



HARVEST.....in Texas???

Harvest / Earth

Aug/Sept 2009

In This Issue

Earth Characteristics
Eggshell Powder
Parasite Dust
HARVEST Tips
Food Therapy Guidelines
Modality Corner

EARTH Characteristics

Meridians: Spleen (SP) & Stomach (ST)
Season: Harvest
Orifice: Mouth
Sense: Taste
Emotion: Worry
Climate: Damp
Flavor: Sweet
Color: Yellow
Cartoon character: Tweety Bird

CALCIUM SUPPLEMENT

Organic Eggshell



HARVEST (Late Summer) is a short and relatively unrecognized season. In Traditional Chinese Veterinary Medicine (TCVM) it refers to the phase of transition from Yang (heat) to Yin (cool) and is the time of the EARTH Element. This element houses the Spleen (SP) & Stomach (ST) meridians and is the center of digestion. Digestion is where the true foundation of health

is established.

The SP and ST meridians are charged with the Transformation and Transportation of the nutrients ingested. In TCVM, these meridians make up the "Middle Jiao". The Middle Jiao is the center of the body and reflects the core of an individual. A strong core results in a strong body. Not only is nutrition critical, but the assimilation of the nutrients is of paramount importance.

Much like the cartoon character, Tweety, EARTH constitutions tend to be practical and responsible. They are quite nurturing individuals and are typically very grounded, stable and strong. However, when an EARTH becomes imbalanced, digestive disorders, chronic fatigue, poor appetite and weight issues can

Powder

Eggshell powder is one of the best calcium sources available. In addition to providing a concentrated source of calcium, it also contains Vitamin D3 and Magnesium.

~~~~~  
**Organic eggshells** contain a higher concentration of calcium than non-organic.

### **EASY TO MAKE:**

Rinse eggshells after use.

Bake at 350 degrees F for 10 minutes.

Grind shells in coffee grinder to fine powder.

Store at room temperature in container with a lid.

### **DOSING GUIDELINES:**

Each teaspoon has 2000mg of Calcium.

- 1000mg of calcium per pound of meat used (wt before cooking)
- 1/2 tsp eggshell

arise. Imbalanced EARTHs can easily gain weight without over-eating or, conversely, be thin and unable to gain weight. In short the digestive fire is poor and the absorption of nutrients is adversely affected.

In this issue, we will focus on easing the transition from the hot days of Summer to the more pleasant harmonious days of Fall.

## **HARVEST TIPS**

- Ensure your pet gets regular exercise
- Fast your dog for two Sundays in August to rest the digestive system. (Always offer plenty of water)
- Warm your pet's food - in hot water bath or leave on the counter for 30-45 minutes before feeding. (**CAUTION:** be mindful about counter time to avoid bacterial contamination. Raw food best warmed in a hot water bath for a short time.)
- Blend cooked veggies to assist your pet's assimilation
- Add digestive enzymes to each meal.
- Use **minimal** spices! The SP/ST prefers bland food, so only use a small amount of ginger for spicing during Harvest unless otherwise directed.
- **RELAX** in the off time.

## **FOOD THERAPY GUIDELINES** **during Harvest**

Coldness weakens digestion. As we transition off the hot days, begin aiming for an overall neutral nature in your pet's recipes and food combinations. The basic tenets include:

1. Decrease cooling veggies
2. Increase warming, qi-tonic root vegetables
3. Be certain to avoid too many sweet veggies as excess sweet can injure digestion
4. Use steamed or slow-cooked veggies instead of the raw veggie mashes of Summer
5. Minimize fruits as treats and opt for the fibrous fruits and berries in lieu of melons.
6. Substitute turnips, parsnips, or winter squashes for yellow squash and zucchini

powder per  
pound of meat  
used

~~~~~

VPC has 10oz
containers of organic
eggshell powder
available for purchase.
Each container balances
100# of meat.

FEATURED VEGGIE:

Turnips



Neutral thermal nature

Pungent & sweet

Improves circulation of
qi

Removes stagnant
Blood

Resolves mucus and
damp

Detoxifies body

Helpful for indigestion

Interesting fact: Sliced
raw turnip is superior
when pungency is
needed to disperse lung
congestion

MEATS

Incorporate the following parameters into your feeding schedule.

- Occasional warming meats into menu, such as chicken, pheasant, trout.
- Utilize mostly neutral meats such as sardine, rabbit, pork (cooked).
- Occasional use of cooling meats such as grass-fed beef, buffalo, emu, turkey
- AVOID the extremes of hot and cold meats - lamb, venison, duck

Remember you can combine some meats together to get neutral effect like chicken and turkey. In general, it is best to pair white meats together and red meats together.

VEGETABLES

In general surface vegetables are neutral to cooling and root vegetables are neutral to warming.

- Increase root veggies slightly while decreasing cooling veggies slightly.
- Think subtle changes! Ensure your sweet veggies don't overpower your fibrous veggies - balance them equally.
- A variety of 4-5 veggies is always best!
- For cooked diets, steaming is best method followed by slow-cooking.

GRAINS

In cooked food diets, use small amounts (5%) grain. Grains are not used in raw food diets. Remember to soak your whole grains before cooking and discard the soaking water.

Whole barley is the best grain to use to support the Spleen. (Not to be confused with pearled barley)

SNACKS

Use meats snacks - freeze dried or dry roasted.

Avoid the use sweet, cooling melons and cucumber in Harvest.

RAW FOOD DIETS:

NEVER MIX RAW FOOD WITH PROCESSED FOODS! (Kibble or canned) This combination creates more digestive deficiency.

NEW PRODUCT!!



BUCK MOUNTAIN PARASITE DUST

100% NATURAL!
100% ORGANIC!

It is a safe, natural product for killing and repelling fleas, ticks, flies, mites, lice & more!

Safe for dogs, cats & horses!!

INGREDIENTS:

Organic Neem
vermifuge and
pesticide

Organic Yarrow
repellent

Diatom Flour cuts
exoskeletons of insects

Indefinite shelf-life!

Watch out for marketing ploys telling you this mixture is healthy.

Adjust your veggie mashes to:

- Discontinue cucumber use
- Decrease celery and broccoli use
- Increase carrots
- Add in parsnips, turnips
- Always use a leafy green and vary from batch to batch - kale, turnip greens, mustard greens, Swiss chard, spinach
- Remember subtle changes! Your goal is to move toward neutral from cooling overall.

From the Modality Corner....

Constitutional Pet Jewelry

by Debble Underwood



Gemstones resonate a subtle energy that for centuries has been used to help balance the body. These gentle energies also have affinities to the different elements, or

constitutions, which are known as FIRE, EARTH, METAL, WATER and WOOD.

Examples of these energies are:

Aventurine- useful for EARTH and WATER imbalances and is a soothing, balancing stone preferred for older animals.

Amethyst- its moderating, calming effect combined with a stronger healing energy makes it useful for all constitutions.

Jade- useful for EARTH and WATER imbalances, helps heart energy and strengthens kidneys and spleen.

Rose Quartz- useful for FIRE and WATER imbalances and is a gentle stabilizing stone to help physical and emotional heart imbalances.

These stones and many others are used in constitutional pet jewelry at VPC. Browse our selection of unique pendants, collars and the new interchangeable pendants on your next visit.

***You can have your pet's collar customized to balance his or her

Used on bedding,
carpet, rugs & furniture

Highly concentrated, so
small amounts are
used!

One treatment lasts for
1 month or more!

Must reapply after
bathing or swimming!

Mild odor

specific TCVM issues! Matching bracelets or ankle bracelets for the owner can be also be ordered.

VPC SPOTLIGHT: Frenchie's Kitchen Cuisine

At Frenchie's Kitchen, we pride ourselves in providing that highest quality fresh-cooked dog food. That's why our entrees and treats are made with market-fresh, 100%USDA approved human grade ingredients that are rich in natural vitamins and minerals. Our cuisine is made from WHOLE foods that supply nutrients to your dog just as nature intended. Everything is fresh-cooked and quick-frozen to retain all its goodness, then packaged for convenient serving.

Simply the Best for man's best friend. Fresh, healthy food for dogs.



August Special:

Buy 2 packages of Canine Cookies and receive 1 FREE

Vitality Pet Care

2727 Oak Lawn Ave
Ste. 202C

Dallas, TX 75219
214-780-1818

www.vitalitypetcare.com

At Vitality Pet Care, our focus is giving clients tools to use in improving the health of

each and every pet. We hope you find this newsletter helpful in your quest for a holistic way of life for you and your pets!

We appreciate your business!

**FREE
Chair Massage
with Initial
Massage for your
Dog!**

Spa Day for Rover & You!
Certified massage therapist, Scott Harness,
will pamper your pet with a full body
massage PLUS you get a 15 minute chair
massage for free!!

By appointments only. 214-780-1818

Offer Expires: 9-1-09

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to office@vitalitypetcare.com by office@vitalitypetcare.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Vitality Pet Care | 2727 Oak Lawn Ave. | Suite 202C | Dallas | TX | 75219