

SUMMER 2011

FIRE



Do not go where the path may lead, go instead where there is no path and leave a trail.

~Ralph Waldo Emerson

Fire Element Characteristics

Meridians: HT, SI, PC, TH

Season: Summer

Orifice: Tongue

Sense: Speech

Emotion: Joy

Climate: Heat

Flavor: Bitter

Color: Red

Cartoon Character:

Tigger

Fruit of the Month: Watermelon



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

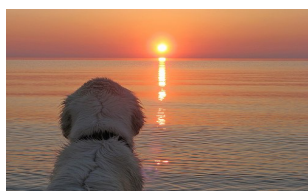
- Very cooling
- Sweet
- Removes Heat, including Summer Heat
- Influences HT, BL, ST
- Builds body fluids
- Diuretic
- Moistens intestines

Treat: thirst, urinary difficulty, edema, canker sores, depression, KI infections, and urinary tract infections.

Caution: Not to be used with those with weak digestion, anemia, excessive or uncontrolled urination.



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 sheets Nori)

Tip #4

Use melons & cucumbers as treats

reducing the effects of Summer Heat to avoid furthering allergies, anxiety, aggression, and weakness.

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.



[Click here for more on Food Therapy](#)

What's Really in Your Vitamins?

All supplements are NOT the same. Despite what is depicted in clever marketing strategies, most of the nutritional supplements on the market do not provide much, if any, nutrition at all. The use of the terms "natural" or "organic" on the labels can be quite misleading to an uninformed consumer. The whole purpose of nutritional supplementation is to replace nutrition that is lacking in today's lifestyle and diet choices, yet few companies produce true food supplements. In this article, we will shed some light on the confusion about the various sources of vitamin supplementation.

In nature, vitamins are found in complexes, which are groups of chemically related compounds. Imagine a vitamin complex is like a cluster of grapes. Within this cluster, there is a single grape that scientists identify as the "organic nutrient". The organic nutrient is often thought, incorrectly, to be the true workhorse or essence of the vitamin, which leads to the FALSE belief that there is no difference between the natural and synthetic form of any one vitamin. This is not the case at all! This conclusion does not take into consideration all of the enzymes, precursors, co-enzymes, antioxidants, trace elements, activators and other naturally occurring micronutrients (i.e. the remaining cluster of grapes) that are attached to this "organic nutrient" while in its natural form. In fact, without these naturally occurring micronutrients, the isolated "organic nutrient" is UNUSABLE by the body and thus has no beneficial effect. All of these micronutrients work together to optimize each others' inherent action within the body! In essence you need all parts working together to impact health in positive way. As an example of this principal of wholeness, if you leave out any part of the watch and you can't keep time.

There are only about twenty nutrients that modern science can reproduce in a laboratory to combine into a synthetic vitamin product. The problem

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

Thermal Qualities Protein

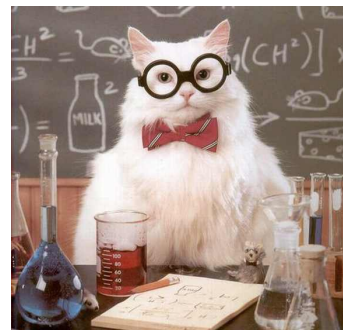


- | | |
|-----------------|--------------|
| HOT: | WARM: |
| Lamb | Chicken |
| Venison | Trout |
| Neutral: | |
| Pork | Rabbit |
| Salmon | Whole Egg |
| COOLING: | |
| Beef | Buffalo |
| Turkey | Whitefish |
| Tofu | |
| COLD: | |
| Duck | |

with this product is that generally we are not lacking one isolated nutrient when we have a deficiency. For example, even if we determine a vitamin C deficiency is present, logically we would have to conclude that there is also a deficiency of the many co-factors or micronutrients. These co-factors and micronutrients cannot be reproduced in a laboratory so how then could you expect to correct the deficiency without supplementing the full complement of nutrients? Some nutrients and co-factors may be more important in the picture of health than others, but referring to the watch example, which part can be sacrificed and still keep correct time? Returning to an optimum level of health should be the motivation behind taking vitamins, not just the lack of symptoms.

Classification of Vitamins

Whole Food Supplements - As this name implies, this is a supplement of food taken directly from a food source. Nothing is added or extracted that would change the bioavailability of the vitamins and the corresponding co-factors and micronutrients. Basically, all that is removed from the food is moisture and fiber at a temperature that leaves important enzymes active. The organic nutrient, along with all of the many co-factors and micronutrients, are present and are utilized in the body as nature intended. Essentially, the body recognizes the full cluster of grapes and utilizes each and every part. Physiologically, the body will use and store what it can, and passively eliminate the excess without negatively impacting the body.



Fractionated (Crystalline) Vitamins

Though this product has food as its original source (so is therefore not synthetic), it has been distilled, diluted and crystallized to such a degree that virtually all of the co-factors present in the original food are processed out or eliminated, leaving you with the isolated "organic nutrient". These products are often labeled as natural, which is truthful in the respect that they did originate from a food source, but you are still left with an essentially isolated compound. Physiologically, these fractionated vitamins behave similarly to synthetic vitamins, which are discussed below.

Synthetic Vitamins

Synthetic is truly the nature of this type of vitamin. The isolated nutrient is synthesized in the laboratory primarily from corn sugar and non-food compounds such as coal tar. These synthetic products contain only the organic nutrients, but absolutely NONE of the co-factors and micronutrients vital for the body to be able to use the vitamin. Physiologically, a synthetic vitamin organic nutrient must go through a process of reconjugation in the liver to complete the vitamin complex to have any effect, thereby causing liver stress. Suppose then that the body is required to provide these missing micronutrients from its own reserves for the reconjugation. Even if it could, it is already deficient, which is why the need for the vitamin in the first place - so where would it find these missing components?

Thermal Qualities Grains



Grains

HOT:

Oats Quinoa

Neutral:

Buckwheat

COOLING:

Barley

Millet

Amaranth

Brown Rice

Another issue with synthetic vitamins is in the details of chemical reactions in the body. A whole food vitamin at an atomic level has a "right-handed" spin and a synthetic vitamin has a mirror image "left-handed" spin. In order for a vitamin to take part in a chemical reaction within the body it must have the correct spin to match attachment sites with other components in the reaction. If the spin is not correct in a vitamin molecule then it cannot participate in the chemical reaction any more than a left hand could fit into a right-handed glove, and therefore it is not metabolized by the body.

The "more is better" theory of taking large dose synthetic vitamin supplements cannot logically be beneficial when taking the spin into account. If a small amount of synthetic vitamin supplement cannot be metabolized, then a larger quantity will also not be metabolized. One argument is that high concentrations of supplements are not harmful because the kidneys will eliminate what the body cannot use. Unfortunately, these compounds do not passively go through the kidneys; rather they must be actively transported and eliminated, causing work for the kidneys and body. This is in contrast to whole food vitamins which ARE passively eliminated from the body when necessary.

Labeling Misconceptions

A common marketing practice is to use "natural" or "organic" on the label of the fractionated and synthesized form of vitamin supplements, implying that they are food-source products when they are not. This is legal because the FDA considers the word natural as "anything coming from nature" - including chemicals - since they do ultimately come from nature. In labeling supplements, the word "organic" is interpreted as anything that contains a carbon molecule, rather than an organically grown or chemical-free product. For whole food vitamins, the actual food sources from which the product originates is listed on the label. Most often, a whole food company that understands the benefit of true food-source supplements will proudly list the food sources on the label in order to market to an informed consumer. Unfortunately, the label of a fractionated or synthetic product is not a reliable resource for the origin of what it contains.

An informed consumer should also be aware that most whole food supplements are not labeled with the milligram amounts of each individual vitamin due to the fact that a true food supplement contains thousands of vitamins and co-factors. A synthesized vitamin may list a very high milligram level, have a lower price, and an almost indefinite shelf life, but consumers are paying for stimulatory chemicals rather than nutrition. As has been said many times in the appointments with your pets: whole food vitamins are used as needed by the body, stored when possible and passively eliminated if necessary; whereas the common saying about synthetic vitamins is "you don't buy them, you rent them".

Current Recommendations in Puppy Vaccines



It has always been a challenge to produce safe and effective vaccines for both humans and animals, and it is becoming



increasingly more difficult. There is compelling evidence in veterinary medicine that vaccines are implicated in triggering immune-mediated diseases (blood, nervous system, intestinal, nervous system and endocrine disorders) and other chronic disorders (arthritis, chronic skin conditions). Some of the problems have been traced to contaminated or poorly produced batches of vaccine, but many are now being attributed to a genetic predisposition of the pet, either certain susceptible breeds or family lines within a breed. Dr. Jean Dodds, a veterinary vaccinologist, has published many articles detailing current recommendations on vaccinations. In this article we will summarize the findings in her 2009 article as well as her most recent recommendations in her lecture series.

The onset of reaction to vaccinations can be an immediate hypersensitivity or anaphylactic reaction, known as Type 1 Vaccinosis, or can occur anywhere from 7 to 60 days later, known as Type 2 Vaccinosis, in a delayed immune response caused by immune-complex formation. Typical signs of adverse immune reactions can include: fever, stiffness, sore joints, abdominal tenderness, susceptibility to infection, nervous system disorders or inflammation, red blood cell disorders, hemorrhages or bruises, liver and kidney damage or failure accompanying bone marrow suppression. Furthermore, recent vaccination of the genetically susceptible breeds or family bloodlines has been associated with seizures in puppies and adult dogs, placing littermates and close relatives at increased risk.

Many vaccines contain antigens other than those considered clinically important, and their use may increase the risk of adverse reactions. Vaccines such as those for Leptospirosis and Lyme disease and Bordetella should be considered based on exposure and geographical area. Annual revaccination for rabies is also required by some states despite the fact that 3-year UDSA licensed vaccines are available. The overall risk-benefit ratio of using certain vaccines at all, or using multiple antigen vaccines simultaneously should be reconsidered.

In the late 1990's studies were done to determine length of immunity from vaccination and since that time the AVMA has recommended vaccination every 3 years, based on exposure and lifestyle of the pet. Veterinary vaccinologists have provided new protocols for dogs and cats. These include:

1. giving the puppy or kitten a vaccine series in puppy- or kittenhood, followed by a booster at one year of age
2. administering further boosters as a combination vaccine every three years, or split the vaccine components and vaccination for each antigen individually alternating every other year until the pet reached geriatric age
3. deeming booster vaccinations at a geriatric age to be unnecessary and may be inadvisable for aged pets with chronic or current health issues.

Titers can also provide information regarding immunity. A titer does not distinguish between exposure or vaccination, but it does provide an indication of the presence of immune memory. Unless required by law, all animals, especially those that have experienced an adverse reaction before or are closely related to another animal that has, can have antibody titers measured in place of revaccination. If adequate titers are found, then the animal should not need revaccination until some future date, if at all. Titers can be repeated annually if desired, or in place of conventional vaccine schedules. When an adequate immunity has been established there is little reason to introduce unnecessary antigens by administering booster vaccines.

Table

| Age of Pup | Vaccine Type |
|-------------------|--|
| 9-10 weeks | Distemper + Parvovirus Modified Live Virus (e.g. Intervet) |
| 14-16 weeks | Same as above |
| 20-22 weeks | Titer for Distemper + Parvo - Cornell University or Hemopet Titers |
| 25 weeks or older | Rabies vaccination - 1 year vaccine |
| | (if allowable by law) |
| 12 months later | Rabies vaccination - 3 year vaccine given 12 months after initial vaccination |
| 4 weeks after | Titer for Rabies - Antech Diagnostics, Idexx and Hemopet will all send titers to Kansas State University |

Perform vaccine antibody titers for distemper and parvovirus

every three years or more often if desired. Vaccinate for rabies according the current state law, except where circumstances warrant a written waiver from the primary care veterinarian to accompany the rabies titer results.

VPC Spotlight: Hemopet



Dr. Jean Dodds originally started Hemopet as a non-profit animal blood bank and greyhound rescue/adoption program in 1986. Through the years, it has grown into a facility which also contains a "green" laboratory offering:

- The most advanced thyroid testing available
- Vaccine Titers
- Phenobarbital & Potassium Bromide levels
- Nutriscan saliva screening for canine food sensitivity and intolerance. ((- corn, wheat, soy, beef, eggs, & milk))

Dr. Dodds is well-known for her contribution to vaccinology and is currently conducting a rabies challenge study with Dr. Ronald Schultz from University of Wisconsin School of Veterinary Medicine. As a huge proponent of mindful & appropriate vaccination along with vaccine titers, Dr. Dodds has helped change the face of the vaccine sphere in veterinary medicine. Dr. Dodds travels the world giving lectures to veterinarians and non-veterinarians alike in order to educate as many people as she can.

Please support Hemopet with donations for the rabies challenge study and other scientific studies that help your pets! For more information, please see the web site at www.hemopet.org.

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Farewell from Dr. Pam....

It has been an honor working with you all during my last 12 years as a holistic veterinarian. In practice, I have endeavored to teach about the impact of nutrition on health, in addition to many other techniques to promote health and well-being of your pets. My goal in teaching is for you to "pass it forward" to others to assist in the health of their four-legged, furry friends.

Now I move forward on my new journey in having and raising our son, Connor. Though I will miss the people, pets and the art of holistic medicine, I am sure I will have plenty to keep me occupied until I am able to make it back in a part-time capacity after maternity leave in Spring 2012.

Blessings to all of you. Thank you for all you have done to support VPC and holistic medicine! You have remarkable pets and great information! Trust in yourself to be an advocate for your furry baby's health.

Sincerely,
Dr. Pam

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