



Always Helpful Veterinary Services

Education for both ends of the lead!

Integrative Veterinary Medicine and Therapy for All Animals

Integrative care can help set the foundation for a lifetime of good health. It can improve performance and maintain physical and emotional balance, so you and your pet can spend more quality years together. It's essential to detect issues early, before they become more serious and more expensive.

Integrative medicine and therapies can provide alternative outcomes, including the avoidance of surgery, reduction in medications needed, and the avoidance of complications in treatment or recovery. It can enhance the quality of care that we provide and more importantly, it can enhance the quality of life for all animals *and* their human caretakers.

Chiropractic Care

Chiropractic is a successful, noninvasive, cost effective technique for treatment, rehabilitation, and prevention of many common lamenesses and illnesses.

Chiropractic is based on manipulation of joints of the spine and extremities to allow optimum function and balance of all nervous system structures and physiology, in other words...

Straightening the hardware so the software can run!

Complaints frequently addressed by chiropractic:

- **Chronic joint pain**
- **Obscure lameness, dysplasia**
- **Training/behavioral problems**
- **Poor development, OCD, Panosteitis**
- **Reproductive problems**
- **Proprioceptive problems**
- **Stiffness, uneven gaits**
- **Nonresponsive disease**
- **Stifle or hock problems**
- **Disc disease**

Balance

Balance is the effective interaction of the nervous system, the frame, and movement with gravity. The feet, teeth and TMJ, and the upper neck provide much of the information needed to evaluate gravity and to know where down is.

If you fight with gravity, you are going to lose!

Therefore, appropriate toenail management in small animals, hoof care in large animals, and dentistry are of the utmost importance in maintaining balance and straightness.

Chiropractic is best used as maintenance and preventative health care, and can provide dramatically increased function and quality of life for animals of any age and species.

Acupuncture

The goal of acupuncture is to help the body to heal itself. Veterinary acupuncture encourages healing by correcting energy imbalances in the body and enhancing blood circulation, nervous system stimulation, and the release of anti-inflammatory and pain relieving hormones.

Acupuncture is the stimulation of specific receptors by needles, laser, and other means that modify input to the nervous system and fascia, and therefore change function. The integration of information from the body with acupuncture stimulation results in the balancing of Qi, or energy flow.

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Acupuncture can benefit all life stages of your pets with a wide variety of conditions

Acupuncture is indicated for functional problems such as those that involve paralysis, noninfectious inflammation (such as allergies), and pain, as well as behavioral problems and cancer.

- **Musculoskeletal problems, such as arthritis, intervertebral disk disease, or traumatic nerve injury**
- **Respiratory problems, such as feline asthma, equine heaves and “bleeders”**
- **Skin problems such as lick granulomas and allergic dermatitis**
- **Gastrointestinal problems such as diarrhea and non-surgical colic**
- **Selected reproductive problems**
- **Neurological problems such as facial paralysis**

Acupuncture effects can be long lasting - especially when used to address underlying problems rather than just the signs of the problems. Lameness caused by joint instability, overuse, or chronic spinal reflex withdrawal can often be reduced or eliminated.

Acupuncture can be useful when drug sensitivities or regulations preclude treatment with conventional medication.

Besides needle insertion, other acupuncture treatments include:

Acupressure

The administration of pressure to acupuncture points to elicit an effect, sometimes comparable to needle insertion. This is great for hard to reach locations, behaviorally challenging pets, and for circumstances where needle treatment may not be available.

Aquapuncture

The injection of liquids (homeopathics, diluted vitamin B12, chondroprotectant medications [adequan]) into the acupuncture points. The liquid exerts an energetic change by pushing tissue out of the way affecting the fascia.

Moxibustion

The application of a heated Chinese herbal compound to needles on acupuncture points. It is very beneficial to pets that are older or suffering from conditions involving joint stiffness and/or muscular soreness.

Electrostimulation (E-stim)

Is the Coursing of electric current through the body between needles inserted into acupuncture points, e-stim relaxes spasming muscles and can aid the body in reestablishing nervous impulses when nerve damage has occurred (nerve root or spinal cord damage from a ruptured intervertebral disc, etc.) It can reduce pain dramatically, improve function of muscles and restore sensation.

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Laser

Using laser energy to stimulate acupuncture points, improve circulation, reduce pain, and hasten healing. Lasers are great for providing "needle-less" acupuncture treatments.

Additional Integrative Medicine and Therapies include:

Massage

Can reorganize muscle and function. There are many different massage techniques, each with a different approach, including sports massage, myofascial release, cross-fiber friction massage, and cranial techniques.

The general effects include:

- Increase of circulation
- Lymphatic drainage
- Scar release
- Neuromuscular rebalancing
- Relaxation
- Emotional contact

Massage can be used for performance enhancement, and can be very helpful in reorganizing musculature that has been unbalanced by chronic compensation for pain. It is frequently helpful for emotional issues as well!

Electromagnetic Therapy

EMT is the use of electromagnetic fields to stimulate or accelerate blood flow and energy movement within tissues to alleviate inflammation and pain and to allow maximum healing to occur.

Two types of devices are common: the pulsed alternating field type (with electrical wiring in the blankets, bandages, or bedding) which are adjustable in strength, frequency, and duration of treatment and the static type (which utilize small magnets arranged in alternating polarities within the blankets and wraps.)

“Jump-starting” the electrical system

Uses for EMT:

- Sore backs and necks
- Sprains and strains
- Fractures and non-unions
- Joint problems
- “Tying up”
- Calming and relaxation
- Pre and post-performance “warm-up” and “clean-up”
- Preparation for physical therapy, makes tissues more flexible
- In conjunction with acupuncture, can potentiate effects

Laser Therapy

Cohesive infrared light, or “cold” laser, provides energy for cellular metabolism by causing conversion of ADP to ATP within the mitochondria of cells, thus facilitating transport of nutrients into and toxins out of cells. It is especially valuable in conditions where the blood supply may be insufficient to support cellular function.

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Energizing the system with light

Common uses of laser:

- **Wound healing**
- **Soft tissue repair**
- **Acupuncture treatment**
- **Muscle therapy**
- **Pain control**

Laser therapy can keep cells alive and functioning and thus enable injuries to heal faster, with less scarring.

Homeopathy

Electrical informational medicine

A basic tenet of homeopathy is that "*like cures like.*" Because of this, it is often mistakenly likened to vaccination. However, homeopathic remedies differ fundamentally from vaccines. Homeopathic remedies affect the energy of the body in order to stimulate healing and in doing so they strengthen the body's response to a disease-related stress, without creating a "mini" version of the disease with possible side effects.

Nutrition and Herbs

Nutrition is fundamental to health. Inappropriate substances or imbalances in the diet can sabotage the best treatment. The quality of feed ingredients is the crucial factor in creating health and balance through nutrition. Supplementation can never fully substitute for poor quality feedstuffs.

The benefit of feeding a quality diet is obvious in everything from coat quality to behavior and in reduction of signs of degenerative disease.

We are what we eat!

Herbal Medicines:

- **Native North and South American**
- **Chinese**
- **Ayurvedic**
- **Folk and colloquial**

Herbs are powerful pharmacologic agents and are a part of very complex medical systems. Balanced herbal prescriptions can create effects not achievable with drug management. Prescribing of herbs or extrapolating from popular human uses may not be safe for animals as they may not respond physiologically in the same way as humans. Knowledgeable veterinary practitioners must be consulted for guidance in the use of these substances.

Good veterinary medicine may include multiple modalities, *conventional and complementary*, to provide complete and supportive care.

We must provide health care, not just illness care

Often, through complementary care, *all* involved can experience much more profound healing and understanding.

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REFERENCES & RESOURCES

American Veterinary Chiropractic Association: <http://www.animalchiropractic.org/>
PO Box 563, Port Byron, IL 61275 USA, phone: 309-658-2958, AmVetChiro@aol.com
Professional certification in animal adjusting.

International Veterinary Acupuncture Society: <http://www.ivas.org/>
P.O. Box 271395, Ft. Collins, CO 80527-1395, phone: 970-266-0666, office@ivas.org
Professional certification in veterinary acupuncture.

The American Academy of Veterinary Acupuncture: <http://www.aava.org/>
Box 419, Hygiene, CO 80533-0419, phone: 303-772-6726, AAVAoffice@aol.com
National organization for veterinary acupuncturists.

The Veterinary Acupuncture Page: <http://med-vetacupuncture.org/english/veter.htm>
Excellent resource for information.

Schwartz C. *Four Paws Five Directions, A guide to Chinese Medicine for Cats and Dogs*. Berkeley: Celestial Arts, 1996.
A comprehensive, understandable text for lay and professional readers.

The Healing Oasis Wellness Center: <http://www.thehealingoasis.com>
2555 Wisconsin St., Sturtevant, WI 53177, phone: 262-884-9549, howc@thehealingoasis.com
Government recognized continuing education available in complementary therapies.

Steiss JE. Magnetic Field Therapy: Theory and Application Principles, in *Proceedings*. 1st International Symposium on Rehabilitation and Physical Therapy in Veterinary Medicine 1999; 51-53.
The proceedings of this symposium are an excellent resource.

Castro M. *The Complete Homeopathy Handbook*. New York: St. Martin's Press, 1990.
An excellent primer in basic homeopathy, clear and concise explanations.

Martin AN. *Food Pets Die For, Shocking Facts About Pet Food*. Oregon: New Sage Press, 1997.
A popular exposé on the pet food industry.

The Nutraceutical Alliance: <http://www.nutraceuticalalliance.com/>
Organization of manufacturers of nutraceuticals for animals.

Getting to the Point with Needles and Other veterinary Acupuncture Treatments, by Patrick Mahaney, VMD
Published on petMD; <http://www.petmd.com>