

What is Holistic Veterinary Medicine?

Holistic (or Complimentary) Veterinary Medicine is the examination and diagnosis of an animal considering all aspects of the animals life and employing a combination of conventional as well as alternative (or complimentary) modalities of treatment. In addition to a comprehensive physical exam, the holistic practitioner will want to know about behaviors, diet, environment, including emotional stress, and any past history--even from the distant past.

Many patients present to the veterinarian in a state of “dis-ease”. Traditional western medicine tends to look at “what” is wrong and “how” to stop it. Many times this happens with medications that suppress symptoms, but do not deal with the “why” did this “dis-ease” state happen. Factors such as genetics, family relationships, hygiene, stress, old injuries and skeletal mobility can play into disease. A simple appearing symptom may have several layers of cause.

In many acute situations, treatments may involve some kind of surgery or drug treatment of conventional western medicine. Alternative techniques can help to compliment the traditional treatment. The joining of the traditional and alternative bring about the “whole-istic” approach to our patients and their families.

The following are aspects of a Holistic practice that we provide at Circle of Life:

Modern Drugs, Surgery and Diagnostics

Select the best. Stay current on the latest advancements. Both Dr. Best and Dr. Allbright attend conventional training each year. Dr. Best is Board Certified in Canine and Feline Medicine with the American Board of Veterinary Practitioners (ABVP). This is comparable to a General Practice Specialist in human medicine. She is one of only two Diplomates in the state. Dr. Allbright is one of a handful of practitioners in the state who are certified to do PennHip x-rays to evaluate for hip dysplasia. We readily refer cases to specialists in internal medicine and surgery if more specialized care than we can provide is required.

Nutritional Therapy

Proper nutrition is the best preventative medicine. We offer grain free and premium canned and dry foods as well as frozen raw diets for your pet. Cats especially do not thrive on the high carbohydrate dry foods. They evolved eating small rodents and their whole metabolism is designed around high protein, high fat and fiber and almost no carbohydrates. Many diseases of both dogs and cats can be dramatically improved if we improve the quality of the food they are eating.

Behavior Modification

This incorporates nutrition, pharmacology, lifestyle evaluation in helping to get pets with behaviors that are “normal” dog/cat behaviors become more able to live within the rules we humans have decided are acceptable.

Acupuncture, Traditional Chinese Medicine

Acupuncture has been used in China for over 3000 years. Thousands of years of use have proven its efficacy.

Acupuncture is a technique for relieving pain and for improving organ system function but stimulating acupuncture points on the body. It also can help to strengthen the immune system.

Traditional Chinese medicine (TCM) believes that Qi (Chi), the vital energy that flows through the body, flows along channels call meridians. Any condition that blocks the flow of energy along these meridians can over time lead to disease. Acupuncture of points along these meridians can help to restore normal energy flow thus helping the body to heal itself.

Dr. Allbright is our acupuncturist. She trained at the Colorado State University Acupuncture class in 2000.

Veterinary Chiropractic/Osteopathic

Keeping the spine and joints of the body freely mobile is a cornerstone of health for both man and beast. Pets, as they play, jump, body block each other, get yanked around by choke collars, fight and grab each other by the neck, etc. will end up with vertebra that get “stuck” and do not move to there full range of motion. Over time (sometimes years) this can lead to arthritic changes and other often seemingly unrelated ailments.

Dr. Allbright received her initial veterinary chiropractic training at Colorado State University in 2001. She recently has been receiving additional training in Osteopathic techniques for aligning the spine and helping to restore mobility is stiff joints.

Homotoxicology

Homotoxicology was developed in 1955 by a German M.D. whose father was a classic homeopath. He developed the theory and process to help create a bridge between classic homeopathy and western medicine. It is a continuation of classical homeopathic theory in light of advances in the fields of pathology, toxicology, physiology and endocrinology.

Health is the body’s capacity for ridding itself, in a completely natural way, of toxins that accumulate in the body. Toxins can come from internal sources as a product of normal

metabolism, or external sources such as air pollution, preservatives and chemicals in food and drink, bacteria, viruses, heavy metals, drug residues, etc. Once inside the body, toxins can only be eliminated by expelling them from the body via the GI tract, kidneys, skin, or respiratory tract. If we suppress the body's efforts to eliminate toxins by suppressing fevers, cough, nasal drainage, and inflammation, the toxins get driven deeper into the tissue and eventually lead to cell damage. The majority of homotox remedies support at least one organ of elimination. Homotoxicology remedies are made from dilute preparations of plant, animal and mineral substances which seek to stimulate our innate healing powers.

Dr. Allbright has had training in homotoxicology and is beginning to understand the basics of this field of alternative therapy.

Herbal Medicine

The use of specific herbs and plants for medicinal purposes has been practice for thousands of years all over the world. Veterinary herbal medicine includes North American herbs, traditional Chinese herbs, and Aryurvedic herbs from India. Herbs have many abilities to help the body restore energy flow to specific organs to improve function. Many (if not most) of current western medicines are derivatives of the active principal of some herb.

Dr. Allbright, while not trained in herbs, will consult with Dr. Xie, a Chinese herbalist affiliated with the veterinary school in Florida, on special cases and use herbal preparations that he suggests.