



Natural forces within us are true healers of disease.

-Hippocrates

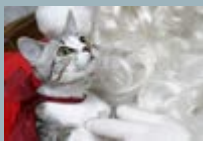
Water

Dec 2010 - Feb 2011

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HOLIDAY HOURS



VPC will be closed the week after Christmas:
December 27th -30th

We will reopen on Monday, January 3rd during regular business hours.

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 the constitutions, they prefer to live alone.

In this issue, we will focus on tonifying and rebalancing the kidney to minimize arthritis, hearing loss, poor growth & development, and fear & insecurity.

Food Therapy Guidelines for Winter

Our food should be our medicine and our medicine should be

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Please check all herbals and supplies to ensure coverage during this period

## 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

## Veggie of the Month: Watercress



- Cooling
- Diuretic
- Influences LU, ST, BL, KI
- Regulates Qi
- Strengthens Qi
- Moistens LU & throat
- Helps reduce cancerous growths
- Vitamin A-rich
- Benefits night vision

**Interesting Fact:**

One of the most effective ways to use

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.

**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 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:**

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 to tonify the KI.

**Grains:**

1. Quinoa and millet are two KI tonifying grains to use in cooked diets for the winter:

- *Quinoa*: warming; tonifies KI yang & pericardial functions;

watercress is in veggie juices

**Caution**

Can exacerbate cases of frequent urination.



Featured Product:

Introducing a new flavor from our friend's at Stella & Chewy's:

Surf & Turf



**Dinner contains:**

beef, salmon, turkey & organic produce.

This flavor is considered NEUTRAL in our TCVM perspective.

strengthens whole body

- *Millet*: cooling; nurtures KI yin; diuretic; strengthens the KI; soothes diarrhea (see congee below)

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. Grains are NEVER used in raw food diets! In Texas, the overall thermal nature should be neutral to warming. Individual needs may vary a bit. Foods are cooked longer at lower temperatures i.e. slow-cooking is the best method.

## 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:

In most cases, veggie mashes are NOT necessary in winter months. Those who make their own diets will continue veggie mashes and can start adding turnips, 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 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. (See *Do You Use A Microwave* below.) 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!**

## Holiday Pet Treat: Ground Meat & Quinoa Meatballs

- 1 pound ground meat (Turkey, chicken, beef or bison)
- 1/4 cup shredded carrots \*
- 1/4 cup shredded zucchini \*
- 1/4 cup shredded green beans \*
- 1 egg
- 1/2 tsp salt
- 1 tsp bone meal
- (or 1/2 tsp ground eggshells)

Preheat oven to 425

Mix all ingredients & divide into 16 meatballs.

Cover cookie sheet with foil & spray with cooking spray.

Place evenly on cookie sheet & bake for 10-12 minutes or until brown.

Cool before feeding.

\*3/4 cup Veggie Mash may be used in place of these veggies...

## Tools for the winter months: CONGEE & MOXA

### Congee

Congee is a fabulous healing food for the intestine. It soothes and coats the gut lining to decrease inflammation. Congee is used for 3 day increments to harmonize digestion. Please see *Congee: Healing Foods for Diarrhea* in the

Winter 2009 issue.

### Medical Marijuana?!

Nope! The herb MOXA just smells like it. However, the effects of firing up these moxa sticks are wonderfully different! Moxa is a fabulous way to warm the channels and activate Blood & Qi flow to relieve pain, stiffness, diarrhea and other issues that worsen in the COLD weather. Moxa is easy to do, though it is recommended to do in a well-ventilated area due to the odor. Please see *From the Modality Corner: The Use of Moxa in the Winter* in the Winter 2009 issue for more information.

Access the RESOURCES page at <http://www.vitalitypetcare.com/pages/resources.htm>

Holiday Season JUNK Food Guidelines for Pets

During the holiday season, we have the desire to break bread and consume rich, tasty foods in celebration of family, friends, and religious beliefs. Unfortunately, we often include our pets in our communion, often to their detriment. If foods bring us joy, surely it will do so for Fluffy...right? Not even close! Often these rich foods cause health issues in our pets, such as gastroenteritis, pancreatitis and even toxicity!



FEED ME!

I could use this article to lecture everyone NOT to feed holiday foods, but I know some will do it regardless. Perhaps we could call this "**Dr. Pam's Holiday Season Guidelines for Sneaking Your Pets' Human Food While Avoiding Those Pesky \$1000 Emergency Bills**".

Just say "NO" if the food:

- Is rich and contains, butter, buttermilk, oils, etc.
- Involves poultry skin (pancreatitis)
- Contains chocolate (TOXIC!!)
- Contains onions, leeks, shallots (TOXIC!)
- Contains the sweetener xylitol (TOXIC!)
- Involves cooked bones (don't get me started!)
- Is a sauce or gravy.
- Is a bread of any type.
- Is a dessert of any type.

Dr. Pam approved goodies:

- Lean cuts of meat.
- Steamed "approved" veggies
- Roasted "approved" veggies

Notice the very few things that we can give our pets SAFELY. Don't believe me? Then say "Hello" to Dr. Emergency Vet and your \$1000 bill. And for that one special client....you know who you are....if your pet has a history of pancreatitis, do not allow your husband to feed them ANY scraps of ANYTHING at all.

Your pets will love you just as much if you have a bowl of freeze-dried meat treats for family to give out. Remember, Frenchie's Kitchen has a Ready-To-Bake Treat that can be baked by the kiddos and fed by Grandpa.

We are at choice what we put into our mouths - good, bad or sinful. Our pets rely upon us to make healthy choices for them. Please don't let your willpower issues impact your pet's health.

VPC Spotlight:

Titer-Friendly Boarding Facilities

Choosing a boarding facility can be challenging. Leaving your four-legged, furry friends for someone else to look after when you are gone can be daunting at best. Often we don't think about it much until we need to board our pets, then it is the mad dash to find the "right" place. At VPC, we strongly encourage our clients to use pet sitters to avoid the stressors of boarding. However, there are times when clients need a good boarding facility to which to turn. What do you do??

It is best to "vet" your facilities BEFORE you need them. Below are some helpful hints:

1. Interview and tour various boarding facilities to find the one you prefer.
2. Discuss vaccination needs BEFORE boarding and ask if the facility is willing to accept vaccination titers.
3. Inquire as to how they handle specialized diets and medication/supplement administration.
4. Take your pet for a short trial run before leaving him other for longer stays.
5. If they offer Doggie Day Care, sign your dog up for a day.

A general rule of thumb, is that if your dog is eager to go to the boarding facility, it's probably a good sign! At VPC, we recommend boarding facilities which honor vaccine titer tests in place of vaccinations. The following facilities are Titer-Friendly:

### High-Stone Pet Lodge

7419 Harry Hines Blvd., Dallas TX 75235  
Phone 214-637-3647

### Barking Hound Village

5922 Cedar Springs Road, Dallas TX 75235  
Phone 214-350-8811

### Doggie Zen Den, Inc.

2257 Ridgeview Drive, Plano, TX 75025  
Phone 972-747-0222

## Do You Use a Microwave?

Do you know how a microwave works? It may surprise you that there have been changes proven to be detrimental to health that occur in food that has been microwaved and further degenerative changes in your body from eating that microwaved food. Yes, what you've suspected all along is true.

Microwaves operate at or about 2.45 GHz of radiation. This radiation, when contacting a polar molecule (food), causes a momentary shift in that substance's polarity. That motion causes friction and friction emits heat. Food is cooked by violently shaking the water and other molecules fast enough to heat the food. Problems begin when that friction is happening up to 100 billion times per second and causing major structural damage to the surrounding molecules, tearing them apart and forever changing them. This has a technical term "structural isomerism." These changed molecules no longer act as they are expected to and our bodies handle them differently. Many are in fact, changed quite readily to well known carcinogens.

Many warnings have been issued and largely ignored specifically about baby bottles, milk, and formula. The main warning that seems to get press is the danger of burning a baby with liquid that is "surprisingly" hot coming out of the microwave and, of course this is a concern, but it really is the least of our worries. There is an interesting study by Dr. Lita Lee of Hawaii who reported in the December 9, 1989 Lancet:

"Microwaving baby formulas converted certain trans-amino acids into their synthetic cis-isomers. Synthetic isomers, whether cis-amino acids or trans-fatty acids, are not biologically active. Further, one of the amino acids, L-proline, was converted to its d-isomer, which is known to be neurotoxic (poisonous to the nervous system) and nephrotoxic (poisonous to the kidneys). It's bad enough that many babies are not nursed, but now they are given fake milk (baby formula) made even more toxic via microwaving."

Also interesting was the case of the nurse who warmed blood for a transfusion in a microwave and it subsequently killed the patient. Clearly something changes in whatever is warmed in a microwave and few people are questioning what those changes are. A Swiss study involving vegetables and milk did in fact show substantial changes in some basic blood chemistry of patients receiving microwaved food. These changes included a decrease in hemoglobin, an increase in cholesterol, and maybe most important was a sharp decrease in lymphocytes (immune cells).

In the 1970's Russian scientists did actual studies on the effects on humans of microwaving food, and the government then banned the use and sale of microwaves. A summary of their findings:

- Microwaving prepared meats sufficiently to ensure sanitary ingestion caused

formation of d-Nitrosodienthanolamines, a well-known carcinogen.

- Microwaving milk and cereal grains converted some of their amino acids into carcinogens.
- Thawing frozen fruits converted their glucoside and galactoside containing fractions into carcinogenic substances.
- Extremely short exposure of raw, cooked or frozen vegetables converted their plant alkaloids into carcinogens.
- Carcinogenic free radicals were formed in microwaved plants, especially root vegetables.
- A decrease in nutritional value

Russian researchers also reported a marked acceleration of structural degradation leading to a decreased food value of 60 to 90% in all foods tested. Among the changes observed were:

- Decreased bio-availability of vitamin B complex, vitamin C, vitamin E, essential minerals and lipotropics factors in all food tested.
- Various kinds of damage to many plant substances, such as alkaloids, glucosides, galactosides and nitrilosides.
- The degradation of nucleo-proteins in meats.

The problems only get worse when we microwave a food in plastic wrap or in a plastic bowl. The toxic compounds that come out of the plastic are far higher than our government says is safe. Another whole category of products leached out of plastic in the microwave are xenoestrogens. That is a whole different can of worms for a later date.

Although we can't say that we have done any clinical tests on microwaved foods, we can say that we all know microwaved food tastes different, has different texture and looks different and if you are what you eat, how different to you want to be than the natural human you were born to be?

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



Vitality Pet Care  
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214-780-1818

Winter Sale



**SAVE 10% on Nature's Variety  
Bison Patties**

(While supplies last)

**For VPC clients, this savings is in addition to the  
client discount of 10% for a total of 20% off.**

Offer Expires: January 2011.