



## Summertime is here!!!!

Summer/Fire

June/July 2009

### Issues in Transitioning to Summer

Summer is the most challenging transition of all the seasons.

Summer Heat exacerbates most of the Spring issues (itching, red eyes, inflamed skin etc).

Most Chinese Herbal Formulas will require adjustment as the Summer Heat adds fuel to the fire.

### Fire Element Characteristics



In Traditional Chinese Veterinary Medicine (TCVM), Summer is the season of the FIRE Element. This element houses 4 meridians: Heart (HT), Small Intestine (SI), Pericardium (PC), & Triple Heater (TH). Within this element, the HT Meridian houses the Shen (mind).

FIRE constitutions tend to be extroverts who love to be the center of attention much like the Disney character Tigger. They are easily excited and often difficult to calm. FIREs are always on the go even in their sleep where they yip, run and chase rabbits.

Due to their exuberant natures, FIREs overheat easily and are susceptible to stroke and heart disease. They are prone the developing "Shen Disturbance" which translates into anxiety, hyperactivity and hysterical barking. The Summer Heat only adds fuel to the FIREs.

In this issue we will be focusing on techniques to keep your pet safe in the Summer Heat. In addition, we will offer suggestions on reducing the effects of Summer Heat to

**Meridians:** HT, SI,  
PC, TH

**Season:** Summer

**Orifice:** Tongue

**Sense:** Speech

**Emotion:** Joy

**Climate:** Heat

**Flavor:** Bitter

**Color:** Red

**Cartoon Character:**  
Tigger

## FEATURED VEGGIE Cucumbers



- Cooling thermal nature
- Dispels heat
- Influences HT
- Quinches thirst
- Purifies skin
- Cleanses blood
- Treats effects of Summer Heat

**Interesting Fact:**  
Cucumbers contain erepsin, a digestive enzyme that breaks down protein & cleanses the intestine.

SUMMER TIPS

avoid furthering allergies, anxiety, aggression and weakness in the musculoskeletal system.

## Food Therapy For Summer

### MEATS:

In the Heat of the Summer, it is best to use Neutral to Cooling meats like rabbit, turkey, whitefish, beef, buffalo, sardine & duck. Vary the meat choices! Heart muscle can be added to the weekly menu, as it tonifies and protects the Heart.

### VEGGIES:

Use more Cooling & green veggies: green beans, yellow squash, zucchini, broccoli, leafy greens, etc.

Decreasing sweet veggies like carrots, sweet potatoes, green peas and so on, will help to avoid further stagnation in the Summer Heat.

Celery and cucumbers are your dog's best friend in the Summer Heat whether given cooked or raw. Raw veggies are always blended to make them digestible.

Remember surface veggies are generally cooling while root veggies are Qi tonics and typically warming in nature.

### GRAINS:

In cooked food diets, use small amounts (5%) of Neutral to Cooling grains, such as barley, brown rice, & millet. Do not give grains to raw-fed pets.

### SNACKS:

In addition to freeze-dried and dry-roasted meat, offer cucumbers, watermelon, cantaloupe and honeydew melons as treats, as they are not only Cooling, but highly digestible. Remember, fruits digest better when given AWAY from meat. The only exceptions are berries.

**Raw, Cooling Veggie Mash**

Clean ears twice weekly

Feed Neutral to Cooling foods

Add Veggie Mash to each meal

Minimize fatty meats and sweet veggies as they can cause stagnation in Summer Heat.

Keep your pet hydrated!

Use sea salt in cooked foods (no iodized salt!)

Offer chicken hearts as treats (great Heart Tonic!)

Use Melons and sliced cucumbers as treats to dispel Summer Heat.

Increase the celery in your K9 stew recipe

In the heat of the Summer, consider offering a raw, Cooling veggie mash to your dog's meals. In a veggie mash, the vegetables are blended so as to break down the cellulose layer of the vegetables, thereby making it digestible to dogs. You can make a batch ahead and freeze!

In a Cuisinart, blend the following:

1-10z bag frozen green beans, semi-thawed

2 medium carrots

4 stalks of celery

2-3 organic cucumbers (peel if not organic)

1 cup broccoli florets

1 bag or bunch of organic spinach\* (rinsed well)

2 Tbsp goji berries, covered with water\*\* (optional)

\*Leafy green options: kale, Swiss chard, turnip greens

\*\*Include soaking water with berries in mash

Once veggie mash has been completed, divide into several containers for freezing. It is best to have 2-3 days supply per container to keep it fresh.

Thaw containers in the refrigerator and add to your pet's meals. The amount varies per pet, so start with a few tablespoons and increase from there.

## Preventing Heat Exhaustion & Heat Stroke

Our 4-legged, furry friends are just that - FURRY!! They cannot take off their fur coat for the warmer months. In Texas with temperatures in the 90's and above, your pet is at risk for Heat Exhaustion & Heat Stroke!

Dog's and cats do not sweat like humans. They release

Buy a kiddie swimming pool for the backyard for your dog to cool off!

## SUPPLEMENT SPECIAL

Foundational Nutritional Pack for \$68



Save 10% when purchased together.

### Includes:

Vitamin Mineral Antioxidant 90ct

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Omega 3 Pet 90ct

While supplies last.

heat through their mouths (panting) and the pads of the feet (sweating). Heat Exhaustion is VERY serious and can often be fatal. Here are some tips for avoiding Heat Exhaustion & Stroke in your pet:

\*Offer fresh, clean water all of the time.

\*Keep pets indoors during the hottest hours.

\*Take your pet to the groomer for a summer shave or haircut. (Thick coats hold in heat!)

\*Walk your dogs early in the morning or late in the evening when it is cooler.

\*Take collapsible water bowls and water on your walks.

\*Walk with your dog rather than riding a bike. If you are hot, you can bet your dog is hotter!

\*DO NOT run your dog in the heat of the day.

\*NEVER LEAVE YOUR PET IN THE CAR!

Signs of Heat Exhaustion include: heavy panting, hyperventilation (deep breathing), increased salivation, weakness, confusion/inattention, and often vomiting and diarrhea.

If your pet shows signs of Heat Exhaustion, apply cool towels over the body and rubbing alcohol on the pads of feet and GET THEM TO YOUR VETERINARIAN OR EMERGENCY CLINIC without delay. If treated early, these pets have a better chance of avoiding stroke!

## From the Modality Corner

### Featuring Tellington T-Touch

The Tellington TTouch is a form of bodywork that aids in the reduction of pain, anxiety and stress while promoting relaxation, increased body awareness and a emotional bonding. TTouch consists of a collection of circular touches, lifts and

strokes made with the fingers and hands moving the skin. These new sensations lead to the release of tension throughout the body and result in changes in behavior, focus, posture, gait as well as internal physiological changes.

By learning how to do the ttouches, care-givers leave the session with the ability to provide support and comfort to their pet whenever the need or desire arises. As it is gentle and non-invasive, TTtouch integrates well with both traditional and alternative veterinary treatments.

Victoria Severns  
TTtouch Practitioner

Chill out for the Summer Special!

Learn how to create an oasis of peace and tranquility with your pet during the crazy days of summer with a 30 minute introductory session for only \$35.00. Offer good through July 31, 2009. Please call for an appointment.

(214) 780-1818



## Paw Prints Pet Photography of Texas

[www.pawprintspetphotography.com](http://www.pawprintspetphotography.com)

During June, Paw Prints Pet Photography will donate 10% of all proceeds to Richardson Humane Society. At Paw Prints, we have a heart for animals. We are lifelong caretakers of pets and are dedicated to capturing a moment you can remember forever. With a gentle approach in an unhurried environment, we will preserve your memories in a beautiful piece of photographic art. Portrait sittings are available in the comfort of the client's home, or in an outdoor setting. Contact Paw Prints today for your pet/family portrait and help the pets of Richardson Humane Society.

We are **CLOSED** May 25th in  
observance of Memorial Day

**Vitality Pet Care** is owned and operated by Dr. Pam Montgomery-Fittz. Dr. Pam offers Acupuncture, Chinese Herbology, Food Therapy, Chiropractic, Classical Homeopathy and Foundational Nutrition.

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