

A Misunderstood Science

Energy medicine is a complementary and integrative health care. ●Lucy Postins

WITH THE HIGHER FREQUENCY of side effects from many conventional medicines, alternative remedies are continuing to gain popularity, being more widely incorporated into holistic vets' medicine bags.

HOMEOPATHY

Homeopathy is a form of "energy medicine," which uses remedies made from highly diluted natural compounds that undergo a series of dilutions in water, alternated with a process called succussion (vigorous shaking). Homeopathic remedies may be derived from animal, plant or mineral forms and range in type from snake venom to poison ivy to oyster shells.

Homeopathic medicine was developed by Samuel Hahnemann in the late 1700s. He discovered after many years of work that the more "potentized" (dilute) a remedy was, the more powerful its healing properties actually became.

Homeopathy works on the principle of "like cures like," meaning that the diluted, homeopathic form of a compound can be helpful in alleviating the symptoms that that compound would actually cause in its non-diluted form. For example, the homeopathic remedy *Apis Mellifica* is made from honeybee venom. In its crude form, bee venom can cause itching, burning and stinging pain. In its homeopathic form, *Apis* can help to alleviate the burning and stinging pain of hotspots, cystitis, conjunctivitis and insect bites.

Skeptics of homeopathy claim that it cannot possibly work because the remedies are so highly diluted that none of the original compound remains. However, a growing number of clinical trials have demonstrated both the safety and efficacy of homeopathic medicine, and many of these trials were conducted in Europe where homeopathy is more widely prescribed even by conventional and "mainstream" doctors.

Homeopathic remedies usually come in quick-dissolving pellets, which can be placed directly on Fido's tongue. Here are five homeopathic remedies that can be kept on hand for Fido's basic needs. As always, it's recommended that dog guardians consult with a veterinarian who is familiar with the use of homeopathy when using this modality.

ARNICA MONTANA is one of the best-known homeopathic remedies. It is commonly used in humans, in both topical creams and oral pellets. Arnica is excellent for bruising, muscle aches, sprains and general injuries, especially where the animal is shocked. Animals who benefit from Arnica may be fearful of touch and restless, constantly moving from one spot to another because of their discomfort.

APIS MELLIFICA, made from the honeybee, is used for insect bites and stings that produce sensitive swellings. Animals who can benefit from *Apis* are those who may be very hot but not

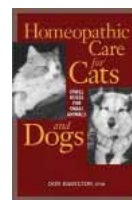


SLEEP SNIFFING

BY ZENPAWZ

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YOU ARE WHAT YOU READ



← Don Hamilton, DVM's book, *Homeopathic Care for Dogs and Cats* is a fantastic resource for those who want to explore homeopathy at a more advanced level.



← *Bach Flower Remedies for Dogs* by Martin Scott and Gael Mariani is a wonderful resource on the use of flower essences.

thirsty as their pain is often alleviated by cold.

ARSENICUM ALBUM is a great remedy for diarrhea, especially digestive upset caused by food poisoning, consumption of garbage, etc. The *arsenicum* patient often feels chilly, and their symptoms are alleviated by warmth. It's especially useful in younger animals and for those who are anxious, restless and thirsty.

CARBO VEGETABILIS is made from charcoal and is used for the alleviation of gas. It is a great remedy to keep on hand for dogs who are prone to bloat. Weakness, shock and general exhaustion indicate the need for *carbo veg*.

THUJA OCCIDENTALIS is indicated for the treatment of warts and skin complaints. It is also used to help with adverse vaccine reactions, especially those reactions that cause skin problems.

THE FLOWER ESSENCES

Flower essences are one of the most popular natural remedies. Like homeopathics, they're widely available in health food stores. While homeopathic remedies are most used for physical conditions (but may also be selected for emotional factors), the forte of the flower essences is in balancing *emotional* health. Flower essences are liquid extracts made from a variety of individual flowers, plants and trees. The flower essence system was created by Dr. Edward Bach in the 1930s. The remedies are usually diluted and given orally or in drinking water, or applied to acupuncture points. Glass droppers should not be used to administer these remedies directly into Fido's mouth. If needed, a remedy can » **CONTINUED ON PAGE 97**

LOYALTY

You show a dog even a little affection and they return it ten-fold. They will love you, befriend you and stay by your side, no matter what. They will always admire you. Do we return their loyalty with equal gusto?

How often do we give our dogs D-List attention, when in their eyes we are always A-List superstars? Now, I agree that we and our dogs need some routine in our lives to provide order. But let's just ponder how we're going about it. We may walk them when it's convenient for us, or not take them with us on an outing when we actually could. When we improve our loyalty to our dogs, in turn, it's easier for us to become more loyal to all the others in our lives as well.

COMPANIONSHIP

Dogs offer us unconditional love. People may come in and out of our lives, but our dogs remain a constant. Why is it we may have relationships with friends for 15+ years, and yet, we may feel more connected to our dog in a shorter amount of time?

It's because a dog's companionship knows no bounds. It is limitless in its capacity to influence our own comfort. They are always there at the ready with a sloppy kiss or to cuddle. They don't make excuses. We humans, on the other hand, never quite seem content; we run away from commitment, chase after the unattainable and wonder why we aren't happy.

What's more, dogs truly make *you* feel like a wanted companion. We humans need our "space," and so we may neglect those we love the most. Our dogs wait patiently for us and then, are excited beyond belief when we decide to share even a little companionship with them. They wake up with a blank slate; it's a new day! If only we could treat our companions as the gifts they are, instead of (as we sometimes do) like burdens; we, too, would enjoy improved relationships! 🐾



◀ **SHERYL MATTHYS**, *The Dog Lovers Match-maker*, is a best-selling author and founder of leashesandlovers.com—a dog lover's community for a date or friends. She's been featured in *The New York Times*, *Entrepreneur*, *E!*, *ABC News Now*, *Fox & Friends* and more.

« CONTINUED FROM PAGE 82, "ENERGY MEDICINE" instead be dropped onto the finger and rubbed onto the gums, ears or head. Animals often exhibit behavioral changes in response to underlying emotional issues, stress, jealousy, aggression and worry. Flower essences can help Fido to feel calm and focused by enhancing and supporting emotional well-being.

The best known flower essence product is Dr Bach's Rescue® Remedy, a combination of five flower essences. Rescue® Remedy is a great choice to have on hand for both general and emergency use. Many people have used it successfully as a complement to conventional veterinary care, such as in emergency situations like heat stroke. A few popular individual flower essences that work really well for pets are as follows:

JEALOUSY: Holly, which is also suitable for those who show aggressiveness relating to past abuse. **GRIEF AND HOMESICKNESS:** Honeysuckle, for feelings of abandonment when left alone or at a kennel, and in combination with Star of Bethlehem for mourning an owner who has passed away.

EXHAUSTION AND TRAUMA: Olive and Star of Bethlehem as well as Rescue® Remedy.

FEAR: Aspen is especially great for very submissive pets who show nervousness in new situations; Mimulus for fear of known things such as thunder or vet visits; Rock Rose for terror and Red Chestnut for worry that something bad is going to happen.

NEEDINESS: Chicory works especially for those who demand attention, easily feel jealousy and when being left alone causes excessive upset.

Both homeopathy and flower essences have an extremely high safety record, and few if any side-effects, even when used in conjunction with conventional medicine. For those who are open to the possibilities of healing that can take place with these complementary therapies, they are certainly worth a try. 🐾



◀ **LUCY POSTINS**, *Founder and CEO of The Honest Kitchen* (2002), is a producer of dehydrated, human-grade whole foods for pets. Postins writes on pet health and nutrition and has a special interest in holistic healthcare and complementary therapies. thehonestkitchen.com.



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