

Subject: News from Vitality Pet Care



"The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease."

-Thomas A. Edison
US inventor (1847 - 1931)

Water

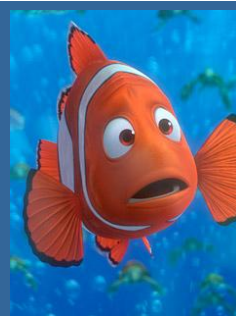
Dec 2009 - Feb 2010

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**Holiday
Schedule**

Dr. Pam's knee surgery is on Fri, Dec 18th.



In Traditional Chinese Veterinary Medicine, or TCVM, winter is the season for the Water Element. It is the end of all seasons, where the surface of the body cools and the warmth retreats to the core. The Water Element houses the Kidney (KI) and the Bladder (BL) meridians which govern water metabolism and control the urinary bladder. The KI houses the Essence, or Jing, and is seen as the root and foundation of the body. It dominates reproduction and supplies vital force (Ming Mu or KI Yang). The KI is the most susceptible to Cold, thus foods and herbs with warming properties are employed to eliminate the cold and tonify the KI.

A Healthy Water constitution is "active, yet calm; courageous but gentle; accomplishes a great deal without stress; and balances assertive action with nurture." Much like the cartoon character Marlin (Nemo's dad), these constitutions are susceptible to fear and can be quite introverted. Though they have the longest lifespan of all

Open for Pharmacy
Pick up on Mon, Dec
21st & Tues, Dec
22nd

We will
be **CLOSED**
Wed, Dec 23rd &
reopen Mon, Jan
4th.

WATER

Characteristics:

Meridians: Kidney (KI) &
Bladder (BL)
Season: Winter
Orifice: Ears
Sense: Hearing
Emotion: Fear
Climate: Cold
Flavor: Salty
Color: Black/Grey
Cartoon
Character: Marlin

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Veggie of the

the constitutions, they prefer to live alone.

In this issue, we will focus on notifying and rebalancing the kidney to minimize arthritis, hearing loss, poor growth & development, and fear & insecurity. We will introduce the method of Moxibustion which clients can do at home.

Food Therapy Guidelines for Winter

"Our food should be our medicine and our medicine should be our food."

~ Hippocrates

The goals for Food Therapy (FT) of fall continue into winter with a few additions. As the KI is the root of the body, it is important to utilize foods and food combinations to balance the KI Yin and KI Yang.

BASIC TENETS

1. Winter greens are your best friend's best friend, like kale, red kale, Swiss chard, turnip greens, etc.
2. A small amount of seaweed can be added. Nori, or sushi seaweed, is readily available at most markets. Crumble ½ sheet into the steeping phase of your cooked diet or use it in raw veggie mashes as described below. Other varieties available at VPC!
3. In Texas, overall thermal nature should be neutral to warming. Individual needs may vary a bit.
4. Cook foods longer at lower temperatures i.e. slow-cooking is the best method.

Meats:

Incorporate the following:

1. WARM meats such as chicken, pheasant, grain-fed beef, grain-fed buffalo and trout.
2. NEUTRAL meats such as salmon & rabbit
3. Periodic use of HOT meats in Texas, though can use more frequently in colder climates, such as lamb and

Month:

Seaweed



- Cooling
- Salty Flavor
- Softens masses
- Detoxifies
- Moistens Dryness
- Transforms Phelgm
- Diuretic
- Builds Yin Fluids
- Improves water metabolism
- Alleviates LV stagnancy
- Decreases Cholesterol
- Rich iodine, calcium & iron

Interesting Fact:

Seaweeds contain the most easily assimilated forms of minerals and trace elements!

VPC offers

venison

4. Occasional use of COOLING meats such as turkey, emu, grass-fed beef, grass-fed buffalo
5. AVOID COLD meats such as duck
6. Incorporate ORGAN MEATS, such as heart, liver, kidney and gizzards.

(Warning: cooked kidney is quite odiferous!)

Vegetables:

If it grows in the air and sunshine, it is probably yang;

If it grows in the earth or darkness, it is probably yin;

If it is soft, wet and cool, it is more yin;

If it is hard, dry and spicy, or needs heating up (such as meat), it is more yang.

1. Maintain 50:50 root to surface vegetable ratio
2. Use lesser amounts of sweet veggies such as carrots, sweet potatoes and butternut squash.
Incorporate turnips, parsnips and winter squashes if not already done so.
3. Use MORE dark, leafy greens such as kale, red kale, Swiss chard, turnip greens, collard greens, etc.
4. Seaweed can be added in small amounts to any diets.

Grains:

1. Quinoa, millet and barley are the 3 most useful grains to use in cooked diets for the winter:
 - *Quinoa*: warming; tonifies KI yang & pericardial functions; strengthens whole body
 - *Millet*: cooling; nurtures KI yin; diuretic; strengthens the KI; soothes diarrhea (see congee below)
 - *Barley*: Cooling to neutral; strengthens SP; regulates ST; helps reduce tumors, swellings and water accumulations
2. Occasional use of cooling brown rice is useful.
3. Also occasional use of oats (hot)

REMEMBER!

Grain is limited to very small amounts (~5-10%) in dogs and AVOIDED in kitty foods.

2 varieties of dried seaweed for your pet's diet.

Featured Products:

VPC is now carrying:

Primal Pet Raw



Food Patties

turkey/sardine
beef
chicken

Stella & Chewy's



Freeze Dried Dinners

chicken
beef

Carnivore Crunches & Kisses

beef
chicken
duck
bison

Grains are NEVER used in raw food diets!



Congee

Healing Food for Diarrhea

A congee is a thin porridge or gruel consisting of 1 cup of grain, usually rice or millet, simmered with 6 cups of water over a long period of time. The slow-cooking creates the healing properties and becomes more potent the longer it simmers.

A congee is:

- easily digested and assimilated
- coats & soothes the lining of the gut & decreases inflammation
- harmonizes digestion
- cooling and nourishing
- tonifies Blood and Qi

Using a small amount for a period of 3-5 days helps regulate the intestines and helps resolve diarrhea.

In addition, adding appropriate veggies, grains, herbs or meat to a congee will increase the therapeutic properties of the dish. Ask for suggestions on how to take advantage of this ancient healing food on your next appointment.

Raw Food During Winter:

Digestive Enzymes in Raw Food?

Raw food requires strong digestive fire for maximal assimilation. In young dogs this is not an issue. In winter, the external body cools and the heat that remains retreats to the Middle Jiao (digestion). Older dogs or dogs that have a history of eating dry food, or kibble, may not have a strong digestion. If your pet is over 4 years of age and on a raw food diet, it is helpful to provide digestive enzymes during the winter months to ensure a strong digestive fire and better assimilation of nutrients.

Raw Veggie Mashes:

Veggie Mashes are in their nature cooling. In winter, many patients who are on a pre-prepared raw food diet such as Primal Pet, Nature's Variety, Bravo and Stella and Chewy's may not need to add additional veggie mashes. If you are not sure, please ask!

Those who do continue veggie mashes can start adding turnips, multiple warming, leafy greens, and a small amount of seaweed. Soak the dried seaweed in warm water at the beginning the veggie mash assembly. In the last stage, pour the seaweed and its soaking water into the veggie

turkey

**CPF - Certified
Pathogen Free**

mash and blend one final time before dividing in containers to freeze.

Raw Food Preparation:

When offering your raw food to your pet in the winter months, please help it warm a bit in a warm water bath. **DO NOT MICROWAVE** to warm as it destroys the nutrients you have been paying to provide. Help the digestion along by allowing the food to be a bit warmer. **NEVER FEED RAW FOOD FROZEN** - it is very hard on digestion!

It goes without saying that all raw food preparation should be made with good house-keeping skills to avoid cross-contamination.

**REMEMBER YOUR ORGAN MEATS, ESPECIALLY KIDNEY,
DURING THE WINTER SEASON!**



From the Modality Corner....

The use of Moxa in the winter

by Debbie Underwood

It's winter, it's chilly and it's time to light a fire for your pet...using moxa, that is.

Moxa is an herb called mugwort, or *Artemisia vulgaris*. Moxabustion is the technique of burning moxa either directly or indirectly over muscles, joints, acupuncture points, etc to treat a variety of imbalances.

Indirect Moxabustion is often used by clients under the guidance of a practitioner to treat their pet at home. A common form uses moxa sticks, which resemble cigar-like rolls. The moxa stick is lit and held over specific regions 1-2 inches from the skin surface. The opposite hand acts as a guide hand along the skin surface and helps evaluate the level of heat during treatment.

Once lit, moxa burns slowly and provides a penetrating heat that warms and activates Qi and Blood to relieve pain, stiffness, diarrhea, and other issues which worsen in cold weather. In addition, it is also used in cancer treatment.

IMPORTANT TO NOTE:

Moxa must be extinguished after each treatment by burying the lit end in soil (or sand) or covering with foil. **NEVER** use water to extinguish moxa! In addition, the odor of moxa is strong, so treat pets in a well-ventilated area. Most importantly,

AVOID moxa use with any respiratory issues of care-givers or pets!

VPC has two varieties of moxa for in-home use: regular and smokeless. Dr. Pam or Debbie can instruct care-givers on the proper use of moxa for the individualized needs of their pet.

VPC Spotlight:

Series by HealeyGrisham

Hooray

FOR THE UNDERDOG!

Janet Healey and Joe Grisham have been making pictures together since 1992. Janet was working as a stylist and Joe as a photographer. It didn't take long for them to realize how much they had in common: their love for each other and photography.

So in 1993 HealeyGrisham was formed, a creative studio they could call home. A place where they could follow their passions, and in addition to paying work, make photos of their animals and animals that didn't have it as good as their own. As a result, they have one of the most beautiful B/W animal photography collections ever seen. You can view some of their art in the gallery space they developed in their renovated studio, located in the historic Blutt Building in downtown Dallas.

Janet and Joe's nationally recognized animal rescue photography spawned an e-commerce site: HoorayForTheUnderdog.com to showcase a stationery/gift line that has been featured on Oprah.com, as well as in several national magazines, websites, design blogs and on local news and morning TV shows. This special series of images can be purchased online as prints, greeting cards, notepads, folders, and other gift items. 10% of the proceeds from the sale of each item directly goes toward helping animal welfare groups to provide spay/neuter and adoption services, emergency relief and improving the quality of life for Underdogs (and cats) across America.



See the collection at www.hoorayfortheunderdog.com today!

Latest Announcements:

1. The Frenchie's Kitchen product line is NOW AVAILABLE at the Whole Foods in Highland Park!
2. VPC will continue to offer Frenchie's Kitchen products!
3. VPC will be carrying Stella & Chewy's and Nautre's Variety raw food lines in early 2010!
4. Starfish Natural Skin Care line is to be carried by Vitality Pet Care in 2010! The creator of Rosie and Friend's Natural Skin care for dogs, Liz Mosesman, will be offering her human skin care line at VPC starting early 2010.

Happy Holidays to you and yours from
Leilu and Vitality Pet Care!!

Vitality Pet Care

office@vitalitypetcare.com

214-780-1818

Save 10%



Stella & Chewy's NEW
PRODUCT sale!

Save 10% on Carnivore Kisses!

Chicken, Turkey liver, Angus Beef, Bison

Offer Expires: Dec. 14th-17th ONLY

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