



If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.

-Hippocrates

Spring/Wood

March-May 2010

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In **Traditional Chinese Veterinary**

Medicine (TCVM), Spring is the season of the WOOD element. This element houses the Liver (LV) and Gallbladder (GB) meridians. These meridians are at their most sensitive

during Spring. When the Liver Qi stagnates it is much like the Tasmanian Devil....spooling up & creating heat (redness) & wind (itching). This translates into potential allergies for your pet.

Characteristics of Wood Element:

Meridians: LV & GB

Season: Spring

Orifice: Eyes

Sense: Vision

Emotion: Anger

Climate: Wind

Flavor: Sour

Color: Green

Cartoon Character: Taz

The changing season translates into differing needs for each pet. In general, shifting the dietary ingredients to calm the LV, diminish the excess heat, and tonify the Blood helps to keep itching under control. Taking pets in for a seasonal recheck will help to adjust treatments for his or her changing needs.

In this issue, we will discuss techniques to help keep your pet's digestion healthier to meet the challenges of spring.

Spring 2010

Food Therapy at a glance

Cooked Diets

Veggie of the month:

Summer Squash

MEATS:

1. Occasional use of WARMING meats like chicken
2. Frequent use of NEUTRAL to COOLING meats like beef, bison, and turkey



- cooling thermal nature
- reduce summer heat
- diuretic effect
- sweet flavor
- influences SP/ST
- reduces inflammation
- improves qi circulation
- alleviates pain

Interesting Fact:

Too much summer squash, especially zucchini, can diminish digestive warmth and energy that is necessary for good digestion.

VPC SPOTLIGHT:

Education and Animal
Rescue Society
(EARS)

PET SUPPLIES "PLUS"
Your Pet's Favorite Store

Pet Supplies Plus Round
Up Program donates
to **EARS** for the month of
March.

Purchases will be rounded up to
the nearest dollar and the
additional money donated to
EARS!

EARS DONATIONS

Back by popular
demand.....

3. Infrequent use of COLD meats like duck.
4. ADD in organ meat such as heart, liver, and kidney. (Note: kidney best given raw!)

VEGGIES:

1. Decrease root veggies to 40% or less & increase surface veggies to 60% or more
2. Add in squash, zucchini and a small amount of broccoli
3. Add spinach into leafy green rotation
4. Celery is great to smooth liver qi!

GRAINS:

1. Use NEUTRAL to COOLING grains, such as barley, brown rice, millet or amaranth
2. AVOID oats and quinoa

Raw Food Diets

MEATS:

1. Occasional use of WARMING meats like chicken
2. Frequent use of NEUTRAL TO COOLING meats:
 - a. NV - chicken/turkey, rabbit, beef, bison
 - b. SC - duck/goose, beef
 - c. PP - beef, turkey/sardine

VEGGIES:

1. Add in veggie mashes with Spring
2. Insert Spring veggie mash recipe with picture.

NO GRAINS!!

Probiotic Reload!

Naturally occurring bacteria are present on the digestive system of humans and pets. The bacteria, or flora, are divided into "beneficial" bacteria or probiotics and "bad" bacteria. In optimal health, the "beneficial" bacteria balance the bad bacteria and keep the body in balance. "Beneficial" bacteria have a variety of actions which assist in everyday health, such as:

1. Regulating intestinal health
2. Acting as nature's antibiotics by fighting off pathogens



Announcing:

VPC's Spring Fling!

Wine-Sharing & Open House in late April

Bring Friends and your favorite Wine!!

Look for the email invitation in April!!

Spring Veggie Mash



Using a Food Processor, blend the following raw & frozen veggies together:

- 1-10oz bag frz green beans, semi-thawed
- 3 medium carrots
- 2-3 stalks of organic celery
- 2 organic cucumbers (peel if not organic)
- 1 stalk broccoli,

3. Stimulating the immune tissue located within the intestinal lining
 4. Producing B vitamins
 5. Reducing inflammation
 6. Improving digestion and absorption of nutrients
- In short, probiotics boost the overall health of the body.

Unfortunately, there are many factors which diminish "beneficial" bacteria, such as the overuse of antibiotics and other pharmaceuticals, poor diet, stress, chemical fertilizers, soil additives, pesticides and chemical in tap water to name a few. When the "bad bacteria" outweighs the "beneficial bacteria", then health issues arise. The good news is that supplemental replenishment quickly returns bacterial levels to normal.

In today's society, avoidance of all the depleting factors may not be possible. However, you can benefit your pet with a **Probiotic Reload**. A **Probiotic Reload** consists of a 10-14 day course of probiotics 2-3 times per year.

Probiotics are best when given AWAY from meals. With food, gastric acids are released and the efficiency of Probiotics is diminished. At VPC we recommend giving them at night before bed. Some pets will necessitate a small bit of food to administer. In this case, there will be loss of activity, but much less than with a meal.

Whole-istic Solutions Probiotics are on special through April 15th! Drop by VPC for today for your bottle to help improve the overall health of your pet....and do a Probiotic **Reload** along with your pet!

Important Probiotic Tips:

1. Encapsulated forms are best. Powders lose efficacy rapidly after opening.
2. Give on EMPTY stomach.
3. A good probiotic supplement has 8-10 different strains of bacteria.
4. Look for "CFU" written on label after each strain. This typically indicates greater stability.
5. REFRIGERATE after opening to extend shelf life and

florets only

- 1 bag/bunch spinach (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 2-3 day supply per container to keep it fresh.

Leafy green options: Swiss chard, kale, mustard greens, collard greens, watercress

maintain activity.

sPaw Packages

Following an initial intake, your pet is eligible for an acupuncture S-Paw package!

Toy Package:

- Save 5% on THREE - 45 minute recheck acupuncture sessions
- Expires 4 months from time of purchase



Giant Package:

- SAVE 10% on SIX - 45 minute recheck acupuncture sessions
- Expires 8 months from the time of purchase

Packages are non-refundable and non-transferable. Packages may be used on pets within the same household provided each pet has completed an initial intake.

Coming Soon - Referral Reward Program!

Why do holistic treatments change?

by Dr. Pam Montgomery-Fittz

In traditional or allopathic medicine, patients are diagnosed through exam findings, patient history and diagnostic testing when appropriate. Once the diagnosis is reached, a standardized protocol is started for that specific disease/diagnosis.

In holistic medicine, we look at the "whole" patient. Though we utilize all the information of the allopathic approach, we look into the minute details of the patient and symptoms that can give us the individualized picture of the patient, rather than just the disease. While the emphasis of allopathic medicine is the disease, the emphasis of holistic medicine is the patient.

Hippocrates said, *"It's far more important to know what person the disease has than what disease the person has."* Each individual being has a unique

response to imbalance and disease. Five patients with the same allopathic disease may have five individualized symptom patterns to that disease. This individualized response aids in providing a tailored holistic treatment that helps the body return to a normal state. In holistic medicine, we look at a myriad of factors: seasonal changes; weather patterns; water consumption; appetite; sleeping patterns; stool consistency, color and smell; urine concentration, volume and odor; temperature preference; mental changes; digestive patterns; nutrition and more. Essentially, the minute details guide us to the treatment protocol. As no two beings are exactly the same, the treatment protocols also differ.

The unique picture of a patient changes with the factors that impact life, such as seasons, environmental conditions, emotional stressors, foods, and so on. For example, in the summer, we may easily get hot, drink more fluids, and crave foods like cucumbers, melons and cilantro; whereas in the winter we may easily get chilled, drink less, drink hot fluids, and crave foods like beef stew, sweet potatoes and oatmeal. This is a normal shift for a normal person during normal seasonal changes. When we design a holistic treatment protocol based upon the minute details of a patient in summer, then that protocol will shift in the winter. The same thing applies to emotional stressors, environmental conditions, food and so on.

Life happens. Things change. Your goal is to recognize that the many influences of life that impact you also impact your pet. Holistic medicine does not use standardized protocols and must change with the needs of the body. Whether or not your pet is healthy, consider having them checked out with each seasonal change to maintain a level of health. Use this seasonal newsletter as your own personal reminder to re-evaluate your pet and the state of his or her health.

"Meet the body where it is and help return it to balance."

Trouble - Shooting Guide Access

Existing clients are eligible to sign up for access to the Trouble-Shooting Guide on VPC's web site. To sign up, send your email address to office@vitalitypetcare.com. An email response will be generated once it has been completed!

This guide can assist you in MINOR health issues after hours by using nutritional supplements. You are eligible for use of this guide as you maintain your "current client" status.....this means your pet must be seen within last year. **If your pet has a life-threatening emergency, please see your regular veterinarian or go to a nearby emergency clinic.**