Handbook of Clinical Case Histories" (Linzheng Zhinan Yian) 1746: The liver relies entirely on kidney water to sustain it, on blood to moisten it, on lung metal's clear nature and descending function to keep it in check, and on the generosity of the middle palace's earth qi to nourish it.

Liver Functions and Properties

The Liver Stores the Blood

The blood flows outward when the body is active and the blood flows inward to the liver when the body is resting. The heart moves the blood, while the spleen is in charge of production of blood.

The Liver Rules Flowing and Spreading

Liver is responsible for the unrestricted flow of all body substances and the regularity of body activities.

The Liver is in Charge of the Tendons and Manifests in the Nails

The smooth flow of the limbs is controlled by muscle, which are connected to the bones by tendons. The nails are an exterior manifestation of the quality of the tendons.

The Liver Openings into the Eyes

All organs flow upward to enter the eyes but the liver qi communicates with the eyes as stated in the Neijing.

Liver Pathogenesis

The Liver is Unable to Store the Blood

When the spleen is unable to nourish the blood, the blood is insufficient for storage. The symptoms seen include several areas and one area is the eyes. The eyes may be dry, blurred vision and night blindness. Another area is tendons with poor joint movement, cramping, spasms, numbness and trembling of the hands and feet. The nails may be brittle, dry, malformed and broken. The menstrual flow in females is disturbed with heavy or scanty flows.

The liver is the root of prenatal energy in women. Males have an abundance of qi, which they can afford to spend freely (yang quality), while the females have an abundance of blood that they can afford to lose during menstrual bleeding (yin quality). The liver with its blood storage properties and the liver channel flowing internally into the reproductive organs with a connection to the conception channel plays a major role in the function of the uterus.

The Liver is Unable to Control the Smooth Flow of Qi

If the liver is not moving qi properly the body fluids become stagnated. The symptoms of this stagnation include edema, ascites, improper blood circulation, pain in chest, pain in abdomen, tumors and growths and irregular menstruation. Stagnation of qi also affects the proper function of spleen/stomach, which results in belching, regurgitation of stomach juices, vomiting and diarrhea.

The emotions and mental activities are influenced by the liver qi flow. Depression and anger are the more common symptoms of liver disharmony. Some symptoms also associated with liver qi stagnation are dullness of thoughts, dizziness and headaches.

The Liver is Unable to Control Wind

Liver is the wood organ and the wind organ. Wind has both an external pathogenic factor as well as an internal pathogenic factor. Invasion of external wind is usually first seen in the wood channels (liver/

gallbladder). The symptoms of external wind are red, swollen, painful eyes, red itchy ears, red cheeks, pain in the channels of head, face and neck, and fever.

Internal wind is usually associated with excess in the liver (liver fire) or deficiency in the liver (deficiency liver blood). As the liver fire rises, heat injures the liver yin (cooling and moistening function) and liver yang becomes excess, which ascends to the head. The common symptom is dizziness, which can be minor with lightheadedness when rising to major symptoms of vertigo (vestibular syndrome), nausea, vomiting, fainting and seizures.

Other Organ Relationships with Liver

Kidney (Water) – The kidneys produce the ministerial fire (kidney yang function), which is housed in the liver. The liver uses the ministerial fire to aid the spleen/stomach. Also the liver relies on the kidney water to nourish the liver blood. If kidney yin deficiency occurs, the liver blood becomes heated and pathology develops.

Spleen (Earth) – The transformation of food qi relies on the spreading and dredging function of the liver wood. If liver qi is stagnated then spreading and dredging of grain and fluids is impaired and digestion becomes disturbed with distention and pain in the middle burner. The fire housed in the liver is the source of fire used in the stomach to ferment the grain. If an excess of liver fire occurs, this fire overheats the stomach, which likes to be warm and moist but not hot and dry. The symptoms of vomiting and stomach pain after eating occur. *(This is why I feel dry processed commercial pet food contributes to drying and heating of the stomach, especially in the wood patients.)* The ascending qi function of the liver can overpower the descending qi function of the stomach and produce vomiting, eructation, and heartburn as signs of disharmony between liver wood and stomach/spleen earth. The spleen earth's transformation and transportation of grain qi is what nourishes the liver.

Lungs (Metal) – The ascending and descending movement of qi is the main relationship between liver wood and lung metal. If liver qi is stagnated the smooth flow qi is disturbed between the upper and middle burners and the lung can not descend qi and fluids. Some of the symptoms include tightness in the chest and a cough. If liver fire rises upward into the upper burner the lungs become hot and dry due to consumption of fluids. Some of the symptoms include cough, pain in the chest, red eyes, inflamed mouth and red face.

Heart (Fire) – The heart and liver are closely associated with each other with blood circulation and emotional activities. If the heart is deficient in controlling blood then the liver blood becomes deficient. Symptoms of dizziness, insomnia, pale color, impaired vision and irregular menstruation can occur. If the liver fire rises into the heart the shen (stored in the heart) becomes disturbed. Emotional and mental symptoms of anger, depression, sadness and restlessness occur.

Liver Disharmony Patterns

This article describes liver wood herbal formulas, it is not intended to treat a specific syndrome (Epilepsy, Liver Failure, Jaundice, etc). Most syndromes have multiple organ involvement, which requires a wide range of formulas not categorized in a specific organ's pattern of disharmony.

Liver Qi Stagnation – The most common liver disharmony seen.

Symptoms – depression or sadness, lack of drive to play or go for walks, frequent sighing or moaning when laying down, sudden anger toward other animals in family, plum pit feeling in throat (clearing throat), fullness in chest, sensitivity around ribs or anterior abdomen (middle burner area), dislikes being touched, pet, rubbed, brushed, placing saddles on, or tight harness. The western syndromes for liver qi stagnation can have a wide range of conditions; chronic gastritis, mastitis, vaginitis, emotional or aggressive behavior.

TCM Diagnosis

Tongue – body color purple or darkish, normal if early in pathology. Tongue edges may be red or tongue body may be reddish if heat signs are starting.

Tongue coating – thin, +/- greasy if spleen/stomach involved.

Pulse – wiry (string taut), can be strong and rebounds with finger pressure in all levels, thready.

Treatment

1. Bupleurum and Chih-shih Formula (Si Ni San) – This is a basic formula for liver qi stagnation.
2. Bupleurum and Tang Kuei Combination (Xiao Yao San) – This formula is good for liver qi stagnation, regulates spleen function and nourishes the blood.

3. Similar Formulas – Bupleurum 12 (Seven Forests) For liver qi stagnation (*This is one of my favorites*). Women's Balance (Health Concerns) For liver qi stagnation and heat signs. Heavenly Water (Health Concerns) For liver qi stagnation, stomach heat; Not as cooling as Women's Balance.
4. Other related formulas – Free and Easy Wanderer, Bupleurum and Peony (Jia Wei Xiao Yao San), Minor Bupleurum.

Liver Yin Deficiency – Liver yin deficiency has the usual underline yin deficiency causes such as kidney yin deficiency. This condition has signs of deficiency heat (false heat or empty fire) with more liver symptoms.

Symptoms – Yin deficiency signs of dry coat, scanty urine, dry stool, thirst, afternoon fever (panting and laying on bare floors), nervousness, hot body and feet especially at night; liver specific signs of dizziness, dry eye syndrome (KCS), intercostal pain (sensitive to touch), limited tendon flexibility, dry brittle nails, irritability and anger. Secondary symptoms include (if stomach yin deficiency is present) vomiting or regurgitation after eating food, desires cool water (toilet drinker) and eats small amounts at a time. The western syndromes for liver yin deficiency can range from hypertension, conjunctivitis, keratitis, hepatitis, vaginitis, gastritis, joint soreness, nail pathology, vestibular disorder, to constipation and many more.

TCM Diagnosis

Tongue – tongue body will be red in color with darker red on the edges, narrow and may be thin, dry surface.

Tongue coating – thin or no coating.

Pulse – narrow (fine or thin and soft, minute), wiry, +/- rapid (mostly if false heat signs are strong).

Treatment

1. Rehmannia Six Formula (Liu Wei Di Huang Wan) - This is the classic kidney and liver yin deficiency formula. There are many variations of this formula for conditions showing more symptoms in one area (eye). Similar formulas; Lycii and Chrysanthemum Tea – dry eye; Ming Mu Di Huang Wan – dry itchy eyes, glaucoma, cataract; Er Ming Zuo Ci Wan – heat in upper burner, ear-ringing, eye pressure.
2. Glehnia and Rehmannia (Yin Guan Jian) - This formula is for liver qi stagnation,

which produces heat and consumes the yin, nourishes the blood, and tonifies spleen and stomach.

3. Similar Formulas – Tremella 14 (Seven Forests) Similar to Yin Guan Jian and helps to tonify qi as well as nourish the yin and regulate the liver (*This is one I use often*). Eclipta Tablets (Seven Forests) For nourishing the yin, regulates the qi, vitalizes blood; excellent for liver and gallbladder inflammation. Ecliptex (Health Concerns) For kidney and liver yin deficiency, vitalizes qi and blood; great for liver detoxification.

Liver Blood Deficiency – This liver disharmony is usually associated with blood loss, impaired blood production or chronic illness exhausting the liver blood. There are signs of blood deficiency (paleness, weakness, etc.) with liver specific signs (eyes, tendons, etc.).

Symptoms – The blood deficiency signs are usually present with paleness, lusterless face and coat. The liver deficiency signs are dry eyes, blurry vision (especially at night), numbness in the extremities (especially after getting up from laying), acts stiff and lame for a few steps, weakness, spasmodic movement or trembling of feet, heat cycle has light flow and pale color nails. The western syndromes for liver blood deficiency can range from anemia, chronic hepatitis, general weakness, tremors, to irregular heat cycles and many more.

TCM Diagnosis

Tongue – pale or light pink color.

Tongue coating – thin or no coating.

Pulse – narrow (fine or minute) or wiry and weak.

Treatment

1. Tang Kuei Four Combination (Si Wu Tang) – This formula is for blood deficiency with blood stagnation.
2. Tonify the Liver Decoction (Bu Gan Tang) – This formula tonifies and regulates the blood and nourishes liver yin.
3. Similar Formulas – Tang Kuei 18 (Seven Forests) Larger than Tang Kuei 4, nourishes the blood and yin, regulates qi (*This is one of my favorites*). Eupolyphaga Tablets (Seven Forests) Nourishes the blood, clears heat, disperses stagnated blood; More for blood deficiency with stasis of blood as seen with masses, liver cancer,

fibroids, etc. Salvia Shou Wu (Seven Forests) For blood stagnation and blood deficiency; Helpful for liver and especially heart disease. Eight Treasures (Health Concerns) Tonifies qi and blood and moves blood. Fertile Garden (Health Concerns) Replenishes yin of liver and kidney, regulates liver qi flow.

Liver Fire Blazing – This disharmony is an excess/heat condition of the liver due to liver qi stagnation. The fire rises up into the head and produces mostly heat signs.

Symptoms – Headache, dizziness, red face and eyes, ringing in the ears, shaking of the head with red ear canals and no signs of infection, fits of anger and impatience, insomnia and restlessness, dark urine, constipation, and bleeding symptoms (nose, stomach, etc.). Some of the western syndromes for liver fire blazing could range from headache, hypertension, conjunctivitis, glaucoma, to otitis and more.

TCM diagnosis

Tongue – red body

Tongue coating – yellow

Pulse – rapid, full, wiry.

Treatment

1. Gentiana Combination (Long Dan Xie Gantang) – This formula is ideal for liver fire as well as for damp heat in lower burner (wood channels) – UTI, vaginitis, pruritus and eruptions of external genitalia.
2. Tang Kuei, Gentiana and Aloe Formula (Dang Gui Long Hui Wan) – This formula is for purging fire excess and relieve toxins, especially in head (oral cavity ulcers, otitis media, restless sleep).
3. Similar Formulas - Gentiana 12 (Seven Forests) Great for liver fire syndrome. Chien-Li Tablets (Seven Forests) Use with Gentiana 12 when eyes are the major sign of liver fire. Coptis Purge Fire Formula (Health Concerns) Larger formula for boarder syndromes but good for liver fire.

Rebellious Liver Yang – This disharmony is a combination of liver fire excess (yang excess) and yin deficiency (false heat or empty fire).

As liver stagnation progresses, heat develops in the blood, which in time turns into liver fire. This fire consumes the yin of the liver, which causes rebellious liver yang. These patterns of liver

disharmony (liver fire blazing, rebellious liver yang and liver yin deficiency) are interrelated and interconnected, where one begins or intersects the other is difficult to determine.

Symptoms – Same as seen with liver fire, headache, dizziness, red face and eyes, ringing in ears, “heavy head and light feet,” stumbles, yin deficiency symptoms of weak sore back and knees, dry mouth, dry stool. Heat in this pattern is not as severe so head symptoms are milder. There are signs of deficiency (weakness) and secondary organ involvement (kidney water, spleen earth). Some western syndromes for rebellious liver yang would be similar to liver fire blazing syndromes.

TCM diagnosis

Tongue – red body or red edges, +/- narrow, +/- dry

Tongue coating – thin yellow or no coating

Pulse – wiry, +/- forceful or wiry, fine and rapid (seen in felines usually).

Treatment

1. Gastrodia and Uncaria Combination (Tian Ma Gou Teng Yin) – This formula is for liver yin deficiency with yang excess. It can calm the liver, check excess yang, nourish yin, clear heat and calm internal wind.
2. Downward Momentum Decoction (Jian Ling Tang) – This formula is used to nourish the yin, calm the liver, and extinguish liver wind. Another name for this formula is Construct Roof Tiles Decoction, which protects the top of the body from wind and allows fluid and qi to flow downward.
3. Similar Formulas – Gastrodia 9 (Seven Forests) For sedating internal wind and resolving phlegm obstruction (*My favorite as Epilepsy control formula – both wind and phlegm relate to seizure*). Gastrodia Relieve Wind Formula (Health Concerns) The name says it all – calms the liver and extinguishes internal wind, also nourishes the blood.

Liver Wind Moving – This disharmony is divided into three patterns:

I. Fire Generating Wind – This pattern is similar to liver fire blazing but with more disturbances of external wind; or acute fever causing heat, which creates wind.

Symptoms – Acute high fever, restless, dizziness, red face, red eye, dry mouth, thirst, seizures, cramps, coma, dark scanty urine, constipation.

TCM Diagnosis

Tongue – red

Tongue coating – yellow

Pulse – wiry, rapid, +/- choppy

Treatment

1. Antelope and Uncaria Combination (Ling Yang Gou Tang Yin) – This formula calms the liver, extinguishes wind, clears heat and disperses phlegm. Phlegm may occur due to excess heat and it obstructs the orifices.
2. Peaceful Palace Ox Gallstone Pill (An Gong Hui Huang Wan) – This formula is for clearing toxic heat, calming internal wind, dislodges phlegm, opens orifices and calms the spirit. *This original formula used Rhinoceros horn and cinnabaris. There are many substitutes to replace these items, which western herbal companies are using.*
3. Similar formulas – Ilex 15 (Seven Forests) Clears fire and toxins, dispels wind; This is for acute viral infection; If wind symptoms (dizziness, etc.) are present a second formula can be added (Gastrodia 9). Ease Plus (Health Concerns) Sedates liver yang, calms shen, tonifies spleen qi; If wind symptoms are severe add Gastrodia Relieve Wind Formula (Health Concerns).

II. Excess Liver Yang Producing Wind –

This pattern is similar to rebellious liver yang but with more disturbance of internal wind.

Symptoms – May see all rebellious liver yang signs (dizziness, head pain, ringing in ears, etc.), seizures, cramps, numbness, paralysis, hemiplegia, facial contractions (mouth/eye moving sideways), stroke.

TCM Diagnosis

Tongue – red or purple

Tongue coating – yellow

Pulse – wiry, forceful

Treatment

1. Sedate Liver and Extinguish the Wind Decoction (Zhen Gan Xi Feng Tang) – This formula sedates the liver, extinguishes the wind, nourishes the yin and calms the yang.
2. Downward Momentum Decoction (Jian Ling Tang) – See rebellious liver yang.
3. Similar formulas - Uncaria 6 (Seven Forests) Purges liver fire, nourishes kidney and liver; In humans this formula helps

with hypertension; It can be added with Gastrodia 9 (Seven Forests) for calming the wind.

III. Blood Deficiency Generating Wind –

This pattern is similar to liver blood deficiency but with more symptoms of disturbance of internal wind.

Symptoms – May have symptoms of liver blood deficiency (pale color, dizziness, head pain, dry eye, numbness, etc.), trembling, twitching, spasms, fainting.

TCM Diagnosis

Tongue – pale

Tongue coating – thin

Pulse – narrow (thin or fine), wiry, +/- weak

Treatment

1. Tang Kuei Four Combination (Si Wu Tang) – See liver blood deficiency.
2. Similar formulas – Cnidium 9 (Seven Forests) This formula nourishes blood, vitalizes blood and dispels wind; If blood deficiency is severe add Tang Kuei 18 (Seven Forests); If wind symptoms are severe (dizziness, trembling, etc) add Gastrodia 9 (Seven Forests). Eight Treasure (Health Concerns) For qi and blood deficiency, add Gastrodia Relieve Wind Formula (Health Concerns) for extinguishing internal wind.

Cold Stagnation in the Liver Meridian – This occurs when cold obstructs the liver meridian, mostly in the lower burner region usually due to invasion of pathogenic cold (external or yang deficiency).

Symptoms – Pain and distention in lower abdomen, female symptoms include uterine pain, masses in lower abdomen; male symptoms include pain in groin area (scrotum), atrophy scrotum; aversion to cold, desire warmth, cold sensitivity in groin (scrotum), cold extremities, hernia, thirstless, urine clear and profuse.

TCM Diagnosis

Tongue – moist

Tongue coating – white slippery coating

Pulse – deep, slow, wiry

Treatment

1. Tang Kuei Decoction for Frigid Extremities (Dang Gui Si Ni Tang) – This formula warms the channels, disperses cold, nourishes the blood and unblocks the blood vessels.

2. Warm the Liver Decoction (Nuan Gan Jian) – This formula warms the liver and kidneys, promotes movement of qi and reduces pain; Relieves pain due to cold type hernia.
3. Tiantai Mountain Lindera Powder (Tiantai Wu Yao San) – This formula promotes the movement of qi, spreads liver qi, warms cold and reduces pain.
4. Similar formulas – Women’s Treasure (Seven Forests) This formula warms the uterus, tonifies yang and vitalizes the blood. Man’s Treasure (Seven Forests) This formula warms the yang and vitalizes the blood Add Dry Ginger Tablets (Seven Forests) Warms internal cold; or Cinnamon 14 (Seven Forests) Warms meridians, relieves pain. Maternal Herbal (Health Concerns) Warms yang, disperses cold, invigorates blood and qi (mostly female formula). Virility Tablets (Health Concerns) Warms yang, invigorates blood and qi (mostly male formula). Add Channel Flow (Health Concerns) for regulating qi and blood and warming the channels.
3. Gentiana Combination (Long Dan Xie Gan) – See Liver Fire Blazing.
4. Clear the Gallbladder and Drain Fire Decoction (Ging Dan Xie Huo Tang) – This formula smoothes the liver and drains the gallbladder, clears heat and unblocks the interior, resolves dampness; This is helpful for bile obstruction with heat.
5. Similar formulas – Zhu Dan Tablets (Seven Forests) Purges gallbladder, clears damp heat, resolves phlegm. Gentiana 12 (Seven Forests) Clears heat and dampness, more damp heat and not a lot of jaundice. Add Lysimachia 3 (Seven Forests) for damp heat and stone removal. GB-6 (Health Concerns) Clears damp heat of liver and gallbladder. Add Jin Qian Cao Store Formula (Health Concerns) for stone removal and pain.

Damp Heat in the Liver/Gallbladder – This pattern can be externally or internally generated. External causes are due to invasion of damp heat (infectious agents or toxins). Internal causes are due to dampness accumulating, which stagnates and creates heat or liver qi stagnation creates heat, which produces dampness.

Symptoms – Jaundice, fever (+/- chills), thirst for cool water, irritability, restless, easily angered, pain in chest, epigastric or subcostal region, abdominal distention, nausea, loss of appetite, dark urine, thick vaginal discharge, swollen genitalia, constipation.

TCM Diagnosis

- Tongue** – red, +/- wide, +/- dry
- Tongue coating** – greasy yellow
- Pulse** – wiry and rapid

Treatment

1. Capillaris Combination (Yin Chen Hao Tang) – This formula clears heat, eliminates dampness by promoting diuresis, reduces jaundice; Useful when heat is greater than dampness.
2. Capillaris and Hoelen Five Formula (Yin Chen Wu Ling San) – This formula is useful when dampness is greater than heat jaundice.

Dr Demers received his DVM from Texas A&M University in 1974. He was in a mixed practice in Melbourne, Florida for 5 years. He then opened a solo small animal practice in Melbourne, and in the late 1980’s he began developing a specialization in holistic medicine.

He is certified in veterinary acupuncture by IVAS and in veterinary homeopathy by AVH. He has taken extensive study in the use of Chinese herbal medicine and in human homeopathy to become a Homeopathic Master Clinician.

Dr Demers has written articles for JAHVMA, has lectured at the Canadian Acupuncture Certification Course, and has been a speaker at many homeopathic seminars. He is President of the Florida Homeopathic Medical Society and President-Elect of the AHVMA.

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“The Book That Changed My Life”

The Elders of the AHVMA List the Book That Changed Their Life Forever and Got Them on the Path of Holistic Healing

Compiled by Will Winter, DVM

We all know that the hardest step of any journey is that first one. So often, we sit on the threshold of an experience, a life change, or an adventure, but we are frozen and cannot proceed. Often it is fear that paralyzes us.

A common denominator of the Elder Group of the AHVMA is that they have all taken that step. For some it was before others in this Association were even born. Other elders may have had a more recent conversion. It doesn't matter. What does matter is that when you are on the other side looking back, you can only smile and wonder what all the fear was about.

When we say “elder” in our group, incidentally, we are referring to those possessing experience and wisdom. Some also have age. But age alone is not enough. There are old persons who do not act as elders, and there are relatively young persons who carry great elder authority. So, we honor the elders.

Skeptics, quackbusters, Doubting Thomases, and persons locked into a linear, rational Science-as-Religion mindset definitely have not taken that first step into **Alternative** or **Complementary** medicine. An acceptance of the **Holistic Paradigm** is even a further stretch for them. What's worse is that their fear makes them potentially even an enemy of alternative thinking. On the contrary, they say we can only hate what we do not understand.

This “enlightenment” process is very basic. It can only happen internally—no one else's conversion will make you a *de facto* convert by proxy. There are also circumstances in one's life that set the stage for being open to new ideas in the first place. If you are not ready, no book or experience will open you up.

In my own case, I was sourly disappointed in my perception of my profession's ability to cure chronically ill animals. This was back in the 1970's. I was ready to leave the profession. At first, I thought it was just me. Then I noticed others, even at the veterinary schools, could not help some of the most basic cases get better. It was this dissatisfaction that caused me to open up, to open my heart to alternatives. I was desperate.

No one who is 100% satisfied with their current milieu ever changes or evolves. Why would they? So when we talk about conversion, we are appealing to those who feel that there must be something out there—a better way.

Even though some of these texts are out-of-print, they may still be found. I have seen almost every one of them at used book stores. Several may be purchased from the AHVMA Bookstore (supporting the store helps our cause greatly), and most may be ordered from your favorite bookseller. Incidentally, who knows what you will run into if you start looking!

The Top 10 Books That Opened Our Minds: (Not necessarily in this order)

Kinship With All Life

J Allen Boone

All My Patients Are Under The Bed

Louis Camuti

The Body Doesn't Lie

John Diamond

The Herbal Guide To The Dog

and

The Herbal Guide To Farm & Stable

Juliette de Bairacli Levy

The Tao Te Ching

Lao Tsu

Planet Medicine

Richard Grossinger

Dr Pitcairn's Complete Guide To Health For Dogs And Cats

Richard Pitcairn

The Natural Cat

Anitra Frazier

All Creatures Great And Small Series

James Harriot

Other Books Of Great Importance:

***Your Health Under Siege—Using
Nutrition To Fight Back***

Jeffrey Bland

The School Of Natural Healing

John R Christopher

***The Practical Guide To Far Eastern
Macrobiotic Medicine***

and

You Are All Sanpaku

George Ohsawa

Healing Secrets Of The East

Richard Lucas

***Cooking With Mother Nature For
Those Who Eat***

Dick Gregory

Rational Fasting

Arnold Ehret

Language Of Silence

J Allen Boone

Clinical Homeopathy

Anton Jayasuriya

The Essence Of Chinese Acupuncture

The Beijing, Shanghai, Nanjing Colleges
and the Acupuncture Institute of the
Academy of TCM

Wherever You Go, There You Are

Baba Ram Dass

Message From Forever

Mario Morgan

***Behave As If The God In All
Life Matters***

Machelle Small Wright

Vibrational Medicine

Richard Gerber

The Elegant Universe

Brian Green

The Conquest Of Abundance

Paul Feyerabend

The Rainbow And The Worm

Mae-Wan Ho

The Emperor's New Mind

Roger Penrose

***The Soul's Code—In Search Of
Character And Calling***

James Hillman

***The Cosmic Serpent-DNA And The
Origins Of Knowledge***

Jeremy Narby

The Biotech Century

Jeremy Rifkin

***The Trembling Mountain: A Personal
Account Of Kuru, Cannibals And Mad
Cow Disease***

Robert Klitzman

***Seven Experiments That Could Change
The World***

Rupert Sheldrake

***Science And Human
Transformation: Subtle Energies,
Intentionality And Consciousness***

William A Tiller

Star Trek—The Next Generation

Gene Roddenbery

So, there you have it. At least the first installment. As I was compiling this list, I realized that this first list could seed the clouds of memory. I will continue to compile the favorites as time goes on. I encourage you to add yours.

Remember that we are each motivated in different ways and that one person's path may not work for others. If you have the opportunity to browse these books, feel them, get an emotional reading from your body when you look at the cover, the title, the feel of the book and the first words that you open to. This will commonly guide you intuitively onto the right path. Again, in my own case, the book I needed "found me" and almost jumped into my hands at the exact moment I had sunk to the place of lowest inspiration. It was meant to be!

Keep your heart open, do not judge what you have not experienced, and open your mind to the path of new beginnings. Grow and prosper.

For additions, questions about this list, or ongoing ideas for the Elder's Column, please contact me by email at holistic@visi.com. You may also send

Book Reviews

Emerging Therapies, Using Herbs and Supplements for Small Animals

Susan G Wynn, DVM
AAHA Press, 1999

Reviewed by Carvel Tiekert, DVM

The indefatigable Dr Wynn has done again. While this is not a substitute for Complementary and Alternative Veterinary Medicine, this little book is a great primer and handbook.

She starts with a discussion about the philosophy of holistic medicine, and then goes on to give a list of places to get training, and a number of other resources. There is a short discussion on stocking the pharmacy, diets, and a few "sample protocols" for common problems.

The most useful part for me was the materia medica for nutraceuticals and botanicals. This makes it a practical handbook to have in the exam room to quickly look up information to show to clients about specific products.

Foods Pets Die For

Ann Martin
New Sage Press, 1997, Paperback, 144 pages

Reviewed by Jordan Kocen, DVM

This tale begins when two of Ms Martin's dogs became ill after eating a prepared dry food product. When she tried to have the manufacturer reimburse her for the veterinary bills they requested that she send them the remainder of the food to have it tested. She sent some and kept some. The company replied that they were not able to do an analytical test and so only did a feeding test. Guess what? The test dog did not become ill, so the company concluded that the food was not at fault. As Ms. Martin writes, "I am not a veterinarian, I am not an expert. But I am a concerned consumer, an individual who wants answers to my questions."

This book follows Ms Martin's journey of trying to find out just what is in pet foods and who regulates the pet food industry. She expanded her investigation to find out if commercial foods actually

provide a complete, balanced diet and if the foods could have detrimental effects on the animal's health. Lastly, she wanted to find out if there was any research that showed detrimental effects when pets were fed "human food".

Before reading this book I thought I knew about pet foods, but I found out several disturbing things about the pet food industry. I never realized that it was basically self-regulated with minimal government oversight. I knew that the quality of meat in pet foods was less than optimal, but I never knew that no studies have been done to show that the temperatures used to cook these meats will inactivate the toxins that may be present.

The author also provides a glossary of the terms used on pet food labels so that the reader can understand just what is the food that they are purchasing for their dog and cat companions. The book ends with a list on contacts for the major pet food manufactures, government agencies and animal interest groups.

As you would imagine, after all that Ms Martin had found out she began to prepare food for her dogs from fresh foods. She has provided her recommendations for home diets, including specific recipes. This is the only part of this book that raised some concerns for me. Ms Martin is not a nutritional authority, so I wonder if her dietary recommendations are valid. There are many sources for dietary information available today so readers must be careful when deciding who's advise to follow.

I think that this is a very well written book. I have recommended it to my clients that want to know what is in prepared pet foods. It is written in a style and form that makes it easy to read and easy to reference. Please read this book to expand what you know, or think you know, about prepared pet foods.

NutraVet
Products
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Ad

Joining the 21st Century Using the Internet, Part I

Jan Bergeron, VMD

I've been promising (maybe some will call it threatening) to write an article on using the Internet. In fact, in my last editorial I said I would do it in this issue, so here it is.

I'm going to preface what I have to say with a warning to the experienced computer users that I'm going to approach this subject by directing my comments to the beginners—those that don't even have a computer. Experienced computer users will find the information in Part I too basic, but future articles should have something for everyone.

No doubt there are some of you who are more experienced than I am, and you will wonder why I left things out, or you will find errors. For those with something to add or correct, I invite further articles on the subject or letters to the editor.

The Hardware

Let's start with what you need, the computer and a monitor (I said this was going to be basic). For practical purposes, there are basically two types of personal computers (PCs), those that are Windows® based, and the Macintosh®. The Windows-based computers are often referred to as "IBM® Compatible," but I consider this an old term that doesn't have much relevance anymore.

Windows computers use Microsoft Windows as an operating system (OS), whereas the Macintosh computers use the Macintosh operating system (Mac® OS). The operating systems are complex software programs that tell the central processing unit (CPU) what to do, and they serve as the basis for all other software programs run on the computer.

The computer itself usually consists of a box that holds the parts, a power supply, a motherboard, a CPU, and an array of peripheral devices. These peripherals include a floppy drive, a hard drive, a sound card, a video card, a CD-ROM drive (or DVD drive), a modem, and so on. There is one essential peripheral device that is not normally in the box, and that is the monitor—the screen that allows you to see the computer's output. Oh, two other things I almost forgot because they are so obvious, the keyboard and the mouse. The keyboard allows you to input information into the computer, and the mouse helps you issue commands by pointing and clicking. More on that later.

There are, of course, other peripheral devices such as scanners, printers, Zip drives, tape drives, etc, but these are not essential to the basic operation of the computer. However, you will most likely want a printer, at the very least.

The basic computer that you will need to get connected to the Internet will have all of the stuff in the box, including a modem, and a monitor. Sometimes modems are external, but that is pretty rare these days. In the case of the iMac®, the monitor is part of the box.

Where do you get the computer? These days, almost anywhere. Computer stores, discount stores, electronics stores, mail order...you name it, and you can probably buy a computer there.

What's the best place to buy a computer? For the newcomer, the safest place is probably the computer store or a reputable mail-order computer firm (eg, Gateway or Dell). However, you can get good deals at some of the large discount stores.

What kind of computer should I buy? The best one you can afford, one that is easy to use, and one that you can get serviced fairly easily.

Should I buy a Macintosh or Windows computer? This decision depends on a number of factors. For Windows computers there is a much wider choice of manufacturers, hence it is probably easier to find a good deal. There is an extremely wide variety of software available for Windows computers, which again helps to keep the prices competitive.

The two operating systems are really quite similar (on the surface), and I do not believe that one is necessarily easier than the other to learn. Long-time Windows users don't usually like the Mac, and long-time Mac users don't often like Windows. I have both, and I find Windows easier to use, but I have more experience with it. Whichever one you start with, you will do fine, and you'll probably end up being a diehard supporter of that particular OS.

Again, price may be a consideration, but the iMac is in the same general price range as moderately priced Windows PCs. And the iMac is an all-in-one package. The monitor, computer, and CD-ROM (or DVD) drive are all in one box. It's easy

to hook up, and you can get on the Internet with it. There is, however, no real room for expansion.

Windows® computers are easier to upgrade. If you start with a smaller monitor (eg, 15 inch) and decide later that you want a monster 21 incher, you can replace the monitor without replacing the computer. Overall, I think other upgrades are also easier. This does not apply to the regular Macintosh computers (Power Macintosh) that have monitors separate from the CPU (the box).

Another factor to consider is getting help. If you have a friend who is an experienced Mac user, you might want to consider the Mac (all else being equal) in case you need advice. The same consideration applies for Windows.

How much will it all cost? Now you know that you can buy a Macintosh or Windows computer, but how much will you have to spend? Let's talk minimums (equipment and cost), after all, you are just getting started, and your primary goal is to be able to use the Internet. To reiterate, the minimum you need is a computer with a modem, and the monitor.

You can buy an iMac, which will do everything you need, for \$1,000, or perhaps a little less. A newer generation iMac can cost about \$1,500, and a Power Mac with a 17-inch monitor will probably run you \$2,000–\$2500. A decent Windows computer with a 15–17-inch monitor will probably run about the same as an iMac, eg, around \$1,000. However, you may be able to get a nice package including a printer and a lot of extra software when you buy a Windows computer at that price.

In a Windows computer, you want to look for a processor (CPU) that is going to be in the range of 300–400 megahertz, at least 64 megabytes (MB) of RAM (Random Access Memory), and a minimum 4–5 gigabyte (GB) hard drive. A bigger hard drive is better, but you probably won't need more than about 10 GB. You can go up to 128 MB of RAM, but you won't need more than that, because Windows really can't use more. The less expensive iMac will give you about the same thing.

Getting on the Internet

Okay, you've laid out that chunk of cash and bought the computer. You have all the basics, *ie*, the computer, the modem, the monitor, and maybe a printer. What do you do with it, and how do you get on the Internet?

The first thing you have to do is bring it home, set it up, and make sure it works. You should set it up in a convenient location on a desk or table that is a comfortable height for typing, and you should have electrical and telephone connections nearby.

Setting up a new computer is pretty easy. Generally the instructions are quite good, and you should be able to get advice from the store where you purchased it. The cables (wires) are usually well labeled, and the connectors generally will only go in the place they are intended to go.

What about software? All of the computers mentioned above are going to come with the basic software you need to do word processing and get on the Internet, so you won't have to invest in any other software before you can get started. Most will come with software for America Online® (AOL), CompuServe (CS), and Prodigy®, but if they don't, you can obtain the software free. More on other software as we go along.

How do I pick a service provider? In addition to those mentioned above, there are several other major Internet Service Providers (ISPs), including Earthlink®, Mindspring, MSN® (the Microsoft Network), and AT&T Worldnet. All of these offer their own proprietary software, which you can obtain free. For the purposes of this discussion, I'll stick to the first five. I consider MSN® and AT&T Worldnet at the bottom of the choice list.

In addition to the above, there are literally thousands of local ISPs. These are ISPs that serve a local or limited area. As a general recommendation, I would recommend a local provider over any of the major ones. However, for many people, using AOL, Earthlink, or Mindspring may be the easiest approach. I mention those three, because they are probably the best choices if you don't go with a local ISP.

All of the major providers have a lot of their own content, and several of them offer things like chat rooms and private discussion groups that may not be open to outsiders. However, your main goal here is Internet access, so many of these may be frills that you don't need.

I have had an AOL account for many years, and I maintain it for special reasons. However, I am not a big fan of AOL, and it has some major negatives, which I won't get into here. The bottom line is, if you have to go with AOL in order to have a local phone number for your connection, then go with it. If not, you are probably better off going with another ISP. You can always set up AOL and try it free for a month and then drop it.

Almost any ISP will provide you with the software you need if you do not already have it installed on your computer. Your computer operating system (Windows or Mac) will have the software built into it that you need to make your dial-up connection. This is the connection you will

make via your modem, which will connect your computer to the Internet. The protocol that is used to make the connection is called TCP/IP, and that is built into your system as well.

So what you need to do is look around, check your local papers and phonebook, and ask some friends, and then decide on an ISP. Once you've done that, call them on the phone and get some information. Ask them what they can do for you and how much support they'll provide. Get a feel for whether or not you can work with them—this is a bit like a pet owner looking for a veterinarian. If there is only one provider within a hundred miles, you may have to use them by default. If you have a choice of several, ask around before making a final decision.

How do I connect to the Internet? Okay, you now have the computer and you've selected a service provider, so you want to get connected. Once everything is set up, you're going to turn your computer on and start the program that is going to make the connection, whether it is a proprietary package like AOL or a straightforward dial-up program. Starting the program will activate your modem and call the predetermined phone number. Assuming the line isn't busy, there will be a lot of beeping and buzzing and other weird noises, and soon you will be connected.

Now what do I do? Depending on the program you are using, your system may or may not automatically check for email. AOL will do this, and will signal you if you have mail (so will some of the others). If you are using a local ISP to connect to the Internet, you will have to start an auxiliary program to send and receive email. There are a number of these. If you are using Microsoft's Internet Explorer (IE) as your web browser (more on this later), you may be using Outlook Express, which is part of IE.

If you are using Netscape Navigator as your browser, you will probably use Netscape Communicator for email. There are a number of other programs that are used solely for sending and receiving email. One of these is my favorite, Eudora®. Generally, if the email function is not built into the program (eg, AOL), your ISP will provide you with some sort of email software.

I mentioned the browsers (IE and Netscape) above. The browser is the program that allows you to view pages on the World Wide Web (Note the photo on the cover, which is taken from the home page of the AltVetMed web site—this is a screen capture from Netscape on my computer). Virtually any computer you buy is going to have IE installed

on it. This is what the government's lawsuit against Microsoft was all about. Many will have Netscape, but if yours doesn't, you can obtain it from Netscape free of charge. I personally prefer Netscape, because it will do some things that IE will not do; however, there are some things that IE does better than Netscape. You should use the one that is easiest for you to use, especially when you are getting started.

Therefore, the two things you need to get around and do stuff on the Internet are an email program and a browser; you really don't need anything else. It is pretty difficult to describe how to go about using an email program or a browser in an article like this, because there are so many different programs. Some of it is fairly intuitive once you start using the program. It can be somewhat intimidating for the person who is totally new to computers, but if you've made it this far, you will be well on your way.

If you are really lost, you might want to consider taking a basic course on using the computer, or using the Internet. Many local schools offer such courses in adult education programs. Another thing to do is to corner a friend or colleague who has some experience or real expertise. I'm sure most veterinarians have used a computer in their practice, so none of this should be really foreign to them. But I also know there are many people who have never touched a computer, so everything is new.

The important thing is that you start somewhere. Once you start, you'll learn fast. If you learned all the skills it takes to practice veterinary medicine, you can learn to use a computer and get on the Internet. You too can join the 21st century.

Coming next: In the next issue I'll talk about using email and discuss some of the fine points of email etiquette, which is known as netiquette. And I'll talk about how to find things on the Web. In the meantime, if you have any questions, please feel free to call or write. Since I have to assume that you are just getting started, I won't ask you to send email.

A footnote: One way to get on the Internet that I did not mention is Web TV. Web TV is operated by Microsoft. You buy a Web TV box (several companies make them, Sony is one) and hook it up to your TV set. The box costs around \$300, so it is cheaper than buying a computer, but its functionality is very limited. It is slow and cumbersome to use, and in general, I think you would find it disappointing. In fact, it could discourage your use of the Internet, which is the opposite of what I am trying to do.

Jan A Bergeron, VMD
See Masthead or Editorial for Contact Info

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Information Regarding Classified Advertising

Veterinarians who are members of the AHVMA may place a classified ad, up to 50 words in length, in the JAHVMA for two consecutive insertions at no charge. Ads exceeding 50 words will be charged 40 cents per word, for each word over 50, per insertion. Non-members may advertise in the classifieds for 40 cents per word, with a minimum ad charge, per insertion, of \$20.00 (50 words or less, additional words 40 cents). Classified ads may be ordered for a maximum of two consecutive insertions. **Payment must accompany the ad.** Meeting announcements will be placed free of charge; however, the AHVMA reserves the right to charge for announcements that exceed 50 words in length. Running an ad or announcement for more than two consecutive insertions will require resubmission of the ad. To guarantee inclusion in any specific issue of the JAHVMA, copy must be received by the 1st day of December, March, June, or September for inclusion in the January, April, July, or October issue, respectively.

MEETINGS

April 7 - 11, 2000. National Center for Homeopathy, 2000 Annual Conference, Burlingame Hyatt Regency, Along the San Francisco Bay, Post-Conference Work Shop with Jeremy Sherr. For more information please call: (703) 548-7790; (703) 548-7792 fax. Email: info@homeopathic.org, website: www.homeopathic.org
X4/00

April 8,9 2000. Second Annual Western Holistic Veterinary Conference, Airport Inn - San Jose, CA. For registration forms or additional information please contact Pet Tec 1014 Williamson St. Madison, WI 53703 608-255-1239 or e-mail kohnc@itis.com
X4/00

May 18-21, 2000, Professional Course in Veterinary Homeopathy in Tiburon, California with Dr. Richard Pitcairn,. In-depth training for licensed veterinarians only. Required for certification by the AVH. Final session: Aug. 3-6, 2000. (Prior students may re-take sessions at nominal charge). For information contact: ANHC, 1283 Lincoln St., Eugene, OR 97401. (541) 342-7665. Fax: (541) 344-5356. ANHC@pacinfo.com. www.AcadVetHorn.org.
X4/00

May 25-28, 2000. American College of Veterinary Internal Medicine (ACVIM) 18th Annual Veterinary Medical Forum will be held May 25-28, 2000 in Seattle, Washington, Early registration is encouraged. For information call (800) 245-9081 (US and Canada), (303) 231-9933, or e-mail: ACVIM@ACVIM.org.
X4/00

June 3-5, 2000 Spring Symposium on Herbal Medicine: Rediscovering the Roots of Herbalism. To be held at the Blue Ridge Assembly in Black Mountain, NC. For more information contact Medicines from the Earth, P.O. Box 3427, Ashland, OR 97520, 800-252-0688 noon to 8pm Eastern Time or register online at www.botanicalmedicine.org.
X4/00

June 23, 2000-Academy of Veterinary Homeopathy Mini-Conference- in Washington DC. This one day conference is in conjunction with the AIH conference (June 21st-23rd). For more information visit our website at www.TheAVH.org, e-mail us at conference@TheAVH.org or call Dr. Sid Storozum at 804-845-1242.
X4/00

June 2000, Chi Institute of Chinese Medicine Mixed Practice Veterinary Acupuncture Program. A 4 module intensive course (4 days each) presented in Gainesville, FL. Scheduled sessions are: Session 1 June 8-11, 2000, Session 2 August 17-20, 2000, Session 3 November 9-12, 2000, Session 4 January 18-22, 2001. Contact Chi Institute of Chinese Medicine (352) 591-3165 Fax (352) 591-0988
X4/00

July 2000, Chi Institute of Chinese Medicine Small Animal Veterinary Acupuncture Program. A 4 module intensive course (4 days each) presented in Gainesville, FL. Scheduled sessions are: Session 1 July 27-30, 2000, Session 2 October 5-8, 2000, Session 3 January 11-15, 2001, Session 4 March 29-April 2, 2001. Contact Chi Institute of Chinese Medicine (352) 591-3165 Fax (352) 591-0988.
X4/00

August 17-20, 2000 The International Alliance for Animal Therapy and Healing (IAATH) is holding the first conference at Washington State University, Vancouver, WA. For more details contact Penny at Email ramey@coopext.cahe.wsu.edu Extension Livestock Advisor Program, WSU Cooperation Extension, 11104 NE 149th Street C 100, Brush Prairie, WA 98606. 303-254-8436.

August 23-26, 2000, Vienna is very proud to host the IVAS 2000 Congress at the Veterinary University of Vienna in Austria. For more information contact www.ivas2000.at.
X7/00

September 9-12, 2000 AHVMA Annual Conference -Williamsburg, Virginia. To be held at the Williamsburg Marriott, for reservations phone 757-220-2500 or 800-442-3654 (be sure to ask for Group Name: American Holistic and Group Code: AHA). United Airlines Meeting Plus Reservation Center 800-521-4041 ID Code: 583IV. Programs will automatically be mailed to current members. For more information call 410-569-0795.
X7/00

October 12-22, 2000 An 11 day trip to China. 3 Day study of advanced TCM topics focusing on skin and respiratory problems in small animals and horses. Includes tours of Hong Kong, Guang Zhou and Beijing. Contact Chi Institute of Chinese Medicine (352) 591-3165, Fax (352) 591-0988.
X7/00

October 20-21, 2000 Alternative & Herbal Livestock Health Conference, University of Connecticut Bishop Center, Storrs, CT. For registration information contact Rochelle Syme @ Uconn Home & Garden Education Ctr., 1380 Storrs Rd, U-4115, Storrs, CT 06269-4115. Phone 860-567-8324, Fax 860-567-2702, email ssyme@canr.cag.uconn.edu.
X7/00

November 10-12 2000-Academy of Veterinary Homeopathy 3rd Annual Conference in beautiful Monterey, California. This is a three day conference on veterinary homeopathy with lectures from some of the leading veterinary homeopaths. For more information visit our web site at www.TheAVH.org or e-mail us at conference@TheAVH.org or call Dr. Sid Storozum at 804-845-1242.
X10/00

POSITIONS AVAILABLE

California. Vet. Tech/Office Manager for a beautiful practice 30 minutes north of San Francisco. We combine western and eastern modalities to provide compassionate care for our clients. Excellent opportunity for an experienced technician to learn about Holistic medicine. Please fax resume to (415) 721-2420.

X7/00

California. Belinda Mason-Wiatt, DVM, Pet Hospital, 3326 E. Chapman Ave., Orange, CA 92869, 714-771-3261. Treat small and exotic animals. Use Chiropractic (VOM), Acupuncture, and Homeopathy. Job requirements are CA license, interest in doing Holistic Med. with conventional. Available immediately.

X7/00

Colorado Well established small animal and exotic practice in transition from allopathic to holistic orientation looking for a like minded associate well versed in nutritional therapy and comfortable in at least one other complementary modality. Present owner practicing classical homeopathy and nutritional support and trying to phase out allopathy. Position would be approximately 30-40 hours per week initially, with the potential to purchase the practice within the next five years. First preference would be to an associate practicing homeopathy and/or chiropractic, but practice would lead itself well to acupuncture and herbal/chinese medicine modalities. Practice is located in Western Colorado, in a growing retirement recreation area. Clientele is dedicated, concerned, and of varying degrees of openness to alternative modalities. Associate must be interested in clinic management as well as enjoying practice. And patient and client contact, and staff interaction. Contact Dr. Bettye Hooley at 717 North Cascado, Montrose, CO 81401, or Fax to 970-240-8222.

X7/00

Maryland Expanding the holistic side of our practice. Looking for an associate skilled in acupuncture and/ or homeopathy. Our clientele is very receptive to alternative medicine. Waterfront lifestyle, well-equipped facility, great staff, generous salary and incentive plan Contact Francine K. Rattner, V.M.D. 85 W. Central Ave., Edgewater, MD 21037, 410-956-2932, Fax 410-956-3755. E-mail savet@annap.infi.net.

X7/00

New Jersey Dr. Gerald Buchoff, North Bergen Animal Hospital, 9018 Kennedy Boulevard, North Bergen, NJ 07047, 201-868-3753 (fax- 201-868-0453). Position working with dog, cats, and exotic animals, using chiropractic, acupuncture, glandulars, western and ayurvedic herbs, mushrooms, raw diet, Bach flower, Homeopathy, NAET, and Reiki. Must have interest or experience in alternative modalities and exotic practice. Must help cover emergencies.

X7/00

North Carolina Atrium Animal Hospital in Charlotte, NC is seeking an associate veterinarian to join our growing holistic small animal practice. The practice utilizes acupuncture, homeopathy, and herbal therapies as well as traditional treatment. There are currently two full time veterinarians at this AAHA certified hospital. Position is full time with no after hours call. We would welcome any complementary specialties in homeopathy, acupuncture, or chiropractic. Interest in a long-term association with desire to further knowledge of non-traditional medicine necessary. Please send resume with salary history. Contact Kathy Currlin at the Atrium Animal Hospital, 6520 McMahan Drive, Charlotte, NC 28226; (704) 542-2000, fax (704) 543-8455.

X7/00

Pennsylvania Full or part-time small animal position available. (Current associate cutting back to part-time after second child.) New up-to-date facility with happy, dedicated well-managed staff. Become one of the four-doctor team serving this quaint town north of Pittsburgh. Practice utilizes conventional as well as holistic modalities but a knowledge of both is not a prerequisite. Base salary with generous benefit package plus percentage. Exceptional earning opportunity. Fax resume to 724-774-5774 or call Dr. Doug Knueven at 724-774-8047.

X7/00

Pennsylvania A unique opportunity for veterinarian associates who are interested in re-locating to beautiful York County, PA. Facility is 12 miles from Harrisburg in a new 6300 square foot, fully equipped modern facility with a warm atmosphere. This practice will be based on excellence, compassion, and an innovative approach to small animal practice that will combine the best of conventional and complimentary medicine as well as commitment to client and community education. This is for full time associates who will work four 12-hour days on and four off. This practice will be an addition to an established, (15 yrs) unique boarding facility with a loyal customer base of 10,000. Other services are full service grooming full service canine and feline boarding, doggie daycare, public research library, 10-acre dog park and picnic area for companion animals and their families, and a 5-acre PA State Memorial Gardens and cremation service. All services have separate locations on the property. Full information on the entire facility can be forwarded to you upon request with the receipt of your resume.

Very affordable housing and the option of on-site housing for a single individual with your own animal companions are available. Salary and benefits commensurate to the level of experience, enthusiasm, and the willingness to make a long-term commitment to your own future and the future of veterinary medicine. Equity positions for qualified individuals will be available over time, as well. Good school system, 10 minutes from ski area and 15 minutes from necessary amenities which make for a good living while doing good work. New graduates are welcome, too. Please fax your resume in care of Dr. Alberto Gil to (717) 691-0152.

X7/00

Texas. Nancy A. Bozeman, DVM, 5721 SW Green Oaks Blvd., Arlington, TX 76017. (Dallas, Fort Worth Area), 817-572-2400. Small Animal using these modalities: Conventional, Acupuncture, Homeopathy, Chiropractic, Herbs, Bowen, Nutrition. Job requirements Current Texas, gets along with people. Available immediately, and with the potential to buy practice.

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Washington. Busy holistic practice in beautiful Redmond, WA seeking acupuncturist (IVAS-certified) and/or chiropractor for F/T employment. We are a progressive S/A practice offering Acupuncture, Homeopathy, herbal and conventional medicine. We have a relaxed atmosphere and a fascinating clientele. Fax resume to (425) 869-2304.

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MENTOR AVAILABILITY

Connecticut Stephen Tobin, Dr. Med. Vet., 26 Pleasant St, Meriden, CT 06450, 203-238-9863. Position working with cats, dogs, horses, birds, etc. Using Homeopathy, herbs, and diet in a 100% alternative practise. Possibly housing provided. No stipend provided.

EXTERNSHIPS

Connecticut Stephen Tobin, Dr. Med. Vet., 26 Pleasant St, Meriden, CT 06450, 203-238-9863. Position working with cats, dogs, horses, birds, etc. Using Homeopathy, herbs, and diet in a 100% alternative practise. Possibly housing provided. No stipend provided.

Oregon. Jeffrey Judkins, DVM, Whole Pet Veterinary Clinic, 1431 SE 23rd. Ave., Portland, OR 97214, 503-233-2332. Practise 80% alternative, working with small animals and exotic using Acupuncture, Chinese and Western Herbs, Homeopathy, and Chiropractic. Possibly housing provided; no stipend provided.

New Jersey. Dr. Gerald Buchoff, 9018 Kennedy Boulevard, North Bergen, NJ 07047, 201-868-3753. [Externship listing](#) for small animal and exotic, 90% alternative, uses chiropractic, acupuncture, glandular therapy, western and ayurvedic herbs, mushrooms, raw diet, Bach flower remedies, Homeopathy, NAET, and Reiki. Available immediately, housing provided, no stipend provided, would prefer student who may ultimately want to work in New Jersey after graduation.

Please contact our student liaison, Angie Stamm-Taymour, if you would consider having an extern in your practice. She will be keeping a file for any students who may contact her regarding externships. Her email is astamm@ucdavis.edu and her address is 510 Lake Blvd., #130, Davis, CA 95616 Telephone/Fax (530) 758-8764.

FOR SALE

Texas. Holistic Practice For Sale: Busy small animal practice with great potential for growth and untapped expansion into large animals and equine. 100% holistic practice using acupuncture, homeopathy, herbs, flower remedies and other holistic modalities. Great clientele and waiting list of new clients. Very good location and ideal starter practice for holistic veterinarian, available at a great price as I have to relocate, am open to offers and any suggestions! Please call 972-418-7243 for more information.
X7/00

WANTED

Alternative Medicine magazine is looking for members who would be willing to contribute to a column on natural pet care. For further information, contact Tom Klaber, Editor, 415-789-1415, Fax 415-789-1417

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The **AHVMA** office maintains a **Referral Directory** of members, which lists all contact information and modalities practiced. In order to be listed in this directory, you must fill out this application—listing in the Directory is **not** automatic. A printed copy of the Referral Directory is mailed to people who contact the office seeking a holistic practitioner.

The Referral Directory is also posted on the **AltVetMed** (www.altvetmed.com) web site, and many people use this online directory to search for a holistic practitioner. The **AHVMA Directory** on **AltVetMed** is one of the most visited pages on the site and currently receives nearly 4000 visitors each month. Listings in the online directory are the same as those maintained by the AHVMA office, and they are controlled by the office.

If you want to be listed in the printed and online directories, you must fill out this form and submit it to the AHVMA office. The accuracy of the information provided is your responsibility. If any of your information changes, you must submit a new form or contact the office to make corrections.

Please type or print. Fill in all information you want listed in the directory. Remember, this is referral information, so the contact information you give should be related to your business (in other words, don't list your home address or phone number unless you want it in the directory). Check all of the "Practice Type" and "Modalities Used" categories that apply to you.

Name: _____ Address: _____
 Phone 1: _____ City: _____
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Practice Type:

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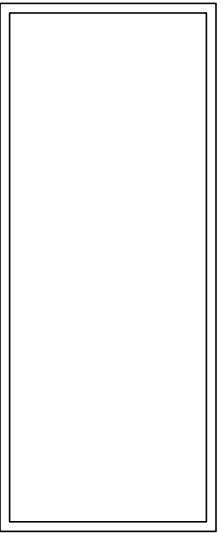
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