



"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity."
~World Health Organization, 1948

Fall 2010

Sept-Nov

What, no HARVEST!?!?

In Texas this year, we experienced an unbelievably hot summer. Though we are now out of the 100+ temperatures, the extreme heat still has not ended. Though the physical time of Harvest has come and gone, the normal changes we employ in nutrition have not yet been necessary.

The overall goal of the Harvest time period is to move from the cold and cooling food therapy characteristics of Summer toward a more neutral digestive-supporting nature, thereby preserving the normal digestive fires. Remember, too much a one thing can cause a deficiency somewhere. So for 2010, we will combine some Harvest principles with the Fall principles. We will make a notation of the Harvest principles as they appear, so as to avoid confusion.

Metal Constitution

In Traditional Chinese Veterinary Medicine, or **TCVM**, the fall is the season for the Metal Element. In the fall, temperatures begin to drop and the air becomes drier and crisper. The Metal Element houses the Lung (LU) and Large Intestine (LI) meridians. The LU is the yin organ which controls breathing and regulates the respiratory system. The LI is the yang organ whose function is letting go of what is no longer needed. Together they assist in completing the transition from yang (heat) to yin (cool).

The LU is the Defensive Immune Center of the body. It is charged with distributing Ying Qi (nutrients) to the body in order to protect the surfaces of the body from viruses, bacteria and other invading pathogens. It maintains and unifies the body against disease at every level, including cellular immunity. In addition, the LU is charged with the overall health of the skin. A balanced LU produces vital health along with well-nourished and energized skin, whereas an unbalanced LU results in dry, dull and rough skin.

Much like the cartoon character, Bugs Bunny, Metal constitutions are organized, methodical, and confident and always have a plan. They are fastidious and never make messes during dinner. They follow commands well and are regimented soldiers. Metals tend to make great sporting dogs. They may seem aloof, but they love their care-givers and will ask for a brief show of affection before returning to their post. However, if a Metal becomes unbalanced, he/she is predisposed to respiratory issues such as coughing, asthma and nasal congestion. In addition, they can develop diabetes or constipation. Dryness and Heat are the enemies of the Metal.

In this issue we will focus on transitioning into fall with suggestions on altering dietary ingredients to avoid Dryness in the LU and consequently create a healthy Defensive Immunity, or Wei Qi.

In This Issue

Holiday Hours

Metal Characteristics

Veggie of the Season

Featured Product: Vetzlife

Food Therapy for Fall

Holiday Faux Paws

Labwork Guidelines

Labwork/Titer Clinic

[Join Our Mailing List!](#)

Holiday Hours

Thanksgiving

Closed Wednesday Nov

Food Therapy for Fall

He who takes medicine and neglects diet wastes the skill of his doctors.

~Chinese Proverb

In the fall we are continuing the transition to cooler weather. At this time, the goals of food therapy shift toward an overall neutral to warming diet. Protecting and tonifying the digestion provides more nutrients (Ying Qi) for the LU to disperse to the body to bolster the immune system (Wei Qi).

Basic Tenets for Fall Food Therapy:

24th
Reopen Monday Nov
29th

Christmas

Closed Monday Dec2th
Reopen Monday Jan 3rd

Metal Characteristics

Meridians: LU & LI

Season: Fall

Orifice: Nose

Sense: Smell

Emotion: Grief

Climate: Dry

Flavor: Pungent

Color: White/Gray

Cartoon Character:

Bugs Bunny

Veggie of the Season



KALE

Growing season: fall to
early spring

Eases Lung congestion

Benefits Stomach

Rich in Vitamin A

Also source of:

- Chlorophyll
- Iron
- Vitamin E
- Fiber

7 X more beta-carotene
than broccoli!

Interesting Fact:

The high sulfur content of
kale boosts detoxification
enzymes.

Featured Product:

1. Use fewer cooling vegetables.
2. Eliminate cold meats (i.e. duck) & cold veggies (i.e. cucumber)
3. Increase warming, qi-tonic root veggies.
4. Use steamed or slow-cooked veggies.
5. Raw food diets - add digestive enzymes to all veggie mashes to warm digestion and increase digestibility.
6. AVOID phlegm-forming foods such as pork and dairy products.
7. Cook using less water and lower heats for longer periods.
8. Add whole food Vitamin C during the transition to cool for immune boosting effect.

MEATS

Incorporate the following:

- WARM meats, such as chicken, pheasant, grain-fed beef, grain-fed buffalo, and trout
- NEUTRAL meats frequently such as salmon and rabbit.
- Occasional use of HOT meats such as venison and lamb.
- Occasional use of COOL meats such as: turkey, emu, grass-fed beef, grass-fed buffalo
- AVOID cold meats, like duck.

VEGETABLES

In general, surface veggies are neutral to cooling and root veggies are warming. In the fall:

- Make changes gradually to help body transition more easily.
- Increase root veggies slowly to 50% of veggie blend.
- Ensure your sweet veggies don't overpower your fibrous veggies. (HARVEST)
- Use summer squash (zucchini, yellow squash) in the transition to Fall (HARVEST)
- Incorporate turnips, parsnips, or winter squashes
- Use kale, Swiss chard, turnip greens more often and spinach more infrequently.
- A variety of 4-5 veggies is always best!
- For cooked diets, steaming is best method followed by slow-cooking.

VetzLife Dental Gel & Spray



VetzLife Oral Dental Gel and Spray is a 100% natural product that assists pet care-givers in keeping pet's teeth clean and white. When applied correctly, it can help to dissolve tartar that exists on the teeth while preventing further build-up. It has undergone testing via an independent lab and found to be perfectly safe for your pets.

Application Pointers:

Spray or apply gel directly on the largest area of tartar in evening before bed.

- With heavy tartar build-up, use twice daily for first 2 weeks.
- For best results, apply 30 min away from meals.
- May also use soft or finger brush to maximize effects.
- Generally after 30 days, usage can be decreased to 2-3 times weekly for

- Add digestive enzymes with raw veggie mashes

GRAINS

In cooked food diets, use small amounts (5%) grain. Quinoa is a perfect "whole grain" to use in cooked diets for the fall and winter as it tonifies KI yang. This can be alternated with a cooling grain, such as brown rice or millet. Remember, grains are not used in raw food diets.

SNACKS

Use dry roasted or freeze-dried meats treats, such as BRAVO, Stella & Chewy's, Nature's Variety, etc.. In addition, Ziwi Peak air-dried dog food is a fabulous treats for Fall and Winter.



Fall Veggie Mash

maintenance.

Ingredients:

Grapefruit seed extract,
Grape seed extract,
Thyme oil, Neem oil,
Rosemary oil, and
Peppermint oil.

Using food processor, blend raw/frozen veggies into consistency of applesauce:

- 1-10oz bag frz green beans, semi-thawed
- 2-3 medium carrots
- 2 stalks of organic celery
- 1-2 medium parsnips (OR turnips plus greens)
- 1-2 cups asparagus OR winter squash (i.e. acorn, carnival, or spaghetti squash)
- 1 bag/bunch leafy greens (rinsed well)*
- 1/4c goji berries, covered with water**

Once vegetable mash has been completed, divide it up and freeze into containers. It is best to have 3 day supply per container to keep it fresh.

Rotate through options!

* Leafy greens options: Swiss chard, kale, mustard greens, collard greens, watercress. Spinach is used only periodically in Fall and Winter

** Include soaking water with berries in mash.

NOTE: Adding in digestive enzymes will mimic intestinal contents and improve assimilation especially in cooler weather.

Cruciferous vegetables

Cruciferous vegetables can contain enzymes that interfere with the formation of thyroid hormone. When using these in raw mashes, be mindful to use only 2 cruciferous vegetables in small amounts.

Examples include: broccoli, cauliflower, kale, bok choy, watercress, brussels sprouts, collard greens, turnips, turnip greens, cabbage

Thermal Qualities

Thermal Qualities

H=hot, W=warming, N=neutral, C=cooling, CD=cold

Protein:

H: Lamb
H: Venison
W: Chicken
W: Trout
N: Pork
N: Rabbit
N: Salmon
N: Whole Egg (yolk=W, white=C)
C: Beef
C: Buffalo
C: Turkey
C: Whitefish (expect Trout)
C: Tofu
CD: Duck

VPC Spotlight: The Texas Tooth Fairy

Routine dental care is one of the most important facets of a pet's health. Unfortunately, we don't often think about it until the wafting fumes of our pet's breath curl the hair around our face and melt our eyelashes. By that time we have already had bacterial showers throughout the body and into the organs, causing heart disease, liver disease, kidney disease, etc. There is so much we do not see that occurs beneath the surface of the gum line; and our pets simply cannot tell us there is a problem.

There are many factors that lead to dental disease, the biggest being nutrition. Dental disease and halitosis (bad breath) actually start in the gut. When certain foods are ingested, they cause inflammation of the upper gut. Through a cascade of events, intestinal dysbiosis or Leaky Gut Syndrome results. Gingivitis and tartar accumulation are a direct result of the inability of the upper gut to assimilate food. The Chinese call this Stomach Fire.

Fortunately, improving nutrition helps immensely. In addition, routine dental care is

critical. Lorie Dodd, the Texas Tooth Fairy offers a service to assist pet owners in keeping their pet's teeth clean. She provides an anesthesia-free dental cleaning for eligible pets. These cleanings act to augment routine dental cleanings by traditional veterinarians (TDVM). She also recommends the use of the VetzLife Dental Gel for continuing dental care between treatments.

The Texas Tooth Fairy uses all natural cleaning products on each and every pet. The cleaning is generally well tolerated and NEVER forced. Some pets may require a mild sedative prescribed by the TDVM. Older patients who are not eligible for anesthesia may be put on an antibiotic by their TDVM prior to the cleaning to avoid any further bacterial showers.

Services do not include root-planing or extractions. If the Texas Tooth Fairy feels either of these is necessary, she will refer the client back to their TDVM or a veterinary dental specialist. Finally, she recommends that clients see their veterinarian for annual dental exams including x-rays.

The Texas Tooth Fairy is approved through the State Board of Texas Veterinary Medical Examiners. For your convenience, VPC has scheduled The Texas Tooth Fairy to be in the office the 1st and 3rd Wednesday of each month. Additional Saturdays will be added to the schedule as needed. **The next Saturday scheduled for the Texas Tooth Fairy will be November 6th.** Call VPC today to schedule your appointment.

Holiday Faux Paws!

The holiday season is upon us once again. It is time to get the kitchen ready for the upcoming holidays, but you need to be careful of potential hazards for your pet too!

CHOCOLATE, it is the savior of man, or maybe woman, but it is **TOXIC** to your pets! Please keep all Halloween candy and seasonal holiday treats out of your pets reach. Chocolate intoxication is very serious and potentially lethal. As you know, an ounce of prevention.....

(For more information on Chocolate Toxicity, pls see the [Fall 2009 Newsletter](#))

RICH TABLE SCRAPS are yummy to the tummy, but can cause severe gastrointestinal distress and even pancreatitis in your pets! Though it is tempting to give your pet table scraps, please offer freeze-dried meat treats instead. You can also bake some Frenchie's Kitchen Ready-to-Bake treats available at VPC or Whole Foods. If that pesky relative insists upon feeding your pet from the table, keep a small bowl of your pet's favorite treats on the table during dinner. Just make sure Dad knows they are not for human consumption!

Labwork & Vaccine Titers Guidelines

BASIC INFORMATION:

- All blood drawing requires scheduled time with Dr. Pam during the week.
- Blood drawing during Labwork & Titer Clinics do NOT require time with Dr. Pam.
- Blood work requests are to be made by phone when scheduling appointments so requests can be recorded in the notes to ensure accuracy. Pls note: email requests will NOT be accepted.
- Dr. Pam will review all lab work done via VPC and call clients with results.
- **All Lab work NOT performed by VPC will require scheduled time with Dr Pam to assess.**

THYROID TESTING

- Thyroid profiles are done through Hemopet (Dr. Jean Dodds)
- Each client will receive a copy of the results from Hemopet via email to provide to their traditional veterinarian (tDVM).
- Pharmaceutical prescriptions are to be acquired through the tDVM.
- **PLEASE NOTE: if a pet is currently on thyroid medication, the blood must be drawn 4-6 hours after the morning dose is given to ensure accurate results.**

VACCINE TITERS:

- Canine Vaccine Panel I includes Canine Distemper & Parvovirus Vaccine Titers sent to Cornell.
- Rabies Vaccine Titers - Export and Non-Export - sent to KSU Rabies Lab.
- All titers take 3-5 weeks for processing.
- A copy will be provided for clients

Basic Information for Labwork & Vaccine Titer Clinics

The next clinic will be held on Saturday, Nov 6th.

For CURRENT patients:

1. Schedule blood-draw appointment.
2. No exam fee necessary!
3. An assessment of labwork by Dr. Pam is included.
4. A copy of vaccine titers +/- labwork will be provided.

For existing patients who have not been examined within the last year:

1. Schedule a brief examination in addition to a blood-draw appointment for

- compliance with Texas State Boards.
2. A copy of vaccine titers +/- labwork will be provided.
 3. A phone consult will be necessary to discuss findings of labwork correlating to physical status of that pet.

For NON-CLIENTS who would like vaccine titers:

1. Schedule a brief examination in addition to a blood-draw appointment for compliance with TX State Boards.
2. A copy of the vaccine titers will be provided.

****NOTE: "brief" examinations will NOT address any health issues, diet, or treatment. This will require a regular appointment during normal business hours.**

****A veterinary technician will be available to assist in blood draws on small dogs and cats.**

IMPROVEMENT COMPLETION ON MONDAY, SEPT 27TH

We will be closed from 9am to 2pm to complete the final phase of building improvements. Thank you for your patience and understanding during the last month while we complete the necessary updates.