



"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."

- Marla Robinson

FIRE/Summer

June-Aug 2010

In This Issue

Veggie of the Month
To Do List for Summer
Assessing Heat Signs
Using Organ Meats
Prevent Heat Exhaustion
Food Therapy for Summer
Raw Veggie Mash (+ bonus)
Refill Request Guidelines
Flea Season is Back!



CLOSED
Monday, May 31st
in observance
of
Memorial Day



Ask about our
SPaw Packages
today!

Veggie of the
Month:



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.

Summer is the most challenging transition of the year in Texas. Summer Heat exacerbates most of the Spring issues (allergies, inflammation, etc) and introduces new issues. 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 avoid furthering allergies, anxiety, aggression, and weakness.

Tips to Help Prevent Heat Exhaustion

- Keep pets indoors during hottest hours of the day
- Offer fresh, clean water throughout the day
- Walk dogs early in the morning when it is coolest





BROCCOLI

- **Cooling**
- **Yin Tonic**
- **Diuretic**
- **Treats Summer**
- **Heat conditions**
- **Treats eye inflammation**
- **Improves nearsightedness**
- **More vitamin C than citrus**
- **LIGHTLY COOKED** will retain its rich chlorophyll content

CAUTION:

Broccoli is a cruciferous veggie. These veggies contain enzymes that interfere with formation of thyroid hormone. Use **SMALL** amounts for maximal benefit with minimal risk.

To Do List for Summer



Tip #1

Overall neutral to cooling food combinations

Tip #2

Add Raw Veggie Mash to cool meat

Tip #3

double seaweed in recipes (2

- Have your pet shaved or cut short for Summer
- Take collapsible bowls and water on walks.
- **DO NOT** take your pet when you are on bike rides.
- **DO NOT** run your dog in the heat of the day!
- **NEVER LEAVE YOUR PET IN THE CAR!!**

Remember, pets with heart disease are much more sensitive to the Summer Heat. Please be extra cautious!!

*For more information on heat stroke/exhaustion, please see the Summer 2009 newsletter @www.vitalitypetcare.com under RESOURCES.

Food Therapy for Summer

Summer Heat affects the body in considerable ways. Our goals in nutrition are eliminating the excess Heat, while supporting the digestion. However, we have to be careful not to sacrifice the Qi support to the digestion while adding cooling and cold things to the diet.

MEATS

1. Use **NEUTRAL** to **COOLING** meats like rabbit, salmon, sardine, turkey, **GF*** beef, **GF*** bison, emu, & whitefish.
2. Avoid **HOT** meats like lamb and venison
3. Occasional use of **WARM** meats like chicken, pheasant, quail & trout
4. Add organ meat to meals such as heart and kidney (see Using Organ Meats for details)

*GF=grass-fed

VEGGIES

Mother Nature provides the veggies the body needs when it needs them. If it is off-season for a veggie, don't use it!

1. Decrease root veggies to 40% or less
2. Increase surface veggies to 60% or more
3. Every batch should have celery and green beans
4. Minimal use of sweet veggies - carrots and sweet potatoes are preferred over green peas and butternut squash
5. Double seaweed in each batch --> it is **COLD**, salty, and tonifies the Kidneys thus will put out the **FIRE**.
6. Add cucumbers when Heat Signs are noticed (see Assessing Heat Signs at left)

WHOLE GRAINS

sheets Nori)

Tip #4

Use melons & cucumbers as treats

Tip #5

Use celery in all recipes

Tip #6

Clean ears bi-weekly

Tip #7

Change water daily & place in shade

Tip #8

Add heart to diet 2-3 times weekly

Assessing Heat Signs

When assessing your pet to determine if he or she has excess Heat, look for the following:

- red eyes
- red tongue
- increased thirst
- increased panting
- inappropriate panting (at night or at rest)
- seeking cool places to lie

Using Organ Meat in your pet's diet.

1. Should encompass no more than 5-10% of cooked diets.
2. DO NOT add any grains to raw food!
3. Cooling grains include brown rice and millet.
4. Can alternate cooling grains with quinoa (warming) for KIDNEY & allergy benefit.

SNACKS

1. Melons may be given away from meat meals.
2. Cucumber slices may be given as treats or placed in water bowl daily for Cooling.
3. Stella & Chewy's Carnivore Crunch has 2 flavors:
 - "BEEF" (cooling)
 - "DUCK" which uses duck (cold) & turkey (cooling).
4. Cooling freeze-dried and dry-roasted treats such as Bravo Buffalo, turkey hearts, turkey breast are useful.
5. Many other options are available, so READ THE LABELS and determine if it meets the criteria for Summer.

Canine Raw Veggie Mash for Summer

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

- 1-10oz bag frz green beans, thawed
- 3 medium carrots
- 2-3 stalks of organic celery
- 2 organic cucumbers (peel if not organic)
- 1 stalk broccoli, 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 3 day supply per container to keep it fresh.

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

** Include soaking water with berries in mash.

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

Cruciferous vegetables

Cruciferous vegetables can contain enzymes that interfere with the formation of thyroid hormone. When using these in raw mashes, be





Using organ meat in pet's diets improves nutrient value of food; though be careful not to feed too much. A good rule of thumb is

1. 2 meals per week with 50% of the protein as organ meat

-or-

2. 10% of daily diet as organ meat

In TCVM Food Therapy, organ meat is used to tonify the meridians and organ systems most affected by that season.

Summer is the season of the FIRE element. The water element extinguishes excessive FIRE. In the Summer we often increase:

Heart (FIRE)

Kidney (WATER)

As WATER controls FIRE; the kidney keeps the heart in check. Liver and other organ meats can be continued in smaller amounts.

At VPC, grass-fed beef liver, heart, & kidney are available for purchase in 1lb bags. The organ meat is from Burgundy

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

Bonus Recipe for Humans:

Cilantro-Lime Hummus

We've had many requests for our cilantro Hummus recipe that was served at our Open House. Cilantro-Lime Hummus is cooling and refreshing for the Summer months. (FOR HUMAN CONSUMPTION ONLY!)

- 1 (15oz) can of organic chickpeas
- 6 Tbsp water
- Juice of 1 organic lime
- Zest of 1 organic lime
- 1/2 bunch organic cilantro, chopped
- 2 Tbsp organic tahini
- 1Tbsp extra-virgin olive oil
- 3/4 tsp sea salt
- 1/2 small organic garlic clove

Combine all ingredients in a food processor and blend until smooth. As all tastes vary, sample the results to determine how to adjust to your preferences. (I tend to use more garlic, lime and cilantro.)

Transfer cilantro to glass dish and refrigerate, covered, for 30 min to allow flavors to meld. Serve with fresh veggies, pita chips, tortilla chips or Crunchmaster gluten-free, whole -grain crackers. It may also be used in sandwiches and wraps for added flavors!

Happy munching!

Dr. Pam

Refill Request Guidelines

Many of the calls we receive are requesting refills. To expedite the process, here are a few general guidelines:

- Whole-istic Solutions and Standard Process products may be refilled without Dr. Pam's approval provided the pet has been examined within the last year as mandated by state law.
- Chinese herbal formulas require approval prior to refill.

Pasture Beef (BPB). For more info about BPB products, please see [Burgundy Pasture Beef](#)

- Homeopathic medicines are refilled with consultation.

Chinese Herbal Formulas **ARE** prescriptions. The prescriptions are determined based upon diagnosis of each pet by an experienced TCVM practitioner. Patterns change readily based upon the pet's progress, seasonal changes, environmental conditions and emotional stressors. Consequently, a Chinese Herbal prescription changes with more frequency than traditional pharmaceuticals. Remember, we are not masking symptoms; rather we are treating **ROOT** issues. If an herbal is given longer than necessary, a counter-response of deficiency or excess may result, so timing is everything.

To expedite the process, please provide detailed information on how your pet is doing when requesting a refill of Chinese Herbals. In addition, give the name of the herbal company and the specific herbal formulas you think you need. Dr. Pam will review your request based on the history, treatment objectives in addition to the information you have provided to determine if a refill is appropriate. In some cases, it may be necessary to schedule a brief phone consult or bring your pet in for a seasonal exam to assess whether or not changes in herbal prescriptions are required. With your help, our goal is to provide your pet receives the best care possible



Flea Season is Back.....aaarrrrgh!

We live in Texas and flea season is returning in full force. Many people believe a cold winter kills all stages of fleas, but did you know that a warm household can keep a larval cocoon alive until the conditions are ripe for emergence into adults? Guess what? They wake up HUNGRY!!! The key here is to act as proactively as possible and resolve the flea issues before they blow up into severe infestations!!

Holistic flea control is a process and takes time. In our society of the "quick fix", more natural forms of flea prevention can leave some feeling frustrated. At VPC we recommend having an organic pest control company come to the house and get started on a summer protocol. These companies use botanicals and growth inhibitors with miniscule toxicity concerns. If the problem is more persistent, most of the companies can incorporate stronger substances as needed. The two companies we use are:

Ecological Pest Control

Richard Pierson

DFW & surrounding areas: 972-390-1133

www.ecologicalpestcontrol.com

Rid All Pest Control

Dallas & surrounding counties: 214-340-6969

Ft Worth & surrounding counties: 817-266-4776

www.ridall.biz

For our furry friends, consider bathing with Rosie & Friends Lemongrass & Calendula shampoo as natural flea repellent. Once dry, follow with Buck Mountain Parasite Dust. Remember to treat the premises, bedding, etc! Parasite Dust has 3 organic ingredients:

1. **NEEM** acts as vermifuge and pesticide
2. **YARROW ROOT** repels fleas and ticks
3. **DIATOM FLOUR** cuts exoskeletons of insects

Parasite Dust does NOT expire and is accompanied with a handout describing measures to get the best flea control as possible. We recommend each care-giver read this handout to help obtain a more thorough control of fleas.

Once an infestation is fully present, some households may need to incorporate some chemical insecticides. There are NO insecticides that are holistic...meaning; all of them have toxic potential. It is imperative to use the chemical products properly to break the life cycle and only when absolutely necessary. Remember, pets with diseases are more sensitive to the effects of chemicals. The use of strong chemicals is not recommended in such cases. Ask your organic pest control provider for guidance in this area.

At VPC, we do not recommend the use of Capstar or Revolution.

Please note as of July 1st 2010 there will be a slight increase in our hourly rate.

We hope this newsletter offers you a few tips for you and your pet during the challenging transition to Summer. Remember, the single greatest impact you can make to your pet is through proper nutrition. Learn to read beyond the labels and clever marketing to find a solid nutritional foundation for your pet! At VPC, we are here to help you and your pet in that journey.

Blessings,
Dr. Pam and Sarah

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