

Natural Therapy for Animals Centre

Aldermoor Farm, Upton Road, Ryde
01983 566009 www.ntc-animals.co.uk

Newsletter Winter 2010-11

Diet Dangers

In my daily practice, I spend a lot of time talking to owners about diet. What we feed has more impact on a pet's health than most people realise.

Comparing natural feeding with the processed alternatives on the market reveals some important issues. While some of these apply to horses, I'm going to talk about dogs just now.

'Complete' dogfood are cereal-based kibble using blood and brain products to enhance flavour to make your dog crave more. Preservatives and bulkers (waste products from various animal industries and sometimes even sawdust) are hidden behind colourants to make the kibble pieces seem attractive to the human eye. You are led to believe you are feeding your dog a quality, scientifically balanced and vet-approved diet.



But dogs have not evolved to eat cereals - they get very little nourishment from it, and it can create many problems.

Grains are one of the biggest sources of allergies in dogs. The commonest result is often itchy skin. The high carbohydrate content (instead of protein) makes them over-weight, sluggish and at risk of diabetes.

I promote a raw meaty bones diet for dogs - and cats. Not only does this clean their teeth and keep their gums healthy as they rip and tear the flesh from the bone, it slows the metabolism and releases the endorphins from the brain that give them the feel-good factor. This allows them to feel satisfied as the nutrients are extracted from it. As a result their poos are firmer and more formed, and they use their anal glands to pass any pieces of undigested bone - which reduces the risk of anal gland problems.

People do worry about changing diets, especially if it seems that they are going against their vet's advice. I suggest that anyone interested try this diet for a while and see what they notice in their pet - both health and happiness.

I stress that the bones must not be cooked as this can cause splintering and gut problems. A book called Work Wonders

Continued on page 2...

Dedication Makes All The Difference!

A stock phrase that I use in chiropractic is that 'healing is a process, not an event' - but on many occasions the animals prove me wrong by making an instant recovery.

For a few, it has been a long process, taking dedication and determination from the owners to keep going with the treatment.

A Long Haul on Three Legs

Only 3 years old, Gus was hit by a car on the road. He'd been playing with Rusty, his best friend. Late one winter evening, Rusty saw another dog across the road and rushed off to meet him. Rusty was white - the car driver saw him and swerved to avoid him. Gus was dark brown and got hit on his right shoulder, flung up in the air and dumped on his back.

Lynne, his owner, took him to the vet immediately. No bones were broken, but he didn't seem to be moving much. "He's not moving his right foreleg. We think he's paralysed - we'll probably have to amputate the leg." Lynne said "No!" straight-away, and Gus, hearing Lynne's voice, leapt up out of his bed and came through to the consulting room, dragging his drip behind him!



Asking the vet what the other options were, Lynne was recommended to see Vav Simon, chiropractor, and he prescribed some homeopathy for the shock and paralysing muscular pain. Treatment has included chiropractic, homeopathy, hydrotherapy, acupuncture and muscle stimulation over a period of two years - often weekly or fortnightly.

Gus has gained the use of the front leg but sadly not his paw. He will place it properly, but he won't put his weight on it. Even so, he is walking and running very happily, but only on three legs.

We have to count his case a success thanks to his patience with all the treatment, and Lynne's and her daughter Fiona's dedication and stamina in bringing him so often for so long.

Full story on the website.



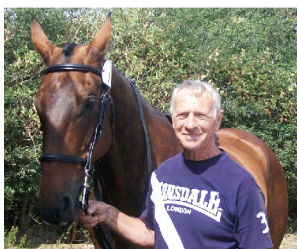
Congratulations!



Pepper is a 19 year-old warmblood, who had come to the end of his dressage career with Pam who wanted to focus on her up-and-coming horse. She passed him on to Irene and Tony Pratt, who wanted a steady horse for their retirement.

"He's looked after us well" said Tony, "and we found him keen and agile. Vav has seen him regularly throughout with Pam and now with us". Vav is very pleased with his health at this age: "a regular check-up keeps on top of problems before they get serious."

With the help of their granddaughter, Tony and Irene have moved with Pepper through hunting and cross-country to showing him. He has done so well in local shows that he has recently qualified for the Royal London Show, Veteran class.



"Congratulations!" Vav said. "I remember my dad always said 'Don't retire a horse, give him a new job'. I'm sure it works for humans too - you're as young as the animal you work with!"

BHS Bridleway Group essential to maintain routes in face of cuts

Bridleway maintenance could suffer from budget cuts facing the Island Council as it works to reduce its overspend.

Bridleways have become cycle ways and roads have become choked with traffic, leaving horse riders with a growing problem. Alongside the Ramblers Association, the Bridleway Group can represent local riders and the national BHS concerns to the local Council to support bridleway users.

Safety is increasingly important.

I know how important bridleways are. I have had horses injured on the road by drivers panicking when faced with a loose horse, and I have had horse patients killed by cars driven too fast round country lanes. Bridleways are safer places for recreational riding.

The Island BHS have produced a letter to explain why the Bridleway Group is needed, and an application form for everyone interested in joining.

The cost of joining is only £3 to cover admin costs (£5 if no email address) - for individual or family/group.

Vav suggests all riders join.

This would show the Council that the Group is representing lots of local people (not so long ago, it was found that the Island had the highest ownership of horses by individuals) and boost funds to help those willing and able to speak out to do their best to save the future of bridleways for all Island riders.

Online Application Form: www.ntc-animals.co.uk/news15.htm

Happy, Healthy & Safe Winter and Christmas *from Vav*

DIET DANGERS: *continued from over...*

written by a vet called Tom Lonsdale is easily available on Amazon.com, and provides research and advice on feeding raw flesh and bones. Another place to get more up-to-date information is an article on the Daily Mail, 26th September 2010 - follow the link from our website. Or check the RMB Support & Action Group for UK at www.ukrmb.co.uk/

I am happy to discuss these issues with you.

In the end, I feel it's a very simple argument: dogs can't cook! - so no fancy additives will make up for the lack of normal food.

Vav currently has **herbal wormers** for dogs and horses. Safe and effective, they kill 100% of eggs and larvae, preventing re-infection.

New Articles published:

'Animal Magic' in *Natural Health Magazine* (August 2010)

'How many Chiropractors does it take to Treat a Snake?' in *BackChat Magazine* (November 2010)

'Counting on Complementary Therapies' in *Home Farmer Magazine* (coming soon...)

All displayed on the website once published.

Introduction course Canine Massage

for Owners who want to care for elderly or poorly dogs, or just have fun!

The course includes:

1. Anatomy & Physiology - an introduction
2. Gait Analysis
3. Common problems in different breeds
4. How to recognise pain and problems
5. Massage techniques
6. Hands-on massage and stretching practice

Touch is a fundamental relationship in all animals. In mammals, it is an essential part of parenting and caring, and can play a part in helping both humans and dogs to better health.

Next Date: 22nd January 2011, 9.30 to 4.30

Places available: 8

Cost: £68.00, includes fresh organic lunch

If you want to book a place, please do call me on (01983) 566009 or email vav@ntc-animals.co.uk

We have started an email version of this newsletter.

*If you would like to help us save trees and get yours by email in summary form, please email us at newsletter@ntc-animals.co.uk
This version will be available online to download and print.*